

# BOOK OF PRAYERS

A SELECTION FOR  
ORTHODOX CHRISTIANS



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## PREFACE

This small book is the outcome of work by a 'Committee on the Translation of Liturgical Texts' formed in January 1990 with the blessing of His Eminence Archbishop Stylianos. It contains prayers for everyday use, with new versions in English. Our objective has been a translation that uses contemporary, though formal and dignified English; that is as accurate as possible within the limits of English idiom; and that conveys its meaning unambiguously without reference to the original. The decision to undertake new translations was not made lightly, but only after careful consideration of existing options. It is hoped that this book will be the first step towards achieving the desirable goal of uniformity in the English texts used in Australia.

We owe a great debt to our predecessors. Without the pioneering work of those who have previously put their hands to the task, beginning more than a century ago, our own work would have been far poorer. To a great extent we have needed to do no more than revise what exists already.

In dealing with the Psalms we have depended very much on the version of the Holy Transfiguration Monastery, Boston. The original for our purpose has been the Greek version of the Seventy, not the Hebrew

text. The English of the Psalms has been deliberately cast in a somewhat higher style, in keeping with their poetic character.

The Committee carrying out the work consisted of: Dr John A. L. Lee (chairman), Fr Miltiades Chryssavgis, Fr John Chryssavgis, Dr Harry L. Simmons, and Mr Athanasi Fouras.

Grateful acknowledgement is expressed to Mr Michael Galovic for the illustrations; to all those who commented on drafts of the book; and to those whose financial support made publication possible.

### *Sources*

Morning and Evening Prayers, Prayers at Meals, Communion Prayers, and The Typica are taken from the *Orologion*. The Occasional Prayers have the following sources: In Time of Trouble, For Peace, Before Any Task, and Thanksgiving were composed by His Eminence Archbishop Stylianos, and translated into English by the Committee; For Forgiveness is the work of Fr John Chryssavgis; Before a Journey is based on a prayer of Fr Theodore Stylianopoulos; To a Saint is the work of the Committee; the remainder derive from the *Efchologion*.

The extracts from the *Ladder* were translated by Fr John Chryssavgis.

### *Scripture Reading*

Where this heading occurs, the passage appointed for the day may be read.

## CONTENTS

On Prayer	ix
<b>Morning Prayers</b> Ἐθιναὶ Προσευχαί	1
<b>Evening Prayers</b> Ἐσπεριναὶ Προσευχαί	25
<b>Prayers at Meals</b> Προσευχαὶ Τραπέζης	49
<b>Communion Prayers</b> Προσευχαὶ Μεταλήψεως	55
<b>The Typica</b> Τὰ Τυπικά	79
<b>Occasional Prayers</b> Εὐχαὶ Περιστατικαί	103



## ON PRAYER

*From the Ladder of Divine Ascent by St John of Sinai, Step 28*

Prayer is by its very nature a dialogue and a union with God. Its effect is to hold the world together and to achieve a reconciliation with God. Prayer is the mother and daughter of tears. It is an expiation of sin, a bridge over temptation, a barrier against affliction. It wipes out conflict, is the work of Angels and the nourishment of all bodiless beings. Prayer is the future gladness, an endless work, a wellspring of virtues, a source of grace, hidden progress, food for the soul, an illumination of the mind, an axe against despair, a proof of hope, sorrow done away with. ... It is a mirror of progress, a demonstration of success, evidence of one's condition, the future revealed, a sign of glory. ...

Those of us about to stand before our King and God in order to speak with him should not move into this without preparation, lest -- seeing us from afar without arms and without the dress appropriate to those who appear before a King -- he should command his servants and slaves to bind us, to drive us out of his sight and to tear up our preparations. ...



When you set out to appear before the Lord, let the garment of your soul be woven throughout with the thread of wrongs suffered but forgotten. Otherwise, prayer will be of no benefit to you.

Pray in all simplicity. The Tax Collector and the Prodigal Son were reconciled to God with a single utterance. The attitude of prayer is one and the same for all, but there are various and many different prayers. Some talk with God as with a friend and master, lifting their praises and requests to him not for themselves but for others. Some look for greater treasures and glory and assurance in their prayers. Some ask to be freed entirely from their adversary. Some beg for rank and others for relief from all their debts. Some seek freedom from jail or for forgiveness of their offences.

Heartfelt thanksgiving should have first place in our book of prayer. Next should be confession and genuine contrition of soul. After that should come our request to the King of all. This method of prayer is the best, as one of the monks was told by an Angel of the Lord. ...

In your prayers there is no need for high-flown words; for it is the simple and unsophisticated babblings of children that have more often won the heart of their Father in heaven. Try not to talk excessively in your prayer, so that your mind is not distracted by the search for words. One word from the Tax Collector appeased God, and a single utterance of faith saved the Thief. Talkative prayer

frequently distracts the mind and deludes it, whereas brevity makes for concentration.

If during your prayer some word evokes delight or compunction within you, linger over it; for at that moment our guardian Angel is praying with us. However pure you may be, do not be forward in your dealings with God. Approach him rather in all humility, and you will be given still more boldness. And even if you have climbed the whole ladder of the virtues, pray still for the forgiveness of sins. Heed Paul's cry regarding sinners 'of whom I am the first' (1 Tim. 1.15). ...

Until we have acquired true prayer, we are like those who train children to take their first steps. Struggle to raise up, or rather to enclose, your mind within the words of your prayer; and if, like a child, it gets tired and falters, raise it up again. The mind, after all, is by nature restless, and only the all-powerful God can give it firm endurance. ... The beginning of prayer is the expulsion of distractions from the very start with a brief prayer; the middle stage is concentration on what is being said or thought; and its conclusion is rapture in the Lord. ... Faith gives wings to prayer, and without it no one can fly upward to heaven. ...

After a long spell of prayer, do not say that nothing has been gained, for you have already achieved something. After all, what higher good is there than to cling to the Lord and to persevere in unceasing union with him? ... Get ready for your set

time of prayer by unceasing prayer in your soul. In this way you will soon make progress. ... Your prayer shows where you stand. Indeed, theologians say that prayer is one's mirror. ...

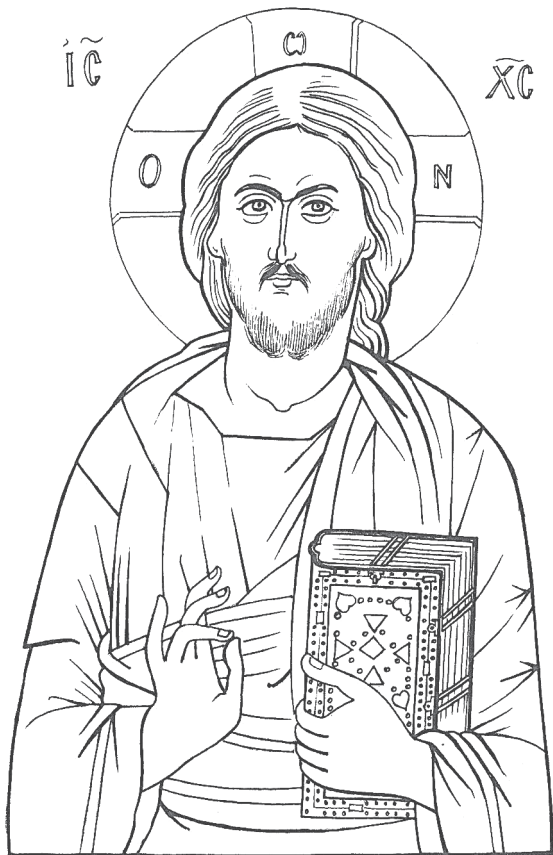
Do not refuse a request to pray for the soul of another, even when you yourself lack the gift of prayer. For often the faith of the person making the request will evoke the saving contrition of the one who is offering the prayer. Do not become conceited when you have prayed for others and have been heard, for it is their faith which has been active and efficacious. ... Every virtuous act that we do -- and this is particularly true of prayer -- should be done with great sensitivity. ... Whatever is obtained as a result of long and persistent prayer will remain. When one has found the Lord, one no longer has to use words in prayer, for the Spirit will intercede for that person 'with sighs too deep for words' (Rom. 8.26). Do not form sensory images during prayer, for distraction will certainly follow. The confident expectation of gaining that for which one is begging will show up during prayer. Confidence is the absence of doubt. Confidence is sure proof of the uncertain. If prayer is your concern, then show yourself to be merciful. ...

When fire comes to dwell in the heart it resurrects prayer; and after prayer has been revived and taken up into heaven, a descent of fire occurs in the upper chamber of the soul. ... Do not stop praying as long as, by God's grace, the fervour and the tears have not

been exhausted, for it may happen that never again in your whole life will you have such a chance for the forgiveness of your sins. ... Ask with tears, seek with obedience, knock with patience. For 'everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened' (Matt. 7.8). ... The hour of prayer is no time for thinking over necessities, nor even spiritual things, because you may lose the better part (cf. Luke 10.42).

Hold on to the staff of prayer and you will not fall. And even a fall will not be fatal, since prayer is a devout coercion of God (cf. Matt. 11.12). ... 'I cried out with all my heart', says the Psalmist (Ps. 118.145). He is referring to body, soul, and spirit; and where the last two are gathered, God is there in the midst of them (cf. Matt. 18.20). We are not all the same, either in body or in soul. Some profit from singing the psalms quickly, others from doing so slowly; ... Always be brave, and God will teach you your prayer.

You cannot learn to see just because someone tells you to do so. You require your own natural power of sight. In the same way, you cannot discover from the teaching of others the beauty of prayer. Prayer has its own teacher in God, who 'teaches us knowledge' (Ps. 93.10) and grants prayer to those who pray and blesses the years of the just. Amen.



A decorative border made of small red diamonds surrounds the entire page. The diamonds are arranged in a rectangular pattern, with a small gap at the bottom center where the page number is located.

# MORNING PRAYERS

## ΕΩΘΙΝΑΙ ΠΡΟΣΕΥΧΑΙ

*Ἀφοῦ σηκωθείς τὸ πρωῖ, στάσου μὲ εὐλάβεια καὶ φόβο Θεοῦ μπροστὰ στὶς ἱερὲς εἰκόνες, καὶ κράτησε σιγὴ δι' ὀλίγον. Ἐπειτα κάμε τὸ σημεῖο τοῦ Σταυροῦ καὶ διάβασε τὶς πρὸ κάτω προσευχὲς. Ἄν δὲν ὑπάρχει χρόνος, εἶναι καλύτερα νὰ διαβασθοῦν μόνο λίγες προσευχὲς προσεκτικά, παρὰ ὅλες βιαστικά.*

Εἰς τὸ ὄνομα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος. Ἀμήν.

Δόξα σοι, ὁ Θεὸς ἡμῶν, δόξα σοι.

**Βασιλεῦ οὐράνιε, Παράκλητε, τὸ Πνεῦμα τῆς ἀληθείας,**

ὁ πανταχοῦ παρῶν καὶ τὰ πάντα πληρῶν,  
ὁ θησαυρὸς τῶν ἀγαθῶν καὶ ζωῆς χορηγός,  
ἐλθὲ καὶ σκῆνωσον ἐν ἡμῖν  
καὶ καθάρισον ἡμᾶς ἀπὸ πάσης κηλίδος,  
καὶ σῶσον, Ἁγαθέ, τὰς ψυχὰς ἡμῶν.

*Κατὰ τὴν περίοδο τοῦ Πάσχα, ἀντὶ τοῦ Βασιλεῦ οὐράνιε, λέγεται τὸ ἐξῆς·*

Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ

## MORNING PRAYERS

*When you arise from sleep, stand before the holy icons in reverence and fear of God, and keep silence for a time. Then make the sign of the Cross and say the following prayers. If time is short, it is better to say only a few of the prayers with care, rather than recite them all in haste.*

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

Glory to you, our God, glory to you.

Heavenly King, Comforter, the Spirit of truth, present everywhere and filling all things, the treasury of good and giver of life, come and dwell in us and cleanse us from every impurity, and save our souls, Gracious One.

*During the Easter period, instead of Heavenly King say:*

Christ is risen from the dead, trampling



θάνατον πατήσας,  
καὶ τοῖς ἐν τοῖς μνήμασι ζωὴν  
χαρισάμενος.  
Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ  
θάνατον πατήσας,  
καὶ τοῖς ἐν τοῖς μνήμασι ζωὴν  
χαρισάμενος.  
Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ  
θάνατον πατήσας,  
καὶ τοῖς ἐν τοῖς μνήμασι ζωὴν  
χαρισάμενος.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος  
Ἄθάνατος, ἐλέησον ἡμᾶς.  
Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος  
Ἄθάνατος, ἐλέησον ἡμᾶς.  
Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος  
Ἄθάνατος, ἐλέησον ἡμᾶς.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι·  
Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς.  
Κύριε, ἰλάσθητι ταῖς ἁμαρτίαις ἡμῶν.  
Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν.  
Ἄγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας  
ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου.  
Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,  
ἐλέησον.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι·

down death by death,  
and on those in the tombs bestowing life.  
Christ is risen from the dead, trampling  
down death by death,  
and on those in the tombs bestowing life.  
Christ is risen from the dead, trampling  
down death by death,  
and on those in the tombs bestowing life.

**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 the Son and the Holy Spirit;**

**Both now and ever and to the ages of ages. Amen.**

**All-holy Trinity, have mercy on us.**

**Lord, be merciful to our sins.**

**Master, forgive our transgressions.**

**Holy One, visit us and heal our infirmities, for your name's sake.**

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

**Glory to the Father and the Son and the Holy**

Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς,  
ἀγιασθήτω τὸ ὄνομά σου.

Ἐλθέτω ἡ βασιλεία σου.

Γενηθῆτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς.

Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον.

Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν.

Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ῥύσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

Ὅτι σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα,

τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος,

νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Ἐξεγερθέντες τοῦ ὕπνου, προσπίπτομέν σοι, Ἄγαθέ,

καὶ τῶν Ἀγγέλων τὸν ὕμνον βοῶμέν σοι, Δυνατέ·

Ἅγιος, Ἅγιος, Ἅγιος εἶ ὁ Θεός.

Διὰ τῆς Θεοτόκου ἐλέησον ἡμᾶς.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι·

Τῆς κλίνης καὶ τοῦ ὕπνου ἐξεγείρας με, Κύριε·

Morning Prayers

Spirit;

Both now and ever and to the ages of ages. Amen.

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done on earth as it is in heaven.  
Give us today our daily bread  
and forgive us our sins,  
as we forgive those who sin against us.  
And lead us not into temptation,  
but deliver us from evil.

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

Arising from sleep, we fall down before you,  
Gracious One,  
and the hymn of the Angels we cry out to you,  
Mighty One:  
Holy, Holy, Holy are you, O God.  
Through the Theotokos have mercy on us.

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

From my bed and sleep you have raised me, Lord;

τὸν νοῦν μου φώτισον καὶ τὴν καρδίαν,  
καὶ τὰ χεῖλη μου ἀνοίξον εἰς τὸ ὑμνεῖν σε,  
Ἁγία Τριάς·  
Ἄγιος, Ἄγιος, Ἄγιος εἶ ὁ Θεός.  
Διὰ τῆς Θεοτόκου ἐλέησον ἡμᾶς.

Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Ἄθρόον ὁ Κριτὴς ἐπελεύσεται,  
καὶ ἐκάστου αἰ πράξεις γυμνωθήσονται·  
ἀλλὰ φόβω κράζομεν ἐν τῷ μέσῳ τῆς νυκτός·  
Ἄγιος, Ἄγιος, Ἄγιος εἶ ὁ Θεός.  
Διὰ τῆς Θεοτόκου ἐλέησον ἡμᾶς

Κύριε, ἐλέησον... (ιβ')

Τῆς νυκτός διελθούσης ἤγγικεν ἡ ἡμέρα  
καὶ τὸ φῶς τῷ κόσμῳ ἐπέλαμψε·  
διὰ τοῦτο ὑμνεῖ σε τάγματα Ἀγγέλων καὶ  
δοξολογεῖ σε, Χριστέ ὁ Θεός.

**Ψαλμὸς ΡΚ'**

Ἦρα τοὺς ὀφθαλμούς μου εἰς τὰ ὄρη, ὅθεν  
ἦξει ἡ βοήθειά μου.

Ἡ βοήθειά μου παρὰ Κυρίου, τοῦ ποιήσαντος  
τὸν οὐρανὸν καὶ τὴν γῆν.

Μὴ δόξης εἰς σάλον τὸν πόδα σου, μηδὲ  
νυστάξῃ ὁ φυλάσσων σε.

Ἴδού, οὐ νυστάζει οὐδὲ ὑπνώσει, ὁ φυλάσσων

## Morning Prayers

enlighten my mind and my heart,  
and open my lips to praise you, Holy Trinity:  
Holy, Holy, Holy are you, O God.  
Through the Theotokos have mercy on us.

**Both now and ever and to the ages of ages. Amen.**

Suddenly the Judge will come,  
and the deeds of each will be laid bare;  
but with fear let us cry out in the middle of the  
night:  
Holy, Holy, Holy are you, O God.  
Through the Theotokos have mercy on us.

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

The night has passed, day has come  
and light has shone upon the world;  
therefore ranks of Angels praise and glorify you,  
Christ our God.

### **Psalm 120**

I have lifted up my eyes to the mountains, from  
where my help comes.

My help comes from the Lord, who has made  
heaven and earth.

May your foot remain firm, and may he not  
slumber who keeps you.

Behold, he will not slumber nor will he sleep, he

τὸν Ἰσραήλ.  
Κύριος φυλάξει σε, Κύριος σκέπη σοι ἐπὶ  
χεῖρα δεξιάν σου.  
Ἡμέρας ὃ ἥλιος οὐ συγκαύσει σε, οὐδὲ ἡ  
σελήνη τὴν νύκτα.  
Κύριος φυλάξει σε ἀπὸ παντὸς κακοῦ, φυλάξει  
τὴν ψυχὴν σου ὃ Κύριος.  
Κύριος φυλάξει τὴν εἰσοδὸν σου καὶ τὴν  
ἐξοδὸν σου,  
ἀπὸ τοῦ νῦν καὶ ἕως τοῦ αἰῶνος.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι·  
Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν  
αἰῶνων. Ἀμήν.

### **Τὸ Σύμβολον τῆς Πίστεως**

**Πιστεύω** εἰς ἓνα Θεόν, Πατέρα Παντοκράτορα,  
ποιητὴν οὐρανοῦ καὶ γῆς,  
ὁρατῶν τε πάντων καὶ ἀοράτων.

Καὶ εἰς ἓνα Κύριον Ἰησοῦν Χριστόν,  
τὸν Υἱὸν τοῦ Θεοῦ τὸν μονογενῆ,  
τὸν ἐκ τοῦ Πατρὸς γεννηθέντα πρὸ πάντων  
τῶν αἰῶνων·  
φῶς ἐκ φωτός,  
Θεὸν ἀληθινὸν ἐκ Θεοῦ ἀληθινοῦ,  
γεννηθέντα οὐ ποιηθέντα,  
ὁμοούσιον τῷ Πατρί,  
δι' οὗ τὰ πάντα ἐγένετο.

who keeps Israel.

The Lord will keep you, the Lord is your shelter at  
your right hand.

The sun will not burn you by day, nor the moon by  
night.

The Lord will keep you from all evil, the Lord will  
guard your soul.

The Lord will keep your coming in and your going  
out,  
from now and for evermore.

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

Both now and ever and to the ages of ages. Amen.

### **The Creed**

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

And in one Lord Jesus Christ,  
the only-begotten Son of God,  
begotten of the Father before all ages,  
light from light,  
true God from true God,  
begotten not made,  
of one essence with the Father;  
through him all things were made.



Τὸν δι' ἡμᾶς τοὺς ἀνθρώπους  
καὶ διὰ τὴν ἡμετέραν σωτηρίαν  
κατελθόντα ἐκ τῶν οὐρανῶν  
καὶ σαρκωθέντα ἐκ Πνεύματος Ἁγίου  
καὶ Μαρίας τῆς Παρθένου  
καὶ ἐνανθρωπήσαντα.

Σταυρωθέντα τε ὑπὲρ ἡμῶν ἐπὶ Ποντίου

Πιλάτου,

καὶ παθόντα καὶ ταφέντα.

Καὶ ἀναστάντα τῇ τρίτῃ ἡμέρᾳ κατὰ τὰς

Γραφάς.

Καὶ ἀνελθόντα εἰς τοὺς οὐρανοὺς,

καὶ καθεζόμενον ἐκ δεξιῶν τοῦ Πατρὸς.

Καὶ πάλιν ἐρχόμενον μετὰ δόξης

κρῖναι ζῶντας καὶ νεκρούς,

οὗ τῆς βασιλείας οὐκ ἔσται τέλος.

Καὶ εἰς τὸ Πνεῦμα τὸ Ἅγιον,

τὸ Κύριον, τὸ ζωοποιόν,

τὸ ἐκ τοῦ Πατρὸς ἐκπορευόμενον,

τὸ σὺν Πατρὶ καὶ Υἱῷ συμπροσκυνούμενον καὶ

συνδοξαζόμενον,

τὸ λαλήσαν διὰ τῶν Προφητῶν.

Εἰς μίαν, ἁγίαν, καθολικὴν καὶ ἀποστολικὴν

Ἐκκλησίαν.

Ὁμολογῶ ἐν βάπτισμα εἰς ἄφεσιν ἁμαρτιῶν.

Προσδοκῶ ἀνάστασιν νεκρῶν.

Καὶ ζωὴν τοῦ μέλλοντος αἰῶνος. Ἀμήν.

*Διάβασε μία ἢ περισσότερες ἀπὸ τίς πρὸ κάτω  
προσευχές*

## Morning Prayers

Who for us and for our salvation  
came down from heaven,  
and was incarnate of the Holy Spirit  
and the Virgin Mary,  
and became human,  
and was crucified for us under Pontius Pilate,  
and suffered and was buried,  
and rose on the third day according to the  
Scriptures,  
and ascended into heaven,  
and is seated at the right hand of the Father,  
and will come again in glory  
to judge the living and the dead,  
and his kingdom will have no end.

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

In one holy, catholic and apostolic Church.  
I acknowledge one baptism for the forgiveness of  
sins.

I expect the resurrection of the dead,  
and the life of the age to come. Amen.

*Choose one or more of the following prayers*

1

Ἐκ τοῦ ὕπνου ἐξανιστάμενος εὐχαριστῶ σοι,  
Ἁγία Τριάς,  
ὅτι διὰ τὴν πολλὴν σου ἀγαθότητα καὶ  
μακροθυμίαν  
οὐκ ὠργίσθης ἐμοὶ τῷ ῥαθύμῳ καὶ ἀμαρτωλῷ,  
οὐδὲ συναπόλεσάς με ταῖς ἀνομίαις μου,  
ἀλλ' ἐφιλανθρωπεύσω συνήθως,  
καὶ πρὸς ἀπόγνωσιν κείμενον ἤγειράς με  
εἰς τὸ ὀρθίσαι καὶ δοξολογῆσαι τὸ κράτος  
σου.

Καὶ νῦν φώτισόν μου τὰ ὄμματα τῆς διανοίας,  
ἄνοιξόν μου τὸ στόμα τοῦ μελετᾶν τὰ λόγια  
σου

καὶ συνιέναι τὰς ἐντολάς σου  
καὶ ποιεῖν τὸ θέλημά σου  
καὶ ψάλλειν σοι ἐν ἐξομολογήσει καρδίας  
καὶ ἀνυμνεῖν τὸ πανάγιον ὄνομά σου,  
τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου  
Πνεύματος,  
νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.  
Ἄμην.

2

Χριστέ, τὸ φῶς τὸ ἀληθινόν,  
τὸ φωτίζον καὶ ἀγιάζον πάντα ἄνθρωπον,  
ἐρχόμενον εἰς τὸν κόσμον,  
σημειωθήτω ἐφ' ἡμᾶς τὸ φῶς τοῦ προσώπου  
σου,  
ἵνα ἐν αὐτῷ ὀψόμεθα φῶς ἀπρόσιτον·  
καὶ κατεύθυνον τὰ διαβήματα ἡμῶν, πρὸς

1

Arising from sleep I give thanks to you, Holy Trinity,  
that because of your great goodness and patience  
you have not been angry with me, lazy and sinful  
though I am,  
and have not destroyed me and my sins together,  
but have shown your usual loving kindness,  
and though I inclined to despair have moved me  
to rise early and glorify your might.  
Now enlighten the eyes of my mind  
and open my mouth so that I may study your  
sayings,  
understand your commandments,  
do your will,  
sing to you with thankful heart,  
and praise your all-holy name,  
Father, Son and Holy Spirit,  
now and ever and to the ages of ages. Amen.

2

Christ the true light,  
which enlightens and sanctifies  
everyone who comes into the world,  
may the light of your countenance be signed upon  
us,  
so that in it we may see the unapproachable light,  
and may you direct our steps towards performing  
your commandments;

ἐργασίαν τῶν ἐντολῶν σου·  
πρεσβείαις τῆς παναχράντου σου Μητρὸς καὶ  
πάντων σου τῶν Ἁγίων. Ἀμήν.

**3**

Ἄξιόν ἐστὶν ὡς ἀληθῶς, μακαρίζειν σε τὴν  
Θεοτόκον,  
τὴν ἀειμακάριστον καὶ παναμώμητον, καὶ  
Μητέρα τοῦ Θεοῦ ἡμῶν.  
Τὴν τιμιωτέραν τῶν Χερουβείμ  
καὶ ἐνδοξοτέραν ἀσυγκρίτως τῶν Σεραφείμ,  
τὴν ἀδιαφθόρως Θεὸν Λόγον τεκοῦσαν,  
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Τῇ Θεοτόκῳ ἐκτενωῶς νῦν προσδράμωμεν  
ἁμαρτωλοὶ καὶ ταπεινοὶ  
καὶ προσπέσωμεν ἐν μετανοίᾳ,  
κράζοντες ἐκ βάθους ψυχῆς·  
Δέσποινα, βοήθησον, ἐφ' ἡμῖν  
σπλαγχνισθεῖσα·  
σπεῦσον, ἀπολλύμεθα ὑπὸ πλήθους  
πταισμάτων·  
μὴ ἀποστρέψῃς σοὺς δούλους κενούς,  
σὲ γὰρ καὶ μόνην ἐλπίδα κεκτήμεθα.

**4**

**Εὐχὴ τοῦ Ὁσίου Ἐφραίμ**

*Λέγεται κατὰ τὴν Μεγάλῃ Σαρακοστή, μὲ  
μία μετάνοια μετὰ ἀπὸ κάθε στίχον*

Κύριε καὶ Δέσποτα τῆς ζωῆς μου,

through the intercessions of your all-pure Mother  
and all your Saints. Amen.

3

Truly it is right to call you blessed, Theotokos,  
ever-blessed and all-pure and the Mother of our  
God.

More honourable than the Cherubim,  
incomparably more glorious than the Seraphim,  
who undefiled gave birth to God the Word,  
true Theotokos, we magnify you.

To the Theotokos let us sinners and lowly ones  
now earnestly run,  
and let us fall down in repentance,  
crying from the depth of our soul:  
Lady, come to our help and have compassion upon  
us;  
hasten, for we perish in a multitude of sins;  
turn not your servants away empty-handed,  
for you alone do we have as our hope.

4

**Prayer of St Ephraim**

*Recited in Great Lent, with a prostration after  
each verse*

Lord and Master of my life,

πνεῦμα ἀργίας, περιεργίας, φιλαρχίας, καὶ ἀργολογίας μή μοι δῶς.

Πνεῦμα δὲ σωφροσύνης, ταπεινοφροσύνης, ὑπομονῆς, καὶ ἀγάπης χάρισαί μοι τῷ σῶ δούλω.

Ναί, Κύριε Βασιλεῦ, δώρησαί μοι τοῦ ὄραν τὰ ἐμὰ πταίσματα, καὶ μὴ κατακρίνειν τὸν ἀδελφόν μου· ὅτι εὐλογητὸς εἶ, εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

### **Δοξολογία Μεγάλη**

Δόξα σοι τῷ δείξαντι τὸ φῶς.

Δόξα ἐν ὑψίστοις Θεῶ,

καὶ ἐπὶ γῆς εἰρήνη, ἐν ἀνθρώποις εὐδοκία.

Ἵμνουμέν σε, εὐλογοῦμέν σε,

προσκυνοῦμέν σε, δοξολογοῦμέν σε,

εὐχαριστοῦμέν σοι, διὰ τὴν μεγάλην σου δόξαν.

Κύριε, Βασιλεῦ ἐπουράνιε, Θεὲ Πάτερ

Παντοκράτορ,

Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστέ,

καὶ Ἅγιον Πνεῦμα.

Κύριε ὁ Θεός, ὁ Ἀμνὸς τοῦ Θεοῦ, ὁ Υἱὸς τοῦ Πατρός,

ὁ αἴρων τὴν ἁμαρτίαν τοῦ κόσμου,

ἐλέησον ἡμᾶς, ὁ αἴρων τὰς ἁμαρτίας τοῦ κόσμου.

Πρόσδεξαι τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ τοῦ Πατρός,

give me not a spirit of idleness, meddling,  
love of power and idle talk.

But grant me, your servant,  
a spirit of soberness, humility, patience and  
love.

Yes, Lord and King,  
grant me to see my own faults, and not  
condemn my brother;  
for blessed are you, to the ages of ages. Amen.

### **The Great Doxology**

Glory to you who have shown the light.

Glory to God in the highest,  
and on earth peace, good will to all people.

We praise you, we bless you,  
we worship you, we glorify you,  
we give thanks to you for your great glory.

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

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

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



καὶ ἐλέησον ἡμᾶς.

Ὅτι σὺ εἶ ὁ μόνος Ἅγιος,  
σὺ εἶ ὁ μόνος Κύριος Ἰησοῦς Χριστός,  
εἰς δόξαν Θεοῦ Πατρὸς. Ἀμήν.

Καθ' ἐκάστην ἡμέραν εὐλογήσω σε καὶ  
αἰνέσω τὸ ὄνομά σου  
εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος.  
Καταξίωσον, Κύριε, ἐν τῇ ἡμέρᾳ ταύτῃ  
ἀναμαρτήτους φυλαχθῆναι ἡμᾶς.  
Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς τῶν Πατέρων  
ἡμῶν,  
καὶ αἰνετὸν καὶ δεδοξασμένον τὸ ὄνομά σου  
εἰς τοὺς αἰῶνας. Ἀμήν.

Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς,  
καθάπερ ἠλπίσαμεν ἐπὶ σέ.  
Εὐλογητὸς εἶ, Κύριε,  
δίδαξόν με τὰ δικαιώματά σου.  
Κύριε, καταφυγὴ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ  
γενεᾷ.  
Ἐγὼ εἶπα· Κύριε, ἐλέησόν με, ἴασαι τὴν  
ψυχὴν μου,  
ὅτι ἥμαρτόν σοι.  
Κύριε, πρὸς σέ κατέφυγον·  
δίδαξόν με τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ  
εἶ ὁ Θεός μου.  
Ὅτι παρὰ σοὶ πηγὴ ζωῆς·  
ἐν τῷ φωτί σου ὀψόμεθα φῶς.  
Παράτεινον τὸ ἔλεός σου τοῖς γινώσκουσί σε.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος

## Morning Prayers

For you only are Holy,  
you only are the Lord Jesus Christ,  
to the glory of God the Father. Amen.

Every day I will bless you and praise your name  
for ever and for evermore.  
Grant, Lord, that we may be kept this day without  
sin.

Blessed are you, Lord God of our Fathers,  
and praised and glorified is your name for ever.  
Amen.

May your mercy be upon us, Lord,  
just as we have hoped in you.  
Blessed are you, Lord,  
teach me your judgements.  
Lord, you have been our refuge from generation to  
generation.

I said: Lord have mercy on me, heal my soul,  
for I have sinned against you.  
Lord, to you have I fled for refuge;  
teach me to do your will, for you are my God.  
For in you is the source of life;  
in your light we shall see light.  
Extend your mercy to those who know you.

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

Ἄθάνατος, ἐλέησον ἡμᾶς.  
Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος  
Ἄθάνατος, ἐλέησον ἡμᾶς.  
Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος  
Ἄθάνατος, ἐλέησον ἡμᾶς.  
Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι·  
Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.  
Ἅγιος Ἄθάνατος, ἐλέησον ἡμᾶς.  
Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος  
Ἄθάνατος, ἐλέησον ἡμᾶς.

### Ἅγιογραφικὸν Ἀνάγνωσμα

Εἰς χειράς σου, Κύριε, παρατίθημι τὴν ψυχὴν  
καὶ τὸ σῶμά μου.  
Αὐτός με εὐλόγησον, αὐτός με ἐλέησον,  
καὶ ζωὴν τὴν αἰώνιον χάρισάι μοι. Ἀμήν.

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 the Son and the Holy Spirit;

Both now and ever and to the ages of ages. Amen.

Holy Immortal, have mercy on us.

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

### **Scripture Reading**

Into your hands, Lord, I commend my soul and body.

Bless me, have mercy on me, and grant me eternal life. Amen.

ΜΡ  
ΗΘΗ

ΘΥ  
ΓΗΤΡΙΑ

ΙC ΧC



A decorative border made of small red diamonds surrounds the text. The border is rectangular with rounded corners and is composed of many small, identical diamond shapes arranged in a continuous line.

## **EVENING PRAYERS**

## ΕΣΠΕΡΙΝΑΙ ΠΡΟΣΕΥΧΑΙ

*Τὸ βράδυ, στάσου μὲ εὐλάβεια καὶ φόβο Θεοῦ  
μπροστὰ στὶς ἱερὲς εἰκόνες, καὶ κράτησε σιγὴ δι'  
ὀλίγον. Ἐπειτα κάμε τὸ σημεῖο τοῦ Σταυροῦ καὶ  
διάβασε τὶς πρὸ κάτω προσευχάς. Ἄν δὲν ὑπάρχει  
χρόνος, εἶναι καλύτερα νὰ διαβασθοῦν μόνο  
λίγες προσευχὲς προσεκτικά, παρὰ ὅλες βιαστικά.*

Εἰς τὸ ὄνομα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ  
τοῦ Ἁγίου Πνεύματος. Ἀμήν.

Δόξα σοι, ὁ Θεὸς ἡμῶν, δόξα σοι.

Βασιλεῦ οὐράνιε, Παράκλητε, τὸ Πνεῦμα τῆς  
ἀληθείας,  
ὁ πανταχοῦ παρὼν καὶ τὰ πάντα πληρῶν,  
ὁ θησαυρὸς τῶν ἀγαθῶν καὶ ζωῆς χορηγός,  
ἔλθε καὶ σκῆνωσον ἐν ἡμῖν  
καὶ καθάρισον ἡμᾶς ἀπὸ πάσης κηλίδος,  
καὶ σῶσον, Ἁγαθέ, τὰς ψυχὰς ἡμῶν.

*Κατὰ τὴν περίοδο τοῦ Πάσχα, ἀντὶ τοῦ  
Βασιλεῦ οὐράνιε, λέγεται τὸ ἑξῆς·*

Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ  
θάνατον πατήσας,

## EVENING PRAYERS

*At the end of the day, stand before the holy icons in reverence and fear of God, and keep silence for a time. Then make the sign of the Cross and say the following prayers. If time is short, it is better to say only a few of the prayers with care, rather than recite them all in haste.*

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

Glory to you, our God, glory to you.

Heavenly King, Comforter, the Spirit of truth, present everywhere and filling all things, the treasury of good and giver of life, come and dwell in us and cleanse us from every impurity, and save our souls, Gracious One.

*During the Easter period, instead of Heavenly King say:*

Christ is risen from the dead, trampling



καὶ τοῖς ἐν τοῖς μνήμασι ζῶν  
χαρισάμενος.  
Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ  
θάνατον πατήσας,  
καὶ τοῖς ἐν τοῖς μνήμασι ζῶν  
χαρισάμενος.  
Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ  
θάνατον πατήσας,  
καὶ τοῖς ἐν τοῖς μνήμασι ζῶν  
χαρισάμενος.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος  
Ἄθάνατος, ἐλέησον ἡμᾶς.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος  
Ἄθάνατος, ἐλέησον ἡμᾶς.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος  
Ἄθάνατος, ἐλέησον ἡμᾶς.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι·  
Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς.  
Κύριε, ἰλάσθητι ταῖς ἁμαρτίαις ἡμῶν.  
Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν.  
Ἅγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας  
ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου.  
Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,  
ἐλέησον.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι·  
Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν

down death by death,  
and on those in the tombs bestowing life.  
Christ is risen from the dead, trampling  
down death by death,  
and on those in the tombs bestowing life.  
Christ is risen from the dead, trampling  
down death by death,  
and on those in the tombs bestowing life.

**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 the Son and the Holy Spirit;**

**Both now and ever and to the ages of ages. Amen.**

**All-holy Trinity, have mercy on us.**

**Lord, be merciful to our sins.**

**Master, forgive our transgressions.**

**Holy One, visit us and heal our infirmities, for your name's sake.**

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

**Glory to the Father and the Son and the Holy Spirit;**

αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς,

ἀγιασθήτω τὸ ὄνομά σου.

Ἐλθέτω ἡ βασιλεία σου.

Γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ καὶ  
ἐπὶ τῆς γῆς.

Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν  
σήμερον.

Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν,

ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν.

Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν,

ἀλλὰ ρύσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

Ὅτι σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις καὶ  
ἡ δόξα,

τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου

Πνεύματος,

νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

Ἀμήν.

Τὴν ἡμέραν διελθὼν, εὐχαριστῶ σοι, Κύριε·

τὴν ἐσπέραν αἰτουῦμαι σὺν τῇ νυκτὶ

ἀναμάρτητον παράσχου μοι, Σωτήρ, καὶ

σῶσόν με.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι·

Τὴν ἡμέραν παρελθὼν, δοξολογῶ σε, Δέσποτα·

τὴν ἐσπέραν αἰτουῦμαι σὺν τῇ νυκτὶ

ἀσκανδάλιστον παράσχου μοι, Σωτήρ, καὶ

σῶσόν με.

## Evening Prayers

Both now and ever and to the ages of ages. Amen.

**O**ur Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done on earth as it is in heaven.  
Give us today our daily bread  
and forgive us our sins,  
as we forgive those who sin against us.  
And lead us not into temptation,  
but deliver us from evil.

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

The day has passed, and I give you thanks, Lord;  
make the evening and the night free of sin, I ask  
you, Saviour, and save me.

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

The day has ended, and I give you glory, Master;  
make the evening and the night free of offence, I  
ask you, Saviour, and save me.

Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Τὴν ἡμέραν διαβάς, ὑμνολογῶ σε, Ὁ Ἅγιε·  
τὴν ἑσπέραν αἰτοῦμαι σὺν τῇ νυκτὶ  
ἀνεπίβουλον παράσχου μοι, Σωτήρ, καὶ  
σῶσόν με.

Κύριε, ἐλέησον... (ιβ')

Κατευθυνθήτω ἡ προσευχή μου ὡς θυμίαμα  
ἐνώπιόν σου,  
ἔπαρσις τῶν χειρῶν μου θυσία ἑσπερινή·  
εἰσάκουσόν μου, Κύριε.

**Ψαλμὸς Δ'**

Ἐν τῷ ἐπικαλεῖσθαί με εἰσήκουσάς μου, ὁ  
Θεὸς τῆς δικαιοσύνης μου,  
ἐν θλίψει ἐπλάτυνάς με.  
Οἰκτείρησόν με καὶ εἰσάκουσον τῆς  
προσευχῆς μου.

Υἱοὶ ἀνθρώπων, ἕως πότε βαρυκάρδιοι;  
Ἴνατί ἀγαπᾶτε ματαιότητα καὶ ζητεῖτε ψεῦδος;  
Καὶ γινῶτε ὅτι ἔθαυμάστωσε Κύριος τὸν ὄσιν  
αὐτοῦ.

Κύριος εἰσακούσεταιί μου ἐν τῷ κεκραγῆναι με  
πρὸς αὐτόν.

Ὁργίζεσθε, καὶ μὴ ἁμαρτάνετε·  
ἂ λέγετε ἐν ταῖς καρδίαις ὑμῶν, ἐπὶ ταῖς  
κοίταις ὑμῶν καταλύγητε.

Θύσατε θυσίαν δικαιοσύνης καὶ ἐλπίσατε ἐπὶ

Both now and ever and to the ages of ages. Amen.

The day is over, and I give you praise, Holy One;  
make the evening and the night free of evil  
designs, I ask you, Saviour, and save me.

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

Let my prayer come before you as incense,  
the lifting up of my hands as an evening sacrifice;  
Lord hear me.

#### **Psalm 4**

When I called upon you, God of my righteousness,  
you heard me,

in my distress you gave me room.

Have compassion on me and hear my prayer.

You mortals, how long will you be hard of heart?

Why do you love vanity, and seek after falsehood?

Know also that the Lord has made wondrous his  
holy one.

The Lord will hear me when I cry to him.

Be angry, and sin not;

feel compunction in your beds for what you say in  
your hearts.

Offer a sacrifice of righteousness, and hope in the  
Lord.

Many say: who will show us good things?

Κύριον.

Πολλοὶ λέγουσι· Τίς δείξει ἡμῖν τὰ ἀγαθὰ;  
Ἐσημειώθη ἐφ' ἡμᾶς τὸ φῶς τοῦ προσώπου  
σου, Κύριε·

ἔδωκας εὐφροσύνην εἰς τὴν καρδίαν μου.  
Ἐκ καρποῦ σίτου, οἴνου καὶ ἐλαίου αὐτῶν  
ἐπληθύνθησαν.

Ἐν εἰρήνῃ ἐπὶ τὸ αὐτὸ κοιμηθήσομαι καὶ  
ὑπνώσω,  
ὅτι σύ, Κύριε, κατὰ μόνας ἐπ' ἐλπίδι  
κατόκιστάς με.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι·  
Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

### **Τὸ Σύμβολον τῆς Πίστεως**

**Πιστεύω εἰς ἓνα Θεόν, Πατέρα Παντοκράτορα,**  
ποιητὴν οὐρανοῦ καὶ γῆς,  
ὁρατῶν τε πάντων καὶ ἀοράτων.

Καὶ εἰς ἓνα Κύριον Ἰησοῦν Χριστόν,  
τὸν Υἱὸν τοῦ Θεοῦ τὸν μονογενῆ,  
τὸν ἐκ τοῦ Πατρὸς γεννηθέντα πρὸ πάντων  
τῶν αἰώνων·  
φῶς ἐκ φωτός,  
Θεὸν ἀληθινὸν ἐκ Θεοῦ ἀληθινοῦ,  
γεννηθέντα οὐ ποιηθέντα,  
ὁμοούσιον τῷ Πατρί,  
δι' οὗ τὰ πάντα ἐγένετο.

Τὸν δι' ἡμᾶς τοὺς ἀνθρώπους

The light of your countenance, Lord, has been  
signed upon us;  
you have given gladness to my heart.  
From the fruit of their wheat, wine and oil are they  
multiplied.  
In peace I will lay me down and sleep,  
for you alone, Lord, have made me dwell in hope.

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

### **The Creed**

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

And in one Lord Jesus Christ,  
the only-begotten Son of God,  
begotten of the Father before all ages,  
light from light,  
true God from true God,  
begotten not made,  
of one essence with the Father;  
through him all things were made.

Who for us and for our salvation



καὶ διὰ τὴν ἡμετέραν σωτηρίαν  
κατελθόντα ἐκ τῶν οὐρανῶν  
καὶ σαρκωθέντα ἐκ Πνεύματος Ἁγίου  
καὶ Μαρίας τῆς Παρθένου  
καὶ ἐνανθρωπήσαντα.  
Σταυρωθέντα τε ὑπὲρ ἡμῶν ἐπὶ Ποντίου

Πιλάτου,

καὶ παθόντα καὶ ταφέντα.

Καὶ ἀναστάντα τῇ τρίτῃ ἡμέρᾳ κατὰ τὰς

Γραφάς.

Καὶ ἀνελθόντα εἰς τοὺς οὐρανοὺς,  
καὶ καθεζόμενον ἐκ δεξιῶν τοῦ Πατρὸς.

Καὶ πάλιν ἐρχόμενον μετὰ δόξης

κρῖναι ζῶντας καὶ νεκρούς,

οὗ τῆς βασιλείας οὐκ ἔσται τέλος.

Καὶ εἰς τὸ Πνεῦμα τὸ Ἅγιον,

τὸ Κύριον, τὸ ζῶσιον,

τὸ ἐκ τοῦ Πατρὸς ἐκπορευόμενον,

τὸ σὺν Πατρὶ καὶ Υἱῷ συμπροσκυνούμενον καὶ

συνδοξαζόμενον,

τὸ λαλῆσαν διὰ τῶν Προφητῶν.

Εἰς μίαν, ἁγίαν, καθολικὴν καὶ ἀποστολικὴν

Ἐκκλησίαν.

Ὁμολογῶ ἐν βάπτισμα εἰς ἄφεσιν ἁμαρτιῶν.

Προσδοκῶ ἀνάστασιν νεκρῶν.

Καὶ ζωὴν τοῦ μέλλοντος αἰῶνος. Ἀμήν.

*Διάβασε μία ἢ περισσότερες ἀπὸ τίς πιὸ κάτω  
προσευχές*

## Evening Prayers

came down from heaven,  
and was incarnate of the Holy Spirit  
and the Virgin Mary,  
and became human,  
and was crucified for us under Pontius Pilate,  
and suffered and was buried,  
and rose on the third day according to the  
Scriptures,  
and ascended into heaven,  
and is seated at the right hand of the Father,  
and will come again in glory  
to judge the living and the dead,  
and his kingdom will have no end.

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

In one holy, catholic and apostolic Church.  
I acknowledge one baptism for the forgiveness of  
sins.  
I expect the resurrection of the dead,  
and the life of the age to come. Amen.

*Choose one or more of the following prayers*

1

Κύριε ὁ Θεὸς ἡμῶν,  
 εἶ τι ἥμαρτον ἐν τῇ ἡμέρᾳ ταύτῃ, λόγῳ, ἔργῳ  
 καὶ διανοίᾳ,  
 πάντα μοι ὡς ἀγαθὸς καὶ φιλόανθρωπος  
 συγχώρησον.  
 Ὑπνον εἰρηνικὸν καὶ ἀτάραχον δώρησαί μοι  
 καὶ ῥύσαί με ἀπὸ πάσης ἐπηρείας καὶ  
 ἐπιβουλῆς τοῦ πονηροῦ.  
 Διανάστησον δέ με ἐν καιρῷ εὐθέτῳ πρὸς σὴν  
 δοξολογίαν,  
 ὅτι εὐλογητὸς εἶ,  
 σὺν τῷ μονογενεῖ σου Υἱῷ καὶ τῷ παναγίῳ  
 σου Πνεύματι,  
 νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.  
 Ἀμήν.

2

Ὁ ἐν παντὶ καιρῷ καὶ πάσῃ ὥρᾳ,  
 ἐν οὐρανῷ καὶ ἐπὶ γῆς προσκυνούμενος καὶ  
 δοξαζόμενος,  
 Χριστὸς ὁ Θεός,  
 ὁ μακρόθυμος, ὁ πολυέλεος, ὁ πολυεύσπλαγχνος,  
 ὁ τοὺς δικαίους ἀγαπῶν, καὶ τοὺς ἀμαρτωλοὺς  
 ἐλεῶν,  
 ὁ πάντας καλῶν πρὸς σωτηρίαν  
 διὰ τῆς ἐπαγγελίας τῶν μελλόντων ἀγαθῶν·  
 αὐτός, Κύριε, πρόσδεξι καὶ ἡμῶν ἐν τῇ ὥρᾳ  
 ταύτῃ τὰς ἐντεύξεις,  
 καὶ ἴθυνον τὴν ζωὴν ἡμῶν πρὸς τὰς ἐντολάς  
 σου.

1

Lord our God,  
if I have sinned this day in word, deed or thought,  
forgive me all, as the good and loving God you  
are.

Grant me peaceful and untroubled sleep,  
and deliver me from every attack and design of the  
evil one.

Raise me in due time to give you glory;  
for blessed are you,  
with your only-begotten Son and all-holy Spirit,  
now and ever and to the ages of ages. Amen.

2

Christ our God,  
who are worshipped and glorified at all times and  
every hour,  
in heaven and on earth;  
long-suffering, merciful and compassionate,  
loving the just and merciful to sinners,  
calling everyone to salvation  
through the promise of good things to come;  
receive, Lord, our supplications at this time,  
and direct our lives according to your  
commandments.

Τὰς ψυχὰς ἡμῶν ἀγίασον·  
τὰ σώματα ἄγνισον·  
τοὺς λογισμοὺς διόρθωσον·  
τὰς ἐννοίας κάθαρσον·  
καὶ ῥῦσαι ἡμᾶς ἀπὸ πάσης θλίψεως, κακῶν,  
καὶ ὀδύνης.  
Τείχισον ἡμᾶς ἀγίοις σου Ἀγγέλοις,  
ἵνα, τῇ παρεμβολῇ αὐτῶν φρουρούμενοι καὶ  
ὀδηγούμενοι,  
καταντήσωμεν εἰς τὴν ἐνότητα τῆς πίστεως  
καὶ εἰς τὴν ἐπίγνωσιν τῆς ἀπροσίτου σου  
δόξης·  
ὅτι εὐλογητὸς εἶ, εἰς τοὺς αἰῶνας τῶν αἰώνων.  
Ἄμην.

3

**Εἰς τὸν Φύλακα Ἄγγελον**

Ἄγιε Ἄγγελε,  
ὁ ἐφεστῶς τῆς ἀθλίας μου ψυχῆς καὶ  
ταλαιπώρου μου ζωῆς,  
μὴ ἐγκαταλίπῃς με τὸν ἁμαρτωλόν,  
μηδὲ ἀποστῆς ἀπ' ἐμοῦ διὰ τὴν ἀκρασίαν μου·  
μὴ δώῃς χώραν τῷ πονηρῷ δαίμονι  
κατακυριεῦσαι μου τῇ καταδυναστείᾳ τοῦ  
θνητοῦ τούτου σώματος·  
κράτησον τῆς ἀθλίας καὶ παρειμένης χειρός  
μου,  
καὶ ὀδήγησόν με εἰς ὁδὸν σωτηρίας.  
Ναί, ἄγιε Ἄγγελε τοῦ Θεοῦ,  
ὁ φύλαξ καὶ σκεπαστῆς τῆς ἀθλίας μου ψυχῆς  
καὶ τοῦ σώματος,

Sanctify our souls,  
 cleanse our bodies,  
 correct our thoughts,  
 purify our intentions,  
 and deliver us from all affliction, evil and distress.  
 Fortify us with your holy Angels,  
 so that guarded and guided by their forces  
 we may attain to the unity of the faith  
 and the knowledge of your unapproachable glory;  
 for blessed are you to the ages of ages. Amen.

3

**Prayer to one's Guardian Angel**

**Holy Angel,**  
 attendant of my wretched soul and my afflicted  
 life,  
 do not desert me a sinner,  
 nor depart from me because of my weakness.  
 Give no place to the evil demon  
 to rule me by dominating this mortal body.  
 Take my wretched and feeble hand  
 and lead me in the way of salvation.  
 Yes, holy Angel of God,  
 guardian and protector of my wretched soul and  
 body,

πάντα μοι συγχώρησον, ὅσα σοι ἔθλιψα πάσας  
 τὰς ἡμέρας τῆς ζωῆς μου,  
 καὶ εἴ τι ἥμαρτον τὴν σήμερον ἡμέραν·  
 σκέπασόν με ἐν τῇ παρουσίᾳ νυκτὶ  
 καὶ διαφύλαξόν με ἀπὸ πάσης ἐπηρεΐας τοῦ  
 ἀντικειμένου,  
 ἵνα μὴ ἐν τινὶ ἀμαρτήματι παροργίσω τὸν  
 Θεόν·  
 καὶ πρέσβευε ὑπὲρ ἐμοῦ πρὸς τὸν Κύριον  
 τοῦ ἐπιστηρίξαι με ἐν τῷ φόβῳ αὐτοῦ,  
 καὶ ἄξιον ἀναδειξαί με δούλον τῆς αὐτοῦ  
 ἀγαθότητος. Ἀμήν.

**4**

**Εὐχὴ τοῦ Ὁσίου Ἐφραίμ**

*Λέγεται κατὰ τὴν Μεγάλῃ Σαρακοστή, μὲ  
 μία μετάνοια μετὰ ἀπὸ κάθε στίχον*

Κύριε καὶ Δέσποτα τῆς ζωῆς μου,  
 πνεῦμα ἀργίας, περιεργίας, φιλαρχίας, καὶ  
 ἀργολογίας μή μοι δῶς.

Πνεῦμα δὲ σωφροσύνης, ταπεινοφροσύνης,  
 ὑπομονῆς, καὶ ἀγάπης  
 χάρισαί μοι τῷ σῶ δούλῳ.

Ναί, Κύριε Βασιλεῦ,  
 δώρησαί μοι τοῦ ὄραν τὰ ἐμὰ πταίσματα,  
 καὶ μὴ κατακρίνειν τὸν ἀδελφόν μου·  
 ὅτι εὐλογητὸς εἶ, εἰς τοὺς αἰῶνας τῶν  
 αἰώνων. Ἀμήν.

forgive me for every grief I have caused you all the days of my life,  
 and if I have sinned in anything this day.  
 Protect me during the present night  
 and preserve me from every attack of the enemy,  
 so that I may not anger God through any sin.  
 And intercede for me to the Lord  
 so that he may strengthen me in his fear,  
 and make me a worthy servant of his goodness.  
 Amen.

**4**

**Prayer of St Ephraim**

*Recited in Great Lent, with a prostration after each verse*

Lord and Master of my life,  
 give me not a spirit of idleness, meddling,  
 love of power and idle talk.

But grant me, your servant,  
 a spirit of soberness, humility, patience and  
 love.

Yes, Lord and King,  
 grant me to see my own faults, and not con-  
 demn my brother;  
 for blessed are you, to the ages of ages. Amen.



Φῶς ἰλαρὸν ἀγίας δόξης,  
ἀθανάτου Πατρός, οὐρανίου, ἀγίου, μάκαρος,  
Ἰησοῦ Χριστέ,  
ἐλθόντες ἐπὶ τὴν ἡλίου δύσιν,  
ιδόντες φῶς ἑσπερινόν,  
ὑμνοῦμεν Πατέρα, Υἱὸν καὶ Ἅγιον Πνεῦμα  
Θεόν.

Ἄξιόν σε ἐν πᾶσι καιροῖς ὑμνεῖσθαι φωναῖς  
αἰσίσαις,  
Υἱὲ Θεοῦ, ζωὴν ὁ διδούς·  
διὸ ὁ κόσμος σὲ δοξάζει.

Καταξίωσον, Κύριε, ἐν τῇ ἑσπέρᾳ ταύτῃ  
ἀναμαρτήτους φυλαχθῆναι ἡμᾶς.  
Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς τῶν Πατέρων  
ἡμῶν,  
καὶ αἰνετὸν καὶ δεδοξασμένον τὸ ὄνομά σου  
εἰς τοὺς αἰῶνας. Ἀμήν.  
Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς,  
καθάπερ ἠλπίσαμεν ἐπὶ σέ.  
Εὐλογητὸς εἶ, Κύριε,  
δίδαξόν με τὰ δικαιώματά σου.  
Εὐλογητὸς εἶ, Δέσποτα,  
συνέτισόν με τὰ δικαιώματά σου.  
Εὐλογητὸς εἶ, Ἅγιε,  
φώτισόν με τοῖς δικαιώμασί σου.  
Κύριε, τὸ ἔλεός σου εἰς τὸν αἰῶνα·  
τὰ ἔργα τῶν χειρῶν σου μὴ παρίδης.  
Σοὶ πρέπει αἶνος,  
σοὶ πρέπει ὕμνος,  
σοὶ δόξα πρέπει,

O joyful light of the divine glory  
of the immortal, heavenly, holy and blessed  
Father,  
Jesus Christ.  
Having come to the setting of the sun,  
having seen the evening light,  
we praise Father, Son and Holy Spirit, God.  
Right it is that you be praised at all times with  
fitting voices,  
Son of God, giver of life;  
therefore the whole world gives you glory.

Grant, Lord, that we may be kept this night  
without sin.

Blessed are you, Lord God of our Fathers,  
and praised and glorified is your name for ever.  
Amen.

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

Blessed are you, Lord,  
teach me your judgements.

Blessed are you, Master,  
give me understanding of your judgements.

Blessed are you, Holy One,  
enlighten me with your judgements.

Lord, your mercy endures for ever;  
do not disregard the works of your hands.

To you is due praise,  
to you is due song,  
glory is due to you,

τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι,  
νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.  
Ἀμήν.

**Ἁγιογραφικὸν Ἀνάγνωσμα**

Εἰς χεῖράς σου, Κύριε, παρατίθημι τὴν ψυχὴν  
καὶ τὸ σῶμά μου.  
Αὐτός με εὐλόγησον, αὐτός με ἐλέησον, καὶ  
ζωὴν τὴν αἰώνιον χάρισαί μοι. Ἀμήν.

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

**Scripture Reading**

Into your hands, Lord, I commend my soul  
and body.

Bless me, have mercy on me, and grant me  
eternal life. Amen.



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## **PRAYERS AT MEALS**

## ΠΡΟΣΕΥΧΑΙ ΤΡΑΠΕΖΗΣ

### ΕΥΧΑΙ ΠΡΟ ΤΟΥ ΦΑΓΗΤΟΥ

**Φ**άγονται πένητες καὶ ἐμπλησθήσονται,  
καὶ αἰνέσουσι Κύριον οἱ ἐκζητοῦντες αὐτόν·  
ζήσονται αἱ καρδίαι αὐτῶν εἰς αἰῶνα αἰῶνος.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι·  
Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν  
αιῶνων. Ἀμήν.

**Κ**ύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,  
ἐλέησον.

**Χ**ριστὲ ὁ Θεός,  
εὐλόγησον τὴν βρωσὶν καὶ τὴν πόσιν τῶν  
δούλων σου,  
ὅτι Ἅγιος εἶ,  
πάντοτε, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν  
αιῶνων. Ἀμήν.

## PRAYERS AT MEALS

### PRAYERS BEFORE A MEAL

The poor will eat and be filled,  
and those who seek the Lord will praise him;  
their hearts will live for evermore.

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

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

Christ our God,  
bless the food and drink of your servants,  
for you are Holy,  
always, now and ever and to the ages of ages.  
Amen.



ΕΥΧΑΡΙΣΤΙΑ ΜΕΤΑ ΤΟ ΦΑΓΗΤΟΝ

Εὐχαριστοῦμέν σοι, Χριστέ ὁ Θεὸς ἡμῶν,  
ὅτι ἐνέπλησας ἡμᾶς τῶν ἐπιγείων σου ἀγαθῶν·  
μὴ στερήσης ἡμᾶς καὶ τῆς αἰωνίου σου  
βασιλείας,  
ἀλλ' ὡς ἐν μέσῳ τῶν Μαθητῶν σου παρεγένου,  
Σωτήρ,  
τὴν εἰρήνην διδοὺς αὐτοῖς,  
ἔλθε καὶ μεθ' ἡμῶν καὶ σῶσον ἡμᾶς. Ἀμήν.

THANKSGIVING AFTER A MEAL

We thank you, Christ our God,  
for filling us with your earthly gifts.  
Do not deprive us of your heavenly kingdom,  
but as you, Saviour, appeared among your  
Disciples  
and gave them peace,  
come among us also and save us. Amen.



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## **COMMUNION PRAYERS**

## ΠΡΟΣΕΥΧΑΙ ΜΕΤΑΛΗΨΕΩΣ

*Ἐκ τῆς Ἀκολουθίας τῆς Θείας Μεταλήψεως*

### ΠΡΟ ΤΗΣ ΑΓΙΑΣ ΚΟΙΝΩΝΙΑΣ

Ἄρτος ζωῆς αἰωνιζούσης γενέσθω μοι τὸ  
Σῶμά σου τὸ ἅγιον, εὐσπλαγχνε Κύριε,  
καὶ τὸ τίμιον Αἷμα καὶ νόσων πολυτρόπων  
ἀλεξητήριον.

Ὡς πῦρ γενηθήτω μοι καὶ ὡσεὶ φῶς τὸ Σῶμά  
σου καὶ τὸ Αἷμα, Σωτήρ μου, τὸ τιμιώτατον,  
φλέγον ἁμαρτίας τὴν ὕλην καὶ ἐμπιπρῶν  
παθῶν τὰς ἀκάνθας,  
καὶ ὅλον φωτίζον με προσκυνεῖν σου τὴν  
Θεότητα.

### **Ψαλμὸς ΚΒ΄**

Κύριος ποιμαίνει με, καὶ οὐδέν με ὑστερήσει.  
Εἰς τόπον χλόης, ἐκεῖ με κατεσκηνώσεν,  
ἐπὶ ὕδατος ἀναπαύσεως ἐξέθρεψέ με.  
Τὴν ψυχὴν μου ἐπέστρεψεν,  
ὠδήγησέ με ἐπὶ τρίβους δικαιοσύνης, ἕνεκεν  
τοῦ ὀνόματος αὐτοῦ.  
Ἐὰν γὰρ καὶ πορευθῶ ἐν μέσῳ σκιᾶς θανάτου,  
οὐ φοβηθήσομαι κακά, ὅτι σὺ μετ' ἐμοῦ εἶ.

## COMMUNION PRAYERS

*Taken from the Service of Holy Communion*

### PREPARATION FOR HOLY COMMUNION

May your holy Body be for me the bread of life  
everlasting, compassionate Lord,  
and may your precious Blood be a protection from  
all illness.

May your most precious Body and Blood be to me  
as fire and light, my Saviour,  
consuming the substance of sin and burning the  
thorns of my passions,  
and enlightening the whole of me to worship your  
Divinity.

### **Psalm 22**

The Lord is my shepherd, and I will lack nothing.  
In a place of green pasture, there has he made me  
dwell,  
beside the water of rest has he nurtured me.  
He has converted my soul,  
he has led me on the paths of righteousness for his  
name's sake.

Ἡ ράβδος σου καὶ ἡ βακτηρία σου, αὐταὶ με παρεκάλεσαν.

Ἡ τοίμασας ἐνώπιόν μου τράπεζαν, ἐξ ἐναντίας τῶν θλιβόντων με.

Ἡ ἐλίπανας ἐν ἐλαίῳ τὴν κεφαλὴν μου, καὶ τὸ ποτήριόν σου μεθύσκον με ὡσεὶ κράτιστον.

Καὶ τὸ ἔλεός σου καταδιώξει με πάσας τὰς ἡμέρας τῆς ζωῆς μου, καὶ τὸ κατοικεῖν με ἐν οἴκῳ Κυρίου εἰς μακρότητα ἡμερῶν.

### **Εὐχή τοῦ Μεγάλου Βασιλείου**

Οἶδα, Κύριε, ὅτι ἀναξίως μεταλαμβάνω τοῦ ἀχράντου σου Σώματος

καὶ τοῦ τιμίου σου Αἵματος,

καὶ ἔνοχος εἰμι, καὶ κριμα ἐμαντῶ ἐσθίω καὶ πίνω,

μὴ διακρίνων τὸ Σῶμα καὶ τὸ Αἷμα τοῦ Χριστοῦ καὶ Θεοῦ μου·

ἀλλὰ τοῖς οἰκτιρμοῖς σου θαρρῶν, προσέρχομαί σοι τῷ εἰπόντι·

Ὁ τρώγων μου τὴν Σάρκα καὶ πίνων μου τὸ Αἷμα ἐν ἐμοὶ μένει, κἀγὼ ἐν αὐτῷ.

Σπλαγχνίσθητι οὖν, Κύριε,

καὶ μὴ παραδειγματίσης με τὸν ἀμαρτωλόν, ἀλλὰ ποιήσον μετ' ἐμοῦ κατὰ τὸ ἔλεός σου·

καὶ γενέσθω μοι τὰ ἅγια ταῦτα εἰς ἴασιν,

καὶ κάθαρσιν, καὶ φωτισμόν, καὶ φυλακτήριον, καὶ σωτηρίαν,

καὶ ἁγιασμόν ψυχῆς τε καὶ σώματος,

εἰς ἀποτροπὴν πάσης φαντασίας καὶ πονηρᾶς

For though I walk in the midst of the shadow of death,  
 I will fear no evil, for you are with me.  
 Your rod and your staff have comforted me.  
 You have prepared a table before me, in the presence of those who afflict me.  
 You have anointed my head with oil,  
 and your cup fills me abundantly.  
 Your mercy will pursue me all the days of my life,  
 and I will dwell in the house of the Lord my whole life long.

**Prayer of St Basil the Great**

I know, Lord, that I partake of your pure Body and precious Blood unworthily,  
 and that I am guilty, and eat and drink judgement to myself,  
 not discerning your Body and Blood, Christ my God.  
 But encouraged by your mercy, I approach you, who said,  
 He who eats my Flesh and drinks my Blood abides in me and I in him.  
 Have compassion therefore, Lord,  
 and do not make an example of me a sinner,  
 but deal with me according to your mercy;  
 and let these holy gifts be to me for healing,  
 purification, illumination, protection, salvation,  
 and sanctification of both soul and body;  
 for the averting of every fantasy and evil deed



πράξεως  
 καὶ ἐνεργείας διαβολικῆς, κατὰ διάνοιαν τῆς  
 ἐν τοῖς μέλεσί μου ἐνεργουμένης,  
 εἰς παρρησίαν καὶ ἀγάπην τὴν πρὸς σέ,  
 εἰς διόρθωσιν βίου καὶ ἀσφάλειαν,  
 εἰς αὔξησιν ἀρετῆς καὶ τελειότητος,  
 εἰς πλήρωσιν ἐντολῶν,  
 εἰς Πνεύματος Ἁγίου κοινωνίαν,  
 εἰς ἐφόδιον ζωῆς αἰωνίου  
 καὶ εἰς ἀπολογίαν εὐπρόσδεκτον τὴν ἐπὶ τοῦ  
 φοβεροῦ βήματός σου·  
 μὴ εἰς κρίμα ἢ εἰς κατάκριμα.

### **Εὐχὴ Ἰωάννου τοῦ Χρυσοστόμου**

Οὐκ εἰμὶ ἰκανός, Δέσποτα Κύριε,  
 ἵνα εἰσέλθῃς ὑπὸ τὴν στέγην τῆς ψυχῆς μου·  
 ἀλλ' ἐπειδὴ βούλη σὺ, ὡς φιλόανθρωπος, οἰκεῖν  
 ἐν ἐμοί,  
 θαρρῶν προσέρχομαι.  
 Κελεύεις ἀναπετάσω τὰς πύλας, ἃς σὺ μόνος  
 ἐδημιούργησας,  
 καὶ εἰσέρχη μετὰ φιλανθρωπίας, ὡς πέφυκας·  
 εἰσέρχη καὶ φωτίζεις τὸν ἐσκοτισμένον μου  
 λογισμόν.  
 Πιστεύω ὡς τοῦτο ποιήσεις·  
 οὐ γὰρ Πόρνην προσελθοῦσάν σοι μετὰ  
 δακρύων ἀπέφυγες,  
 οὐδὲ Τελώνην ἀπεβάλου μετανοήσαντα,  
 οὐδὲ Ληστὴν ἐπιγόντα τὴν βασιλείαν σου  
 ἀπεδίωξας,  
 οὐδὲ Διώκτην μετανοήσαντα κατέλιπες ὃ ἦν·

and activity of the devil working in my members  
through my thoughts;  
for confidence and love towards you,  
for amendment of life, for security,  
for increase of virtue and perfection,  
for keeping of the commandments,  
for communion with the Holy Spirit,  
for sustenance on the journey of eternal life,  
and for an acceptable defence at your fearful  
judgement seat,  
not for judgement or condemnation.

**Prayer of St John Chrysostom**

I am not worthy, Master and Lord,  
that you should enter under the roof of my soul;  
but since you in your loving kindness wish to  
dwell in me,  
with courage I approach.  
You bid me open wide the gates which you alone  
have created,  
that you may enter with loving kindness, as is your  
nature,  
that you may enter and enlighten my darkened  
mind.  
I believe that you will do this,  
for you did not turn away from the Harlot who  
approached you with tears,  
you did not reject the Tax Collector who repented,  
you did not drive away the Thief who recognised  
your kingdom,

ἀλλὰ τοὺς ὑπὸ τῆς μετανοίας σοι  
προσαχθέντας,  
ἅπαντας ἐν τῷ χορῷ τῶν σῶν φίλων  
κατέταξας,  
ὁ μόνος ὑπάρχων εὐλογημένος,  
πάντοτε, νῦν καὶ εἰς τοὺς ἀπεράντους αἰῶνας.  
Ἄμην.

**Εὐχὴ Ἰωάννου τοῦ Δαμασκηνοῦ**

Δέσποτα Κύριε Ἰησοῦ Χριστέ, ὁ Θεὸς ἡμῶν,  
ὁ μόνος ἔχων ἐξουσίαν ἀνθρώποις ἀφιέναι  
ἁμαρτίας,  
ὡς ἀγαθὸς καὶ φιλόανθρωπος,  
παρίδέ μου πάντα τὰ ἐν γνώσει καὶ ἀγνοίᾳ  
πταίσματα  
καὶ ἀξίωσόν με ἀκατακρίτως μεταλαβεῖν  
τῶν θείων καὶ ἐνδόξων καὶ ἀχράντων καὶ  
ζωοποιῶν σου μυστηρίων,  
μὴ εἰς κόλασιν, μὴ εἰς προσθήκην ἁμαρτιῶν,  
ἀλλ' εἰς καθαρισμόν, καὶ ἁγιασμόν,  
καὶ ἄρραβῶνα τῆς μελλούσης ζωῆς καὶ  
βασιλείας,  
εἰς τεῖχος καὶ βοήθειαν  
καὶ ἀνατροπὴν τῶν ἐναντίων,  
καὶ εἰς ἐξάλειψιν τῶν πολλῶν μου  
πλημμελημάτων.  
Σὺ γὰρ εἶ Θεὸς ἐλέους καὶ οἰκτιρμῶν καὶ  
φιλανθρωπίας,  
καὶ σοὶ τὴν δόξαν ἀναπέμπομεν,  
σὺν τῷ Πατρὶ καὶ τῷ Ἁγίῳ Πνεύματι,  
νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.  
Ἄμην.

you did not abandon the Persecutor who repented  
of what he was;  
but all who were brought to you by repentance  
you established in the choir of your friends,  
you who alone are blessed,  
always, now and to the endless ages. Amen.

**Prayer of St John of Damascus**

Master, Lord Jesus Christ our God,  
who alone have authority to forgive sins:  
as a good and loving God,  
overlook all my faults, committed in knowledge or  
in ignorance,  
and make me worthy to receive without condem-  
nation  
your divine, glorious, pure and life-giving  
mysteries,  
not for punishment, or for an increase of sins,  
but for purification and sanctification,  
and as a pledge of the life and kingdom to come;  
as a defence and a help,  
for the overturning of enemies,  
and for the wiping out of my many transgressions.  
For you are a God of mercy and compassion and  
loving kindness,  
and to you we offer glory,  
with the Father and the Holy Spirit,  
now and ever and to the ages of ages. Amen.

*Οίτιο κάτω προσευχές μορούν νά  
διαβασθούν κατὰ τὴν Θεία Λειτουργία*

**Εὐχή Ἰωάννου τοῦ Χρυσοστόμου**

Πιστεύω, Κύριε, καὶ ὁμολογῶ,  
ὅτι σὺ εἶ ἀληθῶς ὁ Χριστός, ὁ Υἱὸς τοῦ Θεοῦ  
τοῦ ζῶντος,  
ὁ ἐλθὼν εἰς τὸν κόσμον ἀμαρτωλοὺς σῶσαι,  
ὧν πρῶτός εἰμι ἐγώ.  
Ἔτι πιστεύω, ὅτι τοῦτο αὐτό ἐστὶ τὸ ἄχραντον  
Σῶμά σου,  
καὶ τοῦτο αὐτό ἐστὶ τὸ τίμιον Αἷμά σου.  
Δέομαι οὖν σου·  
ἐλέησόν με, καὶ συγχώρησόν μοι τὰ  
παραπτώματά μου,  
τὰ ἐκούσια καὶ τὰ ἀκούσια, τὰ ἐν λόγῳ, τὰ ἐν  
ἔργῳ,  
τὰ ἐν γνώσει καὶ ἀγνοίᾳ·  
καὶ ἀξίωσόν με ἀκατακρίτως μετασχεῖν τῶν  
ἀχράντων σου μυστηρίων,  
εἰς ἄφεσιν ἀμαρτιῶν καὶ εἰς ζωὴν αἰώνιον.  
Ἄμην.

**Στίχοι Συμεὼν τοῦ Μεταφραστοῦ**

Ἰδοὺ βαδίζω πρὸς θεϊαν Κοινωνίαν·  
Πλαστουργέ, μὴ φλέξης με τῇ μετουσίᾳ·  
Πῦρ γὰρ ὑπάρχεις τοὺς ἀναξίους φλέγον·  
Ἄλλ' οὖν κάθαρον ἐκ πάσης με κηλίδος.

**Τροπάριον**

Τοῦ Δείπνου σου τοῦ μυστικοῦ σήμερον, Υἱὲ  
Θεοῦ, κοινωνόν με παράλαβε·

*The following prayers may be said during the  
Divine Liturgy*

**Prayer of St John Chrysostom**

I believe, Lord, and I confess  
that you are truly the Christ, the Son of the living  
God,  
who came into the world to save sinners,  
of whom I am the first.  
I also believe that this is indeed your pure Body,  
and this is indeed your precious Blood.  
I ask you, therefore,  
have mercy on me and forgive me my  
transgressions,  
voluntary and involuntary, in word and deed,  
in knowledge and in ignorance;  
and make me worthy, uncondemned, to partake of  
your pure mysteries,  
for the forgiveness of sins and eternal life. Amen.

**Verses of St Symeon Metaphrastes**

Behold, I approach for holy Communion;  
Maker, burn me not, as I partake;  
For you are fire burning the unworthy;  
But cleanse me from every impurity.

**Troparion**

Of your mystical Supper, Son of God, receive me  
today as a partaker;  
for I will not speak of the mystery to

οὐ μὴ γὰρ τοῖς ἐχθροῖς σου τὸ μυστήριον  
εἶπω·  
οὐ φίλημά σοι δώσω, καθάπερ ὁ Ἰούδας·  
ἀλλ' ὡς ὁ Ληστής ὁμολογῶ σοι·  
Μνήσθητί μου, Κύριε, ἐν τῇ βασιλείᾳ σου.

### Στίχοι

Θεουργὸν Αἷμα φρίξον, ἄνθρωπε, βλέπων·  
Ἄνθραξ γὰρ ἐστὶ τοὺς ἀναξίους φλέγων.  
Θεοῦ τὸ Σῶμα καὶ θεοῖ με καὶ τρέφει·  
Θεοῖ τὸ πνεῦμα, τὸν δὲ νοῦν τρέφει ξένως.

### Τροπάρια

Ἔθελξας πόθῳ με, Χριστέ,  
καὶ ἠλλοίωσας τῷ θείῳ σου ἔρωτι·  
ἀλλὰ κατάφλεξον πυρὶ αὐτῷ τὰς ἀμαρτίας  
μου,  
καὶ ἐμπλησθῆναι τῆς ἐν σοὶ τρυφῆς  
καταξίωσον,  
ἵνα τὰς δύο σκιρτῶν μεγαλύνω, Ἄγαθέ,  
παρουσίας σου.

Ἐν ταῖς λαμπρότησι τῶν Ἁγίων σου πῶς  
εἰσελεύσομαι ὁ ἀνάξιος;  
Ἐὰν γὰρ τολμήσω συνεισελθεῖν εἰς τὸν  
νυμφῶνα, ὁ χιτῶν με ἐλέγχει,  
ὅτι οὐκ ἔστι τοῦ γάμου,  
καὶ δέσμιος ἐκβαλοῦμαι ὑπὸ τῶν Ἀγγέλων·  
καθάρισον, Κύριε, τὸν ρύπον τῆς ψυχῆς μου,  
καὶ σῶσόν με ὡς φιλόανθρωπος.

your enemies;  
I will not kiss you as did Judas;  
but as the Thief do I confess you:  
Remember me, Lord, in your kingdom.

### Verses

Tremble, mortal, as you behold the deifying  
Blood;  
For it is a burning coal consuming the unworthy.  
The Body of God both deifies and nourishes me;  
It deifies the spirit and wondrously nourishes the  
mind.

### Troparia

You have smitten me with yearning, Christ,  
and by your divine love you have changed me;  
but consume my sins with immaterial fire,  
and make me worthy to be filled with delight in  
you,  
that leaping for joy, Gracious One,  
I may magnify your first and second comings.

Into the splendour of your Saints how shall I, the  
unworthy one, enter?  
For if I dare to enter the bridal chamber, my  
clothing betrays me,  
for it is not a wedding garment,  
and I shall be bound and cast out by the Angels.  
Cleanse the defilement of my soul, Lord,  
and save me in your loving kindness.



**Εὐχή**

Δέσποτα φιλόνηθε, Κύριε Ἰησοῦ Χριστέ, ὁ  
Θεός μου,  
μὴ εἰς κριμὰ μοι γένοιτο τὰ ἅγια ταῦτα, διὰ  
τὸ ἀνάξιον εἶναί με,  
ἀλλ' εἰς κάθαρσιν καὶ ἁγιασμὸν ψυχῆς τε καὶ  
σώματος,  
καὶ εἰς ἀρραβῶνα μελλούσης ζωῆς καὶ  
βασιλείας.  
Ἐμοὶ δὲ τὸ προσκολλᾶσθαι τῷ Θεῷ ἀγαθόν  
ἐστι,  
τίθεσθαι ἐν τῷ Κυρίῳ τὴν ἐλπίδα τῆς  
σωτηρίας μου.

**Prayer**

Loving Master, Lord Jesus Christ my God,  
let not these holy gifts be to me for judgement  
through my unworthiness,  
but for the purification and sanctification of both  
soul and body,  
and as a pledge of the life and kingdom to come.  
For it is good for me to cling to God,  
and to place in the Lord the hope of my salvation.

ΕΥΧΑΡΙΣΤΙΑ  
ΜΕΤΑ ΤΗΝ ΑΓΙΑΝ ΚΟΙΝΩΝΙΑΝ

Δόξα σοι, ὁ Θεός.  
Δόξα σοι, ὁ Θεός.  
Δόξα σοι, ὁ Θεός.

**Ἄνωθιμου**

Εὐχαριστῶ σοι, Κύριε ὁ Θεός μου,  
ὅτι οὐκ ἀπόσω με τὸν ἁμαρτωλόν,  
ἀλλὰ κοινωνόν με γενέσθαι τῶν ἁγιασμάτων  
σου κατηξίωσας.  
Εὐχαριστῶ σοι, ὅτι με τὸν ἀνάξιον  
μεταλαβεῖν τῶν ἀχράντων σου καὶ ἐπουρανίων  
δωρεῶν κατηξίωσας.  
Ἄλλὰ, Δέσποτα φιλάνθρωπε, ὁ ὑπὲρ ἡμῶν  
ἀποθανόν τε καὶ ἀναστάς,  
καὶ χαρισάμενος ἡμῖν τὰ φρικτὰ ταῦτα καὶ  
ζωοποιά σου μυστήρια,  
ἐπ' εὐεργεσίᾳ καὶ ἁγιασμῷ τῶν ψυχῶν καὶ τῶν  
σωμάτων ἡμῶν,  
δὸς γενέσθαι ταῦτα κάμοι εἰς ἴασιν ψυχῆς τε  
καὶ σώματος,  
εἰς ἀποτροπὴν παντὸς ἐναντίου,  
εἰς φωτισμὸν τῶν ὀφθαλμῶν τῆς καρδίας μου,  
εἰς εἰρήνην τῶν ψυχικῶν μου δυνάμεων,  
εἰς πίστιν ἀκαταίσχυντον,  
εἰς ἀγάπην ἀνυπόκριτον,  
εἰς πλησμονὴν σοφίας,  
εἰς περιποίησιν τῶν ἐντολῶν σου,  
εἰς προσθήκην τῆς θείας σου χάριτος,

THANKSGIVING  
AFTER HOLY COMMUNION

Glory to you, O God.  
Glory to you, O God.  
Glory to you, O God.

**Anonymous**

I thank you, Lord my God,  
for not rejecting me a sinner,  
but making me worthy to be a partaker of your  
holy things.

I thank you for making me, who am unworthy,  
worthy to partake of your pure and heavenly gifts.  
But loving Master, who died for us and rose again  
and bestowed on us these your dread and life-  
giving mysteries,  
for the benefit and sanctification of our souls and  
bodies,  
grant that they may be to me for the healing of  
both soul and body,  
for the averting of everything hostile,  
for the illumination of the eyes of my heart,  
for the peace of my spiritual powers,  
for faith unashamed,  
for love unfeigned,  
for the fullness of wisdom,  
for the observing of your commandments,  
for the increase of your divine grace,

καὶ τῆς σῆς βασιλείας οἰκείωσιν·  
 ἵνα ἐν τῷ ἁγιασμῷ σου δι' αὐτῶν  
 φυλαττόμενος,  
 τῆς σῆς χάριτος μνημονεύω διὰ παντός,  
 καὶ μηκέτι ἐμαυτῷ ζῶ,  
 ἀλλὰ σοὶ τῷ ἡμετέρῳ Δεσπότη καὶ εὐεργέτη.  
 Καὶ οὕτω τοῦ τῆδε βίου ἀπάρας ἐπ' ἐλπίδι  
 ζωῆς αἰωνίου,  
 εἰς τὴν αἴδιον καταντήσω ἀνάπαυσιν,  
 ἔνθα ὁ τῶν ἑορταζόντων ἦχος ὁ ἀκατάπαυστος,  
 καὶ ἡ ἀπέραντος ἡδονὴ  
 τῶν καθορώντων τοῦ σου προσώπου τὸ κάλλος  
 τὸ ἄρρητον.  
 Σὺ γὰρ εἶ τὸ ὄντως ἐφετόν,  
 καὶ ἡ ἀνέκφραστος εὐφροσύνη τῶν ἀγαπώντων  
 σε, Χριστέ ὁ Θεὸς ἡμῶν,  
 καὶ σὲ ὑμνεῖ πᾶσα ἡ κτίσις εἰς τοὺς αἰῶνας.  
 Ἀμήν.

### **Μεγάλου Βασιλείου**

Δέσποτα Χριστέ ὁ Θεός,  
 Βασιλεῦ τῶν αἰώνων, καὶ δημιουργὲ τῶν  
 πάντων,  
 εὐχαριστῶ σοὶ ἐπὶ πᾶσιν οἷς παρέσχου μοι  
 ἀγαθοῖς,  
 καὶ ἐπὶ τῇ μεταλήψει τῶν ἀχράντων καὶ  
 ζωοποιῶν σου μυστηρίων.  
 Δέομαι οὖν σου, ἀγαθὲ καὶ φιλόανθρωπε,  
 φύλαξόν με ὑπὸ τὴν σκέπην σου  
 καὶ ἐν τῇ τῶν πτερύγων σου σκιᾷ·  
 καὶ δώρησαί μοι ἐν καθαρῷ συνειδότι, μέχρις  
 ἐσχάτης μου ἀναπνοῆς,

and the attainment of your kingdom;  
 so that protected by them in your holiness  
 I may always remember your grace  
 and no longer live for myself,  
 but for you our Master and benefactor.  
 And so when I have departed this life in the hope  
     of eternal life  
 may I attain to everlasting rest,  
 where the sound of festival is unceasing,  
 and the pleasure is endless  
 of those who behold the indescribable beauty of  
     your countenance.  
 For you are that which is truly desired,  
 and the inexpressible gladness of those who love  
     you, Christ our God,  
 and all creation praises you for ever. Amen.

**Prayer of St Basil the Great**

Master, Christ our God,  
 King of the ages and creator of all,  
 I thank you for all the good things you have  
     bestowed on me  
 and for the partaking of your pure and life-giving  
     mysteries.  
 I ask you therefore, good and loving one,  
 guard me under your protection  
 and in the shadow of your wings;  
 and grant that with a pure conscience until my last  
     breath

ἐπαξίως μετέχειν τῶν ἁγιασμάτων σου,  
εἰς ἄφεσιν ἁμαρτιῶν καὶ εἰς ζωὴν αἰώνιον.  
Σὺ γὰρ εἶ ὁ ἄρτος τῆς ζωῆς,  
ἡ πηγὴ τοῦ ἁγιασμοῦ,  
ὁ δοτὴρ τῶν ἀγαθῶν·  
καὶ σοὶ τὴν δόξαν ἀναπέμπομεν,  
σὺν τῷ Πατρὶ καὶ τῷ Ἁγίῳ Πνεύματι,  
νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.  
Ἄμην.

### Ἄνωνόμου

Τὸ Σῶμά σου τὸ ἅγιον, Κύριε Ἰησοῦ Χριστέ, ὁ  
Θεὸς ἡμῶν,  
γένοιτό μοι εἰς ζωὴν αἰώνιον,  
καὶ τὸ Αἷμά σου τὸ τίμιον εἰς ἄφεσιν  
ἁμαρτιῶν.

Γένοιτο δέ μοι ἡ Εὐχαριστία αὐτὴ εἰς χαρὰν,  
ὕγιαν καὶ εὐφροσύνην·  
καὶ ἐν τῇ φοβερᾷ καὶ δευτέρᾳ ἐλεύσει σου  
ἀξιῶσόν με τὸν ἁμαρτωλὸν στήναι ἐκ δεξιῶν  
τῆς σῆς δόξης,  
πρεσβείαις τῆς παναχράντου σου Μητρὸς καὶ  
πάντων σου τῶν Ἁγίων. Ἄμην.

### Ἄνωνόμου

Παναγία Δέσποινα Θεοτόκε,  
τὸ φῶς τῆς ἐσκοτισμένης μου ψυχῆς,  
ἡ ἐλπίς, ἡ σκέπη, ἡ καταφυγὴ, ἡ παραμυθία,  
τὸ ἀγαλλιάμά μου,  
εὐχαριστῶ σοι, ὅτι ἠξίωσάς με τὸν ἀνάξιον  
κοινωνὸν γενέσθαι τοῦ ἀχράντου Σώματος  
καὶ τοῦ τιμίου Αἵματος τοῦ Ὑιοῦ σου.

I may worthily partake of your holy things  
for the forgiveness of sins and eternal life.  
For you are the bread of life,  
the source of holiness,  
and the giver of good,  
and to you we offer glory,  
with the Father and the Holy Spirit,  
now and ever and to the ages of ages. Amen.

**Anonymous**

May your holy Body, Lord Jesus Christ our God,  
be to me for eternal life,  
and your precious Blood for the forgiveness of  
sins.  
And may this Eucharist be to me for joy, health  
and gladness;  
and in your fearful second coming  
make me, a sinner, worthy to stand at the right  
hand of your glory,  
through the intercessions of your all-pure Mother  
and all your Saints. Amen.

**Anonymous**

All-holy Lady Theotokos,  
the light of my darkened soul,  
my hope, protection, refuge, consolation and joy,  
I thank you for making me, who am unworthy,  
worthy to partake of the pure Body and precious  
Blood of your Son.



Ἄλλ' ἢ τεκοῦσα τὸ ἀληθινὸν φῶς,  
φώτισόν μου τοὺς νοητοὺς ὀφθαλμοὺς τῆς  
καρδίας·  
ἢ τὴν πηγὴν τῆς ἀθανασίας κηύσασα,  
ζωοποίησόν με τὸν τεθνατωμένον τῇ ἀμαρτίᾳ·  
ἢ τοῦ ἐλεήμονος Θεοῦ φιλεῦσπλαγχνος Μήτηρ,  
ἐλέησόν με καὶ δὸς κατάνυξιν καὶ συντριβὴν  
ἐν τῇ καρδίᾳ μου,  
καὶ ταπείνωσιν ἐν τοῖς διανοήμασί μου,  
καὶ ἀνάκλησιν ἐν ταῖς αἰχμαλωσίαις τῶν  
λογισμῶν μου.  
Καὶ ἀξιώσόν με μέχρι τελευταίας μου  
ἀναπνοῆς  
ἀκατακρίτως ὑποδέχεσθαι τῶν ἀχράντων  
μυστηρίων τὸν ἁγιασμόν,  
εἰς ἴασιν ψυχῆς τε καὶ σώματος·  
καὶ παράσχου μοι δάκρυα μετανοίας καὶ  
ἐξομολογήσεως,  
εἰς τὸ ὑμνεῖν καὶ δοξάζειν σε πάσας τὰς  
ἡμέρας τῆς ζωῆς μου.  
Ὅτι εὐλογημένη καὶ δεδοξασμένη ὑπάρχεις εἰς  
τοὺς αἰῶνας. Ἀμήν.

## Communion Prayers

But you who gave birth to the true light,  
enlighten the spiritual eyes of my heart;  
you who conceived the source of immortality,  
give life to me who am dead through sin;  
you the compassionate Mother of the merciful  
God,  
have mercy on me  
and give me compunction and contrition in my  
heart,  
humility in my reasoning,  
and the recall of my thoughts from captivity.  
And make me worthy until my last breath  
to receive without condemnation the sanctification  
of the pure mysteries,  
for the healing of both soul and body;  
and grant me tears of repentance and confession,  
so that I may praise and glorify you all the days of  
my life.  
For you are blessed and glorified for ever. Amen.





## THE TYPICA

## ΤΑ ΤΥΠΙΚΑ

*Ἐκ τῆς Ἀκολουθίας τῶν Τυπικῶν, ἀρχαίου τύπου προσευχῆς «εἰς εἰκόνα τινὰ τῆς Ἱερᾶς Λειτουργίας, ὅτε ψάλλεται χωρὶς Λειτουργίας» (Ἁγ. Συμεῶν Θεσσαλονίκης). Λέγεται ἐπίσης ὅταν δὲν μπορεῖ κανεὶς νὰ παρευρεθεῖ εἰς Ἀκολουθίαν τῆς Ἐκκλησίας.*

Εἰς τὸ ὄνομα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ  
τοῦ Ἁγίου Πνεύματος. Ἀμήν.

### **Ψαλμὸς ΡΒ΄**

Εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον,  
καὶ πάντα τὰ ἐντὸς μου τὸ ὄνομα τὸ ἅγιον  
αὐτοῦ.

Εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον,  
καὶ μὴ ἐπιλανθάνου πάσας τὰς ἀνταποδόσεις  
αὐτοῦ.

Τὸν εὐίλατεύοντα πάσας τὰς ἀνομίας σου,  
τὸν ἰώμενον πάσας τὰς νόσους σου.

Τὸν λυτρούμενον ἐκ φθορᾶς τὴν ζωὴν σου,  
τὸν στεφανοῦντά σε ἐν ἐλέει καὶ οἰκτιρμοῖς.

Τὸν ἐμπιπλῶντα ἐν ἀγαθοῖς τὴν ἐπιθυμίαν σου,  
ἀνακαινισθήσεται ὡς ἀετοῦ ἡ νεότης σου.

Ποιῶν ἐλεημοσύνας ὁ Κύριος,

## THE TYPICA

*Taken from the Service of the Typica, a traditional form (typos) of prayer 'corresponding in a certain way to the Divine Liturgy, when the latter is not celebrated' (St Symeon of Thessalonica). It may also be used when one is unable to attend Church.*

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

### **Psalm 102**

Bless the Lord, O my soul,  
and all that is within me bless his holy name.  
Bless the Lord, O my soul,  
and forget not all that he has done for you.  
He is gracious to all your iniquities,  
and heals all your infirmities.  
He redeems your life from corruption,  
and crowns you with mercy and compassion.  
He fulfils your desire with good things,  
your youth will be renewed as the eagle's.  
The Lord performs deeds of mercy,  
and executes judgement for all who are wronged.  
He has made his ways known to Moses,

καὶ κρίμα πᾶσι τοῖς ἀδικουμένοις.  
 Ἐγνώρισε τὰς ὁδοὺς αὐτοῦ τῷ Μωϋσῆ,  
 τοῖς υἱοῖς Ἰσραὴλ τὰ θελήματα αὐτοῦ.  
 Οἰκτίρων καὶ ἐλεήμων ὁ Κύριος,  
 μακρόθυμος καὶ πολυέλεος·  
 οὐκ εἰς τέλος ὀργισθήσεται,  
 οὐδὲ εἰς τὸν αἰῶνα μνηεῖ.  
 Οὐ κατὰ τὰς ἀνομίας ἡμῶν ἐποίησεν ἡμῖν,  
 οὐδὲ κατὰ τὰς ἀμαρτίας ἡμῶν ἀνταπέδωκεν  
 ἡμῖν.

Ἔτι κατὰ τὸ ὕψος τοῦ οὐρανοῦ ἀπὸ τῆς γῆς,  
 ἐκραταίωσε Κύριος τὸ ἔλεος αὐτοῦ ἐπὶ τοὺς  
 φοβουμένους αὐτόν.

Καθόσον ἀπέχουσιν ἀνατολαὶ ἀπὸ δυσμῶν,  
 ἐμάκρυνεν ἀφ' ἡμῶν τὰς ἀνομίας ἡμῶν.

Καθὼς οἰκτεῖρει πατὴρ υἱούς,  
 ὠκτείρησε Κύριος τοὺς φοβουμένους αὐτόν,  
 ὅτι αὐτὸς ἔγνω τὸ πλάσμα ἡμῶν,  
 ἐμνήσθη ὅτι χοῦς ἐσμεν.

Ἄνθρωπος, ὡσεὶ χόρτος αἱ ἡμέραι αὐτοῦ·  
 ὡσεὶ ἄνθος τοῦ ἀγροῦ, οὕτως ἐξανθήσει.

Ἔτι πνεῦμα διήλθεν ἐν αὐτῷ, καὶ οὐχ ὑπάρξει,  
 καὶ οὐκ ἐπιγνώσεται ἔτι τὸν τόπον αὐτοῦ.

Τὸ δὲ ἔλεος τοῦ Κυρίου ἀπὸ τοῦ αἰῶνος καὶ  
 ἕως τοῦ αἰῶνος

ἐπὶ τοὺς φοβουμένους αὐτόν.

Καὶ ἡ δικαιοσύνη αὐτοῦ ἐπὶ υἱοῖς υἱῶν,  
 τοῖς φυλάσσουσι τὴν διαθήκην αὐτοῦ  
 καὶ μεμνημένοις τῶν ἐντολῶν αὐτοῦ τοῦ  
 ποιῆσαι αὐτάς.

to the sons of Israel the things that he has willed.  
 Compassionate and merciful is the Lord,  
 longsuffering and plenteous in mercy;  
 not to the end will he be angered,  
 nor to eternity will he keep his indignation.  
 Not according to our iniquities has he acted  
 towards us,  
 nor according to our sins has he rewarded us.  
 For according to the height of heaven from the  
 earth,  
 the Lord has made his mercy to prevail over those  
 who fear him.  
 As far as the east is from the west,  
 so far has he removed our iniquities from us.  
 As a father has compassion on his sons,  
 so has the Lord had compassion on those who fear  
 him,  
 for he knows what we are made of,  
 he has remembered that we are dust.  
 As for us, our days are as grass;  
 as a flower of the field, so will we blossom forth.  
 For when the wind has passed over it, then it will  
 be gone,  
 and no longer will it know the place it had.  
 But the mercy of the Lord is upon those who fear  
 him,  
 from eternity to eternity.  
 And his righteousness is from generation to  
 generation,



Κύριος ἐν τῷ οὐρανῷ ἠτοίμασε τὸν θρόνον  
 αὐτοῦ,  
 καὶ ἡ βασιλεία αὐτοῦ πάντων δεσπόζει.  
 Εὐλογεῖτε τὸν Κύριον, πάντες οἱ ἄγγελοι  
 αὐτοῦ, δυνατοὶ ἰσχυῖ,  
 ποιῶντες τὸν λόγον αὐτοῦ, τοῦ ἀκοῦσαι τῆς  
 φωνῆς τῶν λόγων αὐτοῦ.  
 Εὐλογεῖτε τὸν Κύριον, πᾶσαι αἱ δυνάμεις  
 αὐτοῦ,  
 λειτουργοὶ αὐτοῦ οἱ ποιῶντες τὸ θέλημα  
 αὐτοῦ.  
 Εὐλογεῖτε τὸν Κύριον, πάντα τὰ ἔργα αὐτοῦ,  
 ἐν παντὶ τόπῳ τῆς δεσποτείας αὐτοῦ.  
 Εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι·

### **Ψαλμὸς ΡΜΕ΄**

Αἶνει, ἡ ψυχὴ μου, τὸν Κύριον.  
 Αἰνέσω Κύριον ἐν τῇ ζωῇ μου,  
 ψαλῷ τῷ Θεῷ μου ἕως ὑπάρχω.  
 Μὴ πεποιθήατε ἐπ' ἄρχοντας,  
 ἐπὶ υἱοὺς ἀνθρώπων, οἷς οὐκ ἔστι σωτηρία.  
 Ἐξελεύσεται τὸ πνεῦμα αὐτοῦ, καὶ ἐπιστρέψει  
 εἰς τὴν γῆν αὐτοῦ.  
 Ἐν ἐκείνῃ τῇ ἡμέρᾳ ἀπολοῦνται πάντες οἱ  
 διαλογισμοὶ αὐτοῦ.  
 Μακάριος, οὗ ὁ Θεὸς Ἰακώβ βοηθὸς αὐτοῦ,  
 ἡ ἐλπίς αὐτοῦ ἐπὶ Κύριον τὸν Θεὸν αὐτοῦ.  
 Τὸν ποιήσαντα τὸν οὐρανὸν καὶ τὴν γῆν,  
 τὴν θάλασσαν καὶ πάντα τὰ ἐν αὐτοῖς.  
 Τὸν φυλάσσοντα ἀλήθειαν εἰς τὸν αἰῶνα,

upon those who keep his testament  
and remember his commandments to do them.  
The Lord in heaven has prepared his throne,  
and his kingdom rules over all.  
Bless the Lord, all you his Angels, mighty in  
strength,  
who perform his word and hear the voice of his  
words.  
Bless the Lord, all you his hosts,  
his ministers who do his will.  
Bless the Lord, all you his works,  
in every place of his dominion.  
Bless the Lord, O my soul.

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

**Psalm 145**

Praise the Lord, O my soul.  
I will praise the Lord in my life,  
I will sing to my God while I have my being.  
Trust not in princes,  
in mortals, in whom there is no salvation.  
His spirit will depart, and he will return to his earth.  
In that day all his thoughts will perish.  
Blessed is he whose help is the God of Jacob,  
whose hope is in the Lord his God.  
Who has made heaven and earth,

ποιοῦντα κρίμα τοῖς ἀδικουμένοις,  
 διδόντα τροφήν τοῖς πεινῶσι.  
 Κύριος λύει πεπεδημένους, Κύριος σοφοῖ  
 τυφλοῦς,  
 Κύριος ἀνορθοῖ κατερραγμένους, Κύριος ἀγαπᾶ  
 δικαίους,  
 Κύριος φυλάσσει τοὺς προσηλύτους.  
 Ὁρφανὸν καὶ χήραν ἀναλήψεται,  
 καὶ ὁδὸν ἀμαρτωλῶν ἀφανιεῖ.  
 Βασιλεύσει Κύριος εἰς τὸν αἰῶνα,  
 ὁ Θεός σου, Σιών, εἰς γενεὰν καὶ γενεάν.

**Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν  
 αἰώνων. Ἀμήν.**

Ὁ μονογενὴς Υἱὸς καὶ Λόγος τοῦ Θεοῦ,  
 ἀθάνατος ὑπάρχων,  
 καὶ καταδεξάμενος διὰ τὴν ἡμετέραν  
 σωτηρίαν,  
 σαρκωθῆναι ἐκ τῆς ἀγίας Θεοτόκου καὶ  
 ἀειπαρθένου Μαρίας,  
 ἀτρέπτως ἐνανθρωπήσας,  
 σταυρωθεὶς τε, Χριστέ ὁ Θεός,  
 θανάτῳ θάνατον πατήσας,  
 εἰς ὧν τῆς Ἀγίας Τριάδος,  
 συνδοξαζόμενος τῷ Πατρὶ καὶ τῷ Ἁγίῳ  
 Πνεύματι,  
 σῶσον ἡμᾶς.

the sea and all that is therein.  
Who keeps truth for ever,  
who executes judgement for the wronged,  
who gives food to the hungry.  
The Lord frees the fettered, the Lord gives wisdom to the blind,  
the Lord restores the broken down, the Lord loves the righteous,  
the Lord watches over strangers.  
He will take up the orphan and widow,  
and the way of sinners will he destroy.  
The Lord will reign for ever,  
your God, O Sion, to generation after generation.

Both now and ever and to the ages of ages. Amen.

Only-begotten Son and Word of God,  
you who are immortal,  
and consented for our salvation  
to be incarnate of the holy Theotokos and ever-virgin Mary,  
without change becoming human,  
and who were crucified, Christ our God,  
by death trampling on death;  
you who are one of the Holy Trinity,  
glorified together with the Father and the Holy Spirit,  
save us.

## Οἱ Μακαρισμοί

Ἐν τῇ βασιλείᾳ σου μνήσθητι ἡμῶν, Κύριε,  
ὅταν ἔλθῃς ἐν τῇ βασιλείᾳ σου.

Μακάριοι οἱ πτωχοὶ τῷ πνεύματι, ὅτι αὐτῶν  
ἐστὶν ἡ βασιλεία τῶν οὐρανῶν.

Μακάριοι οἱ πενθοῦντες, ὅτι αὐτοὶ  
παρακληθήσονται.

Μακάριοι οἱ πραεῖς, ὅτι αὐτοὶ  
κληρονομήσουσι τὴν γῆν.

Μακάριοι οἱ πεινῶντες καὶ διψῶντες τὴν  
δικαιοσύνην, ὅτι αὐτοὶ χορτασθήσονται.

Μακάριοι οἱ ἐλεήμονες, ὅτι αὐτοὶ  
ἐλεηθήσονται.

Μακάριοι οἱ καθαροὶ τῇ καρδίᾳ, ὅτι αὐτοὶ τὸν  
Θεὸν ὄψονται.

Μακάριοι οἱ εἰρηνοποιοί, ὅτι αὐτοὶ υἱοὶ Θεοῦ  
κληθήσονται.

Μακάριοι οἱ δεδιωγμένοι ἕνεκεν δικαιοσύνης,  
ὅτι αὐτῶν ἐστὶν ἡ βασιλεία τῶν οὐρανῶν.

Μακάριοί ἐστε, ὅταν ὀνειδίσωσιν ὑμᾶς, καὶ  
διώξωσι, καὶ εἴπωσι πᾶν πονηρὸν ῥῆμα καθ'  
ὑμῶν, ψευδόμενοι ἕνεκεν ἐμοῦ.

Χαίrete καὶ ἀγαλλιᾶσθε, ὅτι ὁ μισθὸς ὑμῶν  
πολὺς ἐν τοῖς οὐρανοῖς.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι·  
Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

### **The Beatitudes**

In your kingdom remember us, Lord, when you come in your kingdom.

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will receive mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account.

Rejoice and be glad, for your reward is great in heaven.

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

Both now and ever and to the ages of ages. Amen.

Μνήσθητι ἡμῶν, Κύριε, ὅταν ἔλθῃς ἐν τῇ  
βασιλείᾳ σου.

Μνήσθητι ἡμῶν, Δέσποτα, ὅταν ἔλθῃς ἐν τῇ  
βασιλείᾳ σου.

Μνήσθητι ἡμῶν, Ἅγιε, ὅταν ἔλθῃς ἐν τῇ  
βασιλείᾳ σου.

Χορὸς ὁ ἐπουράνιος ὑμνεῖ σε καὶ λέγει·  
Ἅγιος, Ἅγιος, Ἅγιος, Κύριος Σαβαώθ,  
πλήρης ὁ οὐρανὸς καὶ ἡ γῆ τῆς δόξης σου.

Προσέλθετε πρὸς αὐτὸν καὶ φωτίσθητε,  
καὶ τὰ πρόσωπα ὑμῶν οὐ μὴ καταισχυνηθῇ.

Χορὸς ὁ ἐπουράνιος ὑμνεῖ σε καὶ λέγει·  
Ἅγιος, Ἅγιος, Ἅγιος, Κύριος Σαβαώθ,  
πλήρης ὁ οὐρανὸς καὶ ἡ γῆ τῆς δόξης σου.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι·

Χορὸς ἁγίων Ἀγγέλων καὶ Ἀρχαγγέλων,  
μετὰ πασῶν τῶν ἐπουρανίων δυνάμεων,  
ὑμνεῖ σε καὶ λέγει·  
Ἅγιος, Ἅγιος, Ἅγιος, Κύριος Σαβαώθ,  
πλήρης ὁ οὐρανὸς καὶ ἡ γῆ τῆς δόξης σου.

Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

**Ἅγιογραφικὸν Ἀνάγνωσμα**

Remember us, Lord, when you come in your kingdom.

Remember us, Master, when you come in your kingdom.

Remember us, Holy One, when you come in your kingdom.

The heavenly choir praises you and says:  
Holy, Holy, Holy, Lord of Sabaoth,  
heaven and earth are full of your glory.

Come to him and receive light,  
and your faces will not be put to shame.

The heavenly choir praises you and says:  
Holy, Holy, Holy, Lord of Sabaoth,  
heaven and earth are full of your glory.

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

The choir of holy Angels and Archangels,  
with all the heavenly powers,  
praises you and says:  
Holy, Holy, Holy, Lord of Sabaoth,  
heaven and earth are full of your glory.

Both now and ever and to the ages of ages. Amen.

**Scripture Reading**



**Τὸ Σύμβολον τῆς Πίστεως**

Πιστεύω εἰς ἓνα Θεόν, Πατέρα Παντοκράτορα,  
ποιητὴν οὐρανοῦ καὶ γῆς,  
ὁρατῶν τε πάντων καὶ ἀοράτων.

Καὶ εἰς ἓνα Κύριον Ἰησοῦν Χριστόν,  
τὸν Υἱὸν τοῦ Θεοῦ τὸν μονογενῆ,  
τὸν ἐκ τοῦ Πατρὸς γεννηθέντα πρὸ πάντων  
τῶν αἰώνων·

φῶς ἐκ φωτός,  
Θεὸν ἀληθινὸν ἐκ Θεοῦ ἀληθινοῦ,  
γεννηθέντα οὐ ποιηθέντα,  
ὁμοούσιον τῷ Πατρί,  
δι' οὗ τὰ πάντα ἐγένετο.

Τὸν δι' ἡμᾶς τοὺς ἀνθρώπους  
καὶ διὰ τὴν ἡμετέραν σωτηρίαν  
κατελθόντα ἐκ τῶν οὐρανῶν  
καὶ σαρκωθέντα ἐκ Πνεύματος Ἁγίου  
καὶ Μαρίας τῆς Παρθένου  
καὶ ἐνανθρωπήσαντα.

Σταυρωθέντα τε ὑπὲρ ἡμῶν ἐπὶ Ποντίου  
Πιλάτου,  
καὶ παθόντα καὶ ταφέντα.

Καὶ ἀναστάντα τῇ τρίτῃ ἡμέρᾳ κατὰ τὰς  
Γραφάς.

Καὶ ἀνελθόντα εἰς τοὺς οὐρανοὺς,  
καὶ καθεζόμενον ἐκ δεξιῶν τοῦ Πατρὸς.  
Καὶ πάλιν ἐρχόμενον μετὰ δόξης  
κρῖναι ζῶντας καὶ νεκρούς,  
οὗ τῆς βασιλείας οὐκ ἔσται τέλος.

**The Creed**

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

And in one Lord Jesus Christ,  
the only-begotten Son of God,  
begotten of the Father before all ages,  
light from light,  
true God from true God,  
begotten not made,  
of one essence with the Father;  
through him all things were made.

Who for us and for our salvation  
came down from heaven,  
and was incarnate of the Holy Spirit  
and the Virgin Mary,  
and became human,  
and was crucified for us under Pontius Pilate,  
and suffered and was buried,  
and rose on the third day according to the  
Scriptures,  
and ascended into heaven,  
and is seated at the right hand of the Father,  
and will come again in glory  
to judge the living and the dead,  
and his kingdom will have no end.

Καὶ εἰς τὸ Πνεῦμα τὸ Ἅγιον,  
τὸ Κύριον, τὸ ζωοποιόν,  
τὸ ἐκ τοῦ Πατρὸς ἐκπορευόμενον,  
τὸ σὺν Πατρὶ καὶ Υἱῷ συμπροσκυνούμενον καὶ  
συνδοξαζόμενον,  
τὸ λαλῆσαν διὰ τῶν Προφητῶν.

Εἰς μίαν, ἀγίαν, καθολικὴν καὶ ἀποστολικὴν  
Ἐκκλησίαν.

Ὁμολογῶ ἐν βάπτισμα εἰς ἄφεσιν ἁμαρτιῶν.  
Προσδοκῶ ἀνάστασιν νεκρῶν.  
Καὶ ζωὴν τοῦ μέλλοντος αἰῶνος. Ἀμήν.

Ἄνες, ἄφες, συγχώρησον, ὁ Θεός, τὰ  
παραπτώματα ἡμῶν,  
τὰ ἐκούσια καὶ τὰ ἀκούσια,  
τὰ ἐν ἔργῳ καὶ λόγῳ,  
τὰ ἐν γνώσει καὶ ἀγνοίᾳ,  
τὰ ἐν νυκτὶ καὶ ἡμέρᾳ,  
τὰ κατὰ νοῦν καὶ διάνοιαν·  
τὰ πάντα ἡμῖν συγχώρησον, ὡς ἀγαθὸς καὶ  
φιλόανθρωπος.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς,  
ἀγιασθήτω τὸ ὄνομά σου.  
Ἐλθέτω ἡ βασιλεία σου.  
Γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ καὶ  
ἐπὶ τῆς γῆς.  
Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν  
σήμερον.  
Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν,  
ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν.

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

In one holy, catholic and apostolic Church.  
I acknowledge one baptism for the forgiveness of  
sins.  
I expect the resurrection of the dead,  
and the life of the age to come. Amen.

Pardon, remit, forgive our transgressions, O God,  
voluntary and involuntary,  
in word and deed,  
in knowledge and in ignorance,  
by night and by day,  
in mind and thought;  
forgive us them all, as a good and loving God.

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done on earth as it is in heaven.  
Give us today our daily bread  
and forgive us our sins,  
as we forgive those who sin against us.

Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν,  
ἀλλὰ ῥύσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

Ὅτι σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις καὶ  
ἡ δόξα,  
τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου  
Πνεύματος,  
νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.  
Ἄμην.

### **Κοντάκιον**

Ἐπὶ τοῦ ὄρους μετεμορφώθης,  
καὶ ὡς ἐχώρουν οἱ Μαθηταὶ σου  
τὴν δόξαν σου, Χριστέ ὁ Θεός, ἐθεάσαντο·  
ἵνα ὅταν σε ἴδωσι σταυρούμενον,  
τὸ μὲν πάθος νοήσωσιν ἐκούσιον,  
τῷ δὲ κόσμῳ κηρύξωσιν,  
ὅτι σὺ ὑπάρχεις ἀληθῶς τοῦ Πατρὸς τὸ  
ἀπαύγασμα.

*Κράτησε σιγῇ δι' ὀλίγον*

**Κύριε, ἐλέησον... (ιβ')**

### **Ψαλμὸς ΛΓ'**

Εὐλογῆσω τὸν Κύριον ἐν παντὶ καιρῷ,  
διὰ παντὸς ἡ αἴνεσις αὐτοῦ ἐν τῷ στόματί  
μου.

Ἐν τῷ Κυρίῳ ἐπαινεθήσεται ἡ ψυχὴ μου·  
ἀκουσάτωσαν πραεῖς καὶ εὐφρανθήτωσαν.  
Μεγαλύνατε τὸν Κύριον σὺν ἐμοί,  
καὶ ὑψώσωμεν τὸ ὄνομα αὐτοῦ ἐπὶ τὸ αὐτό.

And lead us not into temptation,  
but deliver us from evil.

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

### **Kontakion**

On the mount you were transfigured,  
and your Disciples, as much as they could bear,  
beheld your glory, Christ our God;  
that when they saw you crucified,  
they might know your suffering to be willing,  
and might preach to the world  
that in truth you are the radiance of the Father.

*Here keep silence for a time*

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

### **Psalm 33**

I will bless the Lord at all times,  
his praise will ever be in my mouth.  
In the Lord will my soul be praised;  
let the meek hear and be glad.  
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 afflictions.

Ἐξεζήτησα τὸν Κύριον καὶ ἐπήκουσέ μου,  
καὶ ἐκ πασῶν τῶν θλίψεων μου ἔρρυσάτό με.

Προσέλθετε πρὸς αὐτὸν καὶ φωτίσθητε,  
καὶ τὰ πρόσωπα ὑμῶν οὐ μὴ καταισχυνηθῇ.

Οὗτος ὁ πτωχὸς ἐκέκραξε καὶ ὁ Κύριος  
εἰσήκουσεν αὐτοῦ,

καὶ ἐκ πασῶν τῶν θλίψεων αὐτοῦ ἔσωσεν  
αὐτόν.

Παρεμβαλεῖ ἄγγελος Κυρίου κύκλω τῶν  
φοβουμένων αὐτόν,

καὶ ῥύσεται αὐτούς.

Γεύσασθε καὶ ἴδετε ὅτι χρηστὸς ὁ Κύριος·  
μακάριος ἀνὴρ, ὃς ἐλπίζει ἐπ' αὐτόν.

Φοβήθητε τὸν Κύριον, οἱ ἅγιοι αὐτοῦ,

ὅτι οὐκ ἔστιν ὑστέρημα τοῖς φοβουμένοις  
αὐτόν.

Πλούσιοι ἐπτώχευσαν καὶ ἐπέινασαν,

οἱ δὲ ἐκζητοῦντες τὸν Κύριον οὐκ  
ἐλαττωθήσονται παντὸς ἀγαθοῦ.

Δεῦτε, τέκνα, ἀκούσατέ μου·

φόβον Κυρίου διδάξω ὑμᾶς.

Τίς ἐστὶν ἄνθρωπος ὁ θέλων ζωὴν, ἀγαπῶν  
ἡμέρας ἰδεῖν ἀγαθὰς;

Παῦσον τὴν γλῶσσάν σου ἀπὸ κακοῦ,

καὶ χεῖλῃ σου τοῦ μὴ λαλήσαι δόλον.

Ἐκκλινον ἀπὸ κακοῦ καὶ ποιήσον ἀγαθόν·

ζήτησον εἰρήνην καὶ δίωξον αὐτήν.

Ὄφθαλμοὶ Κυρίου ἐπὶ δικαίους,

καὶ ὄτα αὐτοῦ εἰς δέησιν αὐτῶν.

Πρόσωπον δὲ Κυρίου ἐπὶ ποιούντας κακά,

τοῦ ἐξολοθρεῦσαι ἐκ γῆς τὸ μνημόσυνον  
αὐτῶν.

Come to him and receive light,  
and your faces will not be put to shame.  
This poor man cried and the Lord heard him,  
and saved him out of all his afflictions.  
The Angel of the Lord will encamp round about  
those who fear him,  
and will deliver them.  
Taste and see that the Lord is good;  
blessed is the one who hopes in him.  
Fear the Lord, all you his saints,  
for those who fear him have no want.  
The rich have turned poor and gone hungry,  
but those who seek the Lord will not be deprived  
of any good thing.  
Come you children, hearken to me;  
I will teach you the fear of the Lord.  
Who is there who desires life, who loves to see  
good days?  
Keep your tongue from evil,  
and your 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 open to their prayer.  
The face of the Lord is against those who do evil,  
to destroy utterly their memory from the earth.  
The righteous cried and the Lord heard them,  
and delivered them from all their afflictions.

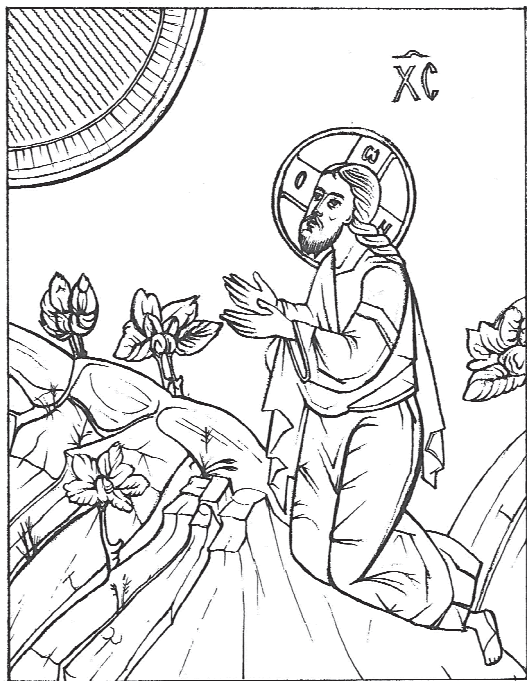


Ἐκέκραξαν οἱ δίκαιοι καὶ ὁ Κύριος  
 εἰσήκουσεν αὐτῶν,  
 καὶ ἐκ πασῶν τῶν θλίψεων αὐτῶν ἐρρύσατο  
 αὐτούς.  
 Ἐγγὺς Κύριος τοῖς συντετριμμένοις τὴν  
 καρδίαν,  
 καὶ τοὺς ταπεινοὺς τῷ πνεύματι σώσει.  
 Πολλὰ αἰ θλίψεις τῶν δικαίων,  
 καὶ ἐκ πασῶν αὐτῶν ῥύσεται αὐτούς ὁ Κύριος.  
 Φυλάσσει Κύριος πάντα τὰ ὀστᾶ αὐτῶν,  
 ἐν ἑξ αὐτῶν οὐ συντριβήσεται.  
 Θάνατος ἀμαρτωλῶν πονηρός,  
 καὶ οἱ μισοῦντες τὸν δίκαιον πλημμελήσουσι.  
 Λυτρώσεται Κύριος ψυχὰς δούλων αὐτοῦ,  
 καὶ οὐ μὴ πλημμελήσουσι πάντες οἱ  
 ἐλπίζοντες ἐπ' αὐτόν.

Δι' εὐχῶν τῶν ἁγίων Πατέρων ἡμῶν,  
 Κύριε Ἰησοῦ Χριστέ ὁ Θεός,  
 ἐλέησον καὶ σῶσον ἡμᾶς. Ἀμήν.

The Lord is near to the brokenhearted,  
and he will save the humble in spirit.  
Many are the afflictions of the righteous,  
and from them all will the Lord deliver them.  
The Lord keeps all their bones,  
not one of them will be broken.  
The death of sinners is an evil one,  
and those who hate the righteous will do wrong.  
The Lord will redeem the souls of his servants,  
and none of those who hope in him will do wrong.

Through the prayers of our holy Fathers,  
Lord Jesus Christ our God,  
have mercy on us and save us. Amen.



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## OCCASIONAL PRAYERS

## ΕΥΧΑΙ ΠΕΡΙΣΤΑΤΙΚΑΙ

### Η ΕΥΧΗ ΤΟΥ ΙΗΣΟΥ

**Κύριε Ἰησοῦ Χριστέ, Υἱὲ τοῦ Θεοῦ, ἐλέησόν με  
τὸν ἁμαρτωλόν**

*Μὲ τὴν εὐχὴν τοῦ Ἰησοῦ προσευχόμεστε καὶ δι'  
ἄλλους, ὡς ἐξῆς·*

**Κύριε Ἰησοῦ Χριστέ, Υἱὲ τοῦ Θεοῦ, ἐλέησον τὸν  
δουλόν σου/τὴν δούλην σου (ὄνομα)**

### ΕΙΣ ΚΕΚΟΙΜΗΜΕΝΟΥΣ

**Ὁ Θεὸς τῶν πνευμάτων καὶ πάσης σαρκός,  
ὁ τὸν θάνατον καταπατήσας,  
τὸν δὲ διάβολον καταργήσας,  
καὶ ζωὴν τῷ κόσμῳ σου δωρησάμενος·  
αὐτός, Κύριε, ἀνάπαυσον τὴν ψυχὴν  
τοῦ κεκοιμημένου δούλου σου (ὄνομα),  
ἐν τόπῳ φωτεινῷ,  
ἐν τόπῳ γλοερῷ,  
ἐν τόπῳ ἀναψύξεως,  
ἔνθα ἀπέδρα ὀδύνη, λύπη καὶ στεναγμός.  
Πᾶν ἁμάρτημα τὸ παρ' αὐτοῦ πραχθὲν  
ἐν λόγῳ ἢ ἔργῳ ἢ διανοίᾳ,  
ὡς ἀγαθὸς καὶ φιλόανθρωπος Θεὸς συγχώρησον·  
ὅτι οὐκ ἔστιν ἄνθρωπος ὃς ζήσεται καὶ οὐχ**

## OCCASIONAL PRAYERS

### JESUS PRAYER

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

*The Jesus Prayer may be used to pray for others, in  
this way:*

Lord Jesus Christ, Son of God, have mercy on  
your servant (name)

### FOR THE DEPARTED

**O** God of spirits and all flesh,  
who have trampled down death,  
made the devil powerless,  
and given life to your world,  
give rest, Lord, to the soul  
of your servant (name) who has fallen asleep,  
in a place of light,  
in a place of green pasture,  
in a place of refreshment,  
from where pain, sorrow and sighing have fled.

ἁμαρτήσῃ·  
 σὺ γὰρ μόνος ἐκτὸς ἁμαρτίας ὑπάρχεις·  
 ἡ δικαιοσύνη σου, δικαιοσύνη εἰς τὸν αἰῶνα,  
 καὶ ὁ νόμος σου ἀλήθεια.  
 Ὅτι σὺ εἶ ἡ ἀνάστασις, ἡ ζωὴ καὶ ἡ  
 ἀνάπαυσις  
 τοῦ κεκοιμημένου δούλου σου (ὄνομα),  
 Χριστὲ ὁ Θεὸς ἡμῶν,  
 καὶ σοὶ τὴν δόξαν ἀναπέμπομεν,  
 σὺν τῷ ἀνάρχῳ σου Πατρὶ  
 καὶ τῷ παναγίῳ καὶ ἀγαθῷ καὶ ζωοποιῷ σου  
 Πνεύματι,  
 νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.  
 Ἄμην.

#### ΕΝ ΚΑΙΡΩ ΑΣΘΕΝΕΙΑΣ

##### *Δι' ἑαυτὸν*

Πάτερ Ἅγιε, ἰατρὲ τῶν ψυχῶν καὶ τῶν  
 σωμάτων,  
 ὁ πέμπας τὸν μονογενῆ σου Υἱόν, τὸν Κύριον  
 ἡμῶν Ἰησοῦν Χριστόν,  
 πᾶσαν νόσον ἰόμενον καὶ ἐκ θανάτου  
 λυτρούμενον,  
 ἴασαι καὶ ἐν τῷ δούλῳ σου  
 ἐκ τῆς περιεχούσης με σωματικῆς καὶ ψυχικῆς  
 ἀσθενείας,  
 καὶ ζωοποίησόν με, διὰ τῆς χάριτος τοῦ  
 Χριστοῦ σου·  
 πρεσβείαις τῆς ὑπεραγίας Δεσποίνης ἡμῶν  
 Θεοτόκου καὶ ἀειπαρθένου Μαρίας, καὶ πάντων  
 τῶν Ἁγίων.

As a good and loving God,  
forgive every sin committed by him/her  
in word, deed or thought;  
for there is no one who lives and does not sin;  
you alone are without sin,  
your righteousness endures for ever,  
and your law is truth.  
For you are the resurrection, the life and the  
repose  
of your servant (name) who has fallen asleep,  
Christ our God,  
and to you we offer glory,  
with your eternal Father  
and your all-holy, good and life-giving Spirit,  
now and ever and to the ages of ages. Amen.

#### IN TIME OF ILLNESS

##### *For Oneself*

**H**oly Father, physician of souls and bodies,  
who sent your only-begotten Son, our Lord Jesus  
Christ,  
to heal every illness and redeem from death,  
heal also me your servant  
from my present illness of body and soul,  
and give me life, by the grace of your Christ;  
through the intercessions of our most holy Lady  
Theotokos and ever-virgin Mary, and all the



Ὅτι σὺ εἶ ἡ πηγή τῶν ἰαμάτων, ὁ Θεὸς ὁ Θεὸς  
 ἡμῶν,  
 καὶ σοὶ τὴν δόξαν ἀναπέμπομεν,  
 τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι,  
 νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.  
 Ἀμήν.

*Δι' ἄλλους*

Δέσποτα Κύριε Σαβῶθ, ὁ Θεὸς ἡμῶν,  
 ὁ Πατὴρ τοῦ Κυρίου ἡμῶν Ἰησοῦ Χριστοῦ,  
 ὁ ἐπὶ τῶν Χερουβείμ καθεζόμενος, καὶ ὑπὸ τῶν  
 Σεραφεὶμ ἀνυμνούμενος·  
 ὁ ἐν ὑψηλοῖς κατοικῶν, καὶ τὰ ταπεινὰ ἐφορῶν·  
 ὁ ἀνατέλλων τὸν ἥλιον ἐπὶ πονηροὺς καὶ  
 ἀγαθοὺς,  
 καὶ βρέχων ἐπὶ δικαίους καὶ ἀδίκους·  
 ὁ διακρατῶν καὶ διακυβερνῶν ἀρρήτῳ δυνάμει  
 καὶ σοφίᾳ  
 πᾶσαν τὴν κτίσιν, καὶ πᾶσαν πνοήν·  
 ὁ παιδεύων καὶ πάλιν ἰώμενος·  
 δέξαι με προσερχόμενον τῇ σῇ ἀγαθότητι,  
 καὶ μὴ βδελύξῃ με τὸν ἁμαρτωλόν·  
 ἀλλ' ἐπάκουσον τῆς φωνῆς τῆς δεήσεώς μου,  
 καὶ ἐξαπόστειλον βοήθειαν ἐξ ἀγίου  
 κατοικητηρίου σου,  
 σπλαγχνισθεὶς ἐπὶ τῷ πλάσματι τῶν χειρῶν  
 σου,  
 ὁ πάντων τὰς προσευχὰς ἐπακούων,  
 καὶ ἴασαι τὸν δοῦλόν σου (ὄνομα)  
 ἐκ τῆς συνεχούσης αὐτὸν ἀσθενείας.  
 Σὸν γάρ ἐστι τὸ ἐλεεῖν καὶ σώζειν ἡμᾶς ὁ Θεὸς  
 ἡμῶν,

Saints.

For you are the source of healing, O God our God,  
and to you we offer glory,  
Father, Son and Holy Spirit,  
now and ever and to the ages of ages. Amen.

*For Others*

Master, Lord of Sabaoth, our God,  
Father of our Lord Jesus Christ,  
sitting upon the Cherubim and praised by the  
Seraphim,  
dwelling on high and watching over things below,  
making the sun to rise on the good and the bad,  
sending rain on the just and the unjust,  
governing and guiding with indescribable power  
and wisdom  
all creation and all life,  
chastising and restoring to health;  
receive me as I approach your goodness,  
and do not feel loathing for me a sinner,  
but hear the voice of my prayer,  
and send help from your holy dwelling  
out of compassion for the creation of your hands,  
you who listen to the prayers of all,  
and heal your servant (name)  
from the illness which has come upon him/her.  
For you are the one who has mercy and saves us,  
our God,

καὶ σοὶ τὴν δόξαν ἀναπέμπομεν,  
τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι,  
νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.  
Ἀμήν.

### ΕΙΣ ΣΥΓΧΩΡΗΣΙΝ

**Κύριε** ὁ Θεός μου,  
ἔξομολογοῦμαί σοι πάντα ὅσα σοι ἔθλιψα,  
ψυχῇ τε καὶ σώματι, ἐν λόγῳ ἢ ἔργῳ ἢ διανοίᾳ.  
Ὅτι τὴν ἀνομίαν μου ἐγὼ γινώσκω,  
καὶ ἡ ἁμαρτία μου ἐνώπιόν μου ἐστὶ διὰ  
παντός.

Νῦν δέ, πολυέλεε Κύριε, ἐν μετανοίᾳ καὶ  
κατανύξει

προσέρχομαι τῇ ἀπειρῷ σου ἀγάπῃ.

Δέομαι οὖν, μὴ ἀποστρέψῃς τὸ πρόσωπόν σου  
ἀπ' ἐμοῦ,

ἀλλὰ συγχώρησόν μοι πᾶν πλημμέλημα  
ἐκούσιόν τε καὶ ἀκούσιον,

καὶ πάσας τὰς ἁμαρτίας μου ἐξάλειψον.

Καρδίαν καθαρὰν κτίσον ἐν ἐμοί,

καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις  
μου.

Γνώρισόν μοι ὁδὸν ἐν ἣ πορεύσομαι,

ὅτι πρὸς σὲ ἦρα τὴν ψυχὴν μου.

Δίδαξόν με τοῦ ποιεῖν τὸ θέλημά σου,

ὅτι σὺ εἶ ὁ Θεός μου.

Καθάρισον, Κύριε, τὸν ρύπον τῆς ψυχῆς μου,

καὶ σῶσόν με ὡς φιλόανθρωπος.

and to you we offer glory,  
Father, Son and Holy Spirit,  
now and ever and to the ages of ages. Amen.

### FOR FORGIVENESS

Lord my God,  
I confess to you all the ways in which I have  
grieved you,  
both in soul and body, in word, deed, or thought.  
For I know my transgression,  
and my sin is ever before me.  
But now, merciful Lord, with repentance and  
compunction  
I approach your boundless love.  
I ask you, therefore, do not turn your face from  
me,  
but forgive all my offences, both voluntary and  
involuntary,  
and wipe out all my sins.  
Create a pure heart in me,  
and renew an upright spirit within me.  
Show me the way in which I am to walk,  
for to you have I lifted up my soul.  
Teach me to do your will,  
for you are my God.  
Cleanse the defilement of my soul, Lord,  
and save me in your loving kindness.

ΕΝ ΩΡΑ ΑΝΑΓΚΗΣ

**Κ**ύριε, ὁ ἐνανθρωπήσας Θεὸς ἡμῶν,  
ὁ τὸν πόνον καὶ τὰ δάκρυα τοῦ παρόντος βίου  
μὴ βδελυξάμενος,  
ἀλλ' ἐαυτὸν καὶ ἐν τούτῳ κενώσας,  
ἵνα τὸ ἀσθενὲς τῆς ἡμετέρας φύσεως  
οἰκεῖον καὶ συμπαθὲς τῆ σῆ Θεότητι  
καταδείξης,  
ἐπίβλεπον ἰλέφ ὄμματι καὶ ἐπ' ἐμὲ τὸν  
χειμαζόμενον δοῦλόν σου  
ἐν τῇ ὥρᾳ ταύτῃ τοῦ πειρασμοῦ,  
καὶ δός μοι τῆς Πόρνης τὴν ταπείνωσιν,  
τὴν μετάνοιαν τοῦ Πέτρου,  
τῶν Μαρτύρων σου τὴν καρτερίαν,  
τῶν σῶν Ἁγίων τὴν σοφίαν.  
Σύ, ὁ μικρὸν πρὸ τοῦ πάθους ἐν ὀδύνῃ καὶ  
ἀγωνίᾳ γενόμενος  
Νῦν ἡ ψυχὴ μου τετάρακται καὶ τί εἶπω;  
ἀναφωνήσας,  
μὴ παρίδης καὶ τὴν ἐμὴν στεναγμοῖς ἀλαλήτοις  
κατὰ τὴν παροῦσαν ὥραν ἀναπεμπομένην  
φωνήν,  
ἀλλὰ ποιήσον σὺν τῷ πειρασμῷ καὶ τὴν  
ἔκβασιν  
τοῦ δύνασθαί με τοῦτον ὑπενεγκεῖν  
καὶ δοξάζειν τὸ ἄμετρον ἔλεος τῆς σῆς  
φιλανθρωπίας,  
τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου  
Πνεύματος εἰς τοὺς αἰῶνας. Ἀμήν.

## IN TIME OF TROUBLE

Lord our God, who became human  
and did not refuse the hardship and tears of this  
present life,  
but humbled yourself also in this,  
to show that our weak nature  
is related to and compatible with your Divinity,  
look with compassion on me your troubled servant  
in this time of trial,  
and grant me the humility of the Harlot,  
the repentance of Peter,  
the endurance of your Martyrs,  
the wisdom of your Saints.  
You who cried out in pain and anguish shortly  
before your suffering,  
Now my soul is troubled and what shall I say?,  
do not disregard my cry sent up to you at this hour  
with sighs too deep for words,  
but with this trial provide also the way out  
so that I may be able to endure it  
and glorify your boundless mercy and love for us,  
Father, Son and Holy Spirit, for ever. Amen.

ΔΙΑ ΜΕΛΛΟΝΤΑΣ ΤΑΞΙΔΕΥΕΙΝ

Κύριε Ἰησοῦ Χριστέ,  
 ὁ μετὰ τὴν ἀνάστασιν τοῖς δυσὶ Μαθηταῖς εἰς  
 Ἐμμαοὺς συνοδεύσας,  
 καὶ τῇ σῇ χάριτι τὰς καρδίας αὐτῶν  
 ἀναφλέξας,  
 συμπορεύθητι κάμοι  
 καὶ εὐφρανον τὴν καρδίαν μου τῇ σῇ παρουσίᾳ.  
 Οἶδα, Κύριε, ὅτι πάροικός εἰμι ἐν τῷ παρόντι  
 κόσμῳ,  
 τὸ πολίτευμα τὸ ἐν οὐρανοῖς ἐπιζητῶν.  
 Τείχισόν με ἀγίοις σου Ἀγγέλοις  
 καὶ φύλαξόν με ἀπὸ ἐχθρῶν ὀρατῶν καὶ  
 ἀοράτων.  
 Κατεύθυνον τὰ διαβήματά μου εἰς ἐκπλήρωσιν  
 τοῦ θελήματός σου.  
 Χάρισαί μοι τοῦ ὄραν τῆς κτίσεως τὸ κάλλος  
 καὶ ἐπιγινώσκειν ἐν πᾶσι τὸ θάμβος τῆς σῆς  
 ἀληθείας.  
 Ὅτι σὺ ἡ ὁδὸς καὶ ἡ ἀλήθεια καὶ ἡ ζωή,  
 καὶ σοὶ τὴν δόξαν καὶ τὴν εὐχαριστίαν  
 ἀναπέμπω εἰς τοὺς αἰῶνας. Ἀμήν.

ΥΠΕΡ ΕΙΡΗΝΗΣ

Κύριε, ὁ Βασιλεὺς τῆς εἰρήνης,  
 ὁ διὰ τὴν σὴν ἄμετρον ἀγαθότητα  
 ἐκ μὴ ὄντος εἰς τὸ εἶναι τὰ πάντα παραγαγών,  
 καὶ διὰ πλήθους καὶ διαφορᾶς τῶν εἰδῶν  
 οὐ μόνον τὸ ἄπειρον τῆς σῆς σοφίας καὶ  
 δυνάμεως ἐξαγγείλας,

BEFORE A JOURNEY

Lord Jesus Christ,  
who travelled with the two Disciples to Emmaus  
after the resurrection,  
and set their hearts on fire with your grace,  
travel also with me  
and gladden my heart with your presence.  
I know, Lord, that I am a pilgrim on this earth,  
seeking the citizenship which is in heaven.  
Surround me with your holy Angels  
and keep me safe from seen and unseen dangers.  
Direct my steps to the fulfilment of your will.  
Grant that I may see the beauty of creation  
and comprehend the wonder of your truth in all  
things.  
For you are the way, the truth and the life,  
and to you I offer glory and thanks for ever.  
Amen.

FOR PEACE

Lord, the King of peace,  
who through your measureless goodness  
have brought all things into being from nothing,  
and in a multitude and variety of forms  
have proclaimed your boundless wisdom and  
power,



ἀλλ' ἐν ταύτῳ καὶ τὸν τῆς ἀγάπης παναρμόνιον  
 ὕμνον  
 Ἄγγελοις τε καὶ ἀνθρώποις ἐκ προοιμίου  
 μυστικῶς ὑποδείξας,  
 δὸς ἡμῖν σήμερον, ἐκπεσοῦσι καὶ πλανωμένοις,  
 πνεῦμα συνέσεως εἰς μετάνοιαν καὶ ὑπακοὴν  
 καὶ ταπείνωσιν,  
 ἵνα θεοπρεπῶς ὑπὸ τῶν θαυμασίων σου καὶ  
 αὐθις καταनुσσομένοι,  
 γενόμεθα τούτων εὐγνώμονες κοινωνοὶ καὶ  
 πιστοὶ οἰκονόμοι.  
 Σὺ ὁ τὴν σὴν εἰρήνην τὴν πάντα νοῦν  
 ὑπερέχουσαν  
 τοῖς ἀγίοις σου Μαθηταῖς καὶ Ἀποστόλοις  
 ἐπαγγειλάμενος ἅμα καὶ παρασχών,  
 δίδου καὶ ἡμῖν τοῖς ἀναξίοις  
 τὸν τοῦ παναγίου σου Πνεύματος φωτισμόν,  
 ἵνα γνῶμεν καὶ πιστεύσωμεν  
 ὅτι ἐν μόνῃ τῇ σῇ δικαιοσύνῃ ἔδρασται διὰ  
 παντὸς  
 ἡ ἀληθὴς καὶ ἀναφαίρετος εἰρήνη,  
 οὕτω δὲ κηρύττοντες καὶ πολιτευόμενοι  
 τύχωμεν καταλλαγῆς καὶ μακαριότητος  
 εἰς δόξαν τῆς ὑπερουσίας καὶ ὑπερυμνήτου  
 Τριάδος  
 καὶ εἰς σωτηρίαν τοῦ κόσμου παντός.

and mystically shown in advance to Angels and  
humankind  
your harmonious hymn of love;  
give us today, who have gone off course and lost  
our way,  
a spirit of understanding  
that leads to repentance and obedience and  
humility,  
so that moved once more to godly compunction by  
your wonders  
we may become grateful partakers and faithful  
stewards of them.  
You who promised and granted to your holy  
Disciples and Apostles  
your peace which surpasses all understanding,  
give also to us unworthy ones  
the illumination of your all-holy Spirit,  
so that we may know and believe  
that true and lasting peace  
is always founded upon your righteousness alone,  
and proclaiming this and conducting our lives  
accordingly  
we may attain reconciliation and blessedness,  
to the glory of the Trinity beyond all being and all  
praise,  
and for the salvation of the whole world.

ΕΙΣ ΠΑΝ ΕΡΓΟΝ

Κύριε τῶν δυνάμεων καὶ τῶν οἰκτιρμῶν,  
 ὁ τῆ σῆ ἀνεξιχνιάστῳ δυνάμει καὶ  
 πανσθενουργῷ δεξιᾷ  
 κτίζων καὶ στηρίζων τὰ σύμπαντα,  
 παντὶ δὲ ἔργῳ ἀγαθῷ καιρὸν εὐθετον καὶ  
 λυσιτελῆ  
 ἐν εὐμενείᾳ προνοῶν καὶ χαριζόμενος,  
 ἵνα διὰ παντὸς δοξάζηται σου ἡ βασιλεία,  
 δὸς κάμοι τῷ ἀναξίῳ τὴν σὴν ἄνωθεν  
 συναντίληψιν  
 εἰς τὸ αἰσίως καὶ θεοφιλῶς ἀγαγεῖν εἰς πέρας  
 τὸ ἐγγχείρημα οὗ ἐν τῷ ὀνόματί σου κατάρχομαι  
 σήμερον,  
 εἰς διακονίαν τοῦ λαοῦ σου καὶ τῆς ἐμῆς  
 ψυχῆς σωτηρίαν.  
 Ὅτι σὺ εἶ ὁ ἐν ἡμῖν ἐργαζόμενος  
 αἰεὶ καὶ τὸ θέλειν καὶ τὸ ἐνεργεῖν ὑπὲρ τῆς  
 εὐδοκίας,  
 καὶ σοὶ τὴν δόξαν καὶ τὴν εὐχαριστίαν  
 ἀναπέμπομεν,  
 σὺν τῷ μονογενεῖ σου Υἱῷ καὶ τῷ Ἁγίῳ σου  
 Πνεύματι εἰς τοὺς αἰῶνας. Ἀμήν.

ΕΙΣ ΑΓΙΟΝ/ΑΓΙΑΝ

Ὡς τῷ Θεῷ εὐάρεστος, πρέσβευε ὑπὲρ ἐμοῦ,  
 Ἄγιε/Αγία...,  
 πρὸς σὲ γὰρ καταφεύγω τὴν θερμὴν βοήθειαν  
 καὶ προστασίαν μου.

BEFORE ANY TASK

Lord of strength and compassion,  
who by your unsearchable power and almighty  
hand  
create and support all things,  
who in your providence and kindness  
grant a proper and beneficial time for every good  
task,  
so that your kingdom may always be glorified;  
give also to me, who am unworthy, your help from  
above,  
so that I may bring to a good end, in a way  
pleasing to you,  
the task which I begin in your name today,  
for the service of your people and the salvation of  
my soul.  
For it is you who cause us both to will and to act  
for your good pleasure,  
and to you we offer glory and thanks,  
with your only-begotten Son and your Holy Spirit  
for ever. Amen.

TO A SAINT

Pray to God for me, Saint (name), well-pleasing to  
God;  
for I turn to you, my speedy helper and protector.

ΕΥΧΑΡΙΣΤΙΑ

Εὐχαριστοῦμέν σοι, Τριάς ὑπεράγαθε,  
 ὅτι ἐν τῷ πλήθει τῶν ὑπὲρ ἡμῶν οἰκτιρισμῶν σου,  
 ἀφ' ἧς ἐκάλεσας ἡμᾶς ἐκ μὴ ὄντος εἰς τὸ εἶναι,  
 οὐκ ἐπαύσω ἡμέρας καὶ νυκτὸς  
 εὐεργετεῖν πᾶσαν φύσιν λογικὴν τε καὶ ἄλογον,  
 ἵνα διὰ πάντων καὶ ἐν πᾶσι δοξάζηταιί σου τὸ  
 πανάγιον ὄνομα  
 τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου  
 Πνεύματος.

Εὐχαριστοῦμέν σοι, Πάτερ, ἡ πηγὴ τῶν ἀγαθῶν,  
 ὅτι τῇ σῇ ἀρρήτῳ βουλῇ  
 ἠυδόκησας εἰκόνι τῇ σῇ τιμῆσαι τὸ γένος τῶν  
 ἀνθρώπων.

Εὐχαριστοῦμέν σοι, Υἱὲ μονογενές,  
 τῷ διὰ τὴν σὴν ἀνείκαστον φιλανθρωπίαν ὑπὲρ  
 ἡμῶν  
 μέχρις ἄδου ταμείων κατελθόντι  
 καὶ διὰ τοῦ Σταυροῦ χαρὰν τῷ κόσμῳ καὶ  
 ζωὴν αἰώνιον ἡμῖν χαρισσαμένῳ.

Εὐχαριστοῦμέν σοι, Πνεῦμα τῆς ἀληθείας  
 συναΐδιον,  
 τῷ χορηγοῦντι ἡμῖν σοφίαν καὶ σύνεσιν  
 καὶ ἐν ταῖς καρδίαις ἡμῶν κράζοντι Ἄββᾶ ὁ  
 Πατήρ,

## THANKSGIVING

We thank you, most gracious Trinity,  
that in the multitude of your compassion for us,  
from the time that you called us from non-being  
into being,  
you have not ceased day and night  
to bestow benefits on every rational and irrational  
creature,  
so that through all and in all your most holy name  
might be glorified,  
Father, Son and Holy Spirit.

We thank you, Father, source of all good,  
that through your indescribable will  
you were pleased to honour the human race with  
your image.

We thank you, only-begotten Son,  
who in your incomparable love for us  
descended to the depths of hades,  
and through the Cross granted joy to the world and  
to us eternal life.

We thank you, coeternal Spirit of truth,  
who give us wisdom and understanding,  
and cry Abba Father in our hearts,

εἰς τὸ γνωρίσαι ἡμᾶς τὰ ἀγαθὰ τῆς ἐν Θεῷ  
υἰοθεσίας  
καὶ ἐν εὐγνωμοσύνῃ ἀεὶ τούτων μεταλαμβάνειν.

Δόξα σοι τῇ παναγίᾳ καὶ ὁμοουσίῳ καὶ  
ζωοποιῷ Τριάδι εἰς τοὺς αἰῶνας. Ἀμήν.

### ΕΥΧΗ ΑΠΟΛΥΣΕΩΣ

*Λέγεται εἰς τὸ τέλος τῆς προσευχῆς ἢ ἄλλης  
πράξεως*

Δι' εὐχῶν τῶν ἁγίων Πατέρων ἡμῶν,  
Κύριε Ἰησοῦ Χριστέ ὁ Θεός,  
ἐλέησον καὶ σῶσον ἡμᾶς. Ἀμήν.

so that we may know the gifts of adoption in God and ever share in them with gratitude.

Glory to you, all-holy and consubstantial and life-giving Trinity, for ever. Amen.

**CONCLUDING PRAYER**

*Often used at the conclusion of prayer or any other activity*

Through the prayers of our holy Fathers,  
Lord Jesus Christ our God,  
have mercy on us and save us. Amen.