

DAILY ORTHROS ON FRIDAY, FEBRUARY 12, 2010
CHEESE FARE FRIDAY; MELETIOS, ARCHBISHOP OF ANTIOCH
NEW-MARTYR CHRISTOS OF CONSTANTINOPLE; ALEXIS, METROPOLITAN OF MOSCOW

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

Choir: Amen.

Priest: Glory to Thee, O God, glory to Thee.

O heavenly King, the Comforter, Spirit of Truth, Who art in all places, and fillest all things, Treasury of good things, and Giver of life, come, and dwell in us, and cleanse us from every stain; and save our souls, O gracious Lord.

People: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (THRICE)

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

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

Lord, have mercy. (THRICE)

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

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

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

Choir: Amen. (Choir continues.)

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

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

Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

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

O Champion dread, who cannot be put to confusion, despise not our petitions, O Good and All-praised Theotokos; establish the way of the Orthodox; save those who have been called upon to govern us, leading us to that victory which is from heaven, for thou art she who gavest birth to God, and alone art blessed.

EKTENIA

Priest: Have mercy on us, O God, according to Thy great goodness, we pray Thee, hearken and have mercy.

Choir: Lord, have mercy. (THRICE)

Priest: Again we pray for all pious and Orthodox Christians.

Choir: Lord, have mercy. (THRICE)

Priest: Again we pray for our father and Metropolitan PHILIP, for our Bishop JOSEPH and Bishop ILIA, and for all our Brotherhood in Christ.

Choir: Lord, have mercy. (THRICE)

Priest: For Thou art a merciful God and lovest mankind, and unto Thee we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen. Bless, Master, in the Name of the Lord.

Priest: Glory to the Holy, Consubstantial, Life-giving and Undivided Trinity, always, now and ever, and unto ages of ages.

Choir: Amen.

Glory to God in the highest, and on earth peace, and good will toward men. (THRICE)

O Lord, open Thou my lips, and my mouth shall show forth Thy praise. (TWICE)

PSALM 3

O Lord, why are they multiplied that afflict me? Many rise up against me. Many say unto my soul: There is no salvation for him in his God. But Thou, O Lord, art my helper, my glory, and the lifter up of my head. I cried unto the Lord with my voice, and He heard me out of His holy mountain. I laid me down and slept; I awoke, for the Lord will help me. I will not be afraid of ten thousands of people that set themselves against me round about. Arise, O Lord, save me, O my God, for Thou hast smitten all who without cause are mine enemies; the teeth of sinners hast Thou broken. Salvation is of the Lord, and Thy blessing is upon Thy people.

I laid me down and slept; I awoke, for the Lord will help me.

PSALM 37

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

evil for good slandered me, because I pursued goodness. Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

PSALM 62

O God, my God, unto Thee I rise early at dawn. My soul hath thirsted for Thee; how often hath my flesh longed after Thee in a land barren and untrodden and unwatered. So in the sanctuary have I appeared before Thee to see Thy power and Thy glory, For Thy mercy is better than lives; my lips shall praise Thee. So shall I bless Thee in my life, and in Thy name will I lift up my hands. As with marrow and fatness let my soul be filled, and with lips rejoicing shall my mouth praise Thee. If I remembered Thee on my bed, at the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me. But as for these, in vain have they sought after my soul; they shall go into the nethermost parts of the earth, they shall be surrendered unto the edge of the sword; portions for foxes shall they be. But the king shall be glad in God, everyone shall be praised that sweareth by Him; for the mouth of them is stopped that speak unjust things.

At the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me.

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

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)
Lord, have mercy. (THRICE)

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

PSALM 87

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

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication, for filled with evils is my soul, and my life unto Hades hath drawn nigh. I am counted with them that go down into the pit; I am become as a man without help, free among the dead, like the bodies of the slain that sleep in the grave, whom Thou rememberest no more, and they are cut off from Thy hand. They laid me in the lowest pit, in darkness and in the shadow of death. Against me is Thine anger made strong, and all Thy billows hast Thou brought upon me. Thou hast removed my friends afar from me; they have made me an abomination unto themselves. I have been delivered up, and have not come forth; mine eyes are grown weak from poverty. I have cried unto Thee, O Lord, the whole day long; I have stretched out my hands unto Thee. Nay, for the dead wilt Thou work wonders? Or shall physicians raise them up that they may give thanks unto Thee? Nay, shall any in the grave tell of Thy mercy, and of Thy truth in that destruction? Nay, shall Thy wonders be known in that darkness, and Thy righteousness in that land that is forgotten? But as for me, unto Thee, O Lord, have I cried; and in the morning shall my prayer come before Thee. Wherefore, O Lord, dost Thou cast off my soul and turnest Thy face away from me? A poor man am I, and in troubles from my youth; yea, having been exalted, I was humbled and brought to distress. Thy furies have passed upon me, and Thy terrors have sorely troubled me. They came round about me like water,

all the day long they compassed me about together. Thou hast removed afar from me friend and neighbor, and mine acquaintances because of my misery.

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication.

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 hath done for thee, Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgment for all them that are wronged. He hath made His ways known unto Moses, unto the sons of Israel the things that He hath willed. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy; not unto the end will He be angered; neither unto eternity will He be wroth. Not according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us. Like as a father hath compassion upon his sons, so hath the Lord had compassion upon them that fear Him; for He knoweth whereof we are made, He hath remembered that we are dust. As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him. And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them. The Lord in heaven hath prepared His throne, and His kingdom ruleth over all. Bless the Lord, all ye His angels, mighty in strength, that perform His word, to hear the voice of His words. Bless the Lord, all ye His hosts, His ministers that do His will. Bless the Lord, all ye His works, in every place of His dominion. Bless the Lord, O my soul.

In every place of His dominion, bless the Lord, O my soul.

PSALM 142

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.

O Lord, give ear unto my supplication and enter not into judgment with Thy servant. (TWICE)

Thy good Spirit shall lead me in the land of uprightness.

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

*Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)
O our God and our Hope, glory to Thee!*

THE GREAT EKTENIA

Deacon: In peace, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For the peace from above, and for the salvation of our souls, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For the peace of the whole world, for the good estate of the Holy Churches of God, and for the union of all men, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For our Holy Houses, and for those who with faith, reverence, and fear of God, enter therein, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For our father and Metropolitan PHILIP, for our Bishop JOSEPH and Bishop ILIA, for the venerable Priesthood, the Diaconate in Christ, for all the clergy and the people, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For the President of the United States, for all civil authorities, and for our Armed Forces everywhere, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: That He will aid them and grant them victory over every enemy and adversary, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For this city, and for every city and land, and for the faithful who dwell therein, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For healthful seasons, for abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For travelers by sea, by land, and by air; for the sick and the suffering; for captives and their salvation, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For our deliverance from all tribulation, wrath, danger, and necessity, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary, with all the Saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For unto Thee are due all glory, honor, and worship: to the Father, and to the Son, and to the Holy Spirit; now and ever and unto ages of ages.

Choir: Amen.

“ALLELUIAS” IN TONE TWO

Verse 1. My spirit seeks Thee early in the night-watches, O God, for Thy commandments are a light upon the earth.

Refrain: Alleluia, alleluia, alleluia.

Verse 2. Learn righteousness, ye that dwell upon the earth. (**Refrain**)

Verse 3. Zeal shall lay hold upon an uninstructed people, and now fire shall devour the adversaries. (**Refrain**)

Verse 4. Bring more evils upon them, O Lord; bring more evils upon them that are glorious upon the earth. (**Refrain**)

HYMNS TO THE TRINITY (TRIADIKA) FROM THE TRIODION IN TONE TWO

Doing as the powers on high, we on earth offer Thee, O loving Lord, a hymn of victory: Holy, holy, holy art Thou our God; by the power of Thy Cross, save us, O Lord.

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

O uncreated nature, Maker of all things, open our lips that we may proclaim Thy praises, crying: Holy, holy, holy art Thou our God; through the intercessions of all Thy Saints, have mercy upon us.

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

Thou, O Lord, hast raised me from my bed and sleep; enlighten my mind and my heart, and open my lips that I may praise Thee, O Holy Trinity: Holy, holy, holy art Thou our God; through the intercessions of the Theotokos have mercy upon us.

THE LITTLE EKTENIA

Deacon: Again and again, in peace, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To Thee, O Lord.

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

Choir: Amen.

KATHISMATA (Plain Reading)

First Kathisma from the Octoechos

O Christ our God, Thou hast wrought salvation in the midst of the earth. Thou didst stretch out Thy spotless hands on the Cross in order to gather all the nations who cry aloud: O Lord, glory to Thee.

Exalt ye the Lord our God, and worship at the footstool of His feet; for He is holy.

In supplication, we offer up to Thee, O Lord, Thy life-giving Cross, which in Thy goodness Thou hast given us, despite our unworthiness. Save our nation and all Orthodox Christians, through the intercessions of the Theotokos, O only Lover of mankind.

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

Seeing Christ, her Son, lying dead, the Virgin Ewe-lamb cried out in lamentation: What a hideous offense these criminals have committed. Hide thy light now, O sun. He Who created the universe by His own will has been put to death. He Who alone is the Lord of the angelic hosts has been numbered among those condemned of evildoing.

Second Kathisma from the Triodion

O Holy Cross, raise up the horn of the Churches; by thy power cast down the arrogance of heretics and make glad the congregations of the Orthodox. Count us all worthy to be present when thou art carried in procession, and to venerate thee as the footstool of Christ. For in thee, O blessed Wood, we glory.

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

O blessed Theotokos, thou seest those on earth, and thou dost feel and suffer with us in our lowliness; take pity on thy people in distress. Pray for us constantly, lest we perish in our sins. O Virgin undefiled and all-holy, intercede for the salvation of our souls before the God Who is always ready to forgive.

PSALM 50

Reader: Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and

in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

KONTAKION AND OIKOS OF ST. MELETIOS (Plain Reading)

Adorned with Orthodoxy in thy life, thou didst prove to be a protector and guardian of the Church, O all-blessed Meletios, shining like a fiery beacon even to the ends of the world by thy teachings, O most radiant luminary of the Church.

All we the faithful know thee to be of like ways and like glory and like throne with the Apostles, O righteous Father, an initiate and worshipper of the Trinity, and a great teacher of the Church, who, being set aflame with zeal for piety, didst lay down thy life for her sake, O thrice-blessed and godly-minded Meletios; and with one voice we all praise thee, honoring thine august and divine falling-asleep, O most radiant luminary of the Church.

THE SYNAXARION (Plain Reading)

On February 12 in the Holy Orthodox Church we commemorate our Father among the Saints Meletios the Great, archbishop of Antioch.

Verses

Meletios raised his hands to the Lord and saith: Into Thy hands I commit my soul.
On the twelfth Meletios entered the all-nourishing earth.

This great and holy man was an outstanding interpreter and defender of Orthodoxy. Meletios fought the Arian heresy. Heretics removed him three times from his archiepiscopal throne. Once, while Meletios was preaching to the people in church on the divine Trinity in unity, his own deacon, a heretic, ran up to the bishop and shut his mouth with his hand. Being unable to preach with words, Meletios preached by signs. Thus, he raised his arms on high, opened three fingers to their fullest extent and showed them to the people, then closed his hand and raised the one fist. He took part in the Second Ecumenical Council in 381, where God showed a mystery through His archbishop. When Meletios was propounding the doctrine of the Holy Trinity to the Arians, he first raised three fingers, separated one by one, then brought them together; and at that moment lightning flashed from his hand before the gaze of all present.

On this day, we also commemorate the New-martyr Christos of Constantinople; and Alexis, metropolitan of Moscow. Through their holy intercessions, O God, have mercy upon us. Amen.

FROM THE THREE-CANTICLED TRIODION CANONS OF THE DAY IN TONE SIX

(*Chanted in Soft Chromatic*)

Let us praise, bless, and worship the Lord.

Ode 8. O ye angels and ye powers of Heaven, sing to Him Who sits upon the throne of majesty, and is glorified unceasingly as God: bless, praise and exalt Him above all forever.

Deacon: The Theotokos and Mother of the Light let us honor and magnify in song.

MAGNIFICATIONS IN TONE SIX

Choir: My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior.

Refrain: More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without corruption barest God the Word, and art truly Theotokos, we magnify thee. (*Repeat after each Verse.*)

- + For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. (*Refrain*)
- + For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations. (*Refrain*)
- + He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. (*Refrain*)
- + He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the empty with good things, and the rich hath He sent empty away. (*Refrain*)
- + He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. (*Refrain*)

Ode 9. Every tongue is at a loss to praise thee as is due; even a spirit from the world above is filled with dizziness, when it seeks to sing thy praises, O Theotokos. But since thou art good, accept our faith. Thou knowest well our love inspired by God, for thou art the Protectress of Christians and we magnify thee.

THE LITTLE EKTENIA

Deacon: Again and again, in peace, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For all the powers of Heaven praise Thee, and unto Thee do we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

THE HYMN OF LIGHT (PHOTAGOGIKON) FROM THE TRIODION IN TONE TWO

Send forth Thine eternal light, O Christ my God, and illumine the secret eyes of my heart, by the power of Thy Cross, O Lord, and save me.

Send forth Thine eternal light, O Christ my God, and illumine the secret eyes of my heart, through the intercessions of Thy Saints, O Lord, and save me.

Send forth Thine eternal light, O Christ my God, and illumine the secret eyes of my heart, through the intercessions of the Theotokos, O Lord, and save me.

THE PSALMS OF PRAISE (Plain Reading)

(Psalm 148) Praise the Lord from the heavens, praise Him in the heights! Praise Him, all His angels; praise Him, all His hosts! Praise Him, sun and moon; praise Him, all ye shining stars! Praise Him, ye highest heavens, and ye waters above the heavens! Let them praise the Name of the Lord! For He commanded, and they were created. And He established them forever and ever; He fixed their bounds which cannot be passed. Praise the Lord from the earth, ye sea monsters and all deeps; fire and hail, snow and frost, stormy wind fulfilling His command! Mountains and all hills, fruit trees and all cedars! Beasts and all cattle, creeping things and flying birds! Kings of the earth and all peoples; princes and all rulers of the earth! Young men and maidens together; old men and children! Let them praise the Name of the Lord, for His Name alone is exalted; His glory is above earth and heaven. He has raised up a horn for His people, praise for all His saints, for the people of Israel who are near to Him.

(Psalm 149) Sing to the Lord a new song, His praise in the assembly of the faithful! Let Israel be glad in his Maker; let the sons of Zion rejoice in their King! Let them praise His Name with dancing, making melody to Him with timbrel and lyre! For the Lord takes pleasure in His people; He adorns the humble with victory. Let the faithful exult in glory; let them sing for joy on their couches. Let the high praises of God be in their throats and two-edged swords in their hands; to wreak vengeance on the nations and chastisement on the peoples; to bind their kings with chains and their nobles with fetters of iron; to execute on them the judgment written! This is glory for all his faithful ones.

(Psalm 150) Praise God in His sanctuary; praise Him in His mighty firmament! Praise Him for His mighty deeds; praise Him according to His exceeding greatness! Praise Him with trumpet sound; praise Him with lute and harp! Praise Him with timbrel and dance; praise Him with strings and pipe! Praise Him with sounding cymbals; praise Him with loud clashing cymbals! Let everything that breathes praise the Lord!

THE LITTLE DOXOLOGY (Plain Reading)

- + To Thee belongeth glory, O Christ our God, and unto Thee do we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.
- + Glory to God in the highest, and on earth peace, good will among men.
- + We praise Thee, we bless Thee, we worship Thee, we glorify Thee; we give thanks unto Thee for Thy great glory.
- + O Lord, heavenly King, God the Father Almighty; O Lord, the only-begotten Son, Jesus Christ; and the Holy Spirit.
- + O Lord God, Lamb of God, Son of the Father, Who takest away the sin of the world, have mercy on us; O Thou Who takest away the sins of the world.
- + Receive our prayer, O Thou Who sittest at the right hand of the Father, and have mercy on us.

- + For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the Glory of God the Father. Amen.
- + Every day will I bless Thee, and I will praise Thy Name forever; yea, forever and ever.
- + Lord, Thou hast been our refuge in all generations. I said: Be merciful unto me; heal my soul, for I have sinned against Thee.
- + Lord, I have fled unto Thee: teach me to do Thy will, for Thou art my God.
- + For with Thee is the fountain of life: in Thy light shall we see light.
- + O continue Thy loving-kindness unto them that know Thee.
- + Vouchsafe, O Lord, to keep us this day without sin.
- + Blessed art Thou, O Lord God of our Fathers, and praised and glorified be Thy Name forever. Amen.
- + Let Thy mercy, O Lord: be upon us, as we do put our hope in Thee.
- + Blessed art Thou, O Lord: teach me Thy statutes.
- + Blessed art Thou, O Master; make me to understand Thy statutes.
- + Blessed art Thou, O Holy One; enlighten me with Thy statutes.
- + Thy mercy, O Lord, endureth forever. O despise not the works of Thy hands. To Thee belongeth worship, to Thee belongeth praise, to Thee belongeth glory: to the Father and to the Son and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

THE EKTENIA OF SUPPLICATION

- Deacon: Let us complete our morning prayer unto the Lord.
- Choir: Lord, have mercy.
- Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.
- Choir: Lord, have mercy.
- Deacon: That the whole morning may be perfect, holy, peaceful and sinless, let us ask of the Lord.
- Choir: Grant this, O Lord.
- Deacon: An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord.
- Choir: Grant this, O Lord.
- Deacon: Pardon and remission of our sins and transgressions, let us ask of the Lord.
- Choir: Grant this, O Lord.
- Deacon: All things good and profitable for our souls and peace for the world, let us ask of the Lord.
- Choir: Grant this, O Lord.
- Deacon: That we may complete the remaining time of our life in peace and repentance, let us ask of the Lord.
- Choir: Grant this, O Lord.
- Deacon: A Christian ending to our life, painless, blameless, peaceful, and a good defense before the fearful judgment seat of Christ, let us ask of the Lord.

Choir: Grant this, O Lord.

Deacon: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary, with all the Saints: let us commend ourselves and each another, and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For Thou art a good God and lovest mankind, and unto Thee we ascribe glory, to the Father, and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

Choir: Amen.

THE PEACE

Bishop: Peace be to all.

Choir: And to thy spirit.

Deacon: Let us bow our heads unto the Lord.

Choir: To Thee, O Lord.

- *All bow their heads as the priest says the following prayer:*

Priest: O holy Lord, Who dwellest on high and regardest the humble of heart and with Thine all-seeing eye dost behold all creation, unto Thee have we bowed the neck of our soul and body, and we entreat Thee: O Holy of holies, stretch forth Thine invisible hand from Thy holy dwelling-place, and bless us all. And if in aught we have sinned, whether voluntarily or involuntarily, forgive, inasmuch as Thou art a good God, and lovest mankind, vouchsafing unto us Thy earthly and heavenly good things.

For Thine it is to show mercy and to save us, O our God, and unto Thee do we ascribe glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages.

Choir: Amen.

THE APOSTICHA FROM THE TRIODION IN TONE SIX

Before Christ's death upon the saving Cross, sin ruled supreme and ungodliness prevailed. Men were counted blessed because of sensual pleasures, and only a few despised the appetites of the flesh. But once the mystery of the Cross was brought to pass, the tyranny of the demons was quenched by the knowledge of God, and heavenly virtue came to dwell upon the earth. So fasting now is held in honor, abstinence is glorified, and prayer is offered up. As a testimony to these things, the present season has been given to us by the crucified Christ our God, for the salvation of our souls.

Verse 1. In the morning fill us with Thy love, so that we may rejoice and be glad in all our days. Repay us in joy the times which Thou didst afflict us, the many years when disgrace was our lot. Let Thy work be manifest to Thy servants, and Thy glory to their children.

Before Christ's death upon the saving Cross, sin ruled supreme and ungodliness prevailed. Men were counted blessed because of sensual pleasures, and only a few despised the appetites of the

flesh. But once the mystery of the Cross was brought to pass, the tyranny of the demons was quenched by the knowledge of God, and heavenly virtue came to dwell upon the earth. So fasting now is held in honor, abstinence is glorified, and prayer is offered up. As a testimony to these things, the present season has been given to us by the crucified Christ our God, for the salvation of our souls.

Verse 2. And may the brightness of the Lord our God shine upon us; and may He prosper the works of our hands for us; may He prosper the works of our hands.

At the commemoration of Thy Saints, O Lord, the whole creation keeps festival; Heaven with the Angels greatly rejoices, and the earth with all mankind makes glad. At their intercessions have mercy upon us.

STAVRO-THEOTOKION FROM THE TRIODION IN TONE SIX

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

When the all-pure Virgin saw Thee hanging on the Cross, with a mother's grief she cried aloud: O my Son and my God, O my beloved Child, how dost Thou endure this shameful suffering?

Priest: It is a good thing to confess unto the Lord, to sing praises to Thy name, O Most High, to declare Thy mercy in the morning, and Thy truth by night.

THE TRISAGION PRAYERS

People: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (THRICE)
Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

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

Lord, have mercy. (THRICE)

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

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

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

Choir: Amen.

LENTEN DAILY ORTHROS APOLYTIKION (Plain Reading)

Standing in the temple of thy glory, we think that we are in Heaven. O Theotokos, thou heavenly gate, open to us the door of thy mercy.

THE OLD TESTAMENT READING (For Friday of Cheese Fare Week)

Deacon: Let us attend!

Reader: Let Thy mercy be upon us, O Lord, as we have set our hope in Thee. Rejoice in the Lord, O ye righteous.

Deacon: Wisdom!

Reader: The Reading from the Prophecy of Zachariah. (8:7-17)

Deacon: Let us attend!

Reader: Thus says the Lord of hosts: "Behold, I will save My people from the east country and from the west country; and I will bring them to dwell in the midst of Jerusalem; and they shall be My people and I will be their God, in faithfulness and in righteousness." Thus says the Lord of hosts: "Let your hands be strong, you who in these days have been hearing these words from the mouth of the prophets, since the day that the foundation of the house of the Lord of hosts was laid, that the temple might be built. For before those days there was no wage for man or any wage for beast, neither was there any safety from the foe for him who went out or came in; for I set every man against his fellow. But now I will not deal with the remnant of this people as in the former days," says the Lord of hosts. "For there shall be a sowing of peace; the vine shall yield its fruit, and the ground shall give its increase, and the heavens shall give their dew; and I will cause the remnant of this people to possess all these things. And as you have been a byword of cursing among the nations, O house of Judah and house of Israel, so will I save you and you shall be a blessing. Fear not, but let your hands be strong." For thus says the Lord of hosts: "As I purposed to do evil to you, when your fathers provoked Me to wrath, and I did not relent," says the Lord of hosts, "so again have I purposed in these days to do good to Jerusalem and to the house of Judah; fear not. These are the things that you shall do: Speak the truth to one another, render in your gates judgments that are true and make for peace, do not devise evil in your hearts against one another, and love no false oath, for all these things I hate," says the Lord.

PROKEIMENON FOR CHEESE FARE FRIDAY IN TONE THREE

Choir: Sing praises to our God, sing praises; sing praises to our King. (TWICE)

Refrain: *Clap your hands, all ye people.*

Choir: Sing praises to our God, sing praises; sing praises to our King.

Reader: Lord, have mercy. (40 times)

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

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

Bless, Master, in the name of the Lord.

Bishop: Christ our God, the Existing One, is blessed, always, now and ever, and unto ages of ages.

Reader: Amen. O heavenly King, support our believing kings; confirm their faith; guide the nations; give peace to the world and preserve well this holy church. Grant repose to our departed fathers and brothers, in the dwelling-places of the

righteous. Receive us in repentance and confession, for Thou art good and the Lover of mankind.

THE PRAYER OF ST. EPHRAIM THE SYRIAN

Priest: O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power, and idle talk. (*Prostration*)

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

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

Priest: O God, be gracious unto me, a sinner. (*Twelve times with a metania each time.*)

THE PRAYER OF ST. EPHRAIM THE SYRIAN

- *Only one prostration is made at the end of this reciting.*

Priest: O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power and idle talk. But give rather the spirit of chastity, humility, patience, and love to Thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for Thou art blessed unto ages of ages. Amen.

THE DISMISSAL

Bishop: Glory to Thee, O Christ our God and our hope, glory to Thee.

Choir: Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen. Lord, have mercy (*thrice*). Master, bless.

Bishop: May Christ our true God, through the intercessions of His all-immaculate and all-blameless holy Mother; by the might of the precious and life-giving Cross; at the supplication of the honorable Archangel Michael, the patron and protector of this holy community; of the holy and righteous ancestors of God, Joachim and Anna; of our father among the saints Meletios the Great, archbishop of Antioch; New-martyr Christos of Constantinople; and Alexis, metropolitan of Moscow, whose memory we celebrate today, and of all the saints: have mercy on us and save us, forasmuch as He is good and loveth mankind.

Choir: Ton dhespotin ke Archierea imon Kyrie philate: Eis polla eti, Dhespota. Eis polla eti, Dhespota. Eis polla eti, Dhespota.

(*Choir: Preserve, O Lord, our master and chief priest, and grant him many years: many years to thee, master; many years to thee, master; many years to thee, master.*)

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

Choir: Amen.

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

Choir: Amen.