

**ORTHODOX
PRAYERS
OF OLD ENGLAND**

A Western Rite
Prayer-Book
for Orthodox Christians



Third Edition

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HOLY SYNOD OF MILAN
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Psalms from 'The Psalter According to the Seventy,'
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∿ **And lead us not into temptation.**

℞ **But deliver us from evil.**

∿ **From the gate of hell.**

℞ **Deliver their souls, O Lord.**

Let us pray. *Collect:*

O God, the Creator and Redeemer of all the faithful, grant the souls of all the faithful departed the remission of all their sins, that by our pious supplications the forgiveness which they have always desired they may obtain. **O** Through Christ our Lord. Amen.



LITTLE OFFICE OF THE HOLY VIRGIN MARY

Monte Cassino, 8th c.

Note: From Pascha to Trinity, we add “alleluya” to the end of every antiphon, versicle-response, and responsory of this Office.

Vespers of Our Lady

O In the name... Our Father... Rejoice, Mary... (*p. 1*)

With your three fingers joined, cross yourself on the forehead with your thumb:

∿ **O** God, **O** be attentive unto helping me.

℞ **O** Lord, make haste to help me. (Ps. 69:1)

Making the sign of the Cross as usual, say:

O Glory be to the Father and to the Son, and to the Holy Spirit, as it was in the beginning, and now and always, and unto the ages of ages. Amen. Alleluya.

(From Septuagesima to Pascha, in lieu of ‘alleluya’ is sung, ‘Praise be to Thee, O Lord, King of eternal glory.’)

PSALMS

Psalms 121, 122, 123, 124, & 125 are done—see pp. 38-40.

antiphon: After childbirth, **O** Virgin, thou didst remain inviolate; **O** Theotókos, intercede in our behalf.

CHAPTER

Leader: Blessed art thou, Mary, that hast borne the Lord, the Creator of the world: thou didst beget Him that made thee, and thou remainest a virgin for ever. *All:* Thanks be to God.

HYMN OF ST. GALL (10th c.)

Star of the sea, ave,¹
Gracious Mother of God,
And Virgin for ever,
Joyous door to Heaven.

Thou, taking that ave
From the mouth of Gabriel,
Make us steadfast in peace,
Changing Eva's title.

Loose the chains of sinners,
Offer light to the blind,
Drive away our evils,
Ask all good things for us.

Show thyself a mother;
May He, born for our sakes,

Consenting to be thine,
Acept our prayer through thee.

Unsurpassed Virgin,
Meek among all others,
Make us, once freed from sin,
Meek, and chaste of body.

Grant us life unblemished,
Clear a path of safety;
That we, seeing Jesus,
May rejoice for ever.

O Praise to God the Father,
Glory to the High Christ,
And the Holy Spirit:
To these Three, one honour. Amen.

∞ Grace hath been poured forth on thy lips.

℞ Wherefore God hath blessed thee for ever. (Ps. 44:4)

CANTICLE OF THE VIRGIN MARY
 called the Magnificat — Luke 1:46-55

My soul doth magnify the Lord ∞ and my spirit hath rejoiced in God
 my Saviour.

For He hath looked upon the lowliness of His handmaiden ∞ for
 behold, from henceforth all generations shall call me blessed.

For the Mighty One hath done great things to me ∞ and holy is His
 name.

And His mercy is on them that fear Him ∞ unto generation and
 generation.

He hath showed strength with His arm ∞ He hath scattered the proud
 in the imagination of their heart.

He hath put down the mighty from their seat ∞ and exalted them of
 low degree.

He hath filled the hungry with good things ∞ and the rich He hath sent
 empty away.

He hath holpen His servant Israëℓ ∞ in remembrance of His mercy.

As He spake to our fathers ∞ to Abraham and his seed for ever.

O Glory be to the Father and to the Son ∞ and to the Holy Spirit.

¹ Ave, pronounced "ah-vay," Latin for "hail!" Eva, or Eve, is "ave" backwards—the Mother of God reversed the harm done by our first parent Eve.

As it was in the beginning, and now and always ✓ and unto the ages of ages. Amen.

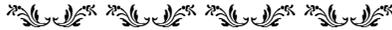
antiphon: **Holy Mary, help the wretched, assist the faint of heart, refresh them that weep, pray for the people, intervene for the clergy, and intercede for women consecrated to God.**

✠ **O Lord, hear my prayer.**

✠ **And let my cry come unto Thee.** (Ps. 101:1) *Leader:* **Let us pray.**

Grant us Thy servants, we beseech Thee, O Lord God, continual health of mind and body, and by the intercession of the glorious, blessed Mary, Ever-Virgin, that we be delivered from present sorrow, and enjoy gladness everlasting. O Through Christ our Lord. Amen.

O In the name... Our Father... Rejoice, Mary... (p. 1)



Compline of Our Lady

O In the name... Our Father... Rejoice, Mary... ¹

Make the sign of the Cross over your heart, saying:

✠ **Turn O us back, O God of our salvation.**

✠ **And turn away Thine anger from us.** (Ps. 84:4)

With your three fingers joined, cross yourself on the forehead with your thumb:

✠ **O God, O be attentive unto helping me.**

✠ **O Lord, make haste to help me.** (Ps. 69:1)

Making the sign of the Cross as usual, say:

O Glory be to the Father and to the Son, and to the Holy Spirit, as it was in the beginning, and now and always, and unto the ages of ages. Amen. Alleluya.

(From Septuagesima to Pascha, in lieu of 'alleluya' is sung, 'Praise be to Thee, O Lord, King of eternal glory.')

PSALM 12

How long, O Lord, wilt Thou utterly forget me ✓ how long wilt Thou turn Thy face away from me?

How long shall I take counsel in my soul ✓ with grievings in my heart by day and by night?

¹ These are not repeated if Compline follows Vespers immediately; likewise for all Hours.

How long shall mine enemy be exalted over me? ⁊ Look upon me, hear me, O Lord my God.

Enlighten mine eyes, lest at any time I sleep unto death ⁊ lest at any time mine enemy say: I have prevailed against him.

They that afflict me will rejoice if I am shaken ⁊ but as for me, I have hoped in Thy mercy.

My heart will rejoice in Thy salvation; I will sing unto the Lord, Who is my benefactor ⁊ and I will chant unto the name of the Lord Most High.

○ Glory be to the Father and to the Son ⁊ and to the Holy Spirit.

As it was in the beginning, and now and always ⁊ and unto the ages of ages. Amen.

PSALM 42

Judge me, O God, and give judgment in my cause, against a nation that is not holy ⁊ from a man unjust and crafty deliver me.

For Thou, O God, art my strength ⁊ wherefore hast Thou cast me off, and wherefore go I with downcast face whilst mine enemy afflicteth me?

O send out Thy light and Thy truth ⁊ they have guided me along the way, and have brought me unto Thy holy mountain, and unto Thy tabernacles.

And I shall go in unto the altar of God ⁊ unto God Who giveth gladness to my youth; I will give praise unto Thee, O God, my God, with the harp.

Why art thou cast down, O my soul ⁊ and why dost thou disquiet me? Hope in God, for I will give thanks unto Him ⁊ He is the salvation of my countenance, and my God.

○ Glory be... | As it was...

PSALM 128

Many a time have they warred against me from my youth ⁊ let Israël now say.

Many a time have they warred against me from my youth ⁊ and yet they have not prevailed against me.

The sinners wrought upon my back ⁊ they lengthened out their iniquity.

The Lord is righteous; He hath cut asunder the necks of sinners ⁊ let them be put to shame and turned back, all they that hate Sion.

Let them be as the grass upon the housetops ⁊ which before it is plucked up is withered away.

Wherefore the reaper filleth not his hand ⁊ nor he that gathereth sheaves his bosom.

Nor have they that passed by said: The blessing of the Lord come

upon you & we have blessed you in the name of the Lord.
 O Glory be... As it was...

PSALM 130

O Lord, my heart is not exalted & nor are mine eyes become lofty.
 Nor have I walked in things too great & or too marvellous for me.
 If I were not humble-minded & but exalted my soul.
 As one weaned from his mother & so wouldst Thou requite my soul.
 Let Israël hope in the Lord & from henceforth and for evermore.
 O Glory be... | As it was...

antiphon: With rejoicing let us celebrate the remembrance of blessed Mary, that she may intercede for us to the Lord Jesus Christ.

CHAPTER

Leader: I gave a sweet smell like cinnamon and aromatical balm; I yielded a sweet odour like the best myrrh. (Ecclus. 24:20) *All:* Thanks be to God.

HYMN OF ST. GALL (10th c.)

Unsurpassèd Virgin,
 Meek among all others,
 Make us, once freed from sin,
 Meek, and chaste of body.
 Grant us life unblemished,
 Clear a path of safety;

That we, seeing Jesus,
 May rejoice for ever.

O Praise to God the Father,
 Glory to the High Christ,
 And the Holy Spirit—
 To these Three, one honour. Amen.

℣. He chose her, and fore-chose her.

℞. And made her to dwell in His tabernacle.

CANTICLE OF RIGHTEOUS SYMEON

called the Nunc Dimittis — Luke 2:29-32

Now lettest Thou Thy servant depart & in peace, O Master,
 according to Thy word.
 For mine eyes have seen & Thy salvation.
 Which Thou hast prepared & before the face of all peoples.
 A light of revelation for the nations & the glory of Thy people
 Israël.
 O Glory be to the Father and to the Son & and to the Holy Spirit.
 As it was in the beginning, and now and always & and unto the ages of
 ages. Amen.

antiphon: We glorify thee, O Theotókos, for that Christ hath been born of thee; save all of us who glorify thee.

℣. O Lord, hear my prayer. ℞. And let my cry come unto Thee. (Ps. 101:1)

Leader: Let us pray. Collect:

O God, Who didst will that Thy Word should take flesh in the womb of blessed and Ever-Virgin Mary, at the tidings of an Angel: grant Thy suppliants that we who believe she is truly the Birth-giver of God may be aided by her intercessions before Thee. **O** Through Christ our Lord. Amen. *Then we all sing:*

Rejoice, Queen of mercy, rejoice, our life, sweetness and hope. To thee do we cry, banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Come then, **O** our advocate, turn those thy merciful eyes towards us. And, after this exile, show unto us the blessed Fruit of thy womb, Jesus. **O** clement, **O** loving, **O** sweet Mary. *The leader sings each verse:*

∇ Virgin Mother of the Church, door to glory eternal, be to us a place of refuge in the presence of the Father and the Son. **R.** **O** clement one.

∇ **O** clement Virgin, loving Virgin, sweet Virgin, **O** Mary, hearken to the supplications of all them that cry aloud to thee in piety.

R. **O** loving one.

∇ Pour forth supplications to Thy Son, crucified, wounded, and scourged, pierced with thorns, and given gall to drink, for our sakes.

R. **O** sweet one.

∇ Glorious Mother of God, whose Son appeareth as the Father, pray for all of us that practice the remembrance of thee. **R.** **O** Mary.

∇ Blot out the faults of the wretched, wipe away the impurities of sinners; grant us, through thy prayers, the life of the blessed.

R. **O** meek one.

∇ That the King of merciful love might loose us from our sins out of love for His Mother, and bring us to the realm of brilliant light. **R.** **O** clement, **O** loving, **O** sweet, **O** meek one: Mary, we greet thee.

∇ Rejoice, Mary, full of grace, the Lord is with thee. (Lk. 1:28,42)

R. Blessed art thou among women, and blessed is the Fruit of thy womb. *Leader: Let us pray. Collect:*

Almighty, everlasting God, Who by the coöperation of the Holy Spirit didst in a wondrous manner prepare the body and soul of the glorious Virgin and Mother, Mary, that she might deserve to become a fit dwelling place for Thy Son: grant that as we rejoice in her commemoration we may be delivered by her loving intercession from besetting evils, and from the death that doth not die. **O** Through the same Christ our Lord. **R.** Amen.

O In the name... Our Father... Rejoice, Mary... (p. 1)

Matins of Our Lady

○ In the name... Our Father... Rejoice, Mary... ¹

Make the sign of the Cross over your lips, saying:

∿ O Lord, O Thou shalt open my lips.

℟. And my mouth shall declare Thy praise. (Ps. 50:17)

With your three fingers joined, cross yourself on the forehead with your thumb:

∿ O God, O be attentive unto helping me.

℟. O Lord, make haste to help me. (Ps. 69:1)

Making the sign of the Cross as usual, say:

○ Glory be to the Father and to the Son, and to the Holy Spirit, as it was in the beginning, and now and always, and unto the ages of ages. Amen. Alleluya.

(From Septuagesima to Pascha, in lieu of 'alleluya' is sung, 'Praise be to Thee, O Lord, King of eternal glory.')

All do the Invitatorium: Rejoice, Mary, full of grace. | The Lord is with thee.

PSALM 94

Leader: Come, let us rejoice in the Lord, let us shout with jubilation unto God our Saviour: let us come before His countenance with thanksgiving, and with psalms let us shout in jubilation unto Him.

All: Rejoice, Mary, full of grace. The Lord is with thee.

Leader: For the Lord is a great God and a great King over all the earth. For the Lord will not cast off His people, for in His hand are all the ends of the earth, and the heights of the mountains are His.

All: The Lord is with thee.

Leader: For the sea is His, and He made it, and the dry land His hands have fashioned. O come, let us worship and fall down before Him, and let us weep before the Lord Who made us. For He is our God, and we are the people of His pasture and the sheep of His hand.

All: Rejoice, Mary, full of grace. The Lord is with thee.

Leader: Today if ye will hear His voice, harden not your hearts, as in the provocation, in the day of temptation in the wilderness. For your fathers tempted Me; they proved Me and saw My works.

¹ These prayers are not repeated if Matins follows Compline immediately.

All: The Lord is with thee.

Leader: Forty years long was I grieved with that generation, and I said: They do always err in their hearts. And they have not known My ways, so I sware in Mine anger: They shall not enter into My rest.

All: Rejoice, Mary, full of grace. The Lord is with thee.

Leader: Glory O be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, and now and always, and unto the ages of ages. Amen.

All: The Lord is with thee. Rejoice, Mary, full of grace; the Lord is with thee.

HYMN OF ST. VENANTIUS (6th c.)

The womb of Mary sustaineth
The threefold universe's
King,
Whom land and sea and high
heavens
Revere and worship and
proclaim.

The moon, the sun, the universe
Obey Him for eternity,
And—showered with His
heav'nly grace—
A Maiden's womb containeth
Him.

Of this the ages stand in awe:
An Angel praiseth fruitfulness,
A Maid conceived by the Spirit
And gaveth birth with trusting
heart.

His Mother by this Gift was blest,
For the ark of her womb
enclosed
The heav'nly One, her Creator,
Who holdeth the earth in His
hand.

She by whose womb was brought
forth Him
Who is Desired of all nations,
Called blest by heaven's
messenger,
She blossomed by the Holy
Ghost.

O O Master, glory be to Thee
(For from a Virgin Thou wert
born)
With Father and Holy Spirit,
Unto the ages without end. Amen.

PSALM 8

O Lord, our Lord, how wonderful is Thy name in all the earth.
For Thy magnificence is lifted high above the heavens.
Out of the mouths of babes and sucklings hast Thou perfected praise,
because of Thine enemies to destroy the enemy and avenger.
For I will behold the heavens, the works of Thy fingers the moon
and the stars, which Thou hast founded.
What is man, that Thou art mindful of him or the son of man, that
Thou visitest him?

Thou hast made him a little lower than the angels; with glory and honour hast Thou crowned him ⁊ and Thou hast set him over the works of Thy hands.

All things hast Thou subjected under his feet, sheep and all oxen ⁊ yea, and the beasts of the field,

The birds of the air, and the fish of the sea ⁊ the things that pass through the paths of the sea.

O Lord, our Lord, how wonderful ⁊ is Thy name in all the earth!

O Glory be to the Father and to the Son ⁊ and to the Holy Spirit.

As it was in the beginning, and now and always ⁊ and unto the ages of ages. Amen.

PSALM 18

The heavens declare the glory of God ⁊ and the firmament proclaimeth the work of His hands.

Day unto day poureth forth speech ⁊ and night unto night proclaimeth knowledge.

There are no tongues nor words ⁊ in which their voices are not heard. Their sound hath gone forth into all the earth ⁊ and their words unto the ends of the world.

In the sun hath He set His tabernacle ⁊ and He, like a bridegroom coming forth from his chamber,

Will rejoice like a giant to run his course ⁊ from the outermost border of heaven is His going forth,

And His goal is unto the outermost part of heaven ⁊ and there shall no man hide himself from His heat.

The law of the Lord is blameless, converting souls ⁊ the testimony of the Lord is trustworthy, bringing wisdom to infants.

The statutes of the Lord are upright, gladdening the heart ⁊ the commandment of the Lord is far-shining, enlightening the eyes.

The fear of the Lord is pure, enduring for ever and ever ⁊ the judgments of the Lord are true, altogether justified,

More to be desired than gold and much precious stone ⁊ and sweeter than honey and the honeycomb.

Yea, for Thy servant keepeth them ⁊ in keeping them there is much reward.

As for transgressions, who will understand them? ⁊ From my secret sins cleanse me, and from those of others spare Thy servant.

If they have not dominion over me, then blameless shall I be ⁊ and I shall be cleansed from great sin.

And the sayings of my mouth shall be unto Thy good pleasure ⁊ and the meditation of my heart shall be before Thee for ever,

O Lord, my helper ⁊ and redeemer.

**○ Glory be to the Father and to the Son ∴ and to the Holy Spirit.
As it was in the beginning, and now and always ∴ and unto the ages of
ages. Amen.**

PSALM 23

The earth is the Lord's, and the fulness thereof ∴ the world, and all that dwell therein.

He hath founded it upon the seas ∴ and upon the rivers hath He prepared it.

Who shall ascend into the mountain of the Lord ∴ or who shall stand in His holy place?

He that is innocent in hands and pure in heart, who hath not received his soul in vain ∴ and hath not sworn deceitfully to his neighbour. Such a one shall receive a blessing from the Lord ∴ and mercy from God his Saviour.

This is the generation of them that seek the Lord ∴ of them that seek the face of the God of Jacob.

Lift up your gates, O ye princes, and be ye lifted up, ye everlasting gates ∴ and the King of Glory shall enter in.

Who is this King of Glory? ∴ The Lord strong and mighty, the Lord, mighty in war.

Lift up your gates, O ye princes, and be ye lifted up, ye everlasting gates ∴ and the King of Glory shall enter in.

Who is this King of Glory? ∴ The Lord of hosts, He is the King of Glory.

**○ Glory be to the Father and to the Son ∴ and to the Holy Spirit.
As it was in the beginning, and now and always ∴ and unto the ages of
ages. Amen.**

antiphon: **Blessed art thou among women, and blessed is the Fruit of thy womb.**

∴ Holy Theotókos, Ever-Virgin Mary.

℟: Intercede for us with the Lord our God.

Our Father... (*silently, till:*)

∴ And lead us not into temptation.

℟: But deliver us from evil.

LESSON 1

Reader of the lesson: **Grant, O Lord, to bless.**

Leader: **May the loving Virgin of virgins intercede for us with the Lord.**

All: **Amen.**

Now the reader begins to sing the first lesson:

O Holy Mary, Virgin of virgins, Mother and Daughter of the King of kings, and of all things, extend thy consolation to us, that through thee we may be worthy to possess the reward of a heavenly kingdom, and to reign with God's chosen ones unto eternity. But Thou, O Lord, be merciful unto us.

RESPONSORY 1

All: Holy and immaculate virginity, with what praises I could extol thee, I do not know. For Him Whom the heavens cannot contain thou hast laid upon thy lap. *℣. (Reader:)* Blessed art thou among women, and blessed is the Fruit of thy womb (Lk 1:28,42). *All:* For Him Whom the heavens cannot contain thou hast laid upon thy lap.

LESSON 2

Reader: Grant, O Lord, to bless.

Leader: May the Virgin Mary pray with tender soul in our behalf. *All:* Amen. *Reader:*

O Holy Mary, most loving of them that love, intercede in our behalf, O most holy among them that are holy: that through thee, glorious Virgin, He may accept our entreaties Who, born for us of thee, is King above the highest heaven: so that our sinnings might be blotted out by His charity. But Thou, O Lord, be merciful unto us.

RESPONSORY 2

All: Blessed art thou, Mary, who hast borne the Lord, the Creator of the world. Thou didst beget Him that made thee, and thou remainest a virgin for ever. *℣. (Reader:)* Rejoice, Mary, full of grace; the Lord is with thee (Lk. 1:28). *All:* Thou didst beget Him that made thee, and thou remainest a virgin for ever.

LESSON 3

Reader: Grant, O Lord, to bless.

Leader: May the Holy Theotókos be our helper. *All:* Amen. *Reader:*

Holy Birth-giver of God, who hast justly deserved to conceive Him Whom the whole world cannot contain, wash away our faults by thy loving intercession, that, redeemed, we may be worthy through thee to ascend the Throne of ever-enduring glory, where thou abidest with Thy Son, without the passage of time. But Thou, O Lord, be merciful unto us.

RESPONSORY 3

All: The Angels praise thee, Holy Theotókos, that didst not know man, and yet didst carry the Lord within thy womb. By giving thy consent, thou conceivedst our Lord, so that thou shalt be called blessed among all women (cf Lk. 1:28).

☩ (Reader:) For Him thou didst beget, and Him thou didst lay in a manger, Whom the multitude of Angels worshippeth. All: So that thou shalt be called blessed among all women. ☩ (Reader:) Glory O be to the Father, and to the Son, and to the Holy Spirit. All: So that thou shalt be called blessed among all women.

TE DEUM

Omitted in Advent and from Septuagesima Sunday to Pascha. Music on p. 77.

Thee, O God, we praise; Thee we confess to be the Lord. Thee, the Father eternal, all the earth doth worship. To Thee all the Angels, to Thee the heavens and all the Powers, to Thee the Cherubim and Seraphim, cry aloud with voice unceasing: Holy, Holy, (*bow:*) Holy is the Lord God of Sabaoth. (*rise:*) Heaven and earth are full of the majesty of Thy glory. Thee the glorious quire of Apostles, Thee the throng of Prophets worthy of praise, Thee the host of Martyrs in robes of white, praise. Thee, throughout all the earth, the Holy Church confesseth: Father, of boundless majesty; Thy true and only Son, Who is to be worshipped; also the Paraclete, the Holy Spirit.

Thou, O Christ, art the King of Glory. Thou art the everlasting Son of the Father. Thou, taking it upon Thee to deliver man, (*bow:*) didst not abhor the womb of the Virgin. (*rise:*) Thou, having conquered the sting of death, hast opened the kingdom of heaven to them that believe. Thou sittest at the right hand of God in the glory of the Father. We believe that Thou shalt come to be our Judge. We therefore beseech Thee: help Thy servants (*bow:*) whom Thou, by Thy precious blood, hast redeemed. (*rise:*) Make them to be numbered with Thy Saints in glory everlasting. O Lord, save Thy people and bless Thine inheritance. Shepherd them, and bear them up unto eternity. (Ps. 27:12)

Day after day we bless Thee. And we praise Thy name for ever: and unto the ages of ages. Vouchsafe, O Lord, this day to preserve us without sin. Have mercy upon us, O Lord, have mercy upon us. (Ps. 122:4) Let Thy mercy, O Lord, be upon us: according as we have hoped in Thee. (Ps. 32:22) In Thee, O Lord, have I hoped; let me not be put to shame for ever. (Ps. 30:1)

The last part of Matins, called Lauds, begins straightaway:

LAUDS

☩ Pray for us, O Holy Theotókos.

☩ That we may be made worthy of the promises of Christ.

With your three fingers joined, cross yourself on the forehead with your thumb:

☩ O God, O be attentive unto helping me.

☩ O Lord, make haste to help me. (Ps. 69:1)

Making the sign of the Cross as usual, say:

O Glory be to the Father and to the Son, and to the Holy Spirit, as it was in the beginning, and now and always, and unto the ages of ages. Amen. Alleluya.

(From Septuagesima to Pascha, in lieu of 'alleluya' is sung, 'Praise be to Thee, O Lord, King of eternal glory.')

PSALMS

Say or chant Psalms 92, 99, 62, 66, the Canticle of the Three Youths, & Psalms 148, 149, & 150 (all of which appear on pp. 80-84). Afterwards, continue:

antiphon: O marvellous exchange! The Creator of the human race, taking a living body, hath deigned to be born of a Virgin; and coming forth a man, without seed, He hath bestowed His Divinity upon us.

CHAPTER

Leader: Virgin Mary, rejoice for ever, thou that hast been worthy to bear Christ, the Maker of heaven and earth; for from thy womb thou hast brought forth the Saviour of the world. All: Thanks be to God.

HYMN OF ST. VENANTIUS (6th c.)

O glorious woman, glorified,
Exalted high above the
stars,
From holy breasts thou gavest
suck
To thine omniscient Creator.
What tearful Eva took from us
Thou by thy sweet Son dost
restore.
Thou art become the gate of
heav'n,
That weeping stars might enter in.

Thou lofty entrance of the King,
Thou door resplendent with His
light!
Redeemèd nations, clap your
hands,
For through the Virgin life is
giv'n.
O O Master, glory be to Thee
(For from a Virgin Thou wert
born)
With Father and Holy Spirit,
Unto the ages without end. Amen.

✠ He chose her, yea, He fore-chose her.

✠ And made her to dwell in His tabernacle.

CANTICLE OF ZACHARIAS

called the Benedictus — Luke 1:68-79

Blessèd be the Lord God of Israel ✠ for He hath visited and wrought
redemption for His people.
And hath raised up a horn of salvation for us ✠ in the house of His
servant David.

As He spake by the mouth of His holy ones & the prophets of old.
That we should be saved from our enemies & and from the hand of all
that hate us.

To deal mercifully with our fathers & and to remember His holy
covenant.

The oath which He sware to our father Abraham & that He would
grant unto us.

That we be delivered out of the hand of our enemies & that we might
serve Him without fear.

In holiness and righteousness before Him & all the days of our life.
And thou, O child, shalt be called the prophet of the Most High & for
thou shalt go before the face of the Lord, to prepare His ways.
To give knowledge of salvation unto His people & by the remission of
their sins.

Through the bowels of mercy of our God & whereby the Dayspring
from on high hath visited us.

To give light to them that sit in darkness, and in the shadow of death &
to guide our feet into the way of peace.

○ Glory be to the Father and to the Son & and to the Holy Spirit.

As it was in the beginning, and now and always & and unto the ages of
ages. Amen.

antiphon: O glorious Theotókos, Ever-Virgin Mary, who hast been
worthy to bear the Lord of all, and alone as a virgin to give suck to the
King of Angels: we beseech thee to remember us, loving one, and entreat
Christ in our behalf, that sustained by thy patronage we may be worthy
to arrive at the heavenly realms.

∿ Show us, O Lord, Thy mercy.

℞ And Thy salvation do Thou give unto us. (Ps. 84:8) *Leader:*

Let us pray. *Collect:*

Grant us Thy servants, we beseech Thee, O Lord God, to rejoice in
perpetual health of mind and body, and by the glorious intercession
of blessed Mary, Ever-Virgin, that we be delivered from present sorrow,
and have the fruition of eternal joy. ○ Through Christ our Lord. Amen.

∿ Let us bless the Lord.

℞ Thanks be to God.

Add some Commemorations from those on the facing page, then continue p. 190.



Commemorations

Of the Holy Spirit

antiphon: **Come, O Holy Spirit, fill the hearts of Thy faithful, and enkindle in them the fire of Thy love.**

∿ **Thou wilt send forth Thy Spirit, and they shall be created.**

℟ **And Thou shalt renew the face of the earth.** (Ps. 103:31)

Let us pray. Collect: O God, Who hast taught the hearts of the faithful by the enlightenment of the Holy Spirit: grant us by the same Spirit to be wise in what is right, and to rejoice for ever in His consolation. O Through Christ our Lord. Amen.

Of the Most Holy Trinity

antiphon: **Deliver us, save us, make us righteous, O Blessèd Trinity.**

∿ **Blessed be the name of the Lord.**

℟ **From henceforth and for evermore.** (Ps. 112:3)

Let us pray. Collect: O almighty, everlasting God, Who hast given us Thy servants grace by confessing the true Faith, to acknowledge the glory of the eternal Trinity, and in the might of Thy majesty to worship the Unity: we beseech Thee that by our steadfastness in this Faith we may be defended for ever from all adversities. O In which Trinity Thou livest and reignest, one God through all the ages of ages. Amen.

Of the Holy Cross

antiphon: **But as for us, it behooveth us to glory in the Cross of our Lord Jesus Christ.**

∿ **Let all the earth worship Thee and chant unto Thee, O God.**

℟ **Let them chant unto Thy name.** (Ps. 65:4)

Let us pray. Collect: O God, Who hast ascended the Holy Cross and illumined the darkness of the world: be pleased to illumine, visit, and strengthen our hearts and bodies by the power of the Holy Cross. O Who livest and reignest with God the Father in the unity of the Holy Spirit, God through all the ages of ages. Amen.

Of All Saints

antiphon: **O all ye Saints and elect of God, be mindful of us before God, that assisted by your prayers we may be worthy to be united with you.**

∿ **Be glad in the Lord, and rejoice, ye righteous.**

℟ **And glory, all ye that are upright of heart.** (Ps. 31:16)

Let us pray. Collect: We beseech Thee, O Lord, that being pleased by the intercession of all Thy Saints, Thou wouldst both bestow upon us forgiveness of our transgressions and grant us Thine everlasting healing. O Through Christ our Lord. Amen.

For Peace

antiphon: Grant peace, O Lord, in our days: for there is none other who may do battle for us except Thee, O our God.

☩ O Lord, let peace be now in Thy strength.

☩ And prosperity in Thy palaces. (Ps. 121:8)

Let us pray. Collect: O God, from Whom holy desires, right counsels, and righteous deeds proceed, give Thy servants that peace which the world cannot give, both that our hearts may be given over to Thy commandments, and that once the fear of our enemies is lifted, the times may—by Thy protection—be peaceful. O Through Christ our Lord. Amen.



CONTINUATION

☩ Let us bless the Lord. ☩ Thanks be to God. *Leader, the Collect:*

O God, the Creator and Redeemer of all the faithful, grant the souls of Thy servants and handmaidens N. & N. the remission of all their sins: that by our compassionate prayers they may obtain the forgiveness they always desired. O Who livest and reignest, God through all the ages of ages. Amen.

☩ May they rest in peace. ☩ Amen.

O In the name... Our Father... Rejoice Mary... (p. 1)

☩ May the souls of the faithful departed, through the mercy of God, rest in peace. ☩ Amen.



First Hour of Our Lady

O In the name... Our Father... Rejoice, Mary... (p. 1)

With your three fingers joined, cross yourself on the forehead with your thumb:

☩ O God, O be attentive unto helping me.

☩ O Lord, make haste to help me. (Ps. 69:1)

Making the sign of the Cross as usual, say:

O Glory be to the Father and to the Son, and to the Holy Spirit, as it was in the beginning, and now and always, and unto the ages of ages. Amen. Alleluya.

(From Septuagesima to Pascha, in lieu of 'alleluya' is sung, 'Praise be to Thee, O Lord, King of eternal glory.')

HYMN

O come, Creator Spirit, come,
Visit the minds of Thy
people.

Fill with Thy celestial grace,
O Lord, the breasts Thou didst
create.

Remember that Thou once didst
take

Upon Thyself our body's form,
Being born of the pure Virgin,
O Author of our salvation.

O O Master, glory be to Thee
(For from a Virgin Thou wert
born)

With Father and Holy Spirit,
Unto the ages without end. Amen.

PSALM 53

O God, in Thy name save me ∴ and in Thy strength do Thou judge me.
O God, hearken unto my prayer ∴ give ear unto the words of my
mouth.

For strangers are risen up against me, and mighty men have sought
after my soul ∴ and have not set God before themselves.

For behold, God helpeth me ∴ and the Lord is the protector of my soul.
He will bring evils upon mine enemies ∴ utterly destroy them by Thy
truth.

Willingly shall I sacrifice unto Thee ∴ I will confess Thy name, O
Lord, for it is good.

For out of every affliction hast Thou delivered me ∴ and mine eye hath
looked down upon mine enemies.

O Glory be to the Father and to the Son ∴ and to the Holy Spirit.
As it was in the beginning, and now and always ∴ and unto the ages of
ages. Amen.

PSALM 116

O praise the Lord, all ye nations ∴ praise Him, all ye peoples.
For He hath made His mercy to prevail over us ∴ and the truth of the
Lord abideth for ever.

O Glory be to the Father and to the Son ∴ and to the Holy Spirit.
As it was in the beginning, and now and always ∴ and unto the ages of
ages. Amen.

PSALM 117

O give thanks unto the Lord, for He is good ∴ for His mercy
endureth for ever.

Let the house of Israël now say that He is good ⁊ for His mercy endureth for ever.

Let the house of Aaron now say that He is good ⁊ for His mercy endureth for ever.

Let all that fear the Lord now say that He is good ⁊ for His mercy endureth for ever.

Out of mine affliction I called upon the Lord, and He heard me ⁊ and brought me into a broad place.

The Lord is my helper ⁊ and I will not fear what man shall do unto me.

The Lord is my helper ⁊ and I shall look down upon mine enemies.

It is better to trust in the Lord ⁊ than to trust in man.

It is better to hope in the Lord ⁊ than to hope in princes.

All the nations compassed me round about ⁊ and by the name of the Lord I warded them off.

Surrounding me they compassed me ⁊ and by the name of the Lord I warded them off.

They compassed me about like unto bees around a honeycomb, and they burst into flame like a fire among the thorns ⁊ and by the name of the Lord I warded them off.

I was pushed and overturned that I might fall ⁊ and the Lord was quick to help me.

The Lord is my strength and my song ⁊ and He is become my salvation.

The voice of rejoicing and salvation ⁊ is in the tents of the righteous.

The right hand of the Lord hath wrought strength, the right hand of the Lord hath exalted me ⁊ the right hand of the Lord hath wrought strength.

I shall not die, but live ⁊ and I shall tell of the works of the Lord.

With chastisement hath the Lord chastened me ⁊ but He hath not given me over unto death.

Open unto me the gates of righteousness; I will enter therein and give thanks unto the Lord ⁊ this is the gate of the Lord, the righteous shall enter in thereat.

I will give thanks unto Thee, for Thou hast heard me ⁊ and art become my salvation.

The stone which the builders rejected ⁊ the same is become the head of the corner.

This is the Lord's doing ⁊ and it is marvellous in our eyes.

This is the day which the Lord hath made ⁊ let us rejoice and be glad therein.

O Lord, save now; O Lord, send now prosperity ⁊ blessed is he that cometh in the name of the Lord.

We have blessed you out of the house of the Lord ⁊ God is the Lord,
and hath appeared unto us.

Ordain a feast with thick boughs ⁊ even unto the horns of the altar.
Thou art my God, and I will confess Thee ⁊ Thou art my God, and I
will exalt Thee.

I will give thanks unto Thee, for Thou hast heard me ⁊ and Thou art
become my salvation.

O give thanks unto the Lord, for He is good ⁊ for His mercy endureth
for ever.

O Glory be to the Father and to the Son ⁊ and to the Holy Spirit.
As it was in the beginning, and now and always ⁊ and unto the ages of
ages. Amen.

antiphon: O marvellous exchange! The Creator of the human race, taking
a living body, hath deigned to be born of a Virgin: and coming forth
without seed, as a Man, He hath bestowed His Divinity upon us.

CHAPTER

Leader: In all these I sought rest, and I shall abide in the inheritance of
the Lord. Then the Creator of all things commanded and said to me, and
He that made me rested in my tabernacle (Ecclus. 24:11). *All:* Thanks be to
God.

LITTLE RESPONSORY

Leader: Rejoice, Mary, full of grace; the Lord is with thee.

All: Rejoice, Mary, full of grace; the Lord is with thee. (Lk. 1:28)

Leader: √ Blessed art thou among women, and blessed is the fruit of thy
womb. (Lk. 1:28, 42)

All: The Lord is with thee.

Leader: √ Glory O be to the Father and to the Son, and to the Holy Spirit.

All: Rejoice Mary, full of grace; the Lord is with thee.

√ Holy Theotokos, Ever-Virgin Mary.

℞ Intercede for us with the Lord our God.

√ O Lord, hear my prayer.

℞ And let my cry come unto Thee. (Ps. 101:1) *Leader:* Let us pray.

Grant us Thy servants, we beseech Thee, O Lord God, to rejoice in
perpetual health of mind and body, and by the glorious intercession
of blessed Mary, Ever-Virgin, that we be delivered from present sorrow,
and have the fruition of eternal joy. O Through Christ our Lord. Amen.

O In the name... Our Father... Rejoice, Mary... (p. 1)



Third Hour of Our Lady

○ In the name...¹ Our Father... Rejoice, Mary... (p. 1)

With your three fingers joined, cross yourself on the forehead with your thumb:

∿ O God, ○ be attentive unto helping me.

℟. O Lord, make haste to help me. (Ps. 69:1)

Making the sign of the Cross as usual, say:

○ Glory be to the Father and to the Son, and to the Holy Spirit, as it was in the beginning, and now and always, and unto the ages of ages. Amen. Alleluya.

(From Septuagesima to Pascha, in lieu of ‘alleluya’ is sung, ‘Praise be to Thee, O Lord, King of eternal glory.’)

HYMN

○ come, Creator Spirit, come,
Visit the minds of Thy
people.

Fill with Thy celestial grace,
O Lord, the breasts Thou didst
create.

Remember that Thou once didst
take

Upon Thyself our body’s form,
Being born of the pure Virgin,
O Author of our salvation.

○ O Master, glory be to Thee
(For from a Virgin Thou wert
born)

With Father and Holy Spirit,
Unto the ages without end. Amen.

PSALM 119

Unto the Lord in mine affliction have I cried ∴ and He heard me.
O Lord, deliver my soul from unrighteous lips ∴ and from a crafty
tongue.

What shall be given unto thee ∴ and what shall be added unto thee for
thy crafty tongue?

The arrows of the mighty one ∴ sharpened with coals of the desert.

Woe is me, for my sojourning is prolonged ∴ I have tented with the
tentings of Kedar; my soul hath long been a sojourner.

With them that hate peace I was peaceable ∴ when I spake unto them,
they warred against me without a cause.

○ Glory be... As it was... (p. 1)

PSALM 120

I have lifted up mine eyes to the mountains ∴ from whence cometh
my help.

My help cometh from the Lord ∴ Who hath made heaven and the

¹ These prayers are not repeated if the Third Hour follows the First Hour immediately.

earth.

Give not thy foot unto moving ☩ and may He not slumber that keepeth thee.

Behold, He shall not slumber nor shall He sleep ☩ He that keepeth Israël.

The Lord shall keep thee ☩ the Lord is thy shelter at thy right hand.

The sun shall not burn thee by day ☩ nor the moon by night.

The Lord shall keep thee from all evil ☩ the Lord shall guard thy soul.

The Lord shall keep thy coming in and thy going out ☩ from henceforth and for evermore.

○ Glory be... | As it was...

PSALM 121

I was glad because of them that said unto me ☩ Let us go into the house of the Lord.

Our feet have stood ☩ in thy courts, O Jerusalem.

Jerusalem is builded as a city ☩ which its dwellers share in concord.

For there the tribes went up, the tribes of the Lord ☩ as a testimony for Israël, to give thanks to the name of the Lord.

For there are set thrones unto judgment ☩ thrones over the house of David.

Ask now for the things which are for the peace of Jerusalem ☩ and for the prosperity of them that love thee.

Let peace be now in thy strength ☩ and prosperity in thy palaces.

For the sake of my brethren and my neighbours ☩ I spake peace concerning thee.

Because of the house of the Lord our God ☩ I have sought good things for thee.

○ Glory be... As it was... (p. 1)

antiphon: When Thou wert born inexpressibly of a Virgin, then the Scriptures were fulfilled (Judges 6:36-40). Thou hast come down like rain upon the fleece, bringing salvation unto all mankind. We give Thee praise, O our God.

CHAPTER

Leader: From the beginning and before the world was I created, and unto the world to come I shall not cease to be, and in the holy dwelling place I have ministered before Him. (Wisdom, in Eccclus. 24:14) *All:* Thanks be to God.

LITTLE RESPONSORY

Leader: Holy Theotókos, Ever-Virgin Mary.

All: Holy Theotókos, Ever-Virgin Mary.

Leader: √. Intercede for us with the Lord our God.

All: Ever-Virgin Mary.

Leader: V. Glory O be to the Father and to the Son and to the Holy Spirit.

All: Holy Theotókos, Ever-Virgin Mary.

V. After childbirth, O Virgin, thou didst remain inviolate.

R. O Theotókos, intercede in our behalf.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee. (Ps. 101:1) Leader: Let us pray.

Grant us Thy servants, we beseech Thee, O Lord God, to rejoice in perpetual health of mind and body, and by the glorious intercession of blessed Mary, Ever-Virgin, that we be delivered from present sorrow, and have the fruition of eternal joy. O Through Christ our Lord. Amen.

O In the name... Our Father... Rejoice, Mary... (*p. 1*)



Sixth Hour of Our Lady

O In the name...¹ Our Father... Rejoice, Mary... (*p. 1*)

With your three fingers joined, cross yourself on the forehead with your thumb:

V. O God, O be attentive unto helping me.

R. O Lord, make haste to help me. (Ps. 69:1)

Making the sign of the Cross as usual, say:

O Glory be to the Father and to the Son, and to the Holy Spirit, as it was in the beginning, and now and always, and unto the ages of ages. Amen. Alleluya.

(From Septuagesima to Pascha, in lieu of 'alleluya' is sung, 'Praise be to Thee, O Lord, King of eternal glory.')

HYMN

O come, Creator Spirit, come,
Visit the minds of Thy
people.
Fill with Thy celestial grace,
O Lord, the breasts Thou didst
create. (*To God the Son:*)

**Remember that Thou once didst
take
Upon Thyself our body's form,
Being born of the pure Virgin,
O Author of our salvation.**

**O Mary, that art full of grace,
O Mother of the Gracious One,
Protect us from the enemy;
Receive us at the hour of death.**

**O O Master, glory be to Thee
(For from a Virgin Thou wert
born)
With Father and Holy Spirit,
Unto the ages without end. Amen.**

¹ Not repeated if Hour follows Third Hour.

PSALM 122

Unto Thee have I lifted up mine eyes ⁊ unto Thee that dwellest in heaven.

Behold, as the eyes of servants ⁊ look unto the hands of their masters.

As the eyes of the handmaid look unto the hands of her mistress ⁊ so

do our eyes look unto the Lord our God, until He take pity on us.

Have mercy on us, O Lord, have mercy on us ⁊ for greatly are we filled with abasement.

Greatly hath our soul been filled therewith ⁊ let reproach come upon them that prosper, and abasement on the proud.

○ Glory be... | As it was...

PSALM 123

Had it not been that the Lord was with us, let Israël now say ⁊ had it not been that the Lord was with us,

When men rose up against us ⁊ then had they swallowed us up alive.

When their wrath raged against us ⁊ then had the water overwhelmed us.

Our soul hath passed through a torrent ⁊ then had our soul passed through the water that is irresistible.

Blessed be the Lord Who hath not given us ⁊ to be a prey to their teeth.

Our soul like a sparrow was delivered ⁊ out of the snare of the hunters.

The snare is broken ⁊ and we are delivered.

Our help is in the name of the Lord ⁊ Who hath made heaven and the earth.

○ Glory be... | As it was... (*p. 1*)

PSALM 124

They that trust in the Lord shall be as Mount Sion ⁊ he that dwelleth at Jerusalem, nevermore shall he be shaken.

Mountains are round about her, and the Lord is round about His people ⁊ from henceforth and for evermore.

For the Lord will not permit the rod of sinners to be upon the lot of the righteous ⁊ lest the righteous stretch forth their hands unto iniquities.

Do good, O Lord, unto them that are good ⁊ and unto the upright of heart.

But them that turn aside unto crooked ways shall the Lord lead away with the workers of iniquity ⁊ peace be upon Israël.

○ Glory be... | As it was... (*p. 1*)

antiphon: **We have recognised, in the bush which Moses saw preserved unburning, thy praiseworthy virginity. O Theotókos, intercede in our behalf.** (see Exod. 3:1-5)

CHAPTER

Leader: **And so was I established in Sion, and in the holy city likewise I rested, and my power was in Jerusalem.** (Ecclus. 24:15) *All:* **Thanks be to God.**

LITTLE RESPONSORY

Leader: **After childbirth, O Virgin, thou didst remain inviolate.**

All: **After childbirth, O Virgin, thou didst remain inviolate.**

Leader: **∿ O Theotókos, intercede in our behalf.**

All: **Thou didst remain inviolate.**

Leader: **∿ Glory O be to the Father & to the Son & to the Holy Spirit.**

All: **After childbirth, O Virgin, thou didst remain inviolate.**

∿ **Thou art become comely and pleasing.**

℟. **In thy delights, Holy Theotókos.**

∿ **O Lord, hear my prayer.**

℟. **And let my cry come unto Thee.** (Ps. 101:1) *Leader:* **Let us pray.**

Grant us Thy servants, we beseech Thee, O Lord God, to rejoice in perpetual health of mind and body, and by the glorious intercession of blessed Mary, Ever-Virgin, that we be delivered from present sorrow, and have the fruition of eternal joy. **O Through Christ our Lord. Amen.**

O In the name... Our Father... Rejoice, Mary... (p. 1)



Ninth Hour of Our Lady

O In the name...¹ Our Father... Rejoice, Mary... (p. 1)

With your three fingers joined, cross yourself on the forehead with your thumb:

∿ **O God, O be attentive unto helping me.**

℟. **O Lord, make haste to help me.** (Ps. 69:1)

Making the sign of the Cross as usual, say:

O Glory be to the Father and to the Son, and to the Holy Spirit, as it was in the beginning, and now and always, and unto the ages of ages. Amen. Alleluya.

(From Septuagesima to Pascha, in lieu of 'alleluya' is sung, 'Praise be to Thee, O Lord, King of eternal glory.')

¹ These prayers are not repeated if the Ninth Hour follows the Sixth Hour immediately.

HYMN

O come, Creator Spirit, come,
 Visit the minds of Thy
 people.
 Fill with Thy celestial grace,
 O Lord, the breasts Thou didst
 create. *(To God the Son:)*

Remember that Thou once didst
 take
 Upon Thyself our body's form,
 Being born of the pure Virgin,
 O Author of our salvation.

O Mary, that art full of grace,
 O Mother of the Gracious One,
 Protect us from the enemy;
 Receive us at the hour of
 death.

O O Master, glory be to Thee
 (For from a Virgin Thou wert
 born)
 With Father and Holy Spirit,
 Unto the ages without end.
 Amen.

PSALM 125

When the Lord turned again the captivity of Sion ⁊ we became as men
 that are comforted.

Then was our mouth filled with joy ⁊ and our tongue with rejoicing.
 Then shall they say among the nations ⁊ The Lord hath done great
 things unto them.

The Lord hath done great things among us ⁊ and we are become glad.
 Turn again, O Lord, our captivity ⁊ like streams in the south.
 They that sow with tears ⁊ shall reap with rejoicing.

In their going they went, and they wept ⁊ as they cast their seeds.
 But in their coming shall they come with rejoicing ⁊ bearing their
 sheaves.

O Glory be to the Father and to the Son ⁊ and to the Holy Spirit.
 As it was in the beginning, and now and always ⁊ and unto the ages of
 ages. Amen.

PSALM 126

Except the Lord build the house ⁊ in vain do they labour that build it.
 Except the Lord guard the city ⁊ in vain doth he watch that guardeth
 her.

It is vain for you to rise at dawn ⁊ Ye that eat the bread of sorrow,
 rouse yourselves after resting,

When He hath given sleep to His beloved ⁊ lo, sons are the heritage of
 the Lord, the reward of the fruit of the womb.

Like arrows in the hand of a mighty man ⁊ so are the sons of them
 that were outcasts.

Blessed is he that shall fulfil his desires with them ⁊ they shall not be
 put to shame when they speak to their enemies in the gates.

O Glory be... | As it was... *(p. 1)*

PSALM 127

Blessed are all they that fear the Lord ☩ that walk in His ways.
 Thou shalt eat the fruit of thy labours ☩ blessed art thou, and well shall it be with thee.

Thy wife shall be as a fruitful vine ☩ on the sides of thy house,

Thy sons like young olive trees ☩ round about thy table.

Behold, so shall the man be blessed ☩ that feareth the Lord.

The Lord bless thee out of Sion ☩ and mayest thou see the good things of Jerusalem all the days of thy life.

And mayest thou see thy children's children ☩ peace be upon Israël.

○ Glory be to the Father and to the Son ☩ and to the Holy Spirit.

As it was in the beginning, and now and always ☩ and unto the ages of ages. Amen.

antiphon: The root of Jesse hath blossomed, a star is risen out of Jacob, a Virgin hath brought forth the Saviour. We give Thee praise, O our God! (Is. 11:10, Rom. 15:12, Num. 24:17, Is. 7:14)

CHAPTER

Leader: And I took root in an honourable people, and in the portion of my God, His inheritance, and mine abode is in the full assembly of saints.

(Ecclus. 24:16) *All:* Thanks be to God.

LITTLE RESPONSORY

Leader: Thou art become comely and pleasing.

All: Thou art become comely and pleasing.

Leader: ☩ In thy delights, Holy Theotókos.

All: And pleasing.

Leader: ☩ Glory ○ be to the Father, and to the Son, and to the Holy Spirit.

All: Thou art become comely and pleasing.

☩ Make me worthy to praise thee, O sanctified Virgin.

☩ Give me strength against mine enemies.

☩ O Lord, hear my prayer.

☩ And let my cry come unto Thee. (Ps. 101:1)

Let us pray. *Collect:*

Grant us Thy servants, we beseech Thee, O Lord God, to rejoice in perpetual health of mind and body, and by the glorious intercession of blessed Mary, Ever-Virgin, that we be delivered from present sorrow, and have the fruition of eternal joy. ○ Through Christ our Lord. Amen.

○ In the name... Our Father... Rejoice, Mary... (p. 1)

