

St Nicholas Cathedral Young Adult Group

LENTEN EVENING PRAYERS 2020

First, we say the Trisagion Prayers

+In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Glory to thee, our God, glory to thee.

O heavenly King, O Comforter, the Spirit of truth, who art in all places and fillest all things; Treasury of good things and Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal: have mercy on us. (Thrice)
Glory to the Father, and to the Son, and to the Holy Spirit: now and ever and unto ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. (Thrice)

Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. 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 trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Then, we say the prayers for the specific day:

MONDAY, MARCH, 23

Kontakion 1

To thee the Champion Leader, we thy flock dedicate a feast of victory, and of thanksgiving, as ones rescued out of suffering, O Theotokos. But as thou art one with might which is invincible, from all dangers that can be do thou deliver us, that we might cry unto to thee: Rejoice, thou bride unwedded!

Oikos 1

An Archangel was sent from Heaven to say to the Mother of God: Rejoice! And seeing Thee, O Lord, taking bodily form, he was amazed and with his bodiless voice he stood crying to her such things as these:

Rejoice, thou through whom joy will flash forth!

Rejoice, thou through whom the curse will cease!

Rejoice, revival of fallen Adam!

Rejoice, redemption of the tears of Eve!

Rejoice, height hard to climb for human thoughts!

Rejoice, depth hard to contemplate even for the eyes of Angels!

Rejoice, thou who art the King's throne!

Rejoice, thou who bearest Him Who bears all!

Rejoice, star that causeth the Sun to appear!

Rejoice, womb of the divine incarnation!

Rejoice, thou through whom creation becomes new!

Rejoice, thou through whom the Creator becomes a babe!

Rejoice, thou bride unwedded!

Now we turn to page 17.

TUESDAY, MARCH, 24

Kontakion 2

Aware that she was living in chastity, the holy Virgin said boldly to Gabriel: "Thy strange message is hard for my soul to accept. How is it thou speakest of the birth from a seedless conception?" And she cried: Alleluia!

Oikos 2

Seeking to know what passes knowledge, the Virgin cried to the ministering spirit: "Tell me, how can a son be born from a chaste womb?" Then he spoke to her in fear, only crying aloud thus:

Rejoice, initiate of God's ineffable will!

Rejoice, assurance of those who pray in silence!

Rejoice, prelude of Christ's miracles!

Rejoice, crown of His dogmas!

Rejoice, heavenly ladder by which God came down!

Rejoice, bridge that conveys us from earth to heaven!

Rejoice, wonder of angels blazed abroad!

Rejoice, wound of demons bewailed afar!

Rejoice, thou who ineffably gavest birth to the Light!

Rejoice, thou who didst reveal thy secret to none!

Rejoice, thou who surpassest the knowledge of the wise!

Rejoice, thou who givest light to the minds of the faithful!

Rejoice, thou bride unwedded!

Now we turn to page 17.

WEDNESDAY, MARCH, 25 – THE ANNUNCIATION

Today is the beginning of our salvation and the manifestation of the mystery which is from eternity. The Son of God becomes the Son of the Virgin, and Gabriel announces grace. With him let us also cry to the Mother of God: Rejoice, thou who art full of grace! The Lord is with thee.

Kontakion 3

The power of the Most High then overshadowed the Virgin for conception, and showed her fruitful womb as a sweet meadow to all who wish to reap salvation, as they sing: Alleluia!

Oikos 3

Pregnant with the Divine indwelling the Virgin ran to Elizabeth whose unborn babe at once recognized her embrace, rejoiced, and with leaps of joy as songs,

cried to the Mother of God:
Rejoice, scion of an undying Shoot!
Rejoice, field of untainted fruit!
Rejoice, thou who laborest for Him Whose labor is love!
Rejoice, thou who givest birth to the Father of our life!
Rejoice, cornland yielding a rich crop of mercies!
Rejoice, table bearing a wealth of forgiveness!
Rejoice, thou who revivest the garden of delight!
Rejoice, thou who preparest a haven for souls!
Rejoice, acceptable incense of intercession!
Rejoice, purification of all the world!
Rejoice, favorak of God to mortals!
Rejoice, access of mortals to God!
Rejoice, thou bride unwedded!

Now we turn to page 17.

THURSDAY, MARCH, 26

Kontakion 4

Sustaining from within a storm of doubtful thoughts, the chaste Joseph was troubled. For knowing thee to have no husband, he suspected a secret union, O Immaculate One. But when he learned that thy conception was of the Holy Spirit, he exclaimed: Alleluia!

Oikos 4

The shepherds heard Angels caroling Christ's incarnate Presence, and running like sheep to their shepherd, they beheld him as an innocent Lamb fed at Mary's breast, and they sang to her and said:
Rejoice, mother of the Lamb and the Shepherd!
Rejoice, fold of spiritual sheep!
Rejoice, defense against invisible enemies!
Rejoice, key to the gates of Paradise!
Rejoice, for the things of Heaven rejoice with the earth!
Rejoice, for the things of earth join chorus with the Heavens!
Rejoice, never-silent voice of the Apostles!

Rejoice, invincible courage of the martyrs!
Rejoice, firm support of faith!
Rejoice, radiant blaze of grace!
Rejoice, thou through whom hell was stripped bare!
Rejoice, thou through whom we are clothed with glory!
Rejoice, thou bride unwedded!

Now we turn to page 17.

FRIDAY, MARCH, 27

Kontakion 5

Having sighted the divinely moving star, the Wise Men followed its light and held it as a lamp by which they sought a powerful King. And as they approached the Unapproachable, they rejoiced and shouted to Him: Alleluia!

Oikos 5

The sons of the Chaldees saw in the hands of the Virgin Him Who with His hand made man. And knowing Him to be the Lord although He had taken the form of a servant, they hastened to worship Him with their gifts and cried to her who is blessed:

Rejoice, mother of the never-setting Star!
Rejoice, dawn of the mystic Day!
Rejoice, thou who didst extinguish the furnace of error!
Rejoice, thou who didst enlighten the initiates of the Trinity!
Rejoice, thou who didst banish from power the inhuman tyrant!
Rejoice, thou who hast shown us Christ as the Lord and Lover of men!
Rejoice, thou who redeemest from pagan worship!
Rejoice, thou who dost drag from the mire of works!
Rejoice, thou who hast stopped the worship of fire!
Rejoice, thou who hast quenched the flame of the passions!
Rejoice, guide of the faithful to chastity!
Rejoice, joy of all generations!
Rejoice, thou bride unwedded!

Now we turn to page 18.

SATURDAY, MARCH 28: EVE OF ST JOHN OF THE LADDER

O Gladsome Light of the holy glory of the immortal Father, heavenly, holy, blessed, Jesus Christ. Having come to the setting of the sun and having beheld the light of evening, we praise God: Father, Son, and Holy Spirit. Meet it is for thee at all times to be worshipped by joyful voices, O Son of God, Giver of Life. Wherefore the whole world glorifieth thee.

Shining with the glory of the virtues, thou has gone up to dwell in heaven, and in holiness thou hast entered the boundless depth of contemplation. Thou hast exposed to mockery all the snares of the demons, protecting mankind from their cruel violence. And now, O John, Ladder of Virtues, do thou intercede for the salvation of thy servants.

Vouchsafe, O Lord, to keep us this evening without sin. Blessed art thou, O Lord, God of our Fathers, and praised and glorified is thy Name forever. Amen. Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee. Blessed art Thou, O Lord, teach me Thy statutes. Blessed art Thou, O Master, give me understanding of Thy statutes. Blessed art Thou, O Holy One, enlighten me by Thy statutes. O Lord, Thy mercy endureth forever; disdain not the work of Thy hands. To Thee is due praise, to Thee is due a song, to Thee glory is due, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

*Now we turn to **page 18**.*

SUNDAY, MARCH 29

Through the prayers, O Lord, of all the saints and of the Theotokos, grant us Thy peace and have mercy upon us, for Thou only art compassionate.

Supported by faith, made strong by hope, and having their souls united with Thee by the love of Thy Cross, Thy martyrs, O Lord, destroyed the tyranny of the enemy, and received crowns of glory from Thee, our God. Together with the angels they pray for our souls.

Rejoice, O Virgin Theotokos! Mary full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, for thou hast borne the Savior of our souls.

Now we turn to page 17.

MONDAY, MARCH, 30

Kontakion 6

Turned God-bearing heralds, the Wise Men returned to Babylon. They fulfilled Thy prophecy and to all preached Thee as the Christ, and they left Herod as a trifler, who could not sing: Alleluia!

Oikos 6

By shining in Egypt the light of truth, Thou didst dispel the darkness of falsehood, O Saviour. For, unable to endure Thy strength, its idols fell; and those who were freed from their spell cried to the Mother of God:

Rejoice, uplifting of men!

Rejoice, downfall of demons!

Rejoice, thou who hast trampled on the delusion of error!

Rejoice, thou who hast exposed the fraud of idols!

Rejoice, sea that has drowned the spiritual Pharaoh!

Rejoice, rock that has refreshed those thirsting for Life!

Rejoice, pillar of fire guiding those in darkness!

Rejoice, shelter of the world broader than a cloud!

Rejoice, sustenance replacing Manna!

Rejoice, minister of holy delight!

Rejoice, land of promise!

Rejoice, thou from whom flows milk and honey!

Rejoice, thou bride unwedded!

Now we turn to page 17.

TUESDAY, MARCH, 31

Kontakion 7

When Simeon was about to depart this life of delusion, Thou wast brought as a Babe to him. But he recognized Thee as also perfect God, and marveling at Thy ineffable wisdom, he cried: Alleluia!

Oikos 7

The Creator showed us a new creation when He appeared to us who came from Him. For He sprang from an unsown womb and kept it chaste as it was, that seeing the miracle we might sing to her and say:

Rejoice, flower of incorruption!

Rejoice, crown of continence!

Rejoice, flashing symbol of the resurrection!

Rejoice, mirror of the life of the Angels!

Rejoice, tree of glorious fruit by which the faithful are nourished!

Rejoice, bush of shady leaves by which many are sheltered!

Rejoice, thou who bearest the Guide of those astray!

Rejoice, thou who givest birth to the Redeemer of captives!

Rejoice, pleader before the Just Judge!

Rejoice, forgiveness of many sinners.

Rejoice, robe of freedom for the naked!

Rejoice, love that vanquishes all desire!

Rejoice, thou bride unwedded!

Now we turn to page 17.

WEDNESDAY, APRIL 1

Kontakion 8

Seeing the Child Exile, let us be exiles from the world and transport our minds to Heaven. For the Most High God appeared on earth as lowly man, because He wished to draw to the heights those who cry to Him: Alleluia!

Oikos 8

Wholly present was the infinite Word among those here below, yet in no way absent from those on high; for this was a divine condescension and not a change of place. And His birth was from a God-possessed Virgin who heard words like these:

Rejoice, container of the uncontainable God!

Rejoice, door of solemn mystery!

Rejoice, doubtful report of unbelievers!

Rejoice, undoubted boast of the faithful!

Rejoice, all-holy chariot of Him Who rides on the Cherubim!

Rejoice, all-glorious temple of Him Who is above the Seraphim!

Rejoice, thou who hast united opposites!

Rejoice, thou who hast joined virginity and motherhood!

Rejoice, thou through whom sin has been absolved!

Rejoice, thou through whom Paradise is opened!

Rejoice, key to the Kingdom of Christ!

Rejoice, hope of eternal blessings!

Rejoice, thou bride unwedded!

Now we turn to page 17.

THURSDAY, APRIL 2

Kontakion 9

All angel kind was amazed at the great act of Thy incarnation; for they saw the inaccessible God as a man accessible to all, dwelling with us and hearing from all: Alleluia!

Oikos 9

We see most eloquent orators dumb as fish before thee, O Mother of God. For they dare not ask: How canst thou bear a Child and yet remain a Virgin? But we marvel at the mystery, and cry with faith:

Rejoice, receptacle of the Wisdom of God!

Rejoice, treasury of His Providence!

Rejoice, thou who showest philosophers to be fools!

Rejoice, thou who constrainest the learned to silence!

Rejoice, for the clever critics have made fools of themselves!

Rejoice, for the writers of myths have died out!
Rejoice, thou who didst break the webs of the Athenians!
Rejoice, thou who didst fill the nets of the fishermen!
Rejoice, thou who drawest us from the depths of ignorance!
Rejoice, thou who enlightenest many with knowledge!
Rejoice, ship of those who wish to be saved!
Rejoice, haven for sailors on the sea of life!
Rejoice, thou bride unwedded!

Now we turn to page 17.

FRIDAY, APRIL 3

Kontakion 10

Wishing to save the world, the Ruler of all came to it spontaneously. And though as God He is our Shepherd, for us He appeared to us as a Man; and having called mankind to salvation by His own Perfect Manhood, as God He hears: Alleluia!

Oikos 10

Thou art a wall to virgins and to all who run to thee, O Virgin Mother of God. For the Maker of heaven and earth prepared thee, O Immaculate One, and dwelt in thy womb, and taught all to call to thee:

Rejoice, pillar of virginity!
Rejoice, gate of salvation!
Rejoice, founder of spiritual reformation!
Rejoice, leader of divine goodness!
Rejoice, for thou didst regenerate those conceived in shame!
Rejoice, for thou gavest understanding to those robbed of their senses!
Rejoice, thou who didst foil the corrupter of minds!
Rejoice, thou who gavest birth to the Sower of chastity!
Rejoice, bridechamber of a virgin marriage!
Rejoice, thou who dost wed the faithful to the Lord!
Rejoice, fair mother and nurse of virgins!
Rejoice, betrother of holy souls!
Rejoice, thou bride unwedded!

Now we turn to page 18.

SATURDAY, APRIL 4: EVE OF ST. MARY OF EGYPT

O Gladsome Light of the holy glory of the immortal Father, heavenly, holy, blessed, Jesus Christ. Having come to the setting of the sun and having beheld the light of evening, we praise God: Father, Son, and Holy Spirit. Meet it is for thee at all times to be worshipped by joyful voices, O Son of God, Giver of Life. Wherefore the whole world glorifieth thee.

Having gone to dwell in the wilderness, thou hast blotted out from thy soul the images of thy past sins, and hast inscribed upon it the God-given imprint of holiness. Thou hast attained such glory, blessed Mother, as to walk upon the surface of water, and in thy prayers to God thou wast lifted up off the ground. And now, O all-glorious Mary of Egypt, as thou dost stand before Christ in glory, with boldness pray for the salvation of our souls.

Vouchsafe, O Lord, to keep us this evening without sin. Blessed art thou, O Lord, God of our Fathers, and praised and glorified is thy Name forever. Amen. Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee. Blessed art Thou, O Lord, teach me Thy statutes. Blessed art Thou, O Master, give me understanding of Thy statutes. Blessed art Thou, O Holy One, enlighten me by Thy statutes. O Lord, Thy mercy endureth forever; disdain not the work of Thy hands. To Thee is due praise, to Thee is due a song, to Thee glory is due, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

*Now we turn to **page 18.***

SUNDAY, APRIL 5: ST MARY OF EGYPT

Through the prayers, O Lord, of all the saints and of the Theotokos, grant us Thy peace and have mercy upon us, for Thou only art compassionate.

Supported by faith, made strong by hope, and having their souls united with Thee by the love of Thy Cross, Thy martyrs, O Lord destroyed the tyranny of the enemy, and received crowns of glory. Together with the angels they pray for our souls.

Rejoice, O Virgin Theotokos! Mary full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, for thou hast borne the Savior of our souls.

Now we turn to page 17.

MONDAY, APRIL 6

Kontakion 11

Every hymn falls short that aspires to embrace the multitude of Thy many mercies. For if we should offer to Thee, O Holy King, songs numberless as the sand, we should still have done nothing worthy of what Thou hast given to us who shout to Thee: Alleluia!

Oikos 11

We see the Holy Virgin as a flaming torch appearing to those in darkness. For having kindled the Immaterial Light, she leads all to divine knowledge; she illumines our minds with radiance and is honoured by our shouting these praises:

Rejoice, ray of the spiritual Sun!

Rejoice, flash of unfading splendour!

Rejoice, lightning that lights up our souls!

Rejoice, thunder that stuns our enemies!

Rejoice, for thou didst cause the refulgent Light to dawn!

Rejoice, for thou didst cause the river of many-streams to gush forth!

Rejoice, living image of the font!

Rejoice, remover of the stain of sin!

Rejoice, laver that washes the conscience clean!

Rejoice, bowl for mixing the wine of joy!

Rejoice, aroma of the fragrance of Christ!

Rejoice, life of mystical festivity!

Rejoice, thou bride unwedded!

Now we turn to page 17.

TUESDAY, APRIL 7

Kontakion 12

When He Who forgives all men their past debts wished to restore us to favour, of His own will He came to dwell among those who had fallen from His grace; and having torn up the record of their sins, He hears from all: Alleluia!

Oikos 12

While singing to thy Child, we all praise thee as a living temple, O Mother of God. For the Lord Who holds all things in His hand dwelt in thy womb, and He sanctified and glorified thee, and taught all to cry to thee:

Rejoice, tabernacle of God the Word!

Rejoice, saint greater than the saints!

Rejoice, ark made golden by the Spirit!

Rejoice, inexhaustible treasury of Life!

Rejoice, precious diadem of pious kings!

Rejoice, adorable boast of devoted priests!

Rejoice, unshaken tower of the Church!

Rejoice, impregnable wall of the Kingdom!

Rejoice, thou through whom we obtain our victories!

Rejoice, thou before whom our foes fall prostrate!

Rejoice, healing of my body!

Rejoice, salvation of my soul!

Rejoice, thou bride unwedded!

Now we turn to page 17.

WEDNESDAY, APRIL 8

Kontakion 13

O all-praised Mother, who didst bear the Word, holiest of all the Saints, accept this our offering, and deliver us from all offense, and redeem from future torment those who cry in unison to thee: Alleluia. (*Thrice*)

And again Oikos 1 and Kontakion 1 are read:

Oikos 1

An Archangel was sent from Heaven to say to the Mother of God: Rejoice! And seeing Thee, O Lord, taking bodily form, he was amazed and with his bodiless voice he stood crying to her such things as these:

Rejoice, thou through whom joy will flash forth!
Rejoice, thou through whom the curse will cease!
Rejoice, revival of fallen Adam!
Rejoice, redemption of the tears of Eve!
Rejoice, height hard to climb for human thoughts!
Rejoice, depth hard to contemplate even for the eyes of Angels!
Rejoice, thou who art the King's throne!
Rejoice, thou who bearest Him Who bears all!
Rejoice, star that causeth the Sun to appear!
Rejoice, womb of the divine incarnation!
Rejoice, thou through whom creation becomes new!
Rejoice, thou through whom the Creator becomes a babe!
Rejoice, thou bride unwedded!

Kontakion 1

To thee the Champion Leader, we thy flock dedicate a feast of victory, and of thanksgiving, as ones rescued out of suffering, O Theotokos. But as thou art one with might which is invincible, from all dangers that can be do thou deliver us, that we might cry unto to thee: Rejoice, thou bride unwedded!

Now we turn to page 17.

THURSDAY, APRIL 9

Prayer to our Most Holy Lady MOTHER of GOD

My most gracious Queen, my hope, Mother of God, shelter of orphans, and intercessor of travellers, strangers and pilgrims, joy of those in sorrow, protectress of the wronged, see my distress, see my affliction! Help me, for I am helpless. Feed me, for I am a stranger and pilgrim. Thou knowest my

offence; forgive and resolve it as thou wilt. For I know no other help but thee, no other intercessor, no gracious consoler but thee, O Mother of God, to guard and protect me throughout the ages. Amen.

Now we turn to page 17.

FRIDAY, APRIL 10: EVE OF LAZARUS SATURDAY

Having completed the forty days that bring profit to our souls, we beseech Thee in Thy love for mankind: Grant us also to behold the Holy Week of Thy Passion, that in it we may glorify Thy mighty acts and Thine ineffable dispensation for our sakes, singing with one mind: O Lord, glory to Thee!

Having completed the forty days that bring profit to our souls, let us cry: Rejoice, city of Bethany, home of Lazarus! Rejoice, Martha and Mary, his sisters! Tomorrow, Christ will come, by His word to bring your dead brother to life. Hearing His voice, bitter hell that is never satisfied will tremble and groan aloud, and it will release Lazarus bound in his grave-clothes. Amazed by this miracle, a multitude of Jews will come to meet Him with palms and branches; though their fathers look on Him maliciously, yet shall the children praise Him, saying: Blessed is He that comes in the Name of the Lord, the King of Israel!

O Lord, wishing to see the tomb of Lazarus – for Thou wast soon to dwell by Thine own choice within a tomb – Thou hast asked: “Where have ye laid him?” And, learning that which was already known to Thee, Thou hast cried to him whom Thou hast loved: “Lazarus, come forth!” And he who was without breath obeyed the One who gave him breath, even Thee, the Savior of our souls.

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SATURDAY, APRIL 11: EVE OF PALM SUNDAY

O Lord, when Thou didst raise Lazarus from the dead before Thy passion, Thou didst confirm the Resurrection of the Universe. Wherefore we, like children, carry the banner of triumph and victory, and we call to Thee, O

Conqueror of death: Hosanna in the highest! Blessed is He that cometh in the Name of the Lord!

*Now we turn to **page 18.***

CONCLUDING PRAYERS FOR SUNDAY THROUGH THURSDAY NIGHT

Rejoice, O Virgin Theotokos! Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, for thou hast borne the Savior of our souls.

Glory to the Father, and to the Son, and to the Holy Spirit.

O Baptizer of Christ, remember us all, that we may be delivered from our sins, for grace has been given to thee to intercede for us.

Now and ever, and unto the ages of ages. Amen.

Holy Apostles and all Saints, pray for us, that we may be delivered from danger, illness, sorrows and afflictions; for we have obtained you as fervent intercessors before the Savior.

Under thy tender compassion we run, O Mother of God. Reject not our prayer in our trouble, but deliver us from harm, O only pure, only blessed one.

The Prayer of St Ephrem the Syrian

O Lord and Master of my life, the spirit of idleness, despondency, lust of power, and idle-talking, give me not. (*Prostration or bow*)

But rather the spirit of chastity, humility, patience and love, bestow upon me, Thy servant. (*Prostration or bow*)

Yea, O Lord and King, grant me to see my own failings and not condemn my brother, for blessed art Thou unto the ages of ages. Amen. (*Prostration or bow*)

+ Through the prayers of our Holy Fathers, O Lord Jesus Christ, our God, have mercy upon us and save us. Amen.

Prayers for those we love may be offered after the Rule.

CONCLUDING PRAYERS FOR FRIDAY AND SATURDAY NIGHT

Lord, now lettest Thou Thy servant depart in peace, according to Thy word. For mine eyes have seen Thy salvation, which Thou hast prepared before the sight of all peoples, a light to enlighten the gentiles, and the glory of thy people Israel.

O Apostles, Martyrs, and Prophets, Venerable and Righteous Ones, all ye that have fought the good fight and kept the Faith, that have boldness before the Savior: O Good Ones, intercede for us, we pray, that our souls be saved.

God be gracious to us, and bless us, and cause Thy Face to shine upon us, and have mercy upon us. Amen.

Prayers for those we love may be offered after the Rule.