



**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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REVERENCES IN CHURCH

ENTERING THE CHURCH

Cross yourself thrice, saying each time:

○ O Lord, in the multitude of Thy mercy shall I go into Thy house.

○ I shall worship toward Thy holy temple and confess Thy name.

○ O Lord, guide me in the way of Thy righteousness because of mine enemies; make straight my way before Thee. (cf Pss. 5, 137)

Bless yourself with holy water, saying:

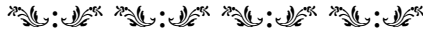
○ The blessed water be health and life for me. Grant me, O Lord, by this creature of water's sprinkling, health of mind, soundness of body, guarding of salvation, surety of hope, and strengthening of faith, now and in the time to come. Amen.

And then reverence the icons in the church as is customary (see p. vii).

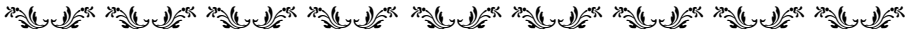
LEAVING THE CHURCH

Make the same reverences as on entering, saying the prayer of St. Richard of Verdun:

Let us worship God; let us entreat the Holy Trinity, and those called holy because of God, that He may give us peace and wholeness, grant true repentance to sinners, true harmony to those in conflict, peace to the living, and repose to the departed.



PREPARATION FOR HOLY COMMUNION



First, go to confession; attend Vespers the evening prior, and Matins that morning if possible; fast from all food and liquid from the middle of the preceding night; make peace with all your neighbours; condemn no-one; and say with all heedfulness the prayers below.



O Lord Jesus Christ, only-begotten Son of God, Who art and Who wast with the Father and the Holy Spirit, God, in one essence, in Whom alone there is true remission of all sins, and by Whom life and eternal salvation are bestowed, Who didst justify the publican confessing his sins, and didst hear the humble woman of Canaan as she cried to Thee, and who didst look upon Peter when he denied Thee, and didst accept him when he wept bitterly, and didst grant forgiveness, as well as

the glory of Paradise, to the thief when he confessed Thee: Upon me, a most vile and wretched sinner, who confess my sins with fear and trembling, do Thou bestow pardon and forgiveness of mine evil deeds, that Thou mayest grant the Communion of Thy very most holy Body and Blood to be for me not a sentence of damnation, but for my healing and unceasing salvation. O Who livest and reignest with God the Father, in the unity of the Holy Spirit, God through all the ages of ages. ℞. Amen.

VERSES TO THE SAVIOUR—

Hail, O Cause of our creating!
Hail, O Price of our redeeming!
Hail, Provision for our journey!

Be our rejoicing and our joy,
Who art our future recompense.
May all our glory be in Thee
For ever and eternally.

Stay Thou near to us, O Lord,
Take away the moonless night,
Wash us clean from every sin,
Give us healing from Thy love.

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.

But what room is there in me so that my God may come to me, He that made heaven and the earth? Shall this be, O Lord my God? What in me could contain Thee? Who will grant me that Thou mayest come to my heart, and inebriate it, and I may embrace Thee, O my good Wine? What am I, compared to Thee? Have mercy on me, that I may speak. The house of my soul is narrow for Thee to be entering it; let it be enlarged by Thee. It lieth in ruins; restore it. It containeth what would offend Thine eyes, I say it and know it; but who will cleanse it, or to whom will I cry out, except to Thee? From my secret sins cleanse me, O Lord, and from those of others spare Thy servant. (Ps 18:13)

PSALM 50

Have mercy, have mercy, 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 Sion ⁊ and let the walls of
 Jerusalem be builded.
 Then shalt Thou be pleased with a sacrifice of righteousness, with
 oblation and whole-burnt offerings ⁊ then shall they offer bullocks
 upon Thine altar.
 O Glory be ... | As it was...

O Christ, hear us. O Christ, hear us.

Kyrieleyson. Xristeleyson. Kyrieleyson. Our Father... (p. 1)

I believe in God... (p. 1)

℣ Save Thy servants and handmaidens.

℟ O my God, that hope in Thee. (Ps. 85:2)

℣ Teach me to do Thy will.

℟ For Thou art my God. (Ps 142:11)

℣ O Lord, hear my prayer.

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

Let us pray. *Collect:*

Grant, we beseech Thee, O almighty God, that Him Whom we behold mysteriously and in the form of something else, so that we may be nourished on earth by His Most Holy Mysteries—Him we may be found

worthy to see in heaven, face to face, as He is, in truth and reality. O Through the same our Lord Jesus Christ Thy Son, Who liveth and reigneth with Thee in the unity of the Holy Spirit, God through all the ages of ages. ℞. Amen.

PRAYER OF ST. AMBROSE

I beseech Thee, Lord Jesus Christ, by the most holy Sacrifice of Thy Body and Blood, wherewith we are fed and given drink every day in Thy Church, are washed and sanctified, and are made partakers of Thy single and most high Divinity: Grant me Thy holy virtues, so that, filled with them, I may approach unto Thine altar with a good conscience, and so that these heavenly, holy Mysteries may be my health, salvation, and life. For Thou hast said with Thy holy and blessed mouth, “The bread that I will give is my Flesh, for the life of the world. If any man eat of this Bread, he shall live for ever. And he that eateth Me, liveth because of Me” (Jn. 6:51,57). O most sweet Bread, heal the palate of my heart, that I may come to know the sweetness of Thy love. Cure it of all inaction, that it may know no sweetness save Thee, seek no love save Thee. O whitest, most radiant Bread, possessing every delight and every taste of sweetness, Who ever nourishest us upon Thee and Thyself art never diminished, allow my heart to feed on Thee, and with the sweetness of Thy savour let the bowels of my soul be filled. The Angel feedeth upon Thee with a full mouth; suffer mankind on pilgrimage to feed upon Thee according to his measure, lest he who hath been rejuvenated by such a Viaticum, mayhap, should faint upon the way. O holy Bread, living Bread, fair Bread, pure Bread that didst come down from heaven and givest life to the world, (Jn. 6:51) come into my heart and cleanse me from every defilement of flesh and spirit. Enter into my soul; heal and sanctify me within and without. Be the defence and continual safety of my body and soul. Let all evils depart straightway from the presence of Thy majesty, so that I, outwardly and inwardly armed, may arrive by the right path at Thy kingdom, where we shall see Thee, not in mysteries as it is done at this time, but face to face: when Thou shalt deliver up the kingdom to God the Father, and as God Thou shalt be all things to all men. For then Thou wilt fill me with Thyself, to a wonderful fullness, so that I will neither hunger nor thirst for ever. ℞. Amen.

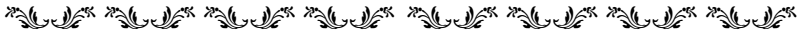
O Lord, enter not into judgment with Thy (servant), for in Thy sight shall no man living be justified. (Ps. 142:2)

If Thou shouldest mark iniquities, O Lord, O Lord, who shall stand?
(Ps. 129:3)

From the gate of hell deliver my soul, O Lord.

Remember me, O Lord, when Thou comest in Thy kingdom. (Lk 23:42)

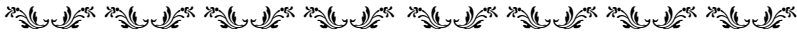
ORDER OF DIVINE SERVICES ON SUNDAYS & FEASTS



TIMETABLE

<p>.. Late afternoon / evening before the feast: Vespers (approx. 4 to 5 p.m.) Compline (approx. 7 to 8 p.m.)</p> <p>.. In the morning, before Mass:¹ Matins & Lauds (early morning) First Hour (approx. 6 a.m.) Third Hour (approx. 9 a.m.; sometimes Sixth Hour, too) Blessing of Water (Sundays)</p>	<p>Procession Sun.—done after water blessing Feasts—done after the Hours</p> <p>.. Mornings Holy Mass or Divine Liturgy Ferias—noon; Lent days—3 p.m.</p> <p>.. Noon / afternoon: Sixth Hour (approx. noon) Ninth Hour (approx 3 p.m.)</p>
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¹ For a time in the summer, Matins is usually done in the evenings after Compline.



Prayers Before the Divine Office

said softly

O Liberator of souls, Redeemer of the world, Jesus Christ, the Lord, the eternal and immortal King, I supplicate and entreat Thy limitless goodness that of Thy great mercy Thou wouldst free my soul from sin, by the psalms which I, an unworthy sinner, sing before Thee, and wouldst turn my heart from every evil way, from all wicked and unfaithful thoughts, wouldst release my soul from slavery to sin, drive carnal desires far away, free me from every snare of Satan and his evil ministers seen and unseen, who seek after my soul. Protect me from these and all other evils, O Lord almighty. Amen.

O Father of mercies, deeply and truly do I know how much more fitting it would be for me, the miserable and unworthy sinner, to cast myself prostrate before Thee, and with cries and tears to ask forgiveness for my sins, than to praise Thee with lips that are unclean. Yet, trusting in Thy most-tender goodness and great loving-kindness, and Thy power which Thou hast revealed to all mortal men, I desire from the bottom of my heart to give Thee praise, beseeching the bowels of Thy fatherly compassion not to despise me, who am an unclean worm, a dead dog, a corrupt carcass—O Lord my God!