



**ORTHODOX  
PRAYERS  
OF OLD ENGLAND**

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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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℣ **Return, O Lord; how long?**

℟ **And be Thou entreated concerning Thy servants.** (Ps. 89:16)

℣ **O Lord, hear my prayer.**

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

**Let us pray.** *Collect:*

**O** Lord, stretch forth to Thy servants and handmaidens the right hand of Thy heavenly aid: that they may seek Thee with their whole heart, and that what they request worthily they may obtain. **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.



## SEVEN PSALMS

Righteous Cassiodorus grouped the Seven Penitential Psalms together in the 6th century. They are chanted every day during Lent and at home the faithful often pray them, in this manner:

### *PSALM 6*

From the passion of anger, O Lord, deliver us.

**O** Lord, rebuke me not in Thine anger ∴ nor chasten me in Thy wrath. Have mercy on me, O Lord, for I am weak ∴ heal me, O Lord, for my bones are troubled.

And my soul is troubled greatly ∴ but Thou, O Lord, how long?

Turn to me again, O Lord, deliver my soul ∴ save me for Thy mercy's sake.

For in death there is none that is mindful of Thee ∴ and in hades who will confess Thee?

I toiled in my groaning ∴ every night I will wash my bed; with tears will I water my couch.

Through wrath is mine eye become troubled ∴ I have grown old among all mine enemies.

Depart from me, all ye that work vanity ∴ for the Lord hath heard the voice of my weeping.

The Lord hath heard my supplication ∴ the Lord hath received my prayer.

Let all mine enemies be greatly put to shame and be troubled ∴ let them be turned back, and speedily be greatly put to shame.

**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 31

From the passion of pride & vainglory, O Lord, deliver us.

**B**lessed are they whose iniquities are forgiven ⁊ and whose sins are covered.

**Blessed is the man unto whom the Lord imputeth not sin ⁊ and in whose mouth there is no guile.**

**Because I kept silence, my bones are waxed old ⁊ through my crying all the day long.**

**For day and night Thy hand was heavy upon me ⁊ I was reduced to misery whilst the thorn stuck fast in me.**

**Mine iniquity have I acknowledged, and my sin have I not hid.**

**I said: I will confess mine iniquities before the Lord against myself ⁊ and Thou forgavest the ungodliness of my heart.**

**For this shall every one that is holy pray unto Thee ⁊ in a seasonable time.**

**Moreover, in a flood of many waters ⁊ shall they not come nigh unto him.**

**Thou art my refuge from the affliction which surroundeth me ⁊ O my Rejoicing, deliver me from them which have encircled me.**

*(the Lord:)* **I will instruct thee and teach thee in this way which thou shalt go ⁊ I will fix Mine eyes upon thee.**

**Be ye not as the horse or as the mule ⁊ which have no understanding.**

**Whose jaws thou must hold with bit and bridle ⁊ lest they come nigh unto thee.**

**Many are the scourges of the sinner ⁊ but mercy shall encircle him that hopeth in the Lord.**

**Be glad in the Lord, and rejoice, ye righteous ⁊ and glory, all ye that are upright of heart.**

**○ 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 37

From the passion of gluttony, O Lord, deliver us.

**○ Lord, rebuke me not in Thine anger ⁊ nor chasten me in Thy wrath. For Thine arrows are fastened in me ⁊ and Thou hast laid Thy hand heavily upon me.**

**There is no healing in my flesh in the face of Thy wrath ⁊ and there is no peace in my bones in the face of my sins.**

**For mine iniquities are risen higher than my head ⁊ as a heavy burden have they pressed heavily upon me.**

**My bruises are become noisome and corrupt ⁊ in the face of my folly.**

**I have been wretched and utterly bowed down until the end ⁊**

all the day long I went with downcast face.  
 For my loins are filled with mockings ⁊ and there is no healing in my  
 flesh.  
 I am afflicted and humbled exceedingly ⁊ I have roared from the  
 groaning of my heart.  
 O Lord, before Thee is all my desire ⁊ and my groaning is not hid  
 from Thee.  
 My heart is troubled, my strength hath failed me ⁊ and the light of  
 mine eyes, even this is not with me.  
 My friends and my neighbours ⁊ drew nigh over against me and stood.  
 And my nearest of kin stood afar off ⁊ and they that sought after my  
 soul used violence.  
 And they that sought evils for me spake vain things ⁊ and craftinesses  
 all the day long did they meditate.  
 But as for me, like a deaf man I heard them not ⁊ and was as a  
 speechless man that openeth not his mouth.  
 And I became as a man that heareth not ⁊ and that hath in his mouth  
 no reproofs.  
 For in Thee have I hoped, O Lord ⁊ Thou wilt hearken unto me, O  
 Lord my God.  
 For I said: Let never mine enemies rejoice over me ⁊ yea, when my  
 feet were shaken, those men spake boastful words against me.  
 For I am ready for scourges ⁊ and my sorrow is continually before me.  
 For I will declare mine iniquity ⁊ and I will take heed concerning my sin.  
 But mine enemies live and are made stronger than I ⁊ and they that  
 hated me unjustly are multiplied.  
 They that render me evil for good slandered me ⁊ because I pursued  
 goodness.  
 Forsake me not, O Lord ⁊ my God, depart not from me.  
 Be attentive unto my help ⁊ O Lord of my salvation.  
 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 50*

From the passion of lust and impurity, O Lord, deliver us.

**H**ave 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 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 101*

From the passion of greed, O Lord, deliver us.

**O** Lord, hear my prayer ⁊ and let my cry come unto Thee.  
 Turn not Thy face away from me ⁊ in the day when I am afflicted, incline Thine ear unto me.  
 In the day when I call upon Thee ⁊ quickly hearken unto me.  
 For my days are vanished like smoke ⁊ and my bones consumed like wood for the burning.  
 I am smitten like grass, and withered is my heart ⁊ for I forgot to eat

my bread.

By reason of the voice of my groaning ∴ my bone hath cleaved unto my flesh.

I am become like a pelican of the wilderness ∴ I am like an owl in a ruined house.

I have watched, and am like a sparrow ∴ that sitteth alone upon the house-top.

The whole day long mine enemies reproached me ∴ and they that praised me made an oath against me.

For before the face of Thy wrath and Thine anger ∴ I ate ashes like bread.

And my drink I mingled with weeping ∴ for after uplifting me, Thou hast dashed me down.

My days like a shadow have declined ∴ and I like grass am withered. But Thou, O Lord, for ever abidest ∴ and Thy remembrance is unto generation and generation.

Thou shalt rise up and have pity upon Sion ∴ for it is time to have compassion on her; yea, the time is come.

For Thy servants have taken pleasure in her stones ∴ and they shall feel pity for her dust.

And the nations shall fear Thy name, O Lord ∴ and all the kings of the earth Thy glory.

For the Lord shall build up Sion ∴ and He shall be seen in His glory. He hath regarded the prayer of the humble ∴ and hath not despised their supplication.

Let this be written for another generation ∴ and the people that is being created shall praise the Lord.

For He hath looked out from His holy height ∴ the Lord from heaven hath looked upon the earth,

To hear the groaning of them that be in fetters ∴ to loose the sons of the slain,

To declare in Sion the name of the Lord ∴ and His praise in Jerusalem, When the peoples are gathered together ∴ and the kings to serve the Lord. He answered Him in the way of his strength ∴ The fewness of my days declare unto me.

Take me not away at the half of my days ∴ in generations and generations are Thy years.

In the beginning, O Lord, Thou didst lay the foundation of the earth ∴ and the heavens are the works of Thy hands.

They shall perish, but Thou abidest ∴ and all like a garment shall grow old.

And as a vesture shalt Thou fold them, and they shall be changed ∴

but Thou art the same, and Thy years shall not fail.  
 The sons of Thy servants shall have their dwelling ✓ and their seed for  
 ever shall be guided aright.  
 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 129*

From the passion of envy, O Lord, deliver us.

**O**ut of the depths have I cried unto Thee, O Lord ✓ O Lord, hear  
 my voice.  
 Let Thine ears be attentive ✓ to the voice of my supplication.  
 If Thou shouldest mark iniquities, O Lord ✓ O Lord, who shall stand?  
 For with Thee there is forgiveness ✓ for Thy name's sake have I  
 patiently waited for Thee, O Lord.  
 My soul hath waited patiently for Thy word ✓ my soul hath hoped in  
 the Lord.  
 From the morning watch until night ✓ from the morning watch let  
 Israël hope in the Lord.  
 For with the Lord there is mercy ✓ and with Him is plenteous  
 redemption.  
 And He shall redeem Israël ✓ out of all his iniquities.  
 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 142*

From the passion of accidia—that is, sloth—O Lord, deliver us.

**O** Lord, hear my prayer ✓ give ear unto my supplication in Thy  
 truth; hearken unto me in Thy righteousness.  
 And enter not into judgment with Thy servant ✓ for in Thy sight shall  
 no man living be justified.  
 For the enemy hath persecuted my soul ✓ he hath humbled my life  
 down to the earth.  
 He hath sat me in darkness as those that have been long dead ✓ and  
 my spirit within me is become despondent; within me my heart is  
 troubled.  
 I remembered days of old, I meditated on all Thy works ✓ I pondered  
 on the creations of Thy hands.  
 I stretched forth my hands unto Thee ✓ my soul thirsteth after Thee  
 like a waterless land.  
 Quickly hear me, O Lord ✓ my spirit hath fainted away.  
 Turn not Thy face away from me ✓ lest I be like unto them that go

down into the pit.

Cause me to hear Thy mercy in the morning ∴ for in Thee have I put my hope.

Cause me to know, O Lord, the way wherein I should walk ∴ for unto Thee have I lifted up my soul.

Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge ∴ teach me to do Thy will, for Thou art my God.

Thy good Spirit shall lead me in the land of uprightness ∴ for Thy name's sake, O Lord, shalt Thou quicken me.

In Thy righteousness shalt Thou bring my soul out of affliction ∴ and in Thy mercy shalt Thou utterly destroy mine enemies.

And Thou shalt cut off all them that afflict my soul ∴ for I am Thy servant.

○ 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:* Remember not, O Lord, our offences, nor those of our fathers, neither take Thou vengeance of our sins.



## GRADUAL PSALMS

that is, the Fifteen Odes of Ascent

Each of these fifteen especial Psalms was sung on one of the 15 “gradus,” or steps, of the first and second Temples in Jerusalem—in an ascending fashion.

### I

*Pray the first five Psalms for the salvation of your soul & for those who do good to you and befriend you.*

PSALM 119

**U**nto 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 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 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 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 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 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 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 122*

**U**nto 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 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 123

**H**ad it not been that the Lord was with us, let Israel 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 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.

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

∴ 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. ○ Through Christ our Lord. Amen.



## II

*Say the next five Psalms for the peace of Holy Church, since at all times, in some place, she is being torn by persecution from the evil one.*

### PSALM 124

**T**hey 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.

O Glory be... As it was...

### PSALM 125

**W**hen 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... As it was...

### PSALM 126

**E**xcept 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.

○ Glory be... | As it was...

*PSALM 127*

**B**lessed 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... | As it was...

*PSALM 128*

**M**any a time have they warred against me from my youth ⁊ let Israel 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.

○ Glory be... | As it was...

**Kyrieléyson. Xristeléyson. Kyrieléyson. Our Father...** (*silently till:*)

∿ And lead us not into temptation.

℟. But deliver us from evil.

∿ Let peace be now in Thy strength.

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

Let us pray. *Collect:*

**B**e pleased, O Lord, to accept the prayers of Thy Church, that, all adversities and errors destroyed, she may serve Thee in steadfast freedom. ○ Through Christ our Lord. Amen.



## III

*Say the next five Psalms for the souls of all Orthodox Christians departed this life.*

## PSALM 129

**O**ut of the depths have I cried unto Thee, O Lord ∴ O Lord, hear my voice.

Let Thine ears be attentive ∴ to the voice of my supplication.

If Thou shouldest mark iniquities, O Lord ∴ O Lord, who shall stand?

For with Thee there is forgiveness ∴ for Thy name's sake have I patiently waited for Thee, O Lord.

My soul hath waited patiently for Thy word ∴ my soul hath hoped in the Lord.

From the morning watch until night ∴ from the morning watch, let Israël hope in the Lord.

For with the Lord there is mercy ∴ and with Him is plenteous redemption.

And He shall redeem Israël ∴ out of all his iniquities. *no Glory be, but:*

○ Rest eternal grant unto them, O Lord ∴ and let light perpetual shine upon them.

## 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.

○ Rest eternal grant unto them, O Lord ∴ and let light perpetual shine upon them.

## PSALM 131

**R**emember, O Lord, David ∴ and all his meekness.

How he made an oath unto the Lord ∴ and vowed unto the God of Jacob:

I shall not go into the dwelling of my house ∴ I shall not ascend upon the bed of my couch:

I shall not give sleep to mine eyes ∴ nor slumber to mine eyelids:

Nor rest to my temples, until I find a place for the Lord ∴ a habitation for the God of Jacob.

Lo, we have heard of it in Ephratha ∴ we have found it in the plains of the wood.

Let us go forth into His tabernacles ∴ let us worship at the place where His feet have stood.

Arise, O Lord, into Thy rest ∴ Thou and the ark of Thy holiness.

Thy priests shall be clothed with righteousness ⁊ and thy righteous shall rejoice.

For the sake of David Thy servant ⁊ turn not Thy face away from Thine anointed one.

The Lord hath sworn in truth unto David, and He will not annul it ⁊ Of the fruit of thy loins will I set upon thy throne.

If thy sons keep My covenant ⁊ and these testimonies which I will teach them:

Their sons also ⁊ shall sit for ever on thy throne.

For the Lord hath elected Sion ⁊ He hath chosen her to be a habitation for Himself.

This is my rest for ever and ever ⁊ here will I dwell, for I have chosen her. Blessing, I will bless her pursuit ⁊ her beggars will I satisfy with bread. Her priests will I clothe with salvation ⁊ and her saints with rejoicing shall rejoice.

There will I make to spring forth a horn for David ⁊ I have prepared a lamp for My Christ.

His enemies will I clothe with shame ⁊ but upon Him shall My sanctification flourish.

○ Rest eternal grant unto them, O Lord ⁊ and let light perpetual shine upon them.

*PSALM 132*

**B**ehold now, what is so good or so joyous ⁊ as for brethren to dwell together in unity?

It is like the oil of myrrh upon the head ⁊ which runneth down upon the beard, upon the beard of Aaron:

Which runneth down to the fringe of his raiment ⁊ it is like the dew of Aermom, which cometh down upon the mountains of Sion.

For there the Lord commanded the blessing ⁊ life for evermore.

○ Rest eternal grant unto them, O Lord ⁊ and let light perpetual shine upon them.

*PSALM 133*

**B**ehold now, bless ye the Lord ⁊ all ye servants of the Lord.

Ye that stand in the house of the Lord ⁊ in the courts of the house of our God.

In the nights lift up your hands unto the holies ⁊ and bless the Lord.

The Lord bless thee out of Sion ⁊ He that made heaven and the earth.

○ Rest eternal grant unto them, O Lord ⁊ and let light perpetual shine upon them.

Kyrieléyson. Xristeléyson. Kyrieléyson.

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

∿ **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.