



**ORTHODOX
PRAYERS
OF OLD ENGLAND**

A Western Rite
Prayer-Book
for Orthodox Christians



Third Edition

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HOLY SYNOD OF MILAN
The Autonomous Orthodox Metropolia
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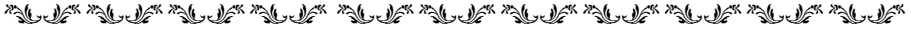
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Psalms from 'The Psalter According to the Seventy,'
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BASIC PRAYERS



SIGN OF THE CROSS

Join your right thumb, index finger, & middle finger; fold the other two into the palm,¹ & touch your forehead, abdomen, right shoulder, & left shoulder, then bow slightly, saying all the while:

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

LORD'S PRAYER — Mt. 6:9-13; Lk. 11:2-4

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 debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil.² Amen.

ANGELIC SALUTATION — Lk. 1:28, 42

Rejoice, Mary,³ full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the Fruit of thy womb. Amen.

SYMBOL OF THE APOSTLES

I believe in God the Father almighty, Creator of heaven and earth, and in Jesus Christ His only Son, our Lord, Who was conceived by the Holy Spirit, (*bow deeply:*) born of the Virgin Mary, (*rise:*) suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell; the third day He rose again from the dead. He ascended into heaven, sitteth on the right hand of God the Father almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the flesh, and life everlasting. Amen.⁴

GLORY BE

Bless yourself, then bow, rising again at "As it was in the beginning."

Glory be to the **O** Father and to the Son and to the Holy Spirit, as it was in the beginning, and now and always,⁵ and unto the ages of ages. Amen.

1 The three signify the Trinity; the two, the Divine and human natures of Christ.

2 or, 'forgive us our trespasses as we forgive them that trespass against us,' or

'deliver us from the evil one.'

3 or, 'Hail, Mary,' from 'Ave Maria'

4 Baptismal creed of Orthodox Rome

5 or, 'both now and ever'

MORNING PRAYERS



Note: Domestic prayers can be spoken or chanted. If you live with other Orthodox, join with them for morning and evening prayers. It is usual to take the prayers by turns—only one person saying each prayer—the head of the house taking any versicles (V) and collects.



When you awake, lift your mind to God our Creator, & bless yourself, saying:

In the name of the **O** Father, and of the Son, and of the Holy Spirit.
Amen.

Raise your hands & eyes to heaven, saying the Hymn ‘Veni Creator’:

O come, Creator Spirit, come,
Visit the minds of Thy people:
Fill with Thy celestial grace,
O Lord, the breasts Thou didst create.

Bow profoundly, then rise to continue:

**Thou Who art called the Paraclete,
The gift of God, of the Most High,
Living fountain, fire, charity,
The soul’s anointing from above.**

**Thou Who art sevenfold in gift,
The finger Thou of God’s right hand,
Solemn promise of the Father,
Giving to tongues the gift of speech.**

**Enkindle light in every sense,
And pour Thy love into our hearts,
Our bodily infirmities
With might perpetual strengthening.**

**Drive far away the enemy,
And Thine abiding peace bestow;
So lead, Thyself preceding us,
That we may flee from every harm.**

**The Father may we know through Thee,
And through Thee may we know the Son:
Thee, Spirit sent from the Father,
May we believe throughout all time.**

**O Praise to the Father, with the Son,
And to the Holy Paraclete,
And may the Son send upon us
The gifts of the Holy Spirit. ℞. Amen.**

℣. **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.**

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 debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil. Amen.

I believe in God the Father almighty, Creator of heaven and earth, and in Jesus Christ His only Son, our Lord, Who was conceived by the Holy Spirit, (*bow:*) born of the Virgin Mary, (*rise:*) suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell; the third day He rose again from the dead. He ascended into heaven, sitteth on the right hand of God the Father almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the flesh, and life everlasting. Amen.

Jesus Christ, Son of the living God, have mercy on us; (*deep bow:*) Thou that didst humble Thyself to be born of a Virgin, have mercy on us.

Cross yourself with holy water & bow (or prostrate) before the Cross:

BEFORE THE CROSS

We worship O Thee, O Christ, and we bless Thee, for by Thy holy Cross Thou hast redeemed the world. (*cross yourself & bow:*)

We bow down O before Thy Cross, O Lord; we call to mind Thy glorious Passion. Have mercy on us, Thou that didst suffer for us.

Cross yourself & make a prostration—touching your forehead to the floor:

Rejoice, Holy O Cross, worthy tree, whose precious strength held aloft the Price paid for the world. (*cross yourself & bow:*)

Rejoice, O O Cross, who wert consecrated by the Body of Christ, and adorned with His limbs as with pearls. (*cross yourself & bow:*)

Rejoice, O O Cross, wood triumphing over the world, our true safety! Among the trees none is thy peer in bough, blossom, or bud. O Christian medicine, save the sound; heal the sick.

Cross yourself & bow (prostrate) before the Cross, then turn to the icon of Our Lady.

TO THE MOTHER OF GOD

Holy Theotókos, Ever-Virgin, blessed, joyous, glorious, and noble, untouched and spotless, chaste and undefiled Mary, immaculate, chosen, and beloved of God, possessing holiness unequalled, and worthy of every praise, who art an intercessor for the transgressions of the whole world, hearken, hearken, hearken to us, Holy Mary. Pray and intercede for us, and do not disdain to help us. For we trust and know surely that any thing thou wishest to ask, thou canst ask of thy Son our Lord Jesus Christ, the almighty God, the King of all ages, O Who liveth with the Father and Holy Spirit unto ages of ages. ℞ Amen.

Reverence & kiss the icon of Our Lady, then turn to the icon(s) of your Patron(s):

TO THE PATRON SAINT(S)

Intreat and beseech (you), Saint(s) N. (& N.), in the name of the Lord, that (ye would) deign to have me in (your) prayers, so that the enemy and adversary may not at any time have power to harm me.

I have sinned, Lord, before Thee and before Thine Angels. Deal with me in Thy mercy, O Lord. Heal me, and I shall be healed, for Thou art my healing and salvation, and let my prayer come before Thy holy temple. O Honour and power be Thine, for ages of ages. ℞ Amen.

Reverence & kiss all the icons.

TO THE GUARDIAN ANGEL

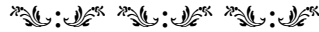
O Holy Angel of God, minister of the heavenly dominion, to whom almighty God hath assigned my care: by His majesty and loving-kindness, I humbly beseech thee to preserve my soul and my body and all my senses from harmful, vain, and impure thoughts, and from the illusions of the wicked spirits, from pollution of mind and body, and from the wiles of my visible and invisible enemies seeking after my soul: and be a watchful protector to me, whithersoever I go, by day and by night, every hour and minute, and keep me in clean deeds, and strengthen me in the fear and love of Jesus Christ by thy holy prayers: and after this wretched and fallen life lead my soul to eternal joy, where it may exult with God and all the Saints without end. O Our Lord Jesus Christ

bestowing it, to Whom is honour and glory, unto the ages of ages. ℞
Amen.

Strike your breast with your right hand:

What human power cannot do, in Thy name, Lord, be done.

And, if you wish, you may also say the following prayers.



PRAYER OF ST. JEROME

O Lord Jesus Christ, as I rise in the morning, be attentive unto me and govern mine actions and my words and my thoughts, that I may pass the whole day within Thy will. Grant me Thy fear, O Lord, compunction of heart, lowliness of mind, a pure conscience, that I may scorn the world, ponder heaven, hate sins, and love righteousness. Take from my heart the cares of the world, wrench from me, O Lord, the appetite for gluttony, the desire for fornication, the love of money, the plague of irritability, the sadness of this world, listlessness, empty joy, worldly pride. Plant in me, O Lord, the virtues: an abstaining body's self-containment, chastity, humility, and unfeigned brotherly love. Guard my mouth, Lord, that I may not speak vanities, not tell worldly tales nor detract others in their absence, that I may not curse my parents who are (yet alive), that I may not answer cursing with cursing, but rather with blessing. O Lord, let Thy praise be continually in my mouth. Guard mine eyes, O Christ, that they may not see what is evil to lust after it, not the delicacies of this world nor the goods of my neighbour, but let me say in the spirit of David, "Mine eyes are ever toward the Lord, for He it is that will draw my feet out of the snare" (Ps 24:16), and again, "Unto Thee have I lifted up mine eyes, unto Thee that dwellest in heaven" (Ps 122:1). Guard mine ears lest they listen to slander and lies, or idle talk, but let them be opened every day to listen to the word of God, Who heareth and reigneth unto ages of ages. ℞ Amen.

MORNING PRAYER

Let us walk in the good things of the light of this day,
In the power of the most high God, greatest God,
In the good pleasure of Christ,
In the light of the Holy Spirit,
In the faith of the Patriarchs,
In the justice of the Prophets,
In the peace of the Apostles,
In the joy of the Angels,

In the splendours of the Saints,

(Ps. 109:4)

**In the toils of the Monks,
In the power of the righteous,
In the martyrdom of the Martyrs,
In the chastity of the Virgins,
In the wisdom of God,
In much patience,
In abstinence of the flesh,**

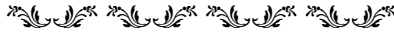
**In restraint of the tongue,
In an abundance of peace,**

(Ps. 71:7)

**In praises of the Trinity,
In sharp thinking,
In deeds ever good,
In the spiritual models,
In Divine words,
In blessings,**

In these things lieth the path of all who labour for Christ, Who leadeth His Saints after their departure into everlasting joy, that I may hear the voice of the Angels praising God and saying: Holy, Holy, Holy! (Is 6:3)

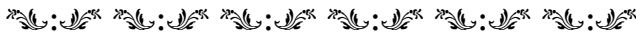
Placing your confidence not in yourself but in the Lord, begin the labours of the day.



PRAYER OF INCENSE

When offering incense in your home, such as for morning or evening prayers, say:

Let my prayer be set forth unto Thee, O Lord, as incense in Thy sight, the lifting up of my hands as an evening sacrifice. Set, O Lord, a watch before my mouth, and a door of enclosure round about my lips. Incline not my heart unto words of evil, to make excuse with excuses in sins. For unto Thee, O Lord, O Lord, are mine eyes; in Thee have I hoped. 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.** (Ps. 140)



EVENING PRAYERS

PRAYERS OF REPENTANCE

Fall upon your knees, and think what you have done this day that displeases the Lord our God, and cry for forgiveness to the Saviour:

I confess to Thee, Lord Jesus Christ, all my sins, all that I have done from mine infancy till now, in knowledge and in ignorance. And with my whole heart I ask forgiveness for what things soever I have done against Thy will to-day, sleeping and waking, in words, in deeds, in thoughts, by the darts of the Devil and the desire of my flesh,

praying that Thy wrath fall not upon me, but Thy grace look down upon me for ever. O Who livest and reignest with God the Father in the unity of the Holy Spirit, God through all the ages of ages. ℞ Amen.

O Lord, if it be that I have done a good thing, I thank Thee, for by Thy grace it hath been done.

Kyrieléyson. Xristeléyson. Kyrieléyson. Our Father... (*until:*)

℣. And lead us not into temptation.

℞. But deliver us from evil.

℣. Save Thy servants and Thy handmaidens.

℞. O my God, that hope in Thee. (Ps 85:3)

Let us pray. *Collect:* O God, Whose property is ever to have mercy and to spare, receive our supplication: that those whom the chain of transgressions bindeth, the compassion of Thy loving-kindness may absolve, O through Christ our Lord. ℞ Amen.

Sign the ground with your right thumb, bend & kiss the cross, stand aright, & say:

Visit this dwelling-place, we beseech Thee, O Lord, and drive all the snares of the enemy far from hence. May Thy holy Angels, dwelling therein, preserve us in peace, and may Thy blessing be upon us for ever. O Through 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.

VERSES TO THE MOTHER OF GOD

Rejoice, O Theotókos, undefiled Virgin!
Rejoice, for thou hast received joy from the Angel!

Rejoice, for thou hast begotten the brightness of the eternal Light!

Rejoice, O Mother; rejoice, O holy Theotókos!

O Virgin, thou alone art a mother without nuptial union. Thee praiseth every thing created by thy Son. O Mother of the Light, be a loving intercessor in our behalf.

TO THE PATRON SAINT(S)

Ientreat and beseech you, Saints N. & N., in the name of the Lord, that ye would deign to have me in your prayers, so that the enemy and adversary may not at any time have power to harm me. I have sinned, Lord, before Thee and before Thine Angels. Deal with me in Thy mercy, O Lord. Heal me, and I shall be healed, for Thou art my healing and salvation, and let my prayer come before Thy holy temple. O Honour and power be Thine, for ages of ages. ℞ Amen.

TO THE GUARDIAN ANGEL

I believe that thou art the holy Angel appointed by God almighty to guard me, wherefore I entreat, and by Him Who gave thee this rank I humbly implore, that thou wouldst at all times and in all places guard me, the weak, unworthy, and wretched sinner, throughout this life; wouldst protect and defend me from all evils; and when God commandeth my soul to pass from this place, suffer not the demons to have any power over it. But receive it gently from my body, and bring it with sweetness to the bosom of Abraham, God our Creator and Saviour bidding and helping thee, O He that is blessed unto ages of ages.

℞. Amen.

FOR FAMILY & FRIENDS

Into Thy hands, O Lord, and into the hands of Thy holy ones, I commit this night my spirit and my body, my brothers and sisters, my friends, my cousins, my kin, my benefactors, and all Christian people: keep us this night, O Lord, by the intercessions and prayers of the blessed Virgin Mary and of all the Saints, from sins, and from the enemy's snares, and from sudden death and the torments of hell. Enkindle my heart with the Holy Spirit and with Thy holy grace: and make me to be more obedient to Thy commandments, and let me never be separated from Thee.

℞. Amen.

EXORCISM

Make three crosses on your forehead, saying:

Christ O doth conquer, Christ O doth reign, Christ O doth rule the universe.

Then sign yourself as usual, saying:

∇. Behold the O Cross of the Lord; flee, bands of enemies.

℞. The Lion of the tribe of Juda, the root of David, hath prevailed, alleluya. (*omit "alleluya" from Septuagesima Sunday to Pascha*)

As you turn to each direction, make the sign of the Cross towards it:

East: The Cross O putteth every evil thing to flight.

South: The Cross O restoreth all.

West: By this sign of the O Cross let every thing wicked flee straightaway.

North: And by the same sign O let every good thing be preserved.

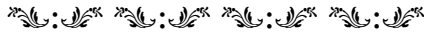
Bless yourself, saying:

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

JUST BEFORE SLEEP

Sprinkle holy water upon your bed & sign it with the sign of the Holy Cross, saying:

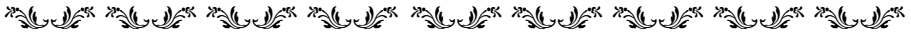
O In the name of the Father and of the Son and of the Holy Spirit. Amen.



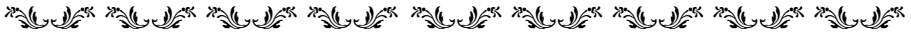
Say also the following prayer, if you wish:

May He that on the ship took His sleep with peaceful heart
And, rising, commanded the wind and sea
Grant my heart to keep watch for Him,
Though now my limbs repose from wearying and toilsome works.
O Lamb of God, Who hast taken away all transgressions,
O Meek One, guard my sleep against the enemy.

If you are fearful at night, say the Prayer for Nightly Fears on p. 365.

**BLESSING OF THE TABLE**

Note: A younger person in the family should be the reader and the father, or mother, or eldest present should be the leader. If any clergy or monastic is present, (he) leads the blessing. Domestic table blessings can be chanted or spoken.

**BEFORE BREAKFAST**

All stand.

Reader: Bless.

Leader: The Lord bless. May the Word of God the Father bless those things brought and laid here, in the name of the Father O and of the Son and of the Holy Spirit. ℞ Amen.

**AFTER BREAKFAST**

All stand.

℣ **For such refreshment, let us bless the Lord.**

℞ **Thanks be to God.**

℣ **May the souls of the faithful departed, through the mercy of God, rest in peace.**

℞ **Amen.**