



**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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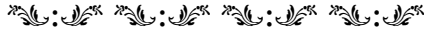
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JUST BEFORE SLEEP

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

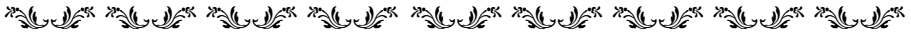
O In the name of the Father and of the Son and of the Holy Spirit. Amen.



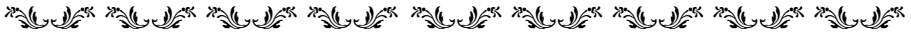
Say also the following prayer, if you wish:

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.**

BEFORE THE MAIN MEAL*All stand.**Reader: Bless. Leader: The Lord bless. Reader:***T**he eyes of all look to Thee with hope and Thou gavest them their food in due season.**Thou openest Thy hand and fillest every living thing with Thy favour.** (Ps 144:16-17)**○ 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, until:*)**℣. And lead us not into temptation.****℟. But deliver us from evil. Leader: Let us pray. Collect:****Bless us, O Lord, and these Thy gifts, which we accept from Thy generous hand. ○ Through Christ our Lord. ℟. Amen.** 1 Jn. 4:16:—*Reader: God is charity, and he that abideth in charity abideth in God, and God in him. May God be in us, and let us abide in Him. ℟. Amen.***AFTER THE MAIN MEAL***All stand.***℣. The God of peace and love abide with us always; but Thou, O Lord, be merciful unto us.** (Jude 1:2)**℟. Thanks be to God. Reader:****L**et all Thy works, O Lord, give praise to Thee and let Thy righteous ones bless Thee. (Ps 144:10)**○ 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.****℣. We give Thee thanks, O almighty God, for all Thy good gifts, Who livest and reignest, God through all the ages of ages. ℟. Amen.***All sing the antiphon: By thy Child a Mother, in childbirth a Virgin, be glad and rejoice, O sacred Mother of the Lord.***℣. May the souls of the faithful departed, through the mercy of God, rest in peace. ℟. Amen.**

Reader: **Bless.**

Leader: **The Lord bless. May He give grace to the living; mercy to the departed; to the Church and realm, peace; and to us, life eternal. R̄. Amen.**



BEFORE SUPPER

All stand.

Reader: **Bless.**

Leader: **The Lord bless. May He sanctify this supper Who bestoweth upon us all things, in the name of the O Father, and of the Son, and of the Holy Spirit. R̄. Amen.**



AFTER SUPPER

All stand.

∇ **Blessed is God in His gifts.**

R̄ **And holy in all His works.**

∇ **Our help is in the name of the Lord.**

R̄ **Who hath made heaven and the earth.** (Ps. 123:9)

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

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

Leader: **Vouchsafe, O Lord God, to recompense those that do good to us for Thy holy name's sake with life eternal. R̄. Amen.**

∇ **Let us bless the Lord. R̄. Thanks be to God.**



FOR DRINKS

May the Son of God bless our drink, in the name of the Father O and of the Son and of the Holy Spirit. Amen.



FOR ANY TAKING OF FOOD

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. R̄. Amen.**