



## ORDER OF WEEKDAY ORTHROS

PRIEST: Blessed is our God, always, now and forever and to the ages of ages.

PEOPLE: Amen.

PRIEST: Glory to You, Christ our God, our hope, glory to You.  
Heavenly King, Comforter, the Spirit of Truth, present in all places and filling all things, the treasury of blessings and Giver of life: come and abide in us. Cleanse us from all impurity and save our souls, O Good One.

### The Trisagion Prayer

PEOPLE: Amen.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3)

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

All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities, for the glory of Your Name.

Lord, have mercy. (3)

Glory to the Father and the Son and the Holy Spirit, now and forever and to the 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 Yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

PEOPLE: Save, O Lord, Your people, and bless Your inheritance, grant victory to Your faithful against the adversaries of the faith, and protect Your people by the power of Your Cross.

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

Lifted up of Your own will upon the Cross, bestow Your mercy upon Your new community that bears Your name, Christ our God. Make Your faithful people glad in Your strength, giving them victory over adversaries. Let them have as an ally that invincible trophy, Your weapon of peace.

Now and forever and to the ages of ages. Amen.

O never failing and fearful protection, O good and most praiseworthy Theotokos, do not turn away from our supplications. Establish the way of life of the Orthodox. Protect those whom you have called to rule and grant them victory from heaven. For you have given birth to God and alone are blessed.

PRIEST: Have mercy upon us, O God, according to Your steadfast love; we pray You, hear us and have mercy.

PEOPLE: Κύριε, ἐλέησον. (3)

PRIEST: Again we pray for all devout Orthodox Christians.

PEOPLE: Κύριε, ἐλέησον. (3)

PRIEST: Again we pray for our Archbishop Gerasimos.

PEOPLE: Κύριε, ἐλέησον. (3)

PRIEST: For You are a merciful and loving God, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

PEOPLE: Amen. In the name of the Lord, Father Bless.

PRIEST: Glory to the holy and consubstantial and life giving, and undivided Trinity, always, now and forever and to the ages of ages.

PEOPLE: Amen. Glory to God in the highest, and on earth peace, good will among all. (3) Lord, open my lips and my mouth shall show forth Your praise. (2)

### The Six Psalms

**Psalm 3 (Monday):** Lord, how many are my foes! Many are rising against me; many are saying of me, there is no help for him in God. But You, Lord, are a shield about me, my glory, and the lifter of my head. I cry aloud to the Lord, and He answers me from His holy hill. I lie down and sleep; I wake again, for the Lord sustains me. I am not afraid of ten thousands of people who have set themselves against me round about. Arise, Lord! Deliver me, my God! For you smite all my enemies on the cheek, You break the teeth of the wicked. Deliverance belongs to the Lord; Your blessing be upon Your people!

I lie down and sleep; I wake again for the Lord sustains me.

**Psalm 37 (Tuesday):** Lord, rebuke me not in Your anger, nor chasten me in Your wrath! For Your arrows have sunk into me, and Your hand has come down on me. There is no soundness in my flesh because of Your indignation; there is no health in my bones because of my sin. For my iniquities have gone over my head; they weigh like a burden too heavy for me. My wounds grow foul and fester because of my foolishness, I am utterly bowed down and prostrate; all the day I go about mourning. For my loins are filled with burning, and there is no soundness in my flesh. I am utterly spent and crushed; I groan because of the tumult of my heart. Lord, all my longing is known to You, my sighing is not hidden from You. My heart throbs, my strength fails me; and the light of my eyes – it also has gone from me. My friends and

companions stand aloof from my plague, and my kinsmen stand afar off. Those who seek my life lay their snares, those who seek my hurt speak of ruin, and meditate treachery all the day long. But I am like a deaf man, I do not hear, like a dumb man who does not open his mouth. Yes, I am like a man who does not hear, and in whose mouth are no rebukes. But for You, Lord, I wait; it is You, Lord my God, who will answer. For I pray, "Only let them not rejoice over me, who boast against me when my foot slips!" For I am ready to fall, and my pain is ever with me. I confess my iniquity, I am sorry for my sin. Those who are my foes without cause are mighty, and many are those who hate me wrongfully. Those who render me evil for good are my adversaries because I follow after good. Do not forsake me, Lord! My God, do not be far from me! Make haste to help me, Lord my salvation!

Do not forsake me, Lord! My God, do not be far from me! Make haste to help me, Lord my salvation.

**Psalm 62 (Wednesday):** God, You are my God, I seek You, my soul thirsts for You; my flesh faints for You, as in a dry and weary land where there is no water. So I have looked upon You in the sanctuary, beholding Your power and glory. Because Your steadfast love is better than life, my lips will praise You. So I will bless You as long as I live; I will lift up my hands and call on Your name. My soul is feasted as with marrow and fat, and my mouth praises You with joyful lips, when I think of You upon my bed, and meditate on You in the watches of the night; for You have been my help, and in the shadow of Your wings I sing for joy. My soul clings to You; Your right hand upholds me. But those who seek to destroy my life shall go down into the depths of the earth; they shall be given over to the power of the sword, they shall be the prey for jackals. But the king shall rejoice in God; all who swear by Him shall glory; for the mouths of liars will be stopped.

I think of You upon my bed, and meditate on You in the Watches of the night; for You have been my help, and in the shadow of Your wings I sing for joy. My soul clings to You; Your right hand upholds me.

**Psalm 102 (Thursday):** Bless the Lord, my soul; and all that is within me, bless His Holy name! Bless the Lord, my soul, and do not forget all His

benefits, Who forgives all your iniquity, who heals all your diseases, Who redeems your life from the Pit, Who crowns you with steadfast love and mercy. Who satisfies you with good as long as you live so that your youth is renewed like the eagle's. The Lord works vindication and justice for all who are oppressed. He made known His way to Moses, His acts to the people of Israel. The Lord is merciful and gracious, slow to anger and abounding in steadfast love. He will not always chide, nor will He keep His anger for ever. He does not deal with us according to our sins, nor requite us according to our iniquities. For as the heavens are high above the earth, so great is His steadfast love toward those who fear Him; as far as the east is from the west, so far does He remove our transgressions from us. As a father pities his children, so the Lord pities those who fear Him. For he knows our frame; He remembers that we are dust. As for man, his days are like grass; he flourishes like a flower of the field; for the wind passes over it, and it is gone, and its place knows it no more. But the steadfast love of the Lord is from everlasting to everlasting upon those who fear Him, and His righteousness to children's children, to those who keep His covenant and remember to do His commandments. The Lord has established His throne in the heavens, and His kingdom rules over all. Bless the Lord, you His angels, you mighty ones who do His word, hearkening to the voice of His word! Bless the Lord, all His hosts, His ministers that do His will! Bless the Lord, all His works, in all places of His dominion. Bless the Lord, my soul!

In all places of His dominion, bless the Lord, my soul.

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

Alleluia. Alleluia. Alleluia. Glory to You, O God. (3) Our hope, O Lord, glory to You.

PRIEST: In peace let us pray to the Lord.

PEOPLE: Κύριε ἐλέησον.

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

PEOPLE: Κύριε ἐλέησον.

PRIEST: For the peace of the whole world, the stability of the holy Churches of God, and for the union of all, let us pray to the Lord.

PEOPLE: Κύριε ἐλέησον.

PRIEST: For our Archbishop Gerasimos, the honorable Priesthood, the diaconate in Christ, for all the clergy and laity, let us pray to the Lord.

PEOPLE: Κύριε ἐλέησον.

PRIEST: Help us, save us, have mercy on us, and protect us, O God, by Your grace.

PEOPLE: Κύριε ἐλέησον.

PRIEST: Remembering our most holy, pure, blessed, and glorious Lady Theotokos, and Ever-Virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

PEOPLE: To You, O Lord.

PRIEST: *We praise You, we sing to You, we bless You, we thank You, God of our fathers, for You have drawn aside the veil of night and shown us once again the light of day. So we entreat Your goodness: be gracious to us in our sins and in your great compassion accept our prayers, for it is in You we take refuge, the merciful and Almighty God. Shine in our hearts the true Sun of Your righteousness; enlighten our minds and rule our senses so that, as in the day, walking with grace, in the way of Your precepts, we may attain to eternal life. For with You is the source of life, and so, may we be found worthy to delight in Your unapproachable light. (intoned) For You are our God, and to You we give the*

glory: to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages.

PEOPLE: Amen.

PEOPLE: God is the Lord and has revealed Himself to us. Blessed is he who comes in the name of the Lord.

*Verse 1. Give thanks to the Lord, and call upon His holy name.*

Θεὸς Κύριος, καὶ ἐπέφανεν ἡμῖν. Εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

*Verse 2. All nations surrounded me; in the name of the Lord I cut them off!*

God is the Lord and has revealed Himself to us. Blessed is he who comes in the name of the Lord.

*Verse 3. This is the Lord's doing; it is marvelous in our eyes.*

Θεὸς Κύριος, καὶ ἐπέφανεν ἡμῖν. Εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

PEOPLE: *(Chant the Apolytikion / Dismissal hymn of the Feast(s)/Saint(s) of the Day)*

***Apolytikion to All Saints of North America: Tone 8***

As the bountiful harvest of Your sowing of salvation,  
The lands of North America offer to You, O Lord, all the saints who have  
shone in them.

By their prayers keep the Church and our land in abiding peace  
through the Theotokos, O most Merciful One.

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

PEOPLE: Lord, have mercy.

PRIEST: Help us, save us, have mercy upon us, and protect us, O  
God, by your grace.

PEOPLE: Lord, have mercy.

PRIEST: Remembering our most holy, pure, blessed, glorious  
Lady, the Theotokos and ever--virgin Mary, with all the  
saints, let us commit ourselves and one another, and all  
our lives to Christ our God.

PEOPLE: To You, O Lord.

PRIEST: *God and Father of our Lord Jesus Christ, having raised  
us up from our beds and brought us together at the hour  
of prayer, give us grace as we open our lips and accept  
the best thanks we can offer. And teach us Your  
statutes, for we know not how to pray fittingly unless  
You, Lord, through Your Holy Spirit, lead us. Wherefore  
we pray, if up to this moment we have sinned, in word  
or in deed or in thought, deliberately or not, loose,  
remit, forgive. If You retain sins, lord, who can stand:  
with You there is deliverance. You alone are holy, our  
help, mighty champion of our lives and our hymn of  
praise is to You forever. (intoned) May the might of  
Your kingdom be blessed and glorified, of the Father*



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

**Psalm 50:** Have mercy on me, O God, according to Your great mercy; and according to the multitude of Your compassion blot out my transgression. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I acknowledge my iniquity, and my sin is ever before me. Against You, You only, have I sinned, and done this evil in Your sight, that You may be found just when You speak, and blameless when You judge. For behold, I was conceived in iniquity, and in sin my mother bore me.

For behold, You have loved truth: You have made known to me the secret things of Your wisdom. You shall sprinkle me with hyssop, and I shall be made clean: You shall wash me, and I shall be whiter than snow. Make me to hear joy and gladness, that bones which You have broken may rejoice. Turn Your face away from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation: And establish me with Your governing Spirit.

I shall teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from bloodguiltiness, O God, the God of my salvation, my tongue shall rejoice in Your righteousness. O Lord, open my lips, and my mouth shall show forth Your praise. For if You had desired sacrifice, I would give it: You do not delight in burnt offering. A sacrifice to God is a broken spirit, God will not despise a broken and humbled heart.

Do good in Your good pleasure to Zion; and let the walls of Jerusalem be built. Then You shall be pleased with a sacrifice of righteousness., with oblation and whole burnt offerings. Then they shall offer bulls on Your altar.

*(At this point the Kontakion, Ikos, and Synaxarion for the appointed Saint of the day are read).*

*Immediately following these readings, the Katavasies (canon hymns) are chanted. These vary according to the appointed feasts of our Church's liturgical calendar (alternates found on page 76).*

**Καταβασία. Ἦχος πλ.**

**δ'**

**Ὦδὴ α'**

Ἀνοιξω τὸ στόμα μου  
καὶ πληρωθήσεται  
πνεύματος,  
καὶ λόγον ἐρεύξομαι  
τῇ βασιλίδι Μητρί  
καὶ ὀφθήσομαι  
φαιδρῶς πανηγυρίζων  
καὶ ἄσω γηθόμενος  
ταύτης τὰ θαύματα

**Katavasia: Tone Plagal  
of the Fourth**

**Ode 1**

My mouth shall I open  
wide,  
And it will thus be with  
Spirit filled.  
A word shall I then pour  
out  
unto the Mother and  
Queen.  
I will joyously,  
attend the celebration,  
and sing to her merrily,  
lauding her miracles.

**Ὦδὴ η'**

*Αἰνοῦμεν, ἐὺλογοῦμεν,  
καὶ προσκυνοῦμεν τὸν  
Κύριον.*

Παῖδας  
εὐαγεῖς ἐν τῇ καμίνῳ,  
ὁ τόκος τῆς θεοτόκου  
διεσώσατο  
τότε μὲν τυπούμενος,  
νῦν δὲ ἐνεργούμενος,  
τὴν οἰκουμένην ἅπασαν  
ἀγείρει ψάλλουσιν  
τὸν Κύριον  
ὕμνεῖτε τὰ ἔργα  
καὶ ὑπερυψοῦτε  
εἰς πάντας τοὺς αἰῶνας.

**Ode 8**

*We praise, and we bless,  
and we worship the  
Lord.*

Pious children stood  
within the furnace.  
The Child of the  
Theotokos  
went and rescued them.  
He who was prefigured  
then,  
manifestly active now,  
is gathering together  
the entire universe,  
to sing the hymn:  
"O praise and  
supremely

exalt the Lord,  
O all you His works,  
unto the ages.

PRIEST: Let us honor and magnify in song the Theotokos and Mother of the Light.

*Verse 1. My soul magnifies the Lord, and my spirit rejoices in God my Savior.*

*For He has regarded the low estate of His handmaiden. For behold, henceforth all generations will call me blessed.*

More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Word. We magnify you, the true Theotokos.

*Verse 2. For He Who is mighty has done great things for me, and holy is His name. And His mercy is on those who fear Him from generation to generation.*

*He has shown strength with His arm, He has scattered the proud in the imagination of their hearts.*

Τὴν τιμιωτέραν τῶν Χερουβὶμ καὶ ἔνδοξοτέραν ἄσυγκρίτως τῶν Σεραφὶμ, τὴν ἀδιαφθόρως Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

*Tin timioteran ton Herouvim ke endoxoteran asigritas ton Serafim, tin adiafthoros Theon Logon tekousan, tin Ontos Theotokon, se megalinomen.*

*Verse 3. He has put down the mighty from their thrones, and exalted those of low degree; He has filled the*

*hungry with good things and the rich He has sent away empty.*

*He has helped His servant Israel, in remembrance of his mercy, as He spoke to our fathers, to Abraham and to his posterity forever.*

More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Word. We magnify you, the true Theotokos.

**Ὡδή θ'**

Ἄπας γηγενής,  
σκιρτάτω τῷ πνεύματι  
λαμπαδουχούμενος,  
πανηγυρίζετω δέ,  
αἴλων Νόων φύσις  
γεραίρουσα,  
τὰ ἱερά θαυμάσια τῆς  
Θεομήτορος,  
καὶ βοάτω·  
Χαίροις παμμακάριστε,  
Θεοτόκε Ἁγνή  
ἀειπάρθενε.

**Ode 9**

All you born on earth,  
with festival lamps in  
hand,  
in spirit leap for joy;  
heavenly  
intelligences,  
of incorporeal Angels,  
celebrate  
and honor thus the  
sacred feast of the  
Mother of God,  
crying loudly:  
O rejoice, all-blessed  
one,  
ever-virgin and pure,  
who gave birth to God.

**Doxology**

Glory to God in the highest and on earth peace, good will among all. We praise You, we bless You, we worship You, we glorify You, we give thanks to You for Your great glory. Lord, King, heavenly God, Father almighty; Lord, the only begotten Son, Jesus Christ, and Holy Spirit. Lord, God, Lamb of God, Son of the Father who takes 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. For You only are holy, You only are the Lord, Jesus Christ, to the glory of God the Father. Amen. Each day I will bless You and praise Your name forever. Lord, You have been our refuge from generation to generation. I have said: Lord, have mercy on me. Heal my soul for I have sinned against You. Lord, in You have I taken refuge. Teach me Your will, for You are my God. For in You is the source of life, and in Your light we shall see light. Extend Your mercy to those who know You. Grant, Lord, to keep us this day without sin. Blessed are you, Lord, God of our Fathers, and praised and glorified is Your name forever. Amen. Lord, let Your mercy come upon us, for we have trusted in You. Blessed are You, Lord; teach me Your commandments. Blessed are you, Master; make me to understand Your commandments. Blessed are You, Holy One; enlighten me with Your commandments. Lord, Your Love endures forever; do not turn away from the work of Your hands. To You belongs praise, song and glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

### **The Epistle**

- PRIEST: Let us be attentive.
- READER: (Intones the Prokeimenon.)
- PRIEST: Wisdom.
- READER: The reading is from (name of the book of the New Testament from which the Apostolic reading is taken).
- PRIEST: Let us be attentive.
- READER: (reads the designated Apostolic reading)
- PRIEST: Peace be with you the reader.
- PEOPLE: Alleluia. Alleluia. Alleluia.

### **The Gospel**

PRIEST: Wisdom. Arise. Let us hear the holy Gospel. Peace be with you all.

PEOPLE: And with your spirit.

ALL: *Shine in our hearts, loving Master, the pure light of Your divine knowledge, and open the eyes of our minds that we may understand the message of Your Gospel. Instill in us also reverence for your blessed commandments, so that putting down the desires of our bodies, we may pursue a spiritual way of life, both thinking and doing only those things that are well-pleasing to You. For You are our sanctification, and to You we give glory: Father, Son and Holy Spirit, now and forever and to the ages of ages. Amen*

PRIEST: The reading is from the holy Gospel according to Saint... (name of the book of the New Testament from which the Gospel reading is taken). Let us be attentive.

PEOPLE: Glory to You, O Lord, glory to You.

PRIEST: (reads the designated Gospel lesson)

PEOPLE: Glory to You, O Lord, glory to You.

### **The Dismissal**

PRIEST: Wisdom.

PEOPLE: Father, bless.

PRIEST: Blessed is He Who Is, Christ our God, now and forever and to the ages of ages.

PEOPLE: Amen. Lord our God; preserve the holy and pure faith of devout Orthodox Christians, together with this Holy Metropolis, this camp, and city to the ages of ages. Amen.

PRIEST: Glory to You, Christ our God and our hope, glory to you.

PRIEST: May Christ our true God, as a good, loving, and merciful God, have mercy on us and save us, through the intercessions of His most pure and holy Mother; the power of the precious and life-giving Cross; the protection of the honorable, bodiless powers of heaven; the supplications of the honorable, glorious prophet and forerunner John the Baptist; the holy, glorious, and praiseworthy, apostles; the holy, glorious, and triumphant martyrs; the holy and righteous ancestors Joachim and Anna; our holy and God-bearing Fathers; Saint(s) (of the day) whose memory we commemorate today, and all the saints.

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

PEOPLE: Amen.

