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WEDNESDAY OF CHEESE WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 3.

Holy and Almighty King, before You all creation stands in fear and trembling!
Save us and forgive our sins in Your great mercy.

Prokeimenon. Tone 6. [Psalm 27]

Save Your people, O Lord, and bless Your inheritance.

Verse: Unto You I will cry, O Lord my God, lest You turn from me in silence.

The Reading is from the Prophecy of Joel. [2:12-26]

"Yet even now," says the Lord, "return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments." Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and repents of evil. Who knows whether he will not turn and repent, and leave a blessing behind him, a cereal offering and a drink offering for the Lord, your God? Blow the trumpet in Zion; sanctify a fast; call a solemn assembly; gather the people. Sanctify the congregation; assemble the elders; gather the children, even nursing infants. Let the bridegroom leave his room, and the bride her chamber. Between the vestibule and the altar let the priests, the ministers of the Lord, weep and say, "Spare thy people, O Lord, and make not thy heritage a reproach, a byword among the nations. Why should they say among the peoples, 'Where is their God?'" Then the Lord became jealous for his land, and had pity on his people. The Lord answered and said to his people, "Behold, I am sending to you grain, wine, and oil, and you will be satisfied; and I will no more make you a reproach among the nations. "I will remove the northerner far from you, and drive him into a parched and desolate land, his front into the eastern sea, and his rear into the western sea; the stench and foul smell of him will rise, for he has done great things. "Fear not, O land; be glad and rejoice, for the Lord has done great things! Fear not, you beasts of the field, for the pastures of the wilderness are green; the tree bears its fruit, the fig tree and vine give their full yield. "Be glad, O sons of Zion, and rejoice in the Lord, your God; for he has given the early rain for your vindication, he has poured down for you abundant rain, the early and the latter rain, as before. "The threshing floors shall be full of grain, the vats shall overflow with wine and oil. I will restore to you the years which the swarming locust has eaten, the hopper, the destroyer, and the cutter, my great army, which I sent among you. "You shall eat in plenty and be satisfied, and praise the name of the Lord your God, who has dealt wondrously with you. And my people shall never again be put to shame."

Prokeimenon. Tone 7. [Psalm 28]

The Lord will give strength to His people; the Lord will bless His people with peace.

Verse: Bring to the Lord, O you sons of God; bring to the Lord young rams.

AT VESPERS

*At Lord, I have cried the Stichera from the Octoichos and the Menaion. After "Tranquil Light"
Prokeimenon of the day as follows.*

Prokeimenon. Tone 5. [Psalm 53]

Save me by Your power, O God, set me free by Your might.

Verse: O God, hear my prayer! Give ear to the words of my mouth.

The Reading is from the Prophecy of Joel. [3,12-21]

Thus says the Lord: Let all the nations rouse themselves and go up to the Valley of Josaphat, because there I will sit to judge the nations round about. Put out the sickle, for the harvest is here. Come out and tread, for the wine press is full. The vats are overflowing, for their evils have been multiplied. Sounds have re-echoed in the valley of judgement, for the day of the Lord is near in the valley of judgement. Sun and moon will grow dark together, and the stars will hide their light. But the Lord will cry aloud in Sion and will utter his voice from Jerusalem, and heaven and earth will be shaken. But the Lord will spare his people and strengthen the children of Israel. And you will know that I am the Lord your God, who dwell on Sion my holy mountain, and foreigners will pass through it no longer. And it will come to pass on that day that the mountains will drip sweetness and the hills flow with milk, and all the channels of Juda will flow with waters; and a spring will go out from the Lord's house and water the torrent of the reeds. Egypt will be for destruction and Idumea a plain of destruction, because of the injustices done to the children of Juda, for they spilled just blood in their land. But Judea will be inhabited for ever and Jerusalem to generations of generations. And I will seek out their blood and not spare them. And the Lord will dwell in Sion.

Prokeimenon. Tone 6. [Psalm 130]

Let Israel hope in the Lord, from now and for ever.

Verse: Lord, my heart has not been exalted, nor have my eyes become lofty.

FRIDAY IN CHEESE WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 8

Help us in our sorrow, O Lord, and save us, Lover of mankind born of the Virgin!

Prokeimenon. Tone 1. [Psalm 32]

Let Your mercy, O Lord, be upon us as we have hoped in You.

Verse: Rejoice in the Lord, O you just; praise befits the righteous.

The Reading is from the Prophecy of Zechariah. [8:7-17]

"Thus says the Lord of hosts: Behold, I will save my people from the east country and from the west country; and I will bring them to dwell in the midst of Jerusalem; and they shall be my people and I will be their God, in faithfulness and in righteousness." Thus says the Lord of hosts: "Let your hands be strong, you who in these days have been hearing these words from the mouth of the prophets, since the day that the foundation of the house of the Lord of hosts was laid, that the temple might be built. For before those days there was no wage for man or any wage for beast, neither was there any safety from the foe for him who went out or came in; for I set every man against his fellow. But now I will not deal with the remnant of this people as in the former days, says the Lord of hosts. For there shall be a sowing of peace; the vine shall yield its fruit, and the ground shall give its increase, and the heavens shall give their dew; and I will cause the remnant of this people to possess all these things. And as you have been a byword of cursing among the nations, O house of Judah and house of Israel, so will I save you and you shall be a blessing. Fear not, but let your hands be strong." For thus says the Lord of hosts: "As I purposed to do evil to you, when your fathers provoked me to wrath, and I did not relent, says the Lord of hosts, so again have I purposed in these days to do good to Jerusalem and to the house of Judah; fear not. These are the things that you shall do: Speak the truth to one another, render in your gates judgments that are true and make for peace, do not devise evil in your hearts against one another, and love no false oath, for all these things I hate, says the Lord."

Prokeimenon. Tone 3. [Psalm 46]

Sing to our God, sing; sing to our King, sing.

Verse: Clap your hands, all you nations; shout unto God with the voice of joy.

AT VESPERS

Prokeimenon, Tone 7. [Psalm 58]

You are my protector, O God, and Your mercy shall go before me.

Verse: Deliver me from my enemies, O God, and save me from them that rise up against me.

The Reading is from the Prophecy of Zechariah. [8:19-23]

"Thus says the Lord of hosts: The fast of the fourth month, and the fast of the fifth, and the fast of the seventh, and the fast of the tenth, shall be to the house of Judah seasons of joy and gladness, and cheerful feasts; therefore love truth and peace. "Thus says the Lord of hosts: Peoples shall yet come, even the inhabitants of many cities; the inhabitants of one city shall go to another, saying, 'Let us go at once to entreat the favor of the Lord, and to seek the Lord of hosts; I am going.' Many peoples and strong nations shall come to seek the Lord of hosts in Jerusalem, and to entreat the favor of the Lord. Thus says the Lord of hosts: In those days ten men from the nations of every tongue shall take hold of the robe of a Jew, saying, 'Let us go with you, for we have heard that God is with you.'"

Prokeimenon. Tone 6. [Psalm 130]

Let Israel hope in the Lord, now and forevermore.

Verse: O Lord, my heart is not lifted up, nor are my eyes raised too high!

ON MONDAY OF THE FIRST WEEK

AT THE SIXTH HOUR: *We sing the following troparion of the Prophecy, and after it we read the Prophecy. This we do throughout the holy Lent at the Sixth Hour.*

Troparion of the Prophecy. Tone 5.

Lord, Lord, at whom all things quake and tremble before the face of Your power, we fall down before You, O Immortal; we beseech You, Holy One: Save our souls, at the prayers of Your Saints.

Glory...

Save our souls, at the prayers of your Saints.

Now...

Lord, Lord, at whom all things quake, and tremble before the face of Your power; we fall down before You, O Immortal; we beseech You, Holy One: Save our souls, at the prayers of Your Saints.

[In Athonite use the Troparion of the Prophecy is always said like this, with the last phrase only being repeated after 'Glory' and the whole after 'Both now'.]

Prokeimenon. Tone 4. Psalm 1. [These titles are traditionally read by the Reader in full]

The Lord knows the way of the just, and the way of the ungodly will perish.

Verse: Blessed is the man who has not walked in the counsel of the ungodly.

The Reading is from the Prophecy of Isaias. [1:1-20]

A Vision which Isaias, son of Amos, saw, which he saw against Judea and Jerusalem, in the reign of Ozias and Jotham and Achaz and Ezekias, who reigned over Judea. Hear, O heaven, and give ear, O earth, because the Lord has spoken. I begot children and exalted them, but they rejected me. An ox knows its owner, and an ass its lord's manger; but Israel does not know me, and my people has not understood. Woe, sinful nation, people full of sins, evil seed, lawless children! You have deserted the Lord and angered the Holy One of Israel. Why would you still be smitten as you add iniquity to iniquity? The whole head is in pain and the whole heart in grief; from feet to head there is no wholeness, nothing but wound, bruise, festering sore; it is not possible to apply plaster, or oil, or bandages. Your land is desert, your cities destroyed by fire; as for your country foreigners devour it before your eyes, and it has become a desert, ravaged by foreign peoples. The daughter of Sion will be abandoned, like a tent in a vineyard and like a store house in cucumber patch, like a city besieged. And had the Lord of hosts not left us seed, we had become like Sodom and been made like Gomorrha. Hear the word of the Lord, rulers of Sodom. Attend to the law of God, people of Gomorrha. What to me is the multitude of your sacrifices? says the Lord; I am full of holocausts of rams, and the fat of rams and the blood of bulls and goats I do not want. You are not to come to appear to me; who sought these things from

your hands? You shall no more come to trample my courts; if you bring flour it is vain; incense is an abomination to me. Your new moons and Sabbaths and high days I do not endure; fast and holiday and your feasts my soul hates; you have become an excess for me, I shall no longer forgive your sins. When you stretch out your hands to me, I shall turn away my eyes from you; and if you multiply supplication, I shall not listen to you; for your hands are full of blood. Wash and become clean; put away the evils from your souls; in my sight cease from your evils, learn to do good, seek out judgement, deliver the wronged, judge for the orphan and do justice to the widow. And come, let us reason together, says the Lord; and if your sins are as scarlet, I will make them white as snow, while if they are crimson, I will make them white as wool. And if you are willing and will listen to me, you eat the good things of the land; but if you are not willing, and will not listen to me, a sword devours you; for the mouth of the Lord has spoken this.

Prokeimenon. Tone 7. Psalm 2.

Serve the Lord with fear, and rejoice in Him with trembling.

Verse: Why did nations rage, and peoples meditate vain things?

Then the reading from the Ladder.

AT VESPERS

Prokeimenon of the Evening. Tone 6. Psalm 3.

Salvation is of the Lord, and Your blessing upon Your people.

Verse: Lord, why have those who afflict me been multiplied?

The Reading is from Genesis. [1:1-13]

In the beginning God made the heaven and the earth. Now the earth was invisible and unformed, and darkness was upon the deep and a spirit of God was being borne upon the water. And God said: Let there be light, and there was light. And God saw the light, that it was good; and God made a separation between the light and the darkness. And God called the light Day, and the darkness he called Night; and there was evening and there was morning, one day. And God said: Let there be a firmament in the midst of the water and let there be a separation between the water and the water; and it was so. And God made the firmament; and God made a separation between the water, which was below the firmament, and between the water which was above the firmament. And God called the firmament Heaven; and God saw that it was good, and there was evening and there was morning, a second day. And God said: Let the water below heaven be gathered together into one gathering, and let dry land appear; and it was so. And the water below heaven was gathered together into their gatherings, and the dry land appeared. And God called the dry land Earth, and

the accumulations of the waters he called Seas. And God saw that it was good. And God said: Let the earth sprout herb of grass, sowing seed according to its kind and according to its likeness, and fruiting tree making fruit, whose seed is in it according to its kind upon the earth; and it was so. And the earth brought forth herb of grass, sowing seed according to its kind and according to its likeness, and fruiting tree making fruit, whose seed was in it according to its kind upon the earth, and God saw that it was good. And there was evening and morning, a third day.

Prokeimenon. Tone 5. Psalm 4.

The Lord will listen to me when I call upon Him.

Verse: When I called You listened to me, God of my justice.

The Reading is from Proverbs. [1:1-20]

Proverbs of Solomon, son of David, who reigned in Israel, for knowing wisdom and instruction, understanding words of prudence, receiving difficulties of words, understanding true justice and directing judgement; that he might give cunning to the innocent, to a young man perception and understanding. For a wise man hearing these will be wiser, while the man of understanding will gain guidance; and will understand both parable and dark word, sayings of the wise and riddles. The beginning of wisdom is the fear of the Lord; while there is good understanding for all those who do it; true religion towards God is the beginning of perception; while the godless will reject wisdom and instruction. Hear, my son, your father's instruction and do not reject your mother's rules. For you will receive a crown of graces for your head and a golden collar about your neck. My son, do not let godless men lead you astray, nor be willing, if they invite you, saying: Come with us, partake of blood, let us hide unjustly a just man in the earth; let us drink him down living, like Hell, and remove his memory from the earth; and let us lay hold on his valuable property; let us fill our houses with spoils; cast in your lot with us, and let us all obtain a common purse, and let their be one wallet for us; do not go in the way with them; turn aside your foot from their paths; for their feet run to wickedness and are swift to shed blood. For nest are not unjustly spread for birds. For they share in murder, store up evils for themselves; the overthrow of lawless men is evil. These are the ways of all that accomplish lawless deeds, for by godlessness they do away with their own soul. Wisdom is praised in the streets, in the squares brings boldness.

ON TUESDAY OF THE FIRST WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 1.

Because we are sojourners on earth, like all our fathers, keep the short space of our life sinless, our Saviour, and have mercy on us, as You love mankind.

Prokeimenon. Tone 4. Psalm 5.

Attend to the voice of my supplication.

Verse: Give ear to my words, O Lord; understand my cry.

The Reading is from the Prophecy of Isaias. [1:19-31 & 2:1-3]

Thus says the Lord: If you are willing and will listen to me, you eat the good things of the land; but if you are not willing, and will not listen to me, a sword devours you; for the mouth of the Lord has spoken this. How has faithful Zion, full of judgement, become a harlot city; in which justice once slept, but now murderers. You silver is worthless; your merchants mix wine with water; your rulers disobey, companions of thieves, loving bribes, running after reward, not judging for orphans, not giving judgement for widows. Because of this, thus says the Lord, the Master of hosts, the Mighty One of Israel: Woe to the strong in Jerusalem! For my wrath will not cease among my opponents; and I will execute judgement on my foes, and I will bring my hand upon you, and I will refine you into something pure; but the disobedient I will destroy, and remove all the lawless from you, and I will humble all the proud. And I will establish your judges as before, and your counsellors as from the beginning; and after this you shall be called a city of justice, mother city, faithful Zion; for with judgement will her captivity be saved, and with mercy. And the lawless will be crushed, and sinners as well, and those who have deserted the Lord will be utterly consumed. Therefore they will be shamed by their idols, which they wished for; and disgraced for their groves, which they desired. For they shall be a terebinth which has lost its leaves, and as a garden which has no water. And their strength will be a piece of tow and their works sparks of fire; and the lawless shall be burnt up, and sinners as well, and there shall be no one to quench the fire. [2:1] The word which came from the Lord to Isaias, son of Amos, concerning Judea and Jerusalem: That in the last day the mountain of the Lord will be manifest, and the house of the Lord on the peaks of the mountains; and it will be exalted high above the hills, and all the nations will come to it, and many nations will journey and say: Come, let us go up to the mountain of the Lord, and to the house of the God of Jacob; and he will proclaim his way to us; and we shall walk in it.

Prokeimenon. Tone 4. Psalm 6.

Lord, rebuke me not in Your anger; nor chastise me in Your wrath.

Verse: Have mercy on me, Lord, for I am weak.

AT VESPERS

Prokeimenon of the Evening. Tone 5. Psalm 7.

Lord, my God, I have hoped in You.

Verse: Save me from all those who persecute me.

The Reading is from Genesis. [1:14-23]

God said: Let there be lamps in the firmament of heaven to give light on the earth, and to make a separation between the day and the night; and let them exist for signs and for seasons and for days and for years; and let them exist to give light in the firmament of heaven, so as to shine on the earth; and it was so. And God made the two great lamps, the great lamp to rule the day, and the lesser lamp to rule the night and the stars. And God placed them in the firmament of heaven so as to shine on the earth, and to rule the day and the night, and to make a separation between the light and the darkness; and God saw that it was good. And there was evening and there was morning, a fourth day. And god said: Let the waters bring forth reptiles of living souls, and winged creatures flying over the earth, under the firmament of heaven; and it was so. And God made the great whales, and every soul of living reptiles, which the waters brought forth according to their kind, and every winged flying creature according to its kind. And God saw that they were good; and God blessed them and said: Increase and multiply, and fill the waters in the seas, and let the winged creatures be multiplied upon the earth. And there was evening and there was morning, a fifth day.

Prokeimenon. Tone 5. Psalm 8.

Lord, our Lord, how wondrous is Your name in all the earth!

Verse: For your majesty is exalted above the heavens.

The Reading is from Proverbs. [1:20-33]

Wisdom is praised in the streets, in the squares brings boldness. On the tops of the walls she is proclaimed, in the gates of the mighty she takes her seat; at the gates of the city she boldly declares: For as long as the innocent hold to justice, they will not be shamed; while the foolish, being ones who desire conceit, becoming ungodly, have hated perception, and have become subject to reproofs. See, I shall bring forth for you the utterance of my breath, while I shall teach you my word. Since I was calling and you did not obey, and I spoke at length and

you paid no attention; but you made my counsels of no effect, you paid no attention to my reproofs; therefore I too shall laugh at your destruction; I shall rejoice when annihilation comes upon you, and disturbance arrives suddenly for you, while overthrow will come like a tempest, and when trouble and siege comes to us; or when annihilation comes to you; for it shall be, when you call upon me, that I shall not listen to you; the wicked will seek me, and not find me. For they hated wisdom, while they did not choose the word of the Lord, nor did they wish to attend to my counsels; but they derided my reproofs. Therefore they eat the fruits of their own way, and will be filled with their own ungodliness. For in return for their wronging infants, they will be slain, and examination will destroy the ungodly. While one who hears me will dwell in hope and will be still, with no fear of any evil.

ON WEDNESDAY OF THE FIRST WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 4.

You know what we are made of, You know our weakness, Lover of mankind; we have sinned, but we have not forsaken You, O God, nor have we stretched out our hands to a strange god. In Your goodness, spare us, O Compassionate.

Prokeimenon. Tone 4. Psalm 9.

I will confess You, Lord, with my whole heart.

Verse: I will be glad and rejoice in You; I will sing to Your name, O Most High.

The Reading is from the Prophecy of Isaias. [2:3-17]

Thus says the Lord: From Sion a law will come forth, and a word of the Lord from Jerusalem. And he will judge between the nations, and rebuke many people; and they will beat their swords into ploughs and their pikes into sickles, and nation will not take up sword against nation, and they shall in no way learn to war any more. And now, house of Jacob, come, let us walk in the light of the Lord; for he has abandoned his people, the house of Israel, because their country, like that of foreigners, has been filled as at the beginning with divinations; and many foreign children have been born to them. For their country has been filled with silver and gold, and there was no numbering their treasures; and the land has been filled with horses, and there was no numbering their chariots; and the land has been filled with abominations, the works of their hands, and they have worshipped what their fingers have made. And a man bowed down, and a man was humbled, and I will in no way pardon them. And now enter the rocks, and be hidden in the earth from the face of the fear of the Lord, and from the glory of his strength, when he arises to crush the earth. For the eyes of the Lord are exalted, but man is lowly; and the exaltation of men will be humbled, and the Lord alone will be exalted in that day.

Prokeimenon. Tone 6. Psalm 10.

The Lord is just, and loves deeds of justice.

Verse: I have trusted in the Lord; how will you say to my soul: Flee to the mountains like a sparrow.

AT VESPERS

Prokeimenon of the Evening. Tone 5. Psalm 11.

You, O Lord, will guard us and keep us from this generation and forever.

Verse: Save me, O Lord, for there is no longer left a just man.

The Reading is from Genesis. [1:24-31 & 2:1-3]

God said: Let the earth bring forth living soul according to its kind, quadrupeds, reptiles, and wild beasts of the earth according to their kind; and it was so. And God made the wild beasts of the earth according to their kind, and the cattle according to their kind, and all the reptiles of the earth according to their kinds. And God saw that they were good. And God said: Let us make humanity according to our image and according to our likeness; and let them rule over the fish of the sea and the flying creatures of heaven and the cattle and all the earth and all the reptiles which creep upon the earth. And God made humanity, according to the image of God he made it; male and female he made them. And God blessed them, saying: Increase and multiply, and fill the earth, and have dominion over it; and rule the fish of the sea and the flying creatures of heaven and all the cattle and all the earth and all the reptiles which creep upon the earth. And God said: See, I have given you all seed-bearing grass, sowing seed, which is upon the whole earth; and every tree, which has in it fruit of seed-bearing seed, shall be food for you, and for all the wild beasts of the earth and for all the winged creatures of heaven, and for every reptile which creeps upon the earth, which has in itself a soul of life, and every green grass shall be food. And it was so. And God saw everything that he had made; and behold, they were very good. And there was evening and there was morning, a sixth day. [2:1] And the heaven and the earth were accomplished, and all their array. And God accomplished on the sixth day the works which he had made; and he rested on the seventh day from his works which he had made. And God blessed the seventh day and hallowed it; because on it he rested from all his works, which God had begun to make.

Prokeimenon. Tone 6. Psalm 12.

Look upon me, listen to me, Lord, my God.

Verse: How long, Lord, will You forget me to the end?

The Reading is from Proverbs. [2:1-22]

My son, if you accept utterance of my commandment and hide it in yourself, your ear will obey wisdom and you will apply your heart to understanding; you will apply it to the instruction of your son. For is you call upon wisdom and give your voice to understanding, while you seek perception with a loud voice, and if you seek it like silver, and search it out like treasures, then you will understand the fear of the Lord, and you will find knowledge of God; because the Lord gives wisdom and from his face <come> knowledge and understanding. And he treasures up salvation for those who act uprightly; he will protect their path, to guard the ways of just deeds; and to protect the way of those who respect him. Then you will understand justice and judgement, and direct all good courses. For

if wisdom comes into the mind, while perception seems to be good to your soul, good counsel will guard you; while holy thought will watch over you, that it may deliver you from a wicked way, and from a man who speaks nothing trustworthy. Alas for those who abandon straight ways to journey in ways of darkness; who are glad at wickednesses, and rejoice at wicked perversity! Whose paths are crooked and whose tracks are winding, to take you far from the straight way, and make you a stranger to just purpose. My son, let not wicked counsel, which has abandoned teaching from her youth, and forgotten God's testament, take you; for she has set her house next death and her door-posts with the earthborn next Hell. All those who journey by her will not return, nor will they take straight paths; for they are not taken by years of life. For if they had journeyed on good paths, they would have found smooth paths of justice. They will be good builders of the land; but the innocent will be left behind in it; because the upright will inhabit the land and the holy will be left behind in it. The ways of the ungodly will perish from the land; while the transgressors will be destroyed from it.

ON THURSDAY OF THE FIRST WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 1.

Deliver us from visible and invisible foes, O Lord; may the nations never say: Where is their God? Let them know, Master, that You overlook the sins of Your people when they repent.

Prokeimenon. Tone 4. Psalm 13.

When the Lord turns back the captivity of His people, let Jacob rejoice and Israel be glad.

Verse: The fool has said in his heart: There is no God.

The Reading is from the Prophecy of Isaias. [2:11-21]

The Lord alone will be exalted in that day; for the day of the Lord of hosts will be upon every one that is proud and haughty, and upon the high and lofty; and they will be humbled. And upon every cedar of Lebanon, of the high and lofty, and upon every tree of oak of Basan, and upon every high mountain, and upon every high hill, and upon every high tower, and upon every high wall, and upon every ship of the sea and upon every sight of ships of beauty. And every man shall be humbled and the height of men shall fall; and the Lord alone shall be exalted in that day. And they will hide all things made with hands, bringing them into the caves and clefts of the rocks, and into the caverns of the earth, from the face of the fear of the Lord, and from the glory of his strength, when he arises to crush the earth. On that day a man will cast out his abominations, the silver and gold objects which they made to worship with vanities and bats; to enter the caverns of the solid rock and the clefts of the rocks and from the glory of his strength, when he arises to crush the earth.

Prokeimenon. Tone 4. Psalm 14.

Lord, who will dwell in Your tabernacle? And who will dwell on Your holy mountain?

Verse: He who walks blameless, and works justice, speaking truth in his heart.

AT VESPERS

Evening Prokeimenon. Tone 4. Psalm 15.

I will bless the Lord Who has given me understanding.

Verse: Guard me, O Lord, for I have hoped in You.

The Reading is from Genesis. [2:4-19]

This is the book of the genesis of heaven and earth, when it came to pass; in the day when the Lord God made heaven and earth and every herb of the field, before it was on the earth, and every grass of the field, before sprang up; for God had not sent rain on the earth, and there was no man to work it. But a spring went up out of the earth and watered the face of the earth. And God fashioned man, dust from the earth, and breathed into his face a breath of life; and man became a living soul. And God planted Paradise in Edem, to the East, and he placed there the man he had fashioned. And God again made every tree fair to behold and good to eat to spring out of the earth; and the tree of life in the midst of Paradise, and the tree of knowing what can be known of good and evil. While a river came from Edem to water Paradise; from there it divides into four heads; the name of one is Phison, this encircles all the land of Evilat, where there is gold. The gold of that land is good; and there is carbuncle and the green stone. And the name of the second is Geon, this encircles the whole land of Ethiopia. And the third river is the Tigris, this is the one which flows out opposite the Assyrians. The fourth river is the Euphrates. And the Lord God took the man he had fashioned, and placed him in the Paradise of delight, to work it and guard it. And the Lord God commanded Adam, saying: From every tree in Paradise you may eat for food; but from the tree of knowing good and evil, you are not to eat from it; on the day you eat from it by death you will die. And the Lord God said: It is not good for man to be alone; let us make a helper for him, corresponding to him. And God fashioned again from the earth all the flying creatures of heaven, and the wild beasts of the field; and he brought them to Adam to see what he would call them. And every name that Adam called each living soul, that was its name.

Prokeimenon. Tone 4. Psalm 16.

Guard me, O Lord, as the apple of Your eye.

Verse: Listen, O Lord of my justice, attend to my supplication.

The Reading is from Proverbs. [3:1-19]

My son, do not forget my laws, let your heart keep my words; for they will add to you length of life and years of life and peace. Do not let mercies and faith desert you; attach them to your neck, write them on the tables of your heart, and you will find grace; and take thought for what is good before the Lord and before men. Be trusting in God with your whole heart; do not be exalted in your own wisdom. In all your ways get to know her, that you may rightly direct your ways; and your foot not stumble. Do not be prudent in your own eyes; rather fear God and keep from every wickedness; then there will be healing for your body and treatment for your bones. Honour the Lord with your just labours and offer him the first of the fruits of your justice, that your stores may be filled to abundance with corn, that your presses may be bursting with wine. My son, do

not treat lightly the Lord's discipline, nor give up when you are rebuked by him. For the Lord disciplines the one he loves; scourges every child he receives. Blest the man who has found wisdom, every mortal who knows prudence. For it is better to trade for her than for treasures of gold and silver. She is more precious than valuable stones; nothing evil will withstand her; she is well known to all who draw near her, nothing precious is worthy of her, for length of life and years of life are in her right hand, while in her left are wealth and glory. Justice comes from her mouth; she carries law and mercy on her tongue. Her ways are good ways and all her paths are in peace. She is a tree of life to all who lay hold of her, and to those who lean hard upon her as upon the Lord she is safe.

ON FRIDAY OF THE FIRST WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 8.

In Your pity, Lord, come to the help our life full of sin and our way of living empty of repentance; we know no other God but You who has mastery over life and death; save us, as You love mankind.

Prokeimenon. Tone 4. Psalm 17.

I will love You, Lord, my strength.

Verse: My God is my helper, and I will hope in Him.

The Reading is from the Prophecy of Isaias. [3:1-14]

See now, the Master, Lord of hosts, will take away from Judea and Jerusalem the strong man and the strong woman, strength of bread and strength of water, giant and strong and warrior and justice, prophet and diviner, elder and captain of fifty, wondrous counsellor and wise master-builder and understanding hearer. And I will set youths as their rulers, and scoffers will lord it over them. And the people will fall, man upon man, and man upon his neighbour; the child will insult the elder, the base the honourable. Because a man will seize his brother, or one of his own father's house and say: You have a garment, become our prince, and let my food be under you. And answering in that day he will say: I will not be your prince; for there is neither garment nor food in my house; I will not be prince of this people, because Jerusalem is forsaken and Judea has fallen and their tongues are with iniquity and they disobey what concerns the Lord; therefore now their glory has been humbled and the shame of their face has stood against them; they have declared and manifested their sin like that of Sodom. Woe to their soul, because they have devised an evil counsel against themselves, saying: Let us bind the just, for he is burdensome to us; therefore they eat the products of their works. Woe to the lawless: evils will happen to him according to the works of his hands. My people, your bailiffs glean you, and your creditors lord it over you. My people, those who call you blest lead you astray and disturb the path of your feet. But now he will stand up for judgement; the Lord himself will come to judgement with the elders of the people and with its rulers.

Prokeimenon. Tone 6. Psalm 18.

You, O Lord, are my Helper and Redeemer.

Verse: The heavens declare the glory of God; while the firmament proclaims the work of His hands.

[Note that we sing the Office from the Menaion of the Saint who falls on Saturday and Sunday, at Compline, or whenever the Ecclesiarch wishes.]

AT VESPERS

Evening Prokeimenon. Tone 5. Psalm 19.

May the Lord hear you in the day of trouble.

Verse: May the name of the God of Jacob shield you.

The Reading is from Genesis. [2:20-25 & 3:1-20]

And Adam gave names to all the cattle and all the flying creatures of heaven and to all the wild beasts of the field; but for Adam there was not found a helper like himself. And God put a trance upon Adam, and he slept, and he took one of his ribs and filled up the flesh instead of it. And God built the rib which he had taken from Adam into a woman and brought her to Adam. And Adam said: This now is bone of my bones, and flesh of my flesh; she shall be called Woman, because she has been taken from the Man. For this reason a man will leave behind his father and mother and be attached to his wife and they shall be two into one flesh. And they were both naked, Adam and his wife, and they were not ashamed. [3:1] Now the serpent was more sagacious than all the beasts on the earth which the Lord God had made. And the serpent said to the woman: What is it God said: you are not to eat of any tree of Paradise? And the woman said to the serpent: From the fruit of the trees of Paradise we may eat; but of the fruit of the tree which is in the midst of Paradise, God said: Do not eat of it, do not even touch it, lest you die. And the serpent said to the woman: By death you will not die; for God knows that on the day that you eat of it your eyes will be opened, and you will be as gods knowing good and evil. And the woman saw that the tree was good to eat and that it was pleasing for the eyes to behold and fair for understanding; and she took of the fruit and ate; and she and she gave to her husband with her and they ate. And the eyes of the two of them were opened, and they knew that they were naked; and they sewed fig leaves themselves together and made aprons for themselves. And the heard the voice of the Lord God as he walked in Paradise in the afternoon and Adam and his wife hid from the face of the Lord God in the middle of the trees of Paradise. And the Lord God called Adam and said to him: Adam, where are you? And he said to him: I heard your voice as you walked in Paradise, and I was afraid because I was naked, and I hid. And God said to him: Who told you were naked, unless you have eaten of the tree of which alone I commanded you not to eat? And Adam said: The woman, whom you gave to be with me, she gave me of the tree, and I ate. And the Lord God said to the woman: Why did you do this? And the woman said: The serpent deceived me, and I ate. And the Lord God said to the serpent: Because you have done this, you are accursed above all the cattle and all the wild beasts on the earth; on your breast and on your belly you will go, and you will eat earth all the days of your life, and I shall place enmity between you and the Woman, and between your seed and her Seed; He will watch for your head, and

you will watch for his heel. And to the woman he said: Multiplying I shall multiply your pains and your groaning; in pains you will give birth to children, and your recourse shall be to your husband, and he will lord it over you. While to Adam he said: Because you listened to the voice of your wife, and ate of the tree of which alone I commanded you not eat, you ate of it, the earth is accursed in your works; in pains you will eat all the days of your life; thorns and thistles it will bring up for you, and you shall eat the grass of the field; in the sweat of your brow you shall eat your bread, until you return to the earth from which you were taken; because you are earth and to earth you shall return. And Adam called his wife's name Life ['Zoe']; because she is the mother of all the living.

Prokeimenon. Tone 6. Psalm 20.

Be exalted, Lord, in Your power; we sing and chant Your mighty acts.

Verse: The king will glad in your power, Lord; and rejoice greatly in Your salvation.

The Reading is from Proverbs. [3:19-34]

God founded the earth with wisdom, he prepared the heavens with prudence. By perception the deeps were broken up, and clouds dropped rains. My son, do not let this pass by you; keep my counsel and understanding, that your soul may live and grace may be upon your neck; there will be healing for flesh and treatment for your bones, that you may walk trustingly on all your ways in peace, that your foot may not stumble; for if sit you will be fearless, if you sleep you will slumber sweetly; and you be afraid of terror coming upon you, nor of assaults of the godless coming at you; for the Lord will be on all your ways, and he will establish your foot, lest you be shaken. Do not forbear to do good to one in need, whenever your hand is able to give help. Do not, while you are able to do good, say: Go, come back again; to-morrow I shall give; for you do not know what the coming day will bring to birth. Do not plot evils against your friend who lives near you and trusts you. Do not quarrel with someone without cause, lest he work some wickedness against you. Do not gain the reproaches of wicked men, nor imitate their ways. For every transgressor is unclean before the Lord; nor does he take his seat among the just. God's curse is in the houses of the ungodly; while the abodes of the just are blessed. The Lord resists the proud; but to the humble he gives grace.

It is to be noted that on all Fridays of the holy and great Lent, at Vespers and Compline, we do not make metanias, except only for those prescribed at the Presanctified; that is the 3 after Let my prayer, the 3 after the Entrance of the Holy Gifts, and the 3 at Blessed be the name of the Lord. At Compline we sing the Canons of Repose of the current Tone in the Cemetery. The Canons of the Menaion, that is, of the current Saturday and Sunday we sing whenever the Ecclesiarch decides; the one we sing at Compline on Friday, the other at Compline on Sunday. This we do on all Friday evenings of the holy and great Lent.

ON MONDAY OF THE 2ND WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 1.

You, who alone fashioned our hearts, remember that we are dust; do not condemn us to the lowest parts of the earth, O Sinless One.

Prokeimenon in the 6th Tone. Psalm 21.

You who fear the Lord, praise him; all you seed of Jacob glorify him.

Verse: O God, my God, attend to me; why have You abandoned me?

The Reading is from the Prophecy of Isaias. [4,2-6 & 5,1-7a]

Thus says the Lord: God will shine out on that day, in counsel with glory on the earth, to exalt and glorify the remnant of Israel. And there will be a remnant in Sion and a remnant in Jerusalem, they will all be called 'Holy' who are inscribed for life in Jerusalem. Because the Lord will wash the stain of the sons and daughters of Sion, and will cleanse the blood of Jerusalem from the midst of them, with a spirit of judgement and a spirit of burning. And the Lord will come, and it shall be that every place of mount Sion, and all the region round it a cloud will shelter by day, and like smoke and the light of fire burning by night, and it will be sheltered with all the glory. And it shall be for a shelter from heat, and with a shelter and a hiding place from harshness and rain. [5:1] Let me sing for my beloved a song of my loved one for my vineyard. My beloved had a vineyard on a hill, on a fertile place. And I made a hedge round it and dug a trench and planted a vine of Sorek and built a tower in the middle of it, and dug out a vat in it, and I waited for it to produce grapes, and it produced thorns. And now inhabitants of Jerusalem, and people of Juda, judge between me and my vineyard. What should I yet have done for vineyard, and did not do? Because I waited for it to produce grapes, but it produced thorns. Now I will tell you what I shall do to my vineyard; I shall take out its hedge, and it will be for plundering; and I shall pull down its wall, and it will be for trampling under foot. And I will abandon my vineyard, and it will not be pruned or dug; and thorns will come up on it, as on fallow land; and I shall command the clouds not to shower rain on it. For the vineyard of the Lord of hosts is the house of Israel, and a man of Juda the beloved plant.

Prokeimenon in the 2nd Tone. Psalm 22.

Your rod and Your staff have comforted me.

Verse: The Lord shepherds me, and I will lack nothing.

AT VESPERS

Evening Prokeimenon in the 1st Tone. Psalm 23.

The Lord is mighty and powerful in war.

Verse: The earth is the Lord's and all that is in it, the whole world and all who dwell in it.

The Reading is from Genesis. [3,22-24 & 4,1-7]

The Lord God made for Adam and his wife tunics of skin, and clothed them. And God said: See, Adam has become as one of us, to know good and evil; and now lest he should ever stretch out his hand and take from the tree of life and eat and live for ever. And the Lord God sent him out of the Paradise of delight to work the earth from which he had been taken. And he cast Adam out and settled him opposite the Paradise of delight; and he stationed the Cherubim, and the sword of flame turning about, to guard the way to the tree of life. [4:1] And Adam knew Eve his wife, and she conceived and gave birth to Cain, and said, 'I have gained a man through God'. And she gave birth once more to his brother Abel. And Abel became a shepherd of sheep, while Cain worked the earth. And it came to pass after some days that Cain brought from the fruits of the earth a sacrifice to the Lord. And Abel also brought from the firstborn of his sheep and of his fatlings. And God look upon Abel and upon his gifts; while he did not regard Cain and his gifts. And Cain was very sorrowful, and his face fell. And the Lord God said to Cain, 'Why have you become very sorrowful, and why has your face fallen? If you offered correctly but did not divide correctly, did you not sin? Be still; his recourse shall be to you, and you shall rule him'.

Prokeimenon in the 6th Tone. Psalm 24.

Look upon me and have mercy on me, for I am alone and poor.

Verse: To You, Lord, I have lifted up my soul.

The Reading is from Proverbs. [3:34-35 & 4:1-22]

The Lord resists the proud, but to the humble he gives grace. The wise will inherit glory, but the ungodly have exalted dishonour. [4:1] Hear, children, the instruction of a father, and attend to know understanding. For I give you a good gift, do not forsake my law. For I too was a son obedient to my father and beloved in the sight of my mother. They taught me and said: Let our word be fixed in your heart, keep the commandments, do not forget, do not neglect the speech of my mouth, do not forsake it, and it will cling to you; love it, and it will watch over you. Trench it about and it will exalt you; honour it, that it may embrace you, that it may bestow on your head a crown of graces, may shield you with a crown of delight. Hear, my son, and accept my words, and years of life

will be multiplied for you, that ways of life may become many for you. For I teach you ways of wisdom, I make you go up on right tracks. For if you journey, your steps will not be straitened; while if you run, you will not toil. Grasp my instruction; do not let it go, but guard it for yourself for your life. Do not enter the ways of the ungodly, do not imitate the ways of transgressors. In whatever place they pitch camp, do not enter there; keep away from them and pass by. For they cannot sleep unless they have done evil; sleep has been taken from them and they do not slumber. For their bread is the bread of ungodliness, while they are drunk with lawless wine. But the ways of the just shine like light; they advance and give light until the day is established. The ways of the ungodly are dark, they do not know how they stumble. My son, attend to my speech, apply your ear to my words. So that your springs may not fail you, guard them in your heart. For there is life for those who find them, and healing for all flesh.

TUESDAY OF THE 2ND WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 6.

We are not able to hymn You worthily, but with supplication we beg, 'Do not destroy us with our iniquities, O Lord easy to placate'.

Prokeimenon in 4th Tone. Psalm 25.

Lord, I have loved the beauty of Your house, and the dwelling-place of Your glory.

Verse: Judge me, O God, for I have walked in innocence.

The Reading is from the Prophecy of Isaias. [5,7-16]

Thus says the Lord: The vineyard of the Lord of hosts is the house of Israel, and the people of Juda the beloved plant. I waited for it to produce judgement, but it produced iniquity, and not justice, but a cry. Woe to those who join house to house, and who bring field close to field, that they may remove something of their neighbour's! Will you alone dwell on the land? For these things have been heard by the ears of the Lord of hosts. For though many houses come into being, great and fair, they will become a desert, and there will be no inhabitants in them. For where ten yoke of oxen work, it will produce one jar-full; and the one who sows twelve bushels will produce one. Woe to those who rise in the morning and go after strong drink, staying until late; for the wine will heat them; for with harp and psaltery and drums and flutes they drink wine, while they do not regard the works of the Lord, and they do not keep in mind the works of his hands. Therefore my people has become a prisoner, through not knowing the Lord; and has become a multitude of corpses, through famine and thirst for water. And Hell has broadened its soul and opened its mouth, so as to leave no interval; and her glorious ones will go down and her great and her rich and her pestilent ones, and the one who rejoiced in her. And a man shall be humbled, and a man shall be dishonoured; and the lofty eyes shall be humbled. And the Lord of hosts will be exalted in judgement; and the holy God will be glorified in justice.

Prokeimenon in the 3rd Tone. Psalm 26.

The Lord is my enlightenment and my salvation; whom shall I fear?

Verse: The Lord is the defender of my life; of whom shall I be afraid?

AT VESPERS

Evening Prokeimenon in the 6th Tone. Psalm 27.

Save Your people, O Lord, and bless Your inheritance.

Verse: Unto You I will cry, O Lord my God, lest You turn from me in silence.

The Reading is from Genesis. [4,8-15]

Cain said to his brother Abel, 'Let us go out into the plain'. And it came to pass while they were in the plain that Cain rose up against Abel his brother, and killed him. And the Lord said to Cain, 'Where is your brother Abel?' And he said, 'I do not know; am I my brother's guardian?' And the Lord said, 'What have you done? The voice of your brother's blood is crying out to me from the earth. And now you are accursed from the earth, which has opened its mouth to receive your brother's blood from your hand; when you work the earth it will not put forth its strength to give to you; groaning and trembling you shall be on the earth'. And Cain said to the Lord, 'My crime is too great for me to be forgiven; if you cast me out to-day from your face, then I shall hide from your face, and I shall be groaning and trembling on the earth; and it shall be that anyone who finds me will kill me'. And the Lord God said to him, 'Not so, anyone who kills Cain will pay seven penalties'. And the Lord God put a mark on Cain, that no one who found should do away with him.

Prokeimenon in the 7th Tone. Psalm 28.

The Lord will give strength to His people; the Lord will bless His people with peace.

Verse: Bring to the Lord, O you sons of God; bring to the Lord young rams.

The Reading is from Proverbs. [5,1-15]

My son, attend to my wisdom, apply your ear to my words, that you may guard a good understanding; the perception of my lips commands you: Do not pay attention to a worthless woman; for honey drips from the lips of a harlot, who smoothes your throat for a time; but afterwards you will find it more bitter than gall, and sharper than a two-edged sword; for the feet of folly lead those who make use of her with death down to Hell, her footsteps are not firmly planted; for she does not go by ways of life, but her tracks are slippery and not easy to pick out. Now then, my son, hear me, and do not make my words of no effect. Make your way far from her; do not go near the doors of her houses, lest you give your life to others and your livelihood to those without mercy; lest strangers be filled with your strength, while your toils come to the houses of strangers; and finally you repent when the flesh of your body is worn away, and you say, 'How have I hated instruction, and how has my heart turned from the reproofs of the just? I did not hear the voice of my instructor and my teacher; nor did I apply my ear; I was within a little of being in total evil in the midst of the church and the congregation'. My son, drink waters from your own vessels, and the source of your own wells.

ON WEDNESDAY OF THE 2ND WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 6.

God Most High, Who dwell in Heaven and Who created everything that has breath, save us; for we have hoped in You, our Saviour.

Prokeimenon in the 5th Tone. Psalm 29.

To You, Lord, I shall cry. O my God, I shall make supplication.

Verse: I will exalt you, Lord, because You have taken me up.

The Reading is from the Prophecy of Isaias. [5,16-25]

The Lord of hosts will be exalted in judgement, and the holy God will be glorified in justice. And they that were despoiled shall be pastured like bulls, and lambs feed on the deserts of those taken away. Woe to those who draw sins to themselves as on a long rope, and iniquities as on the thong of a heifer's yoke, saying, 'Let him quickly bring near what he is going to do, that we may see it, and let the counsel of the Holy One of Israel come, that we may know it!' Woe to those who call evil good, who regard darkness as light and light darkness, who regard bitter as sweet and sweet bitter! Woe to them that are understanding in their own opinion, and knowledgeable in their own eyes! Woe to your strong ones who drink wine, and your powerful ones who also mix strong drink; who justify the ungodly for the sake of gifts, and deprive the just of justice! For this reason, in the same way that a reed will be burnt by a coal of fire, and be burnt up by a leaping flame, their root will be like chaff, and their flower will go up like dust; for they did not want the law of the Lord of hosts, but provoked the word of the Holy One of Israel. And the Lord of hosts was enraged with his people, and put out his hand upon them, and struck them; and the mountains were provoked and their carcasses became like dung in the middle of the way; and in all this his rage has not been turned away, but his hand is still raised high.

Prokeimenon in the 6th Tone. Psalm 30.

In You, Lord, I have hoped; let me not be shamed forever.

Verse: In Your justice deliver me and rescue me.

AT VESPERS

Evening Prokeimenon in the 6th Tone. Psalm 31.

Be glad in the Lord and rejoice you righteous; and be triumphant all you who are upright of heart.

Verse: Blessed are those whose iniquities have been forgiven, and whose sins have been covered.

The Reading is from Genesis. [4,16-26]

But Cain went out from the face of God and dwelt in the land of Naïd opposite Edem. And Cain knew his wife; and she conceived and gave birth to Enoch. And he was building a city; and he named it with his son's name, Enoch. To Enoch was born Gaïdad; and Gaïdad begot Maleleël; and Maleleël begot Mathousala; and Mathousala begot Lamech. And Lamech took two wives; the name of the one was Ada and the name of the second Sella. And Ada gave birth to Jobel; he was the father of those who dwell in tents and feed cattle; and the name of his brother was Joubal; it was who he revealed psaltery and harp. While Sella too gave birth, to Thobel, and he was a smith, a bronze smith of bronze and iron; while Thobel's sister was Noëma. Now Lamech said to his wives, Ada and Sella, 'Hear my voice, wives of Lamech, give ear to my words: because I have killed a man to my wounding, and a youth to my bruising. Because it has been revenged on Cain seven times, but on Lamech seventy times seven'. Now Adam knew Eve his wife; and she conceived and gave birth to a son, and named his name Seth, saying: For God has raised up for me other seed in place of Abel, whom Cain killed. And to Seth there was a son; he named his name Enos; he hoped to call on the name of the Lord God.

Prokeimenon in the 1st Tone 1. Psalm 32.

Let Your mercy, O Lord, be upon us as we have hoped in You.

Verse: Rejoice in the Lord, O you just; praise befits the righteous.

The Reading is from Proverbs. [5:15-23 & 6:1-3]

My son, drink water from your own vessels, and from the source of your own wells; let the waters from your source overflow for you, let your waters go through your streets. Let them be for you alone, and let no stranger share with you. Let your source be for you your own, and be glad with the wife of your youth. Let the hart of love and the colt of your graces be your companion, let her be considered your own, and let her be with you at every moment; for living in the company of her love, you will achieve much. Be not much with a strange woman, do not be held in the arms of woman not your own; for the ways of a man are before the eyes of God, he keeps watch on all his tracks. Iniquities hunt a man; while each one is bound in ropes of his own sins. This man dies with the uninstructed; he has been cast out of the abundance of his own livelihood, and he has perished through folly. My son, if you go surety for your friend, you will entrust your hand to an enemy; for a man's own lips are a strong snare, and he is caught by the lips of his own mouth. Do, my son, what I command you, and be safe.

ON THURSDAY OF THE 2ND WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 1.

We have fallen, raise us up; we have turned away, turn us back to You, O God as You love mankind and hold together the ends of the earth.

Prokeimenon in the 6th Tone. Psalm 33.

I sought the Lord and He heard me, and delivered me from all my troubles.

Verse: I will bless the Lord at all times; His praise shall ever be in my mouth.

The Reading is from the Prophecy of Isaias. [6,1-12]

It came to pass in the year that king Ozias died that I saw the Lord, seated on a high and exalted throne, and the house was full of his glory. And Seraphim stood round about him, the one had six wings and the other had six wings, and with two they covered their face, while with two they covered their feet and with two they flew. And they cried one to the other and said, 'Holy, Holy, Holy is the Lord Sabaoth, the whole earth is full of his glory'. And the lintel was lifted up at the sound with which they cried, and the house was filled with smoke. And I said, 'Ah, wretch that I am, for I have been pricked to the heart; because, being a man and having unclean lips, I dwell in the midst of people who have unclean lips and I have seen the King, the Lord Sabaoth with my own eyes'. And one of the Seraphim was sent to me, and he had a coal in his hand, which he had taken from the altar with the tongs, and he touched my mouth and said, 'See, this has touched your lips, and will take away your iniquities and will cleanse your sins'. And I heard the voice of the Lord saying, 'Whom shall I send? And who will go to this people?' And I said, 'See, here am I. Send me'. And he said, 'Go, and say to this people, "Hear with your hearing, and do not understand, and looking, look, and do not see"; for the heart of this people has become fat and with their ears they have become hard of hearing and they have shut their eyes, lest they see with their eyes and hear with their ears and understand with their heart, and turn back, and I shall heal them'. And I said, 'Until when, Lord?' And he said, 'Until cities are deserted through not being inhabited, and houses through there being no people, and the land shall be left a desert. And after these things God will take the men far away, and those who are left on the land will be multiplied'.

Prokeimenon in the 6th Tone. Psalm 34.

Be roused, Lord, and attend to my judgement.

Verse: O Lord, judge those who wrong me; make war on those who make war on me.

AT VESPERS

Evening Prokeimenon in the 4th Tone 4. Psalm 35.

Lord, Your mercy is in heaven, and Your truth in the clouds.

Verse: Your justice is as the mountains of God; and your judgements as the great deep.

The Reading is from Genesis. [5,1-24]

This is the book of the genesis of mankind; on the day God made Adam, he made him according to God's image; male and female he made them, and he blessed them; and he named his name Adam on the day he made them. Adam lived two hundred and thirty years and begot a son according to his form and according to his image, and he named his name Seth. The days of Adam which he lived after begetting Seth were seven hundred, and he begot sons and daughters. And all the days of Adam, which he lived, were nine hundred and thirty years, and he died. Seth lived two hundred and five years and begot Enos. And Seth lived after begetting Enos seven hundred and seven years, and he begot sons and daughters. And all the days of Seth were nine hundred and twelve years, and he died. And Enos lived one hundred and ninety years and begot Cainan. And Enos lived seven hundred and fifteen years after begetting Cainan, and begot sons and daughters. And all the days of Enos were nine hundred and five years and he died. And Cainan lived one hundred and seventy years and begot Maleleël. And Cainan lived seven hundred and forty years after begetting Maleleël and begot sons and daughters. And all the days of Cainan were nine hundred and ten years, and he died. And Maleleël lived one hundred and sixty five years and begot Jared. And Maleleël lived after begetting Jared for seven hundred and thirty years and begot sons and daughters. And all the days of Maleleël were eight hundred and ninety five years and he died. And Jared lived one hundred and sixty two years and begot Enoch. And Jared lived after begetting Enoch eight hundred years and begot sons and daughters. And all the days of Jared were nine hundred and sixty two years, and he died. And Enoch lived one hundred and sixty five years and begot Mathousala. But Enoch was well pleasing to God after begetting Mathousala and he begot sons and daughters. And all the days of Enoch were three hundred and sixty five years. And Enoch was well pleasing to God, and he was not to be found, because God translated him.

Prokeimenon in the 6th Tone. Psalm 36.

Wait on the Lord and keep His way.

Verse: Do not fret because of the wicked, do not envy those who do iniquity.

The Reading is from Proverbs. [6,3-20]

My son, do what I command you and be safe. For you have come into the hands of wicked men because of your friend. Do not be fainthearted, but stir up your friend also for whom you have gone surety. Do not give sleep to your eyes, and do not slumber with your eyelids, that you may be save yourself, like a gazelle from noose and as a bird from a snare. Go to the ant, sluggard, imitate him when you see his ways, and become wiser than him; for he has no husbandry, nor any to compel him, nor is he under a master; he prepares food in the summer and lays aside a great quantity at harvest. Or go to the bee and learn what a worker she is and how serious the work that she does; which kings and private individuals make use of for health; she is desired and held glorious by all; and though she is weak in her strength, she has become outstanding by honouring wisdom. Until when, sluggard will you lie? When will you be roused from sleep? You sleep a little, you sit a little, you have a short doze, you fold your arms over your chest a little; then poverty comes on you like a wicked traveller, and want like good runner. But if you are not to sluggardly, your harvest will come like a spring, while your want will take itself like a bad runner. A foolish man and a lawless journey by ways that are not good; while the same winks with his eye, signals with his foot, teaches by pointings with his fingers. With a twisted heart he devises evils, at every moment such a person is stirring up troubles for a city. Therefore his destruction is coming suddenly, a deep wound and incurable fracture; he will be crushed through impurity of soul because he rejoices in everything which God hates: the eye of the haughty, an unjust tongue, hands that spill the blood of the just, a heart contriving wicked thoughts and feet that hurry to do wrong. An unjust witness sets lies alight and introduces judgements among brothers. My son, keep your father's laws and do not spurn your mother's rules.

ON FRIDAY OF THE 2ND WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 5.

Night and day we fall before You, Lord, to give our souls forgiveness of sins, that we may worship You in peace and give You glory, Lover of mankind.

Prokeimenon in the 4th Tone. Psalm 37.

Lord, do not rebuke me in Your anger, nor chastise me in Your wrath.

Verse: For Your arrows are fixed in me, and You have laid a heavy hand upon me.

The Reading is from the Prophecy of Isaias. [7,1-14]

It came to pass in the days of Achaz, son of Jotham, son of Ozias, king of Juda, that Rasim king of Aram and Phakeë son of Romelias king of Israel came up to make on war on Jerusalem and they were unable to take it by siege. And a message came to the house of David saying: Aram has made an agreement with Ephraim; and his soul was amazed and the soul of his people, in the same way as a tree in a wood is shaken by a wind. And the Lord said to Isaias: Go out to meet Achaz, you and your son who is left behind, Jasoub, by the pool of the upper road of the fuller's field, and you are to say to him: Guard your stillness and do not be afraid, nor let your soul be weakened because of these two smoking brands of wood; for when the anger of my rage has passed, I shall heal again. And the son of Aram and the son of Romelias, because they have taken evil counsel concerning you, saying: Let us go up against Judea, and having spoken with them we shall turn them to us, and we shall make the son of Tabeël king for them; thus says the Lord Sabaoth: This counsel shall not abide, it shall not be; but the head of Aram is Damascus and the head of Damascus is Raseim; but yet sixty five years and the kingdom of Ephraim will cease from being a people — and the head of Ephraim is Somoron, and the head of Somoron is the son of Romelias; and if you do believe, nor will you understand. And the Lord spoke again to Achaz, saying: Ask a sign for yourself from the Lord your God in the height or in the depth. And Achaz said: I shall not ask, nor shall I tempt the Lord. And he said: Hear then, house of David: is it a little thing for you to hold a contest with men: What if you hold a contest with the Lord? Because of this the Lord will give you a sign.

Prokeimenon in the 2nd Tone. Psalm 38.

Hear my prayer, O Lord, and my supplication; give ear to my tears.

Verse: I said, I will guard my ways, lest I sin with my tongue.

AT VESPERS

Evening Prokeimenon in the 4th Tone. Psalm 39.

Your mercy and truth, Lord, have helped me continually.

Verse: I waited, I waited for the Lord, and He attended to me, and listened to my supplication.

The Reading is from Genesis. [5,32 & 6,1-8]

Noë was five hundred years old; and Noë begot three sons, Sem, Cham and Japhet. [6:1] And it came to pass when men began to become numerous on the earth that daughters were born to them. Now the sons of God seeing the daughters of men, that they were fair, took wives for themselves from all whom they had chosen. And the Lord God said, 'My spirit shall not abide in these men for ever, because they are flesh; but their days shall be one hundred and twenty years'. Now the giants were upon the earth in those days; and after that, when the sons of God went into the daughters of men, they begot offspring for themselves; these were the giants of old, the men of renown. Now the Lord God, seeing that the wickednesses of men had multiplied upon the earth, and that every one in his heart thinks intently upon evils all his days, then God laid it to heart that he had made man upon the earth and he took thought. And God said, I will wipe away mankind, whom I made, from the face of the earth, from human to cattle, and from reptiles to the flying creatures of Heaven, because I have repented that I made them'. But Noë found grace before the Lord God.

Prokeimenon in the 6th Tone. Psalm 40.

I said, Lord, have mercy on me; heal my soul for I have sinned against You.

Verse: Blessed is the man who considers the poor and needy.

The Reading is from Proverbs. [6,20-35 & 7,1]

My son, keep your father's laws and do not spurn your mother's rules. Attach them to your soul continually and hang them like a chain round your neck. When you walk, lead it along and let it be with you; when you sleep let it guard you, that it may talk with you when you wake. Because a commandment of the law is a lamp and a light, a way of life and reproof and instruction to keep you from an unmarried woman and from the calumny of a strange tongue. Let not desire for beauty conquer you, and do not be trapped by your eyes, nor captivated by her eyelids; for the value of a harlot is that of one loaf; while a woman hunts for the precious souls of men. Will anyone bind fire in his bosom without burning his clothes? Or will anyone tread on fire without burning his feet? So is one who goes in to an unmarried woman; he will not be held guiltless, nor will anyone who touches her. It is not remarkable if some one is caught stealing; for he steals

to fill his soul when he is hungry; but if he is caught he will repay sevenfold and deliver himself by giving up all his goods. But the adulterer through lack of sense brings destruction on his soul; he bears pains and dishonours, and his disgrace will not be wiped out for ever. For the wrath of her husband is filled full of jealousy; he will not spare in the day of judgement, nor will he let his enmity go for any ransom, nor will he be reconciled by many presents. [7:1] My son, guard my words, hide my commandments with you. My son, honour the Lord, and you will be strong; apart from him, fear no other.

ON MONDAY OF THE 3RD WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 4

Because we are weak and paralysed by sins, heal our infirmities, Physician of our souls, Who know the mind of men, O Lover of mankind.

Prokeimenon in the 4th Tone. Psalm 41.

Hope in God, for I will give Him thanks; the salvation of my countenance and my God.

Verse: As the hart longs for the springs of waters, so my soul longs for You, O God.

The Reading is from the Prophecy of Isaias. [8,13-22, 9,1-7]

Sanctify the Lord God, and he shall be your fear; and if you trust in him, he will be for your sanctification, and you will not meet with him as a stumbling stone, nor as a falling on a rock; while the houses of Jacob are in a snare, and those who dwell in Jerusalem in a hollow. Because of this many among them will become powerless and will fall and be smashed, and they will draw near and men will be taken in safety. Then they will be manifest who seal themselves not to learn my law. And he will say: I shall wait for God who has turned away his face from the house of Jacob and I shall trust in him. Behold I and the children whom God has given me, and they shall be signs and wonders in the house of Israel from the Lord Sabaoth, who dwells on the mountain of Sion. And if they say to you: Seek out ventriloquists and those who speak from the earth, and those who speak emptiness, those who speak out of their bellies, shall a nation not seek out its God? Why do they seek they dead concerning the living? For he gave the law for a help, that they should speak not according to this word, concerning which there are no gifts to give concerning it. And harsh famine will come upon you; and it shall be that when you are hungry you shall be grieved and speak ill of the ruler and your ancestral customs, and they will look up to the heaven above, and they will look on the earth below, and behold dire distress and darkness, tribulation and misery and darkness, so that it is impossible to see; and he who in distress will not be distressed only for a moment. [9:1] Do this first, do this quickly, country of Zavoulon, land of Nephthalim, way of the sea and the rest of the inhabitants of the sea coast and beyond Jordan, Galilee of the nations, the parts of Judea. The people who walked in darkness, see, a great light! You who dwell in the country and shadow of death a light will shine on you. The most part of the people which you brought down in your joy, they too will be rejoice before you as those who rejoice at harvest and in the way of those who divide the spoil. Because the yoke which lay on them and the rod that was on their neck has

been taken away; for the Lord has scattered the rod of those who demanded, as in the day of Madiam. For they shall pay restitution for every robe that has been collected by trickery and every garment with exchange; and they will be willing even if they had been burnt by fire. Because a child has been for us, a son too has been given to us, whose rule was upon his shoulder, and his name is called Angel of great counsel, wondrous counsellor, mighty God, potentate, prince of peace, father of the age to come; for I shall bring peace upon the princes, peace and health to him. Great is his rule and of his peace there is no limit upon the throne of David and his kingdom to establish it and assist it with judgement and with justice from now and for ever; the zeal of the Lord Sabaoth will do all this.

Prokeimenon in the 4th Tone. Psalm 42.

The salvation of my face, and my God.

Verse: Judge me, O God, and plead my cause against an unholy nation.

AT VESPERS

Evening Prokeimenon in the 4th Tone. Psalm 43.

In God we shall boast all the day; and in Your name we shall give thanks forever.

Verse: O God, we have heard with our ears, our fathers have told us.

The Reading is from Genesis. [6,9-22]

Noë was a just man, perfect in his generation; Noë was well-pleasing to God. Noë begot three sons, Sem, Cham and Japhet. Now the earth had become corrupt before God, and the earth was filled with injustice. And the Lord God saw the earth, and it was utterly corrupt, because all flesh had utterly corrupted his way upon earth. And the Lord God said to Noë, 'The moment for all mankind has come before me, because the earth has been filled with injustice because of them, and behold I am utterly destroying them and the earth. So make an ark for yourself from squared logs. You will make the ark with compartments and you will pitch it outside and inside with pitch. And you will make the ark thus: the length of the ark three hundred cubits and the breadth fifty and its height thirty. You will make the ark by narrowing it and complete it above to one cubit; you will make the door of the ark from its side; you will make it with chambers, of two levels and three levels. While I am bringing the flood, water upon the earth to destroy all flesh, in which there is the spirit of life, under heaven; and whatever there is upon the earth shall die. And I shall establish my testament with you; you are to enter the ark, you and your sons and your wife and your sons' wives with you. And of all the cattle and all the reptiles and all the wild beasts and all flesh you are to bring into the ark two by two, to feed them with yourself; male and female they are to be. Of all the winged birds according to

their kind, and of all the cattle according to their kind, and of all the reptiles which creep upon the earth according to their kind, two by two of all they shall enter to you to be fed with you, male and female, while you shall take for yourself of all the foods which you eat, and you shall gather them to yourself, and they shall be for you and for them to eat'. And Noë did everything whatever the Lord God had commanded him, so he did.

Prokeimenon in the 6th Tone. Psalm 44.

I shall make Your name to be remembered in every generation.

Verse: My heart has uttered a good word; I tell my works to the king.

The Reading is from Proverbs. [8,1-21]

My son, you will proclaim wisdom, that prudence may obey you; for she is on high peaks, she stands in the midst of the paths; she takes her seat by the gates of the powerful, she is hymned in the entrances. You men, I exhort you, and I utter my voice to the sons of men; you innocent, understand cunning, you that are untaught take on heart. Harken to me, for I speak solemn things and shall open correct things from my lips; because my throat will meditate truth, while lying lips are an abomination before me. All the words of my mouth are with justice, crooked or twisted is in them; They are all present to those who understand and right to those who find knowledge. Accept instruction and not silver, and knowledge beyond tried gold; for wisdom is better than valuable stones, all that is precious is not equal to her worth. I wisdom have made counsel my dwelling, and I have called upon knowledge and understanding. The fear of the Lord hates injustice, arrogance and pride and ways of evil people; I have hated the perverted ways of the wicked; mine is counsel, mine is safety, mine is prudence, mine is strength; through me kings will reign and the powerful write justice; through me nobles become noble, and tyrants through me hold sway on earth. I love those who are my friends, while those who seek me will find grace. Wealth and glory are mine and the possession of many things and justice. To gather my fruit is far better than gold and precious stone, my produce is better than choice silver. I walk in ways of justice and I pass my time amid paths of justice, that I may divide property to those who love me and fill their treasuries with good things.

ON TUESDAY OF THE 3RD WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 7.

You are our salvation, Lord, and our protector in the day of trouble; have mercy on us according to Your great mercy, O Lover of mankind.

Prokeimenon in the 1st Tone. Psalm 45.

The Lord of powers is with us; our helper is the God of Jacob.

Verse: God is our refuge and our strength, our helper in the troubles that have come heavily upon us.

The Reading is from the Prophecy of Isaias. [9,9-21, 10,1-4]

Thus says the Lord: All the people of Ephraim will know and those who dwell in Samaria with insolence and an exalted heart, saying: Bricks have fallen, but come, let us hew stones and cut down sycamores and cedars and let us build a tower; and God will dash those who rise against mount Sion against them, and their enemies he will scatter, Syria from the rising of the sun and the Greeks from the setting of the sun, those who devour Israel with their whole mouth. In all this his rage was not turned away, but his hand is still upraised. In all this his rage was not turned away, but his hand is still upraised. But the people was not turned away until it was struck, and they did not seek the Lord. And the Lord away from Israel head and tail, great and small in that day, elder and those who marvel at persons (this is the start) and prophet teaching things that are unlawful (this is the tail). And those who call this people blest will lead them astray, and they lead them astray that they may gulp them down. Because of this the Lord will not rejoice at their youths and will not have mercy on their orphans and on their widows, because all are lawless and evil, and every mouth speaks things that are not just. And iniquity will burn like fire and like dry grass it will be devoured by fire; and it will burn in the thickets of the wood, and all that is round about the hills will be devoured. Because of the anger of the Lord the whole land has burned, and the people will be as though burnt up by fire; a man will not have mercy on his brother, but he will turn aside to the right because he will be hungry and he will eat from the left, and a man will by no means be filled by eating the flesh of his arm. For Manasses will eat of Ephraim and Ephraim of Manasses, because together they will besiege Juda. In all this his rage was not turned away, but his hand is still upraised. [10:1] Woe to those who write evil; for in writing they write evil, turning aside judgement from the poor, snatching judgement from the paupers of my people, so that widows are for plunder and orphans for forage. And what will they do in the day of visitation? Four your trouble will come from afar; and to whom will flee to be helped? And where will

you abandon your glory so as not to fall into captivity? In all this his rage was not turned away, but his hand is still upraised.

Prokeimenon in the 3rd Tone. Psalm 46.

Sing to our God, sing; sing to our King, sing.

Verse: Clap your hands, all you nations; shout unto God with the voice of joy.

AT VESPERS

Evening Prokeimenon in the 3rd Tone. Psalm 47.

Great is the Lord, and greatly to be praised.

Verse: In the city of our God, on His holy mountain.

The Reading is from Genesis. [7,1-5]

The Lord God said to Noë, 'Enter the ark, you and all your house, because I have seen that you are just before me in this generation. Of all the clean beasts bring in to you seven by seven, male and female, while of the unclean beasts two by two, male and female, and of all the unclean flying creatures of heaven two by two, male and female, to maintain seed for all the earth. For yet seven days I am bringing rain upon the earth for forty days and forty nights and I shall wipe out everything which I have made to rise up from the face of the whole earth. And Noë did everything that the Lord God had commanded him.

Prokeimenon in the 2nd Tone. Psalm 48.

My mouth will speak wisdom, and the meditation of my heart understanding.

Verse: Hear these things, all you nations; give ear all you inhabitants of the world.

The Reading is from Proverbs. [8,32-36, 9,1-11]

My son, hear me, and blessed are they who guard my ways, hear instruction and be made wise and do not be stopped up. Blessed the man who will hearken to me, and a man who will guard my ways, keeping vigil at my doors day by day, keeping watch at the doorposts of my entrances; for my ways out are ways out to life, and favour is prepared from the Lord. Those who sin against me act impiously against their own souls; and those who hate me love death. [9:1] Wisdom has built herself a house. She has slaughtered her beasts and mixed her wine in the mixing bowl, and prepared her table. She her sent out her servants, to invite with a loud proclamation upon the mixing bowl, 'Whoever is foolish, let him turn to me'. And to those who lack wisdom she said, 'Come, eat my bread, and drink the wine that I have mixed for you. Abandon folly, that you may reign

for ever; and seek prudence, and set aright your understanding with knowledge'. One who corrects the wicked will gain dishonour for himself. One who rebukes the impious will get blame for himself; for to the impious rebukes are blows. Do not rebuke the wicked, lest they hate you. Rebuke a wise man and he will love you. Give instruction to a wise man and he will be wiser; teach a just man and he will increase learning. The beginning of wisdom is the fear of the Lord, and the counsel of Saints, understanding. While to know the law is the part of a good mind. For by this means you will live for a long time, and years will be added to your life.

ON WEDNESDAY OF THE 3RD WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 8.

There is no substance of works in us, Lord; You are merciful, Lover of mankind, do not despise the works of Your hands, O Sinless One.

Prokeimenon in the 6th Tone. Psalm 49.

Sacrifice to God a sacrifice of praise; and pay your vows to the Most High.

Verse: The God of gods, the Lord has spoken; and summoned the earth from the rising of the sun to its setting.

The Reading is from the Prophecy of Isaias. [10,12-20]

It shall be when the Lord has accomplished doing all things on the mountain of Sion and in Jerusalem, he will bring upon the great mind the ruler of the Assyrians, and upon the height of the glory of his eyes. For he said: In strength I shall act and in the wisdom of the understanding, I shall remove the boundaries of nations and their strength I shall plunder and I shall shake inhabited cities and the whole inhabited world I shall abandon like a nest and I shall take away the eggs that have been abandoned, and there is none who will escape from me or contradict me. Will an axe be glorified without someone to cut with it? Or will a saw be exalted without someone to draw it, as if someone lifts up a rod or staff? And nor so, but the Lord Sabaoth will send dishonour against your honour, and burning fire will be kindled against your glory. And the light of Israel will be for fire, and he will sanctify him with burning fire and it devours the fuel like grass, On that day the mountains will be consumed, and the hills and the forests, and <the fire> devours from the soul right through to the flesh; and the one who flees will be like one who flees from a burning flame; and those of them who have been left behind shall be a number, and a child will write them. And it shall be in that day that the remnant of Israel will no longer be added to, and the saved of Jacob no longer trust in those who have wronged them, but they will trust in God the Holy One of Israel in truth.

Prokeimenon in the 6th Tone. Psalm 50.

Have mercy on me, O God, according to Your great mercy.

Verse: Create a clean heart in me, O God, and renew a right spirit within me.

AT VESPERS

Evening Prokeimenon in the 4th Tone. Psalm 51.

I have hoped in the mercy of God for ever.

Verse: Why do you boast of iniquity in wickedness, O powerful one? All day long your tongue has contrived injustice.

The Reading is from Genesis. [7,6-9]

Noë was six hundred years old when the flood of water came to pass on the earth. Noë and his sons and his wife and his sons' wives entered the ark because of the water of the flood. And of the clean flying creatures and of the unclean flying creatures and of the clean beasts and of the unclean beasts and of all that creep upon the earth two by two they went in to Noë into the ark, male and female, as God had commanded Noë.

Prokeimenon in the 4th Tone. Psalm 52.

When the Lord turns back the captivity of His people; Jacob will rejoice and Israel be glad.

Verse: The fool has said in his heart, 'There is no God'.

The Reading is from Proverbs. [9,12-18]

My son, if you become wise for yourself, you will also be wise for your neighbours; while if you prove wicked, you will draw wickedness alone. †One who relies on falsehoods, shepherds winds, while he will pursue flying birds; for he has left the ways of his own vineyard, while he has made the axes of his field go astray. He walks through a waterless desert and a land appointed to drought, he gathers fruitlessness with his hands. A foolish and insolent woman, who does not know shame, comes to lack a morsel; she sits at the doors of her house, on a bench openly in the streets, inviting the passers by and those who are going straight on their ways. Whichever of you is most foolish, let him turn aside to me and I exhort those who lack prudence, saying: Touch the secret bread of pleasure and drink the sweet water of theft. But he does not know that those born of earth are destroyed by her, and he encounters a trap of Hell. †But hurry away, do not delay in the place and do not rest your eye on her; for thus you will pass through strange water, pass over a strange river; keep away from strange water and do not drink of a strange spring, that you may live a long time and that years may be added to your life.

ON THURSDAY OF THE 3RD WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 6.

If You should mark iniquities, Lover of mankind, what hope of salvation is there for us? But as You are merciful, send down Your help, Lord, to Your people.

Prokeimenon in the 4th Tone. Psalm 53.

O God, save me by Your name; and judge me by Your power.

Verse: O God hear my prayer, give ear to the words of my mouth.

The Reading is from the Prophecy of Isaias. [11,10-13a.16b, 12,1-2]

Thus says the Lord: In that day there shall be a root of Jesse and the one who rises to rule the nations, in him the nations will hope, and his rest will be honour. And in that day it shall be that the Lord will continue to reveal his hand to be zealous for the remnant that is left of the people, that will have been left by the Assyrians and from Egypt and Babylonia and Ethiopia and from the Elamites and from the rising of the sun and from Arabia. And he will raise a sign for the nations and gather the lost of Israel and the scattered of Juda he will gather from the four corners of the earth. And the jealousy of Ephraim will be removed and the enemies of Juda perish. And it shall be for Israel as on the day when he came out of Egypt. [12:1] And you will say on that day, 'I shall bless you, O Lord, because you were angry with me and you turned away your wrath and had mercy on me. See, my God, my saviour is the Lord, I shall trust in him and I shall not be afraid, because the Lord is my glory and my praise, and has become my salvation'.

Prokeimenon in the 4th Tone. Psalm 54.

Give ear to my prayer, O God; and do not despise my supplication.

Verse: Attend to me, and hearken to me.

AT VESPERS

Evening Prokeimenon in the 4th Tone. Psalm 55.

Have mercy on me, O God, for man has trampled me down.

Verse: My foes have trodden me down all the day.

The Reading is from Genesis. [7,11-24, 8,1-3]

It came to pass in the six hundredth year in the life of Noë, in the second month, on the twenty second of the month, on that day all the sources of the abyss were broken open, and the flood-gates of heaven were opened. And there came rain upon the earth for forty days and forty nights. On that day Noë, Sem, Cham, Japheth, the sons of Noë and the wife of Noë and the three wives of his sons entered the ark with him; and all the wild beasts according to their kind and all the cattle according to their kind and everything that creeps upon the earth according to its kind, and every winged bird according to its kind, entered to Noë into the ark, two by two, male and female of all flesh in which is a spirit of life. And those that entered male and female went in, according as the Lord God had commanded Noë. And the Lord God shut the ark from outside on him. And the flood came for forty days and forty nights upon the earth, and the waters were multiplied and lifted the ark up, and it was raised high from the earth. And the water prevailed, and was multiplied exceedingly upon the earth, and the ark was being borne upon the water. The water prevailed, prevailed exceedingly upon the earth, and covered all the high mountains which were under heaven. Fifteen cubits was the water raised up, and hid all the high mountains. All flesh died which moved upon the earth, of the flying creatures and the cattle and the wild beasts and every reptile which moved upon the earth and every human. And everything which has the breath of life, and everything which was on the dry land, died. And he wiped out everything that rose up from the earth; and Noë alone was left, and those with him in the ark. And the water was raised over the earth for one hundred and fifty days. [9:1] And God remembered Noë and all the wild beasts and all the cattle and all the winged creatures and all the reptiles that were with him in the ark, and God brought a wind upon the earth, and the water abated, and the sources of the abyss and the flood-gates of heaven were closed over, and the rain of heaven was withheld. And the water subsided and went from the earth, and the water grew less after one hundred and fifty days.

Prokeimenon in the 7th Tone. Psalm 56.

Have mercy on me, O God, have mercy on me; because my soul has trusted in You.

Verse: And in the shadow of Your wings I shall hope, until iniquity pass by.

The Reading is from Proverbs. [10,1-22]

A wise son makes his father glad, but a foolish son is a grief to his mother. Treasures will not profit the lawless, but justice will deliver from death. The Lord will not starve a just soul, but he will overturn the life of the ungodly. Poverty humbles a man, but the hands of the courageous enrich. A son who has been instructed is wise, but he will use the fool as a servant. A thoughtful son has been saved from heat, but a lawless is blasted by the wind at harvest. The blessing of the Lord is upon the head of the just, but untimely grief will cover the mouth of the ungodly. The memory of the just is with praises, but the name of the ungodly

is extinguished. One wise in heart will accept commandments, but one unguarded in lips will be overthrown in his perversity. One who walks simply walks trustingly, but one who perverts his ways will be known. One who winks with the eyes with trickery, gathers griefs for men; while one who reproves with boldness, makes peace. A source of life is on the lips of the just, but destruction will cover the mouth of the ungodly. Hatred rouses strife, while friendship covers all who do not love strife. One who puts forth wisdom from his lips smites the man lacking in sense. The wise will conceal perception, but the mouth of the hasty draws near to ruin. The property of the rich is a strong city; but poverty is the ruin of the ungodly. The works of the just produce life, the fruits of the ungodly sins. Instruction guards ways of just life, instruction without rebuke goes astray. Just lips conceal enmity, but those who utter insults are very foolish. From much talking you will not escape sin, by restraining your lips you will be thoughtful. Silver tried is the tongue of the just, but the heart of the ungodly will fail. The lips of the just know exalted things, but the foolish die in want. The Lord's blessing is on the head of the just; it enriches him and grief will not be added to his heart.

ON FRIDAY OF THE 3RD WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 8.

With a word You perfected all things by Your power, O God, and You brought us into being out of nothing. Do not hand us over to our iniquities, we entreat You, sinless Lord.

Prokeimenon in the 6th Tone. Psalm 57.

If you truly speak justice, you judge fairly, sons of men.

Verse: The just will be glad when he sees the vengeance on the ungodly.

The Reading is from the Prophecy of Isaias. [13,2-13]

Thus says the Lord: On a mountain of the plain raise a standard, lift up the voice to them: do not fear, comfort with the hand; open up, you rulers. I give order and I bring them; giants are coming to fulfil my wrath, rejoicing at the same time and insulting. A voice of many nations on the mountains, like that of many nations, a voice of kings and gathered nations. The Lord Sabaoth has commanded a nation in arms to come from a land far away, from the furthest foundation of heaven, the Lord and his armed men, to destroy the whole inhabited world. Howl, for the day of the Lord is near, and destruction will come from God. Because of this every hand will grow feeble and every human soul will quail. And the elders will be troubled and pangs will grip them like those of a woman in child-birth; and they will mourn one to another and be amazed and change their face like a flame. For see, the day of the Lord is coming without healing, of wrath and anger to make the inhabited world a desert and to destroy sinners from it. For the stars of heaven and Orion and all the host of heaven will not give light, and when the rises there will be darkness and the moon will not give her light. And I shall command evils for the whole inhabited world and for the ungodly their sins; and I shall destroy the arrogance and the arrogance of the lawless I shall humble. And those that are left behind will be more precious than gold tried by fire; and a man will be more precious than the stone of Souphir. For the heaven will be enraged and the earth be shaken from its foundations through the wrath of the anger of the Lord Sabaoth on the day when his wrath attacks.

Prokeimenon in the 7th Tone. Psalm 58.

Deliver me from my enemies, O God, and rescue me from those that rise up against me.

Verse: O God You are my helper, O God You are my mercy.

AT VESPERS

Evening Prokeimenon in the 4th Tone. Psalm 59.

Give us Your help from trouble; for vain is the salvation of men.

Verse: O God, You have rejected and destroyed us; You were angry and took pity on us.

The Reading is from Genesis. [8,3b-21]

The ark came to rest in the seventh month, on the twenty seventh day of the month, on the mountains of Ararat. While the water grew less until the tenth month. And in the tenth month, on the first of the month, Noë opened the window of the ark, which he had made, and sent forth the raven to see if the water had ceased. and going out it did not return until the water had dried up from the earth. And he sent the dove after it to see if the water had ceased from the earth. And the dove not finding rest for her feet returned to him into the ark, because water was on all the face of the earth, and stretching out his hand he took her and brought her to himself into the ark. And having waited again seven other days again he sent out the dove from the ark. And the dove returned to him towards evening, and she had a an olive leaf, a twig, in her mouth, and Noë knew that the water had ceased from the earth. And he waited again seven other days and again sent out the dove, and she did not return to him again. And it came to pass in the six hundred and first year in the life of Noë, in the first month, on the first of the month, that the water subsided from the earth. And Noë uncovered the roof of the ark, which he had made, and saw that the water had subsided from the face of the earth. In the second month on the twenty second of the month the earth was dry. And the Lord God spoke to Noë saying, 'Come out of the ark, you and your wife and your sons and your sons' wives and all the wild beasts that are with you, and all flesh from the winged creatures to the cattle, and every reptile moving on the earth, bring out with yourself; and increase and multiply upon the earth'. And Noë and his wife and his sons and his sons' wives with him; and all the wild beasts and all the cattle and every winged creature and every reptile moving on the earth according to their kind came out of the ark. And Noë built an altar to the Lord; and took of all the clean beasts and of all the clean birds and offered them as a whole burnt offering on the altar. And the Lord God smelt an odour of sweetness.

Prokeimenon in the 6th Tone. Psalm 60.

Hearken to my supplication, O God; attend to my prayer.

Verse: So I shall sing to Your name to the ages.

The Reading is from Proverbs. [10,31-11,1-12]

The mouth of the just distils wisdom, but the tongue of the unjust will perish. The lips of just men distil graces, but the mouth of the ungodly is turned away. [11:1] Falsified balances are an abomination before the Lord, but a just weight is acceptable to him. Wherever arrogance enters, there too does dishonour; but the mouth of the humble meditates wisdom. The perfection of the upright will guide them, and the overthrow of the rebellious will spoil them. Possessions will profit nothing in a day of wrath, but justice will deliver from death. When a just man dies he has left regret, but the destruction of the ungodly is speedy and brings joy. Justice rightly directs blameless ways, but ungodliness falls in with injustice. The justice of upright men delivers them, but transgressors are caught by their destruction. When a just man has come to his end hope does not perish, but the boast of the ungodly perishes. A just man escapes from a trap, in his stead the ungodly is handed over. In the mouth of the ungodly is a snare for citizens; but the perception of the just is prosperous. By the good things of the just a city prospers, and in the loss of the ungodly there is rejoicing. By the blessing of the upright a city will be exalted, but by the mouth of the ungodly it was overthrown. One lacking in sense sneers at citizens, but a man of prudence brings stillness.

ON MONDAY OF THE 4TH WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 7.

Lord, do not rebuke in Your rage a people that has sinned, nor chastise us in Your anger as You are good; for the whole earth glorifies You, and we implore: Spare us, O Holy One.

Prokeimenon in the 6th Tone. Psalm 61.

In God is my salvation and my glory.

Verse: Shall my soul not be subject to God? For from Him is my salvation.

The Reading is from the prophecy of Isaias. [14,24-32]

Thus says the Lord Sabaoth: In the way that I have spoken, thus shall it be, and in the way I have planned, thus shall it remain, to destroy the Assyrians on my land and from my mountains, and they will be for trampling down and their yoke shall be taken from them and their glory shall be taken from their shoulders. This is the plan which the Lord has planned against the whole inhabited world, and this is the hand that is uplifted against all the nations. For what the holy God has planned, who will scatter it? And will turn away his uplifted hand? In the year that King Achaz died there came this word. Do not rejoice, all you foreigners, that the yoke of the one who struck you is broken, for from a serpent's seed there will come a race of vipers, and their offspring will come forth flying serpents. And the poor will be pastured through him and paupers will rest in peace. But he will destroy your seed by famine and your remnant he will destroy. Howl, gates of cities, and let troubled cities cry out, all the foreigners, because smoke is coming from the North and there is no possibility of being. And what will the kings of the nations answer? That the Lord has founded Sion and through him the humble of the people will be saved.

Prokeimenon in the 6th Tone. Psalm 62.

So I will bless You as long as I live.

Verse: O God, my God, I watch for You at dawn.

AT VESPERS

Prokeimenon in the 8th Tone. Psalm 63.

Hearken to my voice, O God, when I entreat You.

Verse: Rescue my soul from the fear of the enemy.

The Reading is from Genesis. [8,21-22; 9,1-7]

The Lord God, having considered, said: I will curse the earth again because of human works, because the human mind is bent intently on evils from youth. I will not again smite all living flesh as I have done. During all the days of the earth seed-time and harvest, cold and heat, summer and spring will not cease by day and night. [9:1] And God blessed Noë and his sons and said to them: Increase and multiply and fill the earth and have dominion over it, And the fear and dread of you will be on all the wild animals of the earth and on all the flying creatures of heaven, and of all the creatures that move on the earth and on all the fishes of the sea. I have put them under your hands. And every creeping thing which is living shall be for food for you; I have given all things to you as herbs of grass. Except that you are not eat meat with the blood of life. For the blood of your lives I shall require of all the wild beasts and I shall require the life of human from the hand of a fellow human. Whoever sheds human blood, he shall be shed instead of that blood, because I made humanity in the image of God. But you, increase and multiply and fill the earth and have dominion over it.

Prokeimenon in the 6th Tone. Psalm 64.

Hear us, O God, the hope of all the ends of the earth.

Verse: To You, O God, praise is due in Sion; and to You vows shall be performed.

The Reading is from Proverbs. [11,19-31, 12,1-6]

A righteous son is born for life, but the persecution of the ungodly is for death. Perverted ways are an abomination to the Lord, but all who are blameless in their ways are acceptable to him. One who with the hand strikes hands unjustly will not be unpunished, but one who sows justice will receive faithful recompense. Like a ear ring in a pig's snout is beauty in a ill-minded woman. Every desire of the just is good, but the hope of the ungodly will perish. There are those who sow abroad their own possessions and make them more, but there are those who gather them in and are diminished. Every simple soul is blessed, but a passionate man is not noble. May the one that hoards corn leave it for the nations, but blessing be on the head of one who shares. One who devises good things seeks good grace, one who seeks out wicked ones, they will seize him. One who trusts in wealth is the one who will fall, but one who helps the righteous is the one who will rise. One who does not deal graciously with their own household will inherit wind, but the senseless will serve the wise. From the fruit of justice grows a tree of life, but the souls of transgressors are cut off unripe. If the just is scarcely saved, where will the ungodly and the sinner appear? [12,1] One who loves instruction loves sense, but one who hates rebukes is a fool. Better one who has found grace from the Lord, but a man who is a

transgressor will be passed over in silence. A person will not succeed through transgression, but the roots of the righteous will not be pulled up. A courageous woman is a crown for her husband; but like a worm in wood, so a wife who does evil destroys her husband. The thoughts of the righteous are judgements, but the ungodly devise deceits. The words of the ungodly are deceitful, but the mouth of the upright will deliver them.

ON TUESDAY OF THE 4TH WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 6.

To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection.

Prokeimenon in the 8th Tone. Psalm 65.

Shout with joy to the Lord all the earth.

Verse: Bless our God you nations, and make the sound of His praise be heard.

The Reading is from the Prophecy of Isaias. [25,1-9]

Lord my God, I will glorify you, I will praise your name, for you have done wondrous deeds, an ancient and true counsel. So be it. Because you have made cities a heap, cities strong so that foundations should not fall. Let the city of the ungodly not be built for ever. Therefore the poor people will bless you, and cities of those who have been wronged will bless you; for you have become a helper to every humble city and a protection to those downhearted through want, you will deliver them from evil people, be a protection to the thirsty and a breath for people who have been wronged; as down-hearted people, thirsting in Sion, because of ungodly people, to whom you handed us over. And the Lord Sabaoth will make <a banquet> for all the nations on this Mountain. They will drink joy, they will drink wine, they will anoint themselves with myrrh. On this mountain hand on all these things to the nations, for this Counsel is upon all the nations. Death has been strong and swallowed down, and again the Lord has taken away every tear from every face. The shame of the people he has taken away from all the earth; for the mouth of the Lord has spoken this. And they will say in that day: See, the Lord our God, in whom we hoped and rejoiced, and he will save us. This is the Lord, we waited from him and we shall be glad, and we shall rejoice in his salvation.

Prokeimenon in the 6th Tone. Psalm 66.

May God, our God, bless us.

Verse: May God be merciful to us and bless us, and make His face shine upon us.

AT VESPERS

Prokeimenon in the 6th Tone. Psalm 67.

Sing to God, chant to His Name.

Verse: Make a way for Him who is mounted upon the west, the Lord is His name.

The Reading is from Genesis. [9,8-17]

The Lord God spoke to Noë and his sons with him and said, See, I am setting up my covenant with you and with your descendants after you and with every living soul with you, from birds and beasts, and with all the wild animals of the earth, as many as are with you from all those who came out of the ark; and I will establish my covenant with you, and all flesh shall not die from the water of the flood and there shall not again be a flood to destroy the whole earth. And the Lord God said to Noë, This is the sign of the covenant, the sign that I setting between me and you and between every living soul which is with you for eternal generations. I am placing my bow in the cloud and it will be a sign of covenant between me and the earth. And it shall be when I gather together the clouds upon the earth that my bow shall appear in the cloud. And I shall remember my covenant, which is between every living soul in all flesh, and there never again be water for a flood so as to wipe out all flesh. And my bow shall be in the cloud, and I shall see it to remember the eternal covenant between me and the earth and between every living soul in all flesh which is on the earth. And God said to Noë, This is the sign of the covenant which I have established between me and between all flesh which is upon the earth.

Prokeimenon in the 6th Tone. Psalm 68.

May God, my salvation, come to my aid.

Verse: Let the poor see and rejoice. Seek God and you will live.

The Reading is from Proverbs. [12,8-22]

The mouth of one with understanding is praised by a man, but the dull of heart is held in derision. Better a man in dishonour who is a slave to himself than one who surrounds himself with honour and lacks bread. A just man has pity on the souls of his beasts, but the bowels of the ungodly are without mercy. One who works his own land will be filled with bread, but those who pursue vanities lack sense. One whose pleasure is in banquets of wine will leave behind dishonour in his own strongholds. The desires of the ungodly are wicked, but the roots of the godly are strongly set. Through sin of the lips the sinner falls into snares, but the just escapes them. One who looks with gentleness will find mercy, but one who is contentious in the gates will afflict souls. From fruits of the mouth the soul of a man will be filled with blessings, but the recompense of his lips will be given him. The ways of fools are right in their own eyes, but the wise listen to advice. A fool announces his anger the same day, but a prudent man hides his own dishonour. The just declares open trust, but the witness of the unjust is deceitful. There are those who wound with a sword when they speak, but the tongues of the wise heal. True lips establish testimony, but a hasty witness has an unjust tongue. There is deceit in the heart of one who imagines wickedness, but those who wish for peace will rejoice. Nothing unjust pleases a just man, but the ungodly are filled with evils. Lying lips are an abomination to the Lord, but one who acts faithfully is accepted by him.

ON WEDNESDAY OF THE FOURTH WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 6.

To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection.

Prokeimenon in the 6th Tone. Psalm 69.

Let all who seek You, O God, rejoice and be glad in You.

Verse: O God, come to my help.

The Reading is from the Prophecy of Isaias. [26,21 & 27,1-9]

See, the Lord is bringing his wrath from the holy place upon those who dwell on the land, and the land will uncover its blood and will not cover those who are slain upon it. [27:1] On that day God will bring his holy, great and strong sword upon the dragon, the serpent that flees, upon the dragon, the crooked serpent, and he will destroy the dragon. On that day a fair vine, a desire to make a beginning concerning it. I am a strong city, a city besieged, in vain shall I water it; for it will be captured by night, while by day its wall shall fall. There is no woman who has not taken hold of it. Who will set me to guard a reed in a field? Because of this enemy I have set it aside. Therefore because of this the Lord has done all the things that he appointed. I have been burnt up, those who dwell in it will cry out, Let us make peace with him, let us make peace. Those who are coming are children of Jacob; Israel will sprout and blossom and the inhabited world will be filled with his fruit. Shall he be smitten as he himself smote, and as he himself destroyed shall he be destroyed? Fighting and reviling he will send them away. Are you not the one who meditated with a harsh spirit to destroy them with a spirit of rage? Therefore the iniquity of Jacob will be taken away and this will be his blessing when I have taken away his sin, when they have broken all the stones of the altars in pieces like fine dust; and their trees will not remain and their idols will be cut down like distant thicket.

Prokeimenon in the 6th Tone. Psalm 70.

In You, Lord, I have hoped; let me not be put to shame for ever.

Verse: In your righteousness deliver me and rescue me.

AT VESPERS

Evening Prokeimenon in the 4th Tone. Psalm 71.

Blessed is the Lord the God of Israel, Who alone works wonders.

Verse: O God, give Your judgement to the king and Your justice to the son of the king.

The Reading is from Genesis. [9,18-29 & 10,1]

These are the sons of Noë, who came out of the ark, Sem, Cham and Iapheth; Cham was the father of Canaan. These are the three sons of Noë; from these were men scattered over all the earth. And Noë began to be a farmer of the land, and he planted a vine; and he drank of the wine and became drunk and lay naked in his house. And Cham the father of Canaan saw the nakedness of his father and went out and told his two brothers outside. And Sem and Iapheth took a garment and put it on both their backs and walked backwards and covered up the nakedness of their father; and with their face backwards they did not see the nakedness of their father. But Noë awoke from the wine and realized what his younger son had done and he said, Canaan is accursed; he shall be a servant boy to his brothers. And he said, 'Blessed is Sem, and Canaan shall be his servant boy. May God broaden Iapheth, and may he dwell in the houses of Sem and let Canaan be his servant'. Noë lived three hundred and fifty years after the flood. And all the days of Noë were nine hundred and fifty years, and he died. [10:1] These are the generations of the sons of Noë: Sem, Cham and Iapheth, and sons were born to them after the flood.

Prokeimenon in the 4th Tone. Psalm 72.

It is good for me to cling to God; to place my hope in the Lord.

Verse: How good God is to Israel, to those who are upright in heart.

The Reading is from Proverbs. [12,23-28 & 13,1-9]

A man of understanding is a throne of perception, but the heart of fools will encounter curses. The hand of chosen ones will easily obtain might, but the deceitful will be for prey. A fearful word troubles the heart of the just, but a good message makes him glad. A just arbitrator will be his own friend, but the opinions of the ungodly are unfair. Evils will pursue those who sin, while the way of the ungodly will lead them astray. The deceitful will catch no wild game, but a pure man is a precious possession. In ways of righteousness is life, but ways of those who remember wrongs lead to death. [13:1] A clever son is obedient to his father, but a disobedient son is for destruction. The good eats from the fruits of justice, but the souls of transgressors perish unripe. One who guards his mouth will preserve his own soul, but one that has hasty lips will terrify himself. Every idle person lives in desires, but the hands of the brave are diligent. The just hates an unjust word, but the ungodly is put to shame and will not have boldness to speak. Justice guards the innocent, while sin makes the impious worthless. There are those who enrich themselves, though they have nothing, and there are those who humble themselves amid great wealth. His own wealth is a ransom of a man's life, but the poor does not undergo threatening. There is always light for the just, but light is quenched for the ungodly. Deceitful souls go astray in sins, but the just show pity and mercy.

ON THURSDAY OF THE 4TH WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 6.

To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection.

Prokeimenon in the 4th Tone. Psalm 73.

God is our King before the ages. He has worked salvation in the midst of the earth.

Verse: Why, O God, have You finally rejected us? Why has Your anger been enraged against the sheep of Your pasture?

The Reading is from the Prophecy of Isaias. [28,14-22]

Thus says the Lord: Hear the word of the Lord, you afflicted men and you rulers of this people which is in Jerusalem. Because you said, 'We have made a covenant with Hell and agreements with Death. If a raging storm passes by, it will not come upon us. We have made falsehood our hope, and we will be sheltered by falsehood', therefore thus says the Lord, the Lord. See, I am laying for the foundations of Sion a costly Stone, chosen, a corner-stone, precious for its foundations. And one who believes in it will not be put to shame. And I will set judgement for hope, but my compassion for balances. And those that trust vainly in falsehood, because the storm will not pass you by. And will it not remove your covenant of death? And hope you have in Hell will in no way remain. If a raging storm comes against you, you will be like a pavement for it. When it passes by, it will take you, because morning by morning it will pass by day, and in the night there will be an evil hope. Learn to hear, you the distressed; we cannot fight, while we are too weak for us to be gathered. The will raise you up like a mountain of the ungodly, and he will be in the valley of Gabaon. With fury he will do his works, a work of bitterness. While his wrath will do what is unheard of, and its bitterness will be unheard of. And do rejoice nor let your bonds be strong, because I have heard from the Lord Sabaoth things accomplished and cut short, which he will do over the whole earth.

Prokeimenon in the 4th Tone. Psalm 74.

But I will rejoice for ever; I will chant to the God of Jacob.

Verse: We will give you thanks, O God. We will give you thanks and call upon your name, and I will recount all your wonders.

AT VESPERS

Evening Prokeimenon in the 4th Tone. Psalm 75.

Make your vows to the Lord, and pay them.

Verse: God is known in Judea; His name is great in Israel.

The Reading is from Genesis. [10,32 & 11,1-9]

These are tribes of the sons of Noë according to their generations, according to their nations. From these the islands of the nations were scattered on the earth after the flood. [11,1] And the whole earth was of one tongue and one language. And it came to pass as they moved from the east that they found a plain in the land of Senaar and they dwelt there. And they said to one another, 'Come, let us make bricks and bake them in fire'. And brick became as stone for them, and bitumen as mortar. And they said, 'Come, let us build ourselves a city and a tower, whose top will reach to haven, and let us make a name for ourselves before we are scattered over the face of the whole earth. And the Lord God came down to see the city and the tower which the children of men had built. And the Lord said, 'See, they are all one race and one tongue, and they have begun to do this, and now nothing of all that they want to do will fail. Come, let us go down and confound their speech there, so that each one may not understand their neighbour's language.' And the Lord God scattered them from there over the face of the whole earth. And they stopped building the city and the tower. And so its name was called 'Confusion', because it was there that the Lord God confounded the tongues of the whole earth, and it was from there that the Lord God scattered them over the face of the whole earth.

Prokeimenon in the 7th Tone. Psalm 76.

I called to the Lord with my voice and He heard me.

Verse: In the day of my trouble I sought the Lord.

The Reading is from Proverbs. [13,19-25 & 14,1-6]

The desires of the godly delight the soul, but the works of the ungodly are far from knowledge. One who walks with the wise will be wise, but one who walks with fools will be known. Evils will pursue those who sin, but good things will overtake the just. A good man will inherit children's children, but the wealth of the ungodly will be laid up for the just. The just will spend many years in wealth, but the unjust will perish suddenly. One who spares his own rod hates his own child, but one who loves chastens it with care. A just person eats and satisfies their soul, but the souls of the ungodly are in want. [14,1] Wise women build houses, but the foolish one razes them to the ground with her own hands. One who walks uprightly fears the Lord, but one who is crooked in his ways will be dishonoured. From the mouth of fools comes a rod of pride, but the lips of the wise will guard them. Where there are no oxen, the mangers are clean; but where there is much produce, the strength of the ox is manifest. A faithful witness will not lie, but an unjust witness kindles lies. You will look for wisdom from the wicked and not find it, but from the prudent knowledge is easy.

ON FRIDAY OF THE FOURTH WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 6.

To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection.

Prokeimenon in the 6th Tone. Psalm 77.

He is compassionate and forgives their sins, and will not destroy them.

Verse: Give heed to my law, my people; incline your ear to the words of my mouth.

The Reading is from the Prophecy of Isaias. [29,13-23]

Thus says the Lord, This people draws near me with their mouth and honour me with their lips, but their heart is far away from me, and in vain they honour me, teaching the commands and teachings of men. Therefore, behold, I will proceed to remove this people, and I will remove them and I will destroy the wisdom of the wise and conceal the understanding of those who understand. Woe to those who make their counsel deep and not by the Lord. Woe to those who make their counsel in secret, whose deeds are in the dark, and who will say, 'Who has seen us? Who will know us, or what we do?' Will you not be reckoned as potter's clay? Will what is fashioned say to the one who fashions it, 'You did not fashion me'? Or the thing made should say to its maker, 'You did not make me wisely'? Is it not yet a little while and Lebanon shall be changed like the mountain of Chermel, and Chermel be reckoned as a forest? In that day the deaf will hear the words of a book, and those in darkness and the eyes of the blind in the mist will see. The poor will rejoice with gladness because of the Lord, and those without hope among men will be filled with gladness. The lawless has failed and the proud has perished and those who transgress wickedly have been destroyed and those who make people sin by word, and they will make those who reprove in the gates a stumbling block, because they have unjustly perverted the just. Therefore thus says the Lord concerning the house of Jacob, whom he set apart out of Abraham, 'Jacob will not now be ashamed, nor will Israel change his countenance. But when their children see my works, for my sake they will hallow my name and hallow the Holy One of Jacob and fear the God of Israel.

Prokeimenon in the 5th Tone. Psalm 78.

Help us, O God our Saviour for the glory of Your name.

Verse: O God, the nations have entered Your inheritance, defiled Your holy temple, made Jerusalem a garden shed.

Today too the veneration of Cross takes place after the dismissal of the Hours, exactly as on Sunday. Then the Precious Cross is removed.

AT VESPERS

Prokeimenon in the 4th Tone. Psalm 79.

You who are seated upon the Cherubim, manifest Yourself.

Verse: Shepherd of Israel, attend, you who guide Joseph like a sheep.

The Reading is from Genesis. [12,1-7]

The Lord said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. And I will make you a great nation, and I will bless you, and make your name great, and you will be blessed. I will bless those who bless you, and those who curse you I will curse; and in you all the tribes of the earth will be blessed.' So Abram went, as the Lord God had told him; and Lot went with him. Abram was seventy-five years old when he departed from Charan. And Abram took Sara his wife, and Lot his brother's son, and all their possessions which they had gathered, and every person that they had gathered in Charan; and they set out to go to the land of Canaan. And Abram journeyed through the length of the land to the place at Shechem, to the high oak. At that time the Canaanites inhabited the land. And the Lord appeared to Abram, and said to him, 'To your descendants I will give this land.' So he built there an altar to the Lord, who had appeared to him.

Prokeimenon in the 2nd Tone. Psalm 80.

Rejoice in God our helper; shout with joy to the God of Jacob.

Verse: Take a psalm and sound the timbrel, a pleasant psaltery with a harp.

The Reading is from Proverbs. [14,15-26]

The simple believes every word, but the prudent goes to repentance. The wise fears and has turned away from evil, but the fool trusting in himself mixes with the ungodly. A person of quick temper acts thoughtlessly, but a prudent one bears many things. Fools will have wickedness as their portion, but the prudent will take hold of understanding. The evil will bow before the good, the impious will serve at the gates of the just. Friends will hate poor friends, but the rich has many friends. One who dishonours paupers commits sin, but one who has mercy on the poor is blessed. Those who go astray devise evils, but the good devise mercy and truth. Devisers of evils do not know mercy, but acts of mercy and faithfulness are with the devisers of good. With everyone who cares there is abundance, but the pleasure seeker and the callous will be in want. The crown of the wise is their wealth, but occupation of fools is wicked. A faithful witness will deliver a soul from evils, but a trickster kindles lies. In the fear of the Lord is hope of strength, while he leaves to his children a support of peace.

And the rest of the Liturgy of the Presanctified.

ON MONDAY OF THE FIFTH WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 3.

Because our iniquities have risen up against us, arise, Lord, help us; for You are our Father, and we know no other but You.

Prokeimenon in the 8th Tone. Psalm 83.

Your altars, O Lord of powers, my King and my God.

Verse: How beloved are your dwellings, O Lord of powers!

The Reading is from the Prophecy of Isaias. [37,33-38 & 38,1-6]

Thus says the Lord concerning the king of Assyria: He shall not enter this city, nor shoot an arrow against it, nor come before it with a shield, nor cast up a siege ramp against it. But by the way that he came, by the same he shall return; and he shall not enter this city. Thus says the Lord: For I will defend this city to save it, for my own sake and for the sake of my servant David. Then an Angel of the Lord went out and struck down one hundred and eighty-five thousand in the camp of the Assyrians. When morning dawned, they were all dead. Then King Senachereim of Assyria turned and departed, and dwelt in Nineve. As he was worshipping in the house of his tutelary god Nasarach, his sons Adramelech and Sarasar struck him down with swords, and escaped into the land of Armenia. His son Asordan succeeded him. [38,1] It came to pass at that time that Ezekias became sick and was at the point of death. And the prophet Isaias, son of Amos, came to him, and said to him, 'Thus says the Lord: Set your house in order, for you shall die. You will not live.' Then Ezekias turned his face to the wall, and prayed to the Lord, saying, 'Remember, Lord, how I have walked before you in truth with a true heart, and have done what is pleasing in your sight'. And Ezekias wept bitterly. Then the word of the Lord came to Isaias: Go and say to Ezekias, 'Thus says the Lord, the God of your father David: I have heard your prayer, and I have seen your tears. See, I am adding fifteen years to your time. I will deliver you and this city out of the hand of the king of Assyria, and defend this city.'

Prokeimenon in the 8th Tone. Psalm 84.

Lord, show us Your mercy, and grant us Your salvation.

Verse: You were well pleased with Your land, O Lord, You turned away the captivity of Jacob.

AT VESPERS

Prokeimenon in the 4th Tone. Psalm 85.

Guide me, Lord, in Your way, and I shall walk in Your truth.

Verse: Incline Your ear, O Lord, and hear me.

The Reading is from Genesis. [13,12-18]

Abram settled in the land of Canaan, while Lot settled in a city of the people of the region and dwelt in Sodom. Now the people of Sodom were evil, great sinners before God. God said to Abram after Lot had separated from him, Raise your eyes, and look from the place where you are now, northward and southward and eastward and seaward; for all the land that you see I will give to you and to your offspring for ever. I will make your offspring like the sand of the earth. If anyone can count the sand of the earth, your offspring will also be counted. Rise up, walk through the length and the breadth of the land, for I will give it to you and to your seed for ever. So Abram moved his tent, and came and settled by the oak of Mambre, which was at Hebron; and there he built an altar to the Lord.

Prokeimenon in the 4th Tone. Psalm 86.

The Lord loves the gates of Sion more than all the tabernacles of Jacob.

Verse: His foundations are in the holy mountains.

The Reading is from Proverbs. [14,27-35 & 15,1-4]

The fear of the Lord is a fountain of life, it makes one avoid the snares of death. The glory of a king is a multitude of people; without people a prince is ruined. One who is long suffering has great understanding, but one who has a hasty temper is mightily senseless. One whose spirit is meek is a physician of the heart, but a sensitive heart makes the bones rot. Those who oppress the poor insult their Maker, but those who honour him take pity on the needy. The ungodly will be driven away by their evil-doing, but one who trusts in his own integrity is righteous. Wisdom takes her rest in the good heart of a man, but it is not known in the heart of fools. Righteousness exalts a nation, but sins diminish tribes. An understanding servant has the king's favour, while by his good behaviour he removes disgrace. [15,1] Anger slays even wise men, but a submissive answer turns away wrath, while a grievous word stirs up anger. The tongue of the wise knows what is good, but the mouth of fools declares wickedness. The eyes of the Lord in every place keep watch on the wicked and the good. A tongue which heals is a tree of life, and one who watches over it will be filled with spirit.

ON TUESDAY OF THE FIFTH WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 3.

The God of Jacob is our helper and our defender in a day of trouble.

Prokeimenon in the 6th Tone. Psalm 87.

I am poor and in toils since my youth.

Verse: Lord God of my salvation I have cried to You by day.

The Reading is from the Prophecy of Isaias. [40,18-31]

Thus says the Lord: To what have you likened the Lord, and to what likeness have you likened him? Has the craftsman not made an image, or the goldsmith melted gold, gilded it over and made it a likeness? For the craftsman chooses wood that will not rot and wisely seeks how he will set up his image so that it may not be shaken. Will you not know? Will you not hear? Was it not declared to you from the beginning? Have you not known the foundations of the earth? The one who hold fast the circle of the earth and those who dwell on it are like locusts. The one who set up the heaven like a chamber and stretched it out like a tent to dwell in. The one who appoints rulers to rule as nothing, who made the earth as nothing. For they shall not plant, nor shall they sow, nor shall their root take root into the earth. He blew on them and they withered, and a squall will take them like sticks. Now therefore to what have you likened me and I shall be exalted? said the Holy One. Lift up your eyes to the height and see, who has displayed all these things? He who brings forth his array by number will call them all by name. From his great glory and by the might of his strength nothing has escaped you. For do not say, Jacob, and why have you spoken, Israel: My way has been concealed from God, and my God has taken away judgement and has departed? And now, have you not known if you have not heard? The eternal God, the God who formed the extremities of the earth, will not hunger nor toil, nor is there any searching of his understanding. He gives strength to the hungry and grief to those who are not suffering. For the young will hunger and youths will toil and the chosen will be without strength. But those who wait on God will renew their strength.

Prokeimenon in the 6th Tone. Psalm 88.

The heavens will declare Your wonders, and Your truth in the church of the saints.

Verse: I will sing of Your mercies, Lord, to generation and generation.

AT VESPERS

Prokeimenon in the 4th Tone. Psalm 89.

Lord, You have been our refuge from generation to generation.

Verse: And let the brightness of the Lord our God be upon us, and direct the works of our hands.

The Reading is from Genesis. [15,1-15]

And the word of the Lord came to Abram in a vision saying, 'Fear not, Abram, I am shielding you. Your reward will be exceedingly great.' But Abram said, 'Master, Lord, what will you give me? I am departing childless, while the son of Masek my home-born female slave, this Eliezer of Damascus <will inherit>'. And Abram said, 'Since you have given me no seed my home-born slave will inherit from me.' And the voice of the Lord came to him immediately, saying, 'He will not inherit, but one who will come forth from you, he will inherit from you'. And he led him outside and said to him, 'Look up to heaven and count the stars, if you can count them up'. And he said, 'So shall your seed be'. And Abram believed God and it was reckoned to him for righteousness. And he said to him, 'I am God who brought you out of the land of the Chaldeans so as to give you this land as your inheritance.' But he said, 'Master Lord, how will I know that I will inherit it?' And he said to him, 'Take me a three year old heifer and a three year old she-goat and a three year old ram and a dove and a pigeon.' He took all these and split them down the middle and set them opposite one another, but the birds he did not split. But birds came down on the divided parts and Abram sat with them. About sunset a trance fell on Abram, and behold, a great darkness fell on him, and it was said to Abram, 'You will surely know that your seed will be a sojourner in a land not their own, and they will enslave them and ill treat them and humiliate them for four hundred years. But the nation whom ever they will be slave to I will judge. But after these things they will come out here with much baggage. But you will go to your fathers in peace, nourished in a good old age.'

Prokeimenon in the 5th Tone. Psalm 90.

He who dwells in the help of the Most High, will encamp under the protection of the God of heaven.

Verse: He will say to the Lord: You are my helper and my refuge; my God and I will trust in Him.

The Reading is from Proverbs. [15,7-19]

The lips of the wise are bound by discretion, but the hearts of fools are not safe. The sacrifices of the ungodly are an abomination to the Lord, but the prayers of the upright are acceptable with him. An abomination to the Lord are the ways of

the ungodly, but he loves those who pursue righteousness. The instruction of the innocent is known by those who pass by, but those who hate reproofs come to their end disgracefully. Hell and destruction are manifest to the Lord, how then shall not human hearts be also? An uninstructed person will not love those who rebuke him, but he will not converse with the wise. When the heart is glad the face is cheerful, but when it is in sorrows the face is sad. An upright heart seeks discretion, but the mouth of the uninstructed will know evils. The eyes of the evil look for evils all the time, but the good are always still. Better a small portion with fear of the Lord, than great treasures with no fear. Better entertainment of vegetables with friendship and grace than a spread of calves with enmity. An irate person prepares fights, but a long suffering one calms even a fight that is imminent. A long suffering person extinguishes quarrels, but an ungodly one rather stirs them up. The ways of the idle are strewn with thorns, but those of the hardworking are smoothed.

ON WEDNESDAY OF THE 5TH WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 1.

Be entreated by the sufferings which the Saints endure for You, O Lord; and we beg You to heal all our pains, O Lover of mankind.

Prokeimenon in the 4th Tone. Psalm 91.

It is good to give thanks to the Lord, and to sing to Your name, O Most High.

Verse: To declare your love in the morning, and your truth every day.

The Reading is from the Prophecy of Isaias. [41,4-14]

Thus says the Lord: I am first and for what is to come I am. The nations saw and were afraid, the ends of the earth drew near and came together, each one judging to help his neighbour and his brother, and he will say, 'The craftsman has become strong and the bronze smith striking with the hammer and forging'. Then he will say, 'It is a good join and they have fastened them with nails, they will fix them and they will not be moved'. You are my servant, I have chosen you and I have not abandoned you. Do not be afraid, for I am with you. Do not go astray, for I am your God who gives you strength and I have helped you and made you safe with my just right hand. See, all those who oppose you will be put to shame and turned back, for they will be as though they did not exist and all your opponents will perish. You will look for them and not find those who rage like drunkards against you, for those who make war on you will be as though they did not exist and they will not be. Because I am your God who gives might to your right hand and who says to you: Do not be afraid Jacob, Israel few in number. I have helped you, Israel, I the God who rescues you.

Prokeimenon in the 4th Tone. Psalm 92.

The Lord is king, He has robed Himself in majesty.

Verse: The Lord has robed and girded Himself with power.

AT VESPERS

Prokeimenon in the 4th Tone. Psalm 93.

The Lord is a God of vengeance, the God of vengeance has spoken boldly.

Verse: Be exalted, you who judge the earth, give the proud their due reward.

The Reading is from Genesis. [17,1-9]

When Abram was ninety nine years old the Lord appeared to him and said, 'I am your God; be well-pleasing before me and be blameless, and I will establish my

covenant between me and you and I will multiply you greatly.’ And Abram fell on his face and God spoke to him saying, ‘See, my covenant is with you, and you will be the father of many nations. And your name will no longer be called Abram, but your name will be Abraham, because I have made you the father of many nations. And I will increase you greatly and I will make nations from you and kings will come forth from you. And I will set my covenant between you and your seed after you to all generations for an eternal covenant, for me to be your God and that of your seed after you. And I will give you and your seed the land on which you are dwelling, all the land of Canaan for an everlasting possession, and I shall be God for them’. And God said to Abraham, ‘You are to keep my covenant, you and your seed after to all their generations.’

Prokeimenon in the 6th Tone. Psalm 95.

Sing to the Lord a new song, sing to the Lord all the earth.

Verse: Sing to the Lord, bless His name; day after day proclaim His salvation.

The Reading is from Proverbs. [15,20-34 & 16,3-9]

A wise son gives his father joy, but a foolish son sneers at his mother. The paths of the senseless lack intelligence, but a prudent man walks straight. Those who do not honour councils postpone thoughts, but counsel dwells in the hearts of those who take counsel. The wicked will in no way obey it, nor will he say anything appropriate or for the common good. The thoughts of the wise are ways of life, that turning aside he may be saved from Hell. The Lord pulls down the houses of scorners, but establishes the border of widows. An unjust thought is an abomination to the Lord, but the sayings of the pure are revered. One who receives bribes destroys himself, but the person who hates to take bribes will be saved. Sins are purged away by almsgiving and faithful dealings, but by fear of the Lord everyone turns from evil. The hearts of the righteous meditate faithfulness, but the mouth of the ungodly gives wicked answers. The ways of just men are acceptable to the Lord, while through them even enemies become friends. God goes far away from the ungodly, but hearkens to prayers of the just. Better a small income with justice than large receipts with injustice. Let the heart of a man consider what is just, that his steps may be set right by God. An eye that sees rightly rejoices the heart, while a good reputation fattens the bones. One who rejects instruction hates himself, but one who guards reproofs loves his own soul. Fear of God is instruction and wisdom, and the beginning of glory will answer it. All the works of the humble are manifest with God, while the ungodly will perish in an evil day. Everyone who is proud hearted is unclean with God, and one who strikes hands with hand will not be held guiltless. The beginning of a good way is to do what is just, it is more acceptable to the Lord than sacrificing sacrifices. One who seeks the Lord will find knowledge with justice, while those who seek him rightly will find peace. All the works of the Lord are done with justice, but the ungodly is kept for an evil day.

And the rest of the Presanctified Liturgy. In the Refectory we take wine. We sing Compline in our cells.

ON THURSDAY OF THE 5TH WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 8.

Compassionate and long suffering Almighty Lord, send down Your mercy on Your people.

Prokeimenon in the 8th Tone. Psalm 96.

The Lord is king, let the earth be glad.

Verse: Let all His Angels worship Him.

The Reading is from the Prophecy of Isaias. [42,5-16]

Thus says the Lord, who made the heaven and fixed it, who established the earth and the things in it and who gives breath to the people upon it and spirit to those who tread it. I the Lord God called you in righteousness and I will take your hand and give you strength and I have given you as a covenant of a race, for a light of nations to open the eyes of the blind to lead out those who have been bound and those who sit on darkness from prison. I am the Lord God, this is my name; I will not give my glory to another nor my virtues to carved idols. See, the things from the beginning have come, and new things, which I am declaring, and which have been shown us before they are declared. Sing to the Lord a new hymn you his dominion; glorify his Name from the extremity of the earth, you who go down to the sea and sail it, you islands and you who inhabit them. Let the wilderness be glad and its villages, its hamlets and the inhabitants of Kedar. Those who inhabit the rock will rejoice, from the peaks of the mountains they will shout; they will give glory to God, they will declare his virtues to the islands. The Lord God of powers will come forth and crush war, he will rouse zeal and cry out against his enemies with strength. I have kept silent, shall I also keep be silent always and forbear I have endured like a woman in childbirth, I will amaze and wither at the same time. I will make mountains and hills and all their grass wither. I will make rivers into islands and dry up pools. And I will bring the blind by a way that they did not know, and I will make them tread paths of which they had no knowledge. I will turn darkness into light for them and their crooked places into straight. I will do these things and I will not desert them.

Prokeimenon in the 6th Tone. Psalm 97.

Sing to the Lord a new song, for the Lord has done wondrous things.

Verse: Shout with joy to God all the earth, sing and rejoice and chant.

AT VESPERS

Evening Prokeimenon in the 7th Tone. Psalm 98.

Exalt the Lord our God, and worship at His footstool, for He is holy.

Verse: The Lord is king, let the peoples rage; He is seated on the Cherubim, let the earth be shaken.

The Reading is from Genesis. [18,20-33]

The Lord said, 'The cry of Sodom and Gomorra has been increased before me, and their sins are exceedingly great. Therefore I will go down and see if they completely correspond to their cry which comes to me, but if not, that I may know it.' And the men turned away from there and came to Sodom. But Abraham was still standing before the Lord. And coming near Abraham said, 'Will you destroy the just with the godless and shall the just be as the godless? If there are fifty just in the city will you destroy them? Will you not spare the whole place for the sake of fifty just, if there are in it? By no means should you act in this way, to slay the just like the ungodly. By no means. You judge the whole earth, will you not act with judgement?' The Lord said, 'If there are fifty just in the city of Sodom I will spare the whole city and the whole place for their sake.' And Abraham answered and said, 'Now I have begun to speak to my Lord, I who am but earth and ashes. If there should be less than fifty just, but forty five, will you destroy the whole city for the sake of those five?' And he said, 'I will not destroy it if I find there forty five.' And he continued to speak to him and said, 'But if there are found there forty?' And he said, 'I will not destroy for the sake of the forty.' And he said, 'Will there be anything if I speak? If thirty are found there?' And he said, 'I will not destroy for the sake of the thirty'. And he said, 'Since I am able to speak to the Lord; if there be found there twenty?' And he said, 'I will not destroy if I find twenty there.' And he said, 'Will there be anything, Lord, if I speak yet once more. If ten be found there?' And he said, 'I will not destroy for the sake of ten.' Then the Lord departed when he had ceased speaking to Abraham. And Abraham returned to his place.

Prokeimenon in the 6th Tone. Psalm 99.

Shout with joy to the Lord all the earth.

Verse: Serve the Lord with gladness, enter His presence with joy.

The Reading is from Proverbs. [16,17-33 & 17,1-17]

One who accepts instruction will be among good things, while one who guards reproofs will be made wise. One who guards his own ways will preserve his own soul, while one who loves his life will spare his mouth. Pride goes before destruction, folly before a fall. Better one who is meek spirited with humility

than one who shares out spoils with scorners. One who has understanding in affairs will be a discoverer of good things, while one who trusts in God is blessed. People call the wise and understanding worthless, but they who are sweet in word will hear more. Understanding is a source of life to its possessors, but the instruction of fools is evil. The heart of the wise will discern things from his own mouth, while on his lips he will wear knowledge. Good words are honeycombs, its sweetness a healing of the soul. There are ways that seem right to a man, their ends however look on the depth of Hell. A man in labours labours for himself and forces out his own ruin, the perverse however wears ruin on his own mouth. A foolish man digs evils for himself, treasures up fire on his own lips. A perverse man spreads evils and will light a torch of guile with evils and he parts friends. A lawless man puts friends to the test and leads them by ways that are not good. One who fixes his eyes thinks on perverse things, while his lips define all evils. Such a one is a furnace of wickedness. Old age is a crown to boast of, it is found in ways of righteousness. Better a long suffering man than a strong one, one who governs his temper than one who captures a city. Everything comes into the lap of the unjust, everything that is just from the Lord. [17,1] Better a crust with peace than a house full of many good things and unjust sacrifices with conflict. A wise servant will hold sway over foolish masters, and will share portions among brothers. As silver and gold are tested in a furnace so are chosen hearts with the Lord. The wicked obeys the tongue of transgressors, but the just does not attend to lying lips. One who laughs at the poor provokes the one who made him, while one who rejoices at one who is destroyed will not be guiltless, but one who has pity will find mercy. Children's children are a crown for the old, while their fathers are the children's boast. The faithful has the whole world of money, but the unfaithful has not a farthing. Faithful lips will not suit a fool, nor lying lips the righteous. For those who use it instruction is a reward of graces, while wherever it turns it will prosper. One who conceals injustices seeks friendship; but one who hates to conceal them will separates friends and kinsfolk. A threat crushes the heart of the prudent, but a fool when flogged feels nothing. Every wicked person stirs up strife, but the Lord will send out against him a merciless messenger [Or 'angel']. Care will befall a man of sense, but fools will discuss evil things. Whoever rewards evils for good things, evils will not be removed from his house. A rule of justice gives authority to words, but conflict and strife precede want. One who judges the unjust to be just, but the just to be unjust is unclean and abominable to God. Why does the fool have money? For the senseless is unable to purchase wisdom. One who makes his house high is seeking ruin, while one who neglects to learn will fall into evils. At every moment have a friend, and let brothers be useful in times of need.

And the rest of the Office of the Liturgy of the Presanctified, at which we take communion of the holy Mysteries of Christ. Note that if the Annunciation falls on this day the Office of the Great Canon is anticipated to Tuesday, that is Monday evening, but the Feast is not transferred.

ON FRIDAY OF THE 5TH WEEK

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 5.

You are greatly to be praised Christ our God, Who shake the earth to make those who dwell in it turn back and be saved, and You establish it again through Your own loving kindness and ineffable compassion. At the prayers of the Mother of God have mercy on us.

Prokeimenon in the 6th Tone. Psalm 100.

I will sing to you, O Lord, of mercy and judgement.

Verse: I will chant and be wise on a blameless way.

The Reading is from the Prophecy of Isaias. [45,11-17]

Thus says the Lord God, the Holy One of Israel who made the things that are to come: Ask me about my sons and about my daughters, and about the works of my hands command me. I made the earth and mankind upon it; I with my hand established the heaven, I gave commandment to all the stars. I raised him up with righteousness to be king, and all his ways are upright. He will build my city and turn back the captivity of my people not with ransoms nor with gifts, says the Lord Sabaoth. Thus says the Lord: Egypt has toiled and the merchandise of the Ethiopians, and the Sabeans, lofty men, will pass over to you and will do reverence to you and make their prayer by you; because God is in you and there is no God beside you. For you are God and we did not know, the God of Israel, the Saviour. All those who oppose him will be put to shame and will walk in shame. Keep a feast of dedication to me you islands. Israel is being saved by the Lord with an eternal salvation; they will not be put to shame nor will they be turned back again for ever, says the Lord Almighty.

Prokeimenon in the 4th Tone. Psalm 101.

Lord, hearken to my prayer, and let my cry come to You.

Verse: Do not turn your face from me; in the day I am afflicted incline Your ear to me; in the day when I call upon You hearken to me speedily.

AT VESPERS

Evening Prokeimenon in the 4th Tone. Psalm 102.

The Lord is compassionate and merciful, long suffering and of great mercy.

Verse: Bless the Lord, O my soul, and all that is within me bless His holy Name.

The Reading is from Genesis. [22,1-18]

It came to pass after these things that God tested Abraham and said to him, 'Abraham, Abraham.' He said, 'Here I am.' And he said, 'Take your son, your beloved, whom you love, Isaac, and go to the high land and offer him there as a whole burnt offering on one of the mountains which I will tell you.' But Abraham arose in the morning and saddled his ass. He took with him two lads and Isaac his son and having split wood for a whole burnt offering he arose and went and came to the place of which God had spoken to him on the third day. And Abraham lifted up his eyes and saw the place from afar. And Abraham said to his lads, 'Sit here with the ass while I and the lad will go over there and when we have worshipped we will return to you.' Abraham took the wood for the whole burnt offering and put it on Isaac his son, while he took in his hands both the fire and the knife, and they went the two of them together. Isaac said to his father Abraham, 'Father.' He said, 'What is it, child?' He said, 'See, here are fire and wood. Where is the sheep for the whole burnt offering?' Abraham said, 'God will see for himself to a sheep for the whole burnt offering, child.' They went both of them together and came to the place of which God had told him. And there Abraham built the altar and put the wood on it and he bound his son Isaac and put him on the altar on top of the wood. And Abraham stretched out his hand to take the knife to slay his son. And the Angel of the Lord called him from heaven and said, 'Abraham, Abraham.' But he said, 'Here I am.' And he said, 'Do not lay your hand on the child nor do anything to him, for now I know that you fear God and you have not spared your beloved son for my sake.' And raising his eyes Abraham saw and see, a ram caught in a Sabek plant by the horns. And Abraham went and took the ram and offered it as a whole burnt offering instead of his son Isaac. And Abraham called the name of the place The Lord saw, so that they say today, on the mountain the Lord appeared. And the Angel of the Lord called Abraham a second time from heaven saying, 'By myself I have sworn, says the Lord, because you have done this thing and have not spared your beloved son for my sake, multiplying I will multiply you your seed like all the stars of heaven and like the sand which is beside the edge of the sea; and your seed will inherit the cities of their opponents. And in your seed all the nations of the earth will be blessed, in return for your obeying my voice.'

Prokeimenon in the 4th Tone. Psalm 103.

How wondrous are Your works, O Lord. In wisdom You have made them all.

Verse: Bless the Lord, O my soul. Lord my God, You are greatly magnified, You have clothed yourself with praise and majesty.

The Reading is from Proverbs. [17,17b-28 & 18,1-5]

Let brothers be useful in time of need, for this they are born. A foolish man claps and rejoices at himself, like one who stands surety for his own friends. One who loves sin rejoices at conflicts, while the hard-hearted does not meet with the good. A man of changing tongue will fall into evils, while a foolish heart is a pain for the one who possesses it. A father is not made glad by a son without instruction, but a prudent son makes his mother glad. A glad heart creates good health, but the bones of a sorrowful man dry up. The ways of one who takes gifts in his bosom unjustly do not prosper, while the ungodly perverts ways of righteousness. The face of a wise man is intelligent, but the eyes of the fool go to the extremities of the earth. A foolish son is anger for his father and a grief for her who gave him birth. To punish a just man is not good, nor is it holy to plot against just princes. One who forbears to utter a harsh word is discreet, while a long suffering man is discreet. Wisdom will be imputed to a fool who asks for wisdom, while one who holds his peace will seem to be prudent. [18,1] A man who wishes to be parted from friends seeks excuses, but at every moment he will be subject to reproach. One who lacks sense has no need of wisdom, rather he is led by folly. Whenever the ungodly comes into a depth of evils he despises them, but dishonour and reproach come upon him. A word in a man's heart is deep water, while a river and a source of life well up. It is not good to marvel at the face of the ungodly, nor holy to pervert what is just in giving judgement.

And the rest of the Office of the Presanctified. At Compline we sing the Canon for the dead of the prevailing Tone and likewise that of the Saint of the day in the Menaion.

ON MONDAY BEFORE PALM SUNDAY

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 6.

This is the fearful day, O God, whose the evening we did not hope to reach; yet in Your love for mankind You have counted us worthy to see it. Thrice-Holy One, glory to You!

Prokeimenon in the 6th Tone. Psalm 104.

Let the heart of those who seek the Lord be glad.

Verse: Give thanks to the Lord, and call upon His Name.

The Reading is from the Prophecy of Isaias. [48,17-22 & 49,1-4]

Thus says the Lord, who delivered you, the Holy One of Israel: I am your God, I have shown how to find the way by which you should go. And if you had listened to my commandments, your peace would have been like a river, and your justice like the waves of the sea; your progeny would have been like the sand, and offspring of your womb like the dust of the earth; now you would never be cut off or your name destroyed from before me. Go forth from Babylon, as you flee from the Chaldeans; declare this with a shout of joy, let this be heard; proclaim it to the end of the earth; say, 'The Lord has delivered his servant Jacob!' And if they thirst, he will bring them through the desert; he will bring water out of the rock for them; the rock will be split open and water will gush out, and my people will drink. There is no joy, says the Lord, for the ungodly. [49,1] Listen to me, you islands, and attend, you nations. For a long time he will stand, says the Lord. He called my name from my mother's womb and made my mouth like a sharp sword and hid me in the shadow of his hand; he made me like a chosen arrow, he hid me in his quiver. And he said to me, 'You are my servant, Israel, and in you I will be glorified.' But I said, 'I have laboured in vain, I have given my strength for nothing and for futility; therefore my judgement is from the Lord, and my toil before my God.'

Prokeimenon in the 6th Tone. Psalm 105.

Blessed is the Lord, the God of Israel from age to age.

Verse: Give thanks to the Lord for he is good, for his mercy is for ever.

AT VESPERS

Prokeimenon in the 3rd Tone. Psalm 106.

Give thanks to the Lord for He is good, for His mercy endures forever.

Verse: Let the redeemed of the Lord say it, whom He redeemed from the hand of the foe.

The Reading is from Genesis. [27,1-41]

It came to pass that when Isaac was old and his eyes had become dim so that he could not see, he called Esau his elder son, and said to him, 'My son'; and he answered, 'Here I am.' He said, 'See, I have grown old and I do not know the day of my death. Now then, take your equipment, your quiver and your bow, and go out to the field, and hunt game for me, and prepare for me savoury food, such as I love, and bring it to me that I may eat; that my soul bless you before I die.' But Rebecca heard Isaac speaking to his son Esau. Esau went to the field to hunt for game for his father. But Rebecca said to her son Jacob, the younger, 'See, I heard your father speaking to your brother Esau, saying, "Bring me game, and prepare for me savoury food, that I may eat it, and bless you before the Lord before I die." Now therefore, my son, hear me as I command you. Go to the flock, and from there fetch me two fine, tender kids, and I will make them into savoury food for your father, such as he loves; and you shall bring it to your father to eat, so that your father may bless you before he dies.' But Jacob said to Rebecca his mother, 'My brother Esau is a hairy man, while I am a smooth man. Perhaps my father will feel me, and I shall seem to be mocking him, and bring a curse upon myself and not a blessing.' His mother said to him, 'Upon me be your curse, my child; only obey my word, and go, bring them to me.' So he went and took them and brought them to his mother; and his mother prepared savoury food, such as his father loved. Then Rebecca took the best garments of Esau her elder son, the best ones which were by her in the house, and put them on Jacob her younger son; and the skins of the kids she put upon his arms and upon the exposed part of his neck; and she gave the savoury food and the loaves, which she had prepared, into the hands of her son Jacob. So he took them in to his father. And he said, 'Father'; and he said, 'Here I am; who are you, my child?' Jacob said to his father, 'I am Esau your first-born. I have done as you commanded me; now arise, sit up and eat of my game, that your soul may bless me.' But Isaac said to his son, 'How is that you have found so quickly, my child?' He answered, 'What the Lord your God put before me.' Then Isaac said to Jacob, 'Come near, that I may feel you, my son, to know whether you are my son Esau or not.' So Jacob went near to Isaac his father, who felt him and said, 'The voice is the voice of Jacob, but the hands are the hands of Esau.' And he did not recognize him, because his hands were hairy like his brother Esau's hands; so he blessed him, and said, 'Are you my son Esau?' He answered, 'I am.' Then he said, 'Bring it to me, and I will eat of your game, my child, that my soul may bless you.' So he brought it to him, and he ate; and he brought him wine, and he drank. Then his father Isaac said to him, 'Come near and kiss me, my child.' So he came near and kissed him; and he smelt the smell of his garments, and blessed him, and said, 'See, the smell of my son is as the smell of a full field which the Lord has blessed! May God give you of the dew of heaven, and of the fatness of the earth, and plenty of corn and wine. Let nations serve you, and rulers bow down to you. Be lord over your brother, and your father's sons will

bow down to you. The one who curses you is cursed, and the one who blesses you is blessed.' And it came to pass after Isaac had finished blessing Jacob his son, when Jacob had gone out from the presence of Isaac his father, that Esau his brother came in from his hunting. He also prepared savoury food, and brought it to his father. And he said to his father, 'Let my father arise, and eat of his son's game, that your soul may bless me.' His father Isaac said to him, 'Who are you?' He answered, 'I am your son, your first-born, Esau.' Then Isaac was greatly amazed, and said, 'Who was it then that hunted game for me and brought it to me, and I ate of all of it before you came, and I have blessed him? And he shall be blessed.' When Esau heard his father Isaac's words, he cried out with an great and bitter cry, and said to his father, 'Bless me also, father!' But he said, 'Your brother came with guile, and took your blessing.' Esau said, 'Rightly he was named Jacob? For see he has supplanted me this second time. He took my birthright; and now he has taken my blessing.' Then Esau said to his father, 'Have you not a blessing left for me, father?' Isaac answered Esau, 'If I have made him your lord, and all his brothers his servants, and with corn and wine I have sustained him, what then can I do for you, my son?' Esau said to his father, 'Have you only one blessing, father? Bless me also, father.' But Isaac was stunned and Esau lifted up his voice and wept. Then Isaac his father answered him and said, 'See, away from the fatness of the earth shall your dwelling be, and away from the dew of heaven from on high. And you shall live by your sword, and you shall serve your brother; but the time will come when you will destroy and loose his yoke from your neck.' And Esau hated Jacob because of the blessing with which his father had blessed him.'

Prokeimenon in the 7th Tone. Psalm 107.

Be exalted, O God, above the heavens, and Your glory over all the earth.

Verse: My heart is ready, O God, my heart is ready. I will sing and chant with glory.

The Reading is from Proverbs. [19,16–25]

One who keeps a commandment guards their own life; but one who despises their own ways will perish. One who is merciful to the poor lends to the Lord, and he will repay him in accordance with his gift. Discipline your son for thus there will be good hope; do not be exalted in your soul to arrogance. A man who thinks evil will pay a great penalty; and if he commits injury he will lose his life. Listen, my son, to the instruction of your father, that you may become wise at your last days. Many are the thoughts in the heart of a man, but the purpose of the Lord endures for ever. Acts of mercy are fruit for a man, while a just beggar is better than a rich liar. The fear of the Lord leads to life for a man; but one without fear will encamp in places which knowledge does not visit. One who hides his hands in his bosom unjustly, will not even bring them to his mouth. When the pestilent is scourged, a fool becomes more astute. But if you chastise a prudent man, he will understand knowledge.

ON TUESDAY BEFORE PALM SUNDAY

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 5.

You have given our City an invincible wall: the Virgin who gave You birth. Through her we pray, O Saviour, rescue our souls from the evils that surround us.

Prokeimenon in the 8th Tone. Psalm 108.

Help me, Lord my God, and save me in accordance with Your mercy.

Verse: O God do not be silent at my praise, for the mouth of sinner and trickster has been opened against me.

The Reading is from the Prophecy of Isaias. [49,6–10]

Thus says the Lord, I have given you as a covenant for a race, as a light for nations, for you to be as salvation to the end of the earth. Thus says the Lord, who delivered you, the God of Israel, 'Sanctify the one who despises his soul, who is abhorred by the nations, the slave of rulers. Kings shall see him and arise; rulers, and they shall worship him, because of the Lord; for the Holy One of Israel is faithful, and he chose you.' Thus says the Lord, 'In an acceptable time I heard you, in a day of salvation I helped you. And I fashioned you I and gave you as a covenant for nations, to establish the land, to apportion desolate heritages, saying to the prisoners, 'Come out,' to those who are in darkness, 'Be revealed.' They shall feed along all the ways, on all the paths shall be their pasture. They shall not hunger or thirst, neither scorching wind nor sun shall smite them, for he who has mercy on them will comfort them, and through springs of water he will lead them.

Prokeimenon. Tone 4. Psalm 109.

You are a priest for ever according to the order of Melchisedek.

Verse: The Lord said to my lord, Sit at my right hand, until I make your enemies a footstool for your feet.

AT VESPERS

Prokeimenon in the 4th Tone. Psalm 110.

The fear of the Lord is the beginning of wisdom.

Verse: I will give thanks to, O Lord, with my whole heart, in the council of the upright and in the congregation.

The Reading is from Genesis. [31,3–16]

The Lord said to Jacob, 'Return to the land of your father and to your kindred, and I will be with you.' So Jacob sent and called Rachel and Leia into the field where his flocks were, and said to them, 'I see that your father's face, it is not as it was towards me yesterday and the day before. But the God of my father has been with me. You

know that I have served your father with all my strength; yet your father has cheated me and changed my wages of ten lambs, but God did not permit him to harm me. If he said, "The spotted shall be your wages," then all the sheep bore spotted; and if he said, "The white shall be your wages," then all the sheep bore white. Thus God has taken away the your father's animals, and given them to me. And it came to pass, when the sheep had conceived and were with young, with my eyes I saw in a dream that the he-goats and rams mounting the ewes and the she-goats were striped, spotted, and mottled with ash-coloured spots. Then the angel of God said to me in the dream, 'Jacob, Jacob', and I said, 'Here I am! What is it?' And he said, 'With your eyes look up and see, the he-goats and rams that mount ewes and she-goats are striped, spotted, and mottled; for I have seen all that Laban is doing to you. I am the God who appeared to you in God's place, where you anointed a pillar to me and made a vow to me. Now therefore arise, go forth from this land, and return to the land of your birth.'" Then Rachel and Leia answered and said to him, 'Is there any part or inheritance left to us in our father's house? Are we not reckoned by him as foreigners? For he has sold us, and he has been devoured the money given for us. All the wealth and glory which God has taken away from our father shall be for us and our children. Now therefore, do whatever God has told you.'

Prokeimenon in the 4th Tone. Psalm 111.

He is merciful, compassionate and just.

Verse: Blessed is the man who fears the Lord, he will delight greatly in His commandments.

The Reading is from Proverbs. [21:3-21]

My son, to do what is just and to speak truth is more pleasing to God than the blood of sacrifices. A haughty man is arrogant-hearted in his pride; while the lamp of the ungodly is sin. One that gathers treasures with a lying tongue pursues futility and goes towards the snare of death. Destruction shall lodge with the ungodly; for they are unwilling to do what is just. To the crooked God sends crooked ways; for his works are pure and right. Better to dwell in a corner under the sky, than in stuccoed walls with injustice, and in a shared house. The soul of the ungodly will not be pitied by anyone. When a dissolute person is punished the guileless becomes cleverer: while a wise one who understands will receive knowledge. A just person understands the hearts of the ungodly: and despises the ungodly in their wicked deeds. One that stops his ears from hearing the weak, will cry out himself, and there shall be no one to listen. A secret gift turns away anger: but one who refrains from giving rouses strong wrath. The joy of the just to do judgement: but a holy person is unclean to evil-doers. A man who strays from the way of justice, will rest in the congregation of giants. A poor man loves joy, making friends of wine and oil in abundance; while a transgressor is an off-scouring of a just one. It is better to dwell in a desert land than with a quarrelsome, talkative and quick-tempered woman. A desirable treasure will rest on the mouth of the wise; but foolish men will swallow it up. The way of justice and mercy will find life and glory.

ON WEDNESDAY BEFORE PALM SUNDAY

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 5.

Act with mercy towards us, Lord, and do not hand us over to our iniquities, holy Master almighty, we beg You.

Prokeimenon. Tone 4. Psalm 112.

Praise the Lord, young people, praise the name of the Lord.

Verse: May the name of the Lord be blessed now and forevermore.

The Reading is from the Prophecy of Isaias. [58:1-11]

Thus says the Lord: Cry aloud, and spare not; lift up your voice like a trumpet, and declare to my people their sins, and to the house of Jacob their iniquities. Day by day they seek me, and desire to know my ways; like a people that had done justice, and had not abandoned the judgment of their God, they now ask me for just judgment, and desire to draw near to God, saying, Why have we fasted, and you did not see? Humbled our souls, and you did not know? Because, in the days of your fasts you find your wishes, and all those under your power you goad. If you fast for quarrels and fights, and smite the humble with your fists, why do you fast for me as you do today, for your voice to be heard be heard in your cry? I did not choose this fast, nor a day for a person to humble their soul. Even if you bend down your neck like a ring, and spread under you sackcloth and ashes, you shall not because of this call it an acceptable fast. I did not choose such a fast, says the Lord. But untie every bond of iniquity, unfasten the knots of hard bargains, send the bruised away with remission, and cancel every unjust account. Break your bread for the hungry, and lead the poor who have no shelter into your house: if you see someone naked, clothe them, and you are not to disregard the relations of your own seed. Then your light will break forth as the morning, and your healing speedily spring forth: and your justice will go before you, and the glory of God will surround you. Then you will cry, and God will hear you; while you are still speaking he will say, Behold, I am here. If you remove the bond from yourself, and the stretching out of the hands, and murmuring speech; and if you give bread to the hungry from your soul, and satisfy the humbled soul; then your light will spring up in darkness, and your darkness will be as noon-day: and your God will be with you continually.

Prokeimenon. Tone 6. Psalm 113.

You are blessed by the Lord who made heaven and earth.

Verse: At Israel's departure from Egypt, of Jacob's house from a barbarian people, Judea became his sanctuary, Israel his dominion.

AT VESPERS

Prokeimenon. Tone 4. Psalm 114.

I will be well pleasing to the Lord in the land of the living.

Verse: I have loved because the Lord will listen to the voice of my supplication.

The Reading is from Genesis. [43:26-31 and 45:1-16]

And the brothers brought Joseph the gifts which they had in their hands, into the house; and they prostrated before him with their faces to the ground. But he asked them, 'How are you?' and he said to them, 'Is your father, the old man of whom you spoke, well? Is he still alive?' And they said, 'Your servant our father is well. He is still alive.' And he said, 'That man is blessed by God'. And bowing down, they prostrated before him. And Joseph, lifting up his eyes, saw his brother Benjamin, born of the same mother, and said, 'Is this your younger brother, whom you said you would bring to me?' and he said, 'God have mercy on you, my child.' And Joseph was deeply troubled, for so strong was the affection he felt for his brother that he wanted to weep; and he went into his private chamber, and wept there. And having washed his face and came out and controlled himself. [45:1] And Joseph could not refrain him with everyone standing near him, but he said, 'Send everyone away from me.' And no one stood near Joseph, when he made himself known to his brethren. And he cried aloud with weeping. All the Egyptians heard, and it became known Pharaoh's house. But Joseph said to his brothers, 'I am Joseph. Is my father still alive? And his brothers could not answer him, for they were deeply troubled. But Joseph said to his brothers, 'Come near me'; and they came near. And he said, 'I am your brother Joseph, whom you sold into Egypt. Now then do not be grieved, and do not let it seem hard to you that you sold me here, for God sent me before you for life. For this is the second year there is famine in the land, and there are still five years left, in which there will be neither ploughing, nor harvest. For God sent me before you that a remnant might be left for you on earth to nourish a great remnant of you. Now then it was not you that sent me here, but God; and he has made me like a father to Pharaoh, and lord of all his house, and ruler of all the land of Egypt. Hurry, therefore, and go up to my father, and say to him, 'This is what your son Joseph says: God has made me lord of all the land of Egypt; come down therefore to me, and do not delay. And you shall dwell in the land of Gesem of Arabia; and you shall be near me, you and your sons, and your sons' sons, your sheep and your oxen, and whatever is yours; and I will nourish you there—for there are still five years of famine—lest you and your sons, and all your possessions be wiped out. Look, your own eyes can see, and the eyes of my brother Benjamin can see, that it is my mouth that speaks to you. Report, therefore, to my father all my glory in Egypt, and everything you have seen, and

make haste and bring down my father here. And he fell on his brother Benjamin's neck, and wept on him; and Benjamin wept on his neck. And he kissed all his brothers, and wept on them; and after this his brothers spoke to him. And the report was carried into Pharaoh's house, saying, 'Joseph 's brothers have come.' And Pharaoh rejoiced, and his household.

Prokeimenon. Tone 4. Psalm 115.

I will pay my vows to the Lord in the presence of all His people.

Verse: I believed, therefore I spoke. I was greatly humbled.

The Reading is from Proverbs. [21:23-31 and 22:1-4]

One that guards their mouth and tongue keeps their soul from affliction. An arrogant, self-willed and boastful person is called a plague; while one that remembers ill is a transgressor. Desires kill the sluggard; for his hands do not choose to do anything. An ungodly person longs for evil desires all day; but the just is ungrudgingly merciful and compassionate. The sacrifices of the ungodly are abomination to the Lord, for they offer them lawlessly. A false witness will perish; but an obedient man will speak cautiously. An ungodly man brazenly gives undertakings in person; but the upright himself understands his ways. There is no wisdom, there is no courage, there is no counsel against the ungodly. A horse is prepared for the day of war; but help is from the Lord. [22:1-4] A good name is better than great wealth, while good favour is above silver and gold. A rich and a poor person met together; but the Lord made them both. An intelligent man seeing a bad man severely chastised is himself disciplined, but fools pass by and are punished. The offspring of wisdom is the fear of the Lord, and wealth, and glory, and life.

THURSDAY BEFORE PALM SUNDAY

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 1.

Do not forget the voice of Your servants, Lord. Remember that we have always put our hope in You, He Who can do all things, and help us, we implore You.

Prokeimenon. Tone 4. Psalm 117.

This is the gate of the Lord, the just will enter by it.

Verse: Give thanks to the Lord, for he is good, for his mercy endures for ever.

The Reading is from the Prophecy of Isaias. [65:8-16]

Thus says the Lord, As when a grape is found in the cluster, people will say, Do not destroy it; for a blessing is in it: so will I do for the sake of the one that serves me, for that person's sake I will not destroy them all. And I will lead out the posterity of Jacob and that of Juda, and they shall inherit my holy mountain: and my chosen ones shall inherit it and my servants shall dwell there. And there shall be in the forest folds of flocks, and the valley of Achor will be a resting for herds for my people, who have sought me. But you that have deserted me, and forget my holy mountain, and prepare a table for the devil, and fill up a drink-offering to Fortune, I will hand you over to the sword, you shall all fall by slaughter: for I called you, and you did not obey; I spoke, and you disobeyed; and you did evil in my sight, and chose the things I did not want. Therefore thus says the Lord, See, those who serve me shall eat, while you shall go hungry. See, those who serve me shall drink, while you shall go thirsty. See, those who serve me shall rejoice, while you shall be ashamed. See, those who serve me shall exult with joy, while you shall cry because of the pain of your heart, and howl from the affliction of your spirit. For you shall leave behind your name for the satisfaction of my chosen ones, but the Lord shall destroy you, while those who serve me shall be called by a new name, which shall be blessed on the earth; for they shall bless the true God.

Prokeimenon. Tone 4. Psalm 118.

I ran in the way of Your commandments, when You set my heart at large.

Verse: Lay down for me the way of Your statutes, O Lord; I shall always seek them.

AT VESPERS

Prokeimenon. Tone 6. Psalm 119.

When I was afflicted I called to the Lord, and He heard me.

Verse: O Lord, deliver my soul from unjust lips and from a deceitful tongue.

The Reading is from Genesis. [46:1-7]

Israel departed, he and all that he had, and came to the well of the oath; and he offered a sacrifice to the God of his father Isaac. God spoke to Israel in a night vision, saying, Jacob, Jacob; and he said, What is it? And he says to him, I am the God of your fathers; do not be afraid to go down to Egypt, for I will make you into a great nation there. And I will go down with you into Egypt, and I will bring you up in the end; and Joseph will place his hands on your eyes. And Jacob rose up from the well of the oath; and the sons of Israel took up their father, and the baggage, and their wives on the wagons, which Joseph had sent to take him. And taking up their goods, and all the property, which they had acquired in the land of Chanaan, they came into the land of Egypt, Jacob, and all his seed with him, his sons, and the sons of his sons with him; his daughters, and the daughters of his daughters; and he brought all his seed into Egypt.

Prokeimenon. Tone 4. Psalm 120.

The Lord will guard you from every evil, the Lord will guard your soul.

Verse: I have lifted up my eyes to the mountains. From where will my help come?

The Reading is from Proverbs. [23:15-35 and 24:1-5]

My son, if your heart is wise, you will gladden my heart also; and your lips, if they are right, will continue speaking with my lips. Do not let not your heart envy sinners: but be in fear of the Lord all the day. For if you keep these things, you will have posterity; and your hope will depart. Listen, my son, and be wise, and rightly direct the thoughts of your heart. Do not be a drinker, nor stretch yourself in subscriptions to parties, and purchases of meats, for every drunkard and lecher will become poor; and every idler will dress in rags and tatters. Listen, my son, to your father who begot you, and do not despise your mother because she has grown old. Buy truth, and do not sell wisdom, instruction, and understanding. A righteous father brings up well; and his soul rejoices over a wise son. Let your father and your mother rejoice over you, and let her that bore you be glad. My son, give me your heart, and let your eyes observe my ways. For a foreign house is a perforated wine-jar; and something foreign is a narrow well. For such a one will perish suddenly; and every transgressor will be destroyed. Who has woe? Who has turmoil? who has disputes? and who unpleasantness and gossip? who has needless bruises? whose eyes are livid? Do they not belong to those who spend long hours at wine? to those who search out where drinking parties are? Do not get drunk with wine; but talk with just men, and converse in discussions. For if you fix your eyes on bowls and cups, you will afterwards walk around more naked than a pestle. Finally such a person lies prostrate like someone bitten by a snake, and poison is spread through him as by a horned serpent. Whenever your eyes see a strange woman, then your mouth will speak dishonest things. And you will lie like someone on the high seas, or a steersman in a great storm. And you will say, They hit me, and I was not hurt; they made fun of me, and I did not realise it. When will it be morning, so that I may go and look for companions to go with? [24:1] My son, do not envy bad men, nor long to be with them. For their heart meditates lies, and their lips speak mischief. A house is built by wisdom, and is erected by understanding. Its rooms are filled by discernment with all precious and excellent wealth. A wise man is better than a strong man; and a man who has prudence than a large estate.

FRIDAY BEFORE PALM SUNDAY

AT THE SIXTH HOUR

Troparion of the Prophecy. Tone 3.

Irresistible, Lord, is the anger of Your threat on sinners; and we are unworthy to fix our gaze and ask You for mercy. Do not destroy in Your rage us whom you fashioned with Your own hand.

Prokeimenon. Tone 4. Psalm 121.

I rejoiced at those who said to me, 'We shall go to the house of the Lord'.

Verse: For the sake of the house of the Lord our God, I have sought good things for you.

The Reading is from the Prophecy of Isaias. [66:10-24]

Exult, Jerusalem, and all you that love her keep a festival in her. Rejoice greatly with her, all who now grieve over her, that you may suck, and be satisfied with the breast of her consolation; that you may milk out, and delight yourselves from the entrance of her glory. For thus says the Lord, See, I turn towards them like a river of peace, and like an overflowing torrent flooding them with the glory of the nations. Their children will be carried on the shoulders, and comforted on the knees. As a mother comforts her child, so will I too will comfort you; and you shall be comforted in Jerusalem. And you will see, and your heart will rejoice, and your bones will spring up like grass; and the hand of the Lord will be known to those who fear him, and he will threaten the disobedient. For, see, the Lord will come like fire, and his chariots like a whirlwind, to render his vengeance with wrath, and his execration with a flame of fire. For with the fire of the Lord all the earth will be judged, and all flesh with his sword. Many will be slain by the Lord. Those who sanctify and purify themselves for the gardens and the porches, and eat swine's flesh, and abominations, and mice, will perish together, says the Lord. And I know their works and their thoughts. I am going to assemble all the nations and tongues; and they will come, and they will see my glory. And I will leave signs on them, and I will send out those of them that have been saved to the nations, to Tharsis, and Phoud, and Loud, and Mosoch, and to Thobel, and to Greece, and to the isles far away, to those who have not heard my name, nor seen my glory. And they will declare my glory among the nations, and bring your brethren out of all the nations as a gift for the Lord with horses, and chariots, in covered chariots with mules and canopies, to the holy city Jerusalem, said the Lord, just as the children of Israel bring their sacrifices to me with psalms into the house of the Lord. And I will take from them priests and Levites for myself, says the Lord. For as the new heaven and the new earth, which I am making, remain before me, says the Lord, so shall your seed and your name last.

And from New Moon to New Moon, and from Sabbath to Sabbath, all flesh will come to worship before me in Jerusalem, said the Lord. And they will go out, and see the corpses of the men who have transgressed against me: for their worm will not die, and their fire will not be quenched; and they will be a spectacle to all flesh.

Prokeimenon. Tone 6. Psalm 122.

Have mercy on us, Lord, have mercy on us.

Verse: I have lifted my eyes to You who dwell in heaven.

AT VESPERS

Prokeimenon. Tone 4. Psalm 123.

Our help is in the name of the Lord, Who made heaven and earth.

Verse: If the Lord had not been among us, let Israel now say; if the Lord had not been among us when people rose up against us, they would have swallowed us down alive.

The Reading is from Genesis. [49:33 and 50:1-26]

When Jacob had finished giving instructions to his sons, he drew his feet up into the bed, breathed his last, and was gathered to his people. [50:1] And Joseph fell upon his father's face, and wept over him, and kissed him. And Joseph commanded his servants the embalmers to embalm his father; and the embalmers embalmed Israel. And they completed forty days for him, for this is the number of days for burial; and Egypt mourned him for seventy days. And when the days of mourning were over, Joseph spoke to Pharaoh's princes, saying, If I have found favour in your sight, speak concerning me in Pharaoh's ears, saying, My father made me swear an oath, saying, In the sepulchre which I dug for myself in the land of Chanaan, there you are to bury me. Now therefore I will go up and bury my father, and come back again. And Pharaoh said to Joseph, Go up, bury your father, as he made you swear. So Joseph went up to bury his father; and all Pharaoh's servants went up with him, and the elders of his house, and all the elders of the land of Egypt, and Joseph's whole household, and his brothers, and all his father's house. But they left behind his family and the sheep and the oxen in the land of Gesem. And there went up with him also chariots and horsemen; and it was a very great company. And they came to the threshing-floor of Atad, which is beyond Jordan; and they lamented him with great and intense lamentation; and he made a mourning for his father for seven days. And the inhabitants of the land of Chanaan saw the mourning at the floor of Atad, and said, 'This is a great mourning for the Egyptians'; therefore they called the name of the place, which is beyond Jordan, The Mourning of Egypt.

And this is what his sons did for him. And his sons carried him up into the land of Chanaan, and buried him in the double cave, the cave Abraham had bought for possession of a burial place, from Ephrom the Chettite, facing Mambre. And Joseph returned to Egypt, he and his brothers, and those who had gone up with him to bury his father. But when Joseph's brothers saw that their father was dead, they said, 'Perhaps Joseph will bear malice against us, and pay us back all the evils which we did against him. And they came to Joseph, and said, Your father made us swear an oath before his death, saying, 'Speak to Joseph as follows, Forgive them their injustice and their sin, for they have done evil against you; and now forgive the injustice of the servants of the God of your father'. And Joseph wept as they spoke to him. And they came to him and said, We here are your servants. And Joseph said to them, 'Do not be afraid, for I am God's. You took counsel against me for evil, but God took counsel for me for good, so that things might be as they are today, and many people might be fed'. And he said to them, 'Do not be afraid, I will support you, and your families'. And he encouraged them, and spoke kindly to them. And Joseph dwelt in Egypt, he and his brothers, and all his father's family. And Joseph lived a hundred and ten years. And Joseph saw Ephraim's children to the third generation; and the sons of Machir, Manasse's son were born on Joseph's thighs. And Joseph spoke to his brothers, saying, 'I am dying, but God will surely visit you, and will bring you out of this land into the land which God swore to your fathers, Abraham, Isaac, and Jacob'. And Joseph made the sons of Israel, swear an oath, saying, 'At the visitation with which God will visit you, then you shall carry up my bones from here with you'. And Joseph died, aged a hundred and ten; and they prepared his corpse, and put him in a coffin in Egypt.

Prokeimenon. Tone 4. Psalm 124.

Those who trust in the Lord are like Mount Sion.

Verse: He who dwells in Jerusalem will never be shaken.

The Reading is from Proverbs. [31:8-31]

Open your mouth with the word of God, and judge all things fairly. Open your mouth and judge justly, and defend the poor and weak. Who can find a dynamic wife? Such a wife is more valuable than precious stones. The heart of her husband has confidence in her: such a wife will not be in need of fine spoils. For she achieves good for her husband all her life long. Winding off wool and flax, she makes it serviceable with her hands. She is like a ship trading from afar: and she gathers her wealth. And she rises by night, and gives food to her household, and tasks to her maidservants. She views a farm, and buys it: and with the fruit of her hands she plants a plot of land. She strongly girds her loins, and sets her arms to work. She knows by experience that working is good; and her lamp is not extinguished all night. She reaches out her arms to what is

needful, and applies her hands to the spindle. She opens her hands to the poor, and hands out fruit to the needy. Her husband is not anxious about those at home when he delays somewhere: for all those round her are clothed. She makes outer garments of double thickness for her husband, and garments of fine linen and scarlet for herself. Her husband becomes a an object of admiration in the gates, when he sits in council with the senior inhabitants of the land. She makes fine linens and sells them to the Phoenicians, and girdles to the Canaanites. She puts on strength and glory; and rejoices in the last days. She opens her mouth with care and with propriety, and keeps control over her tongue. The ways of her household are careful, and she does not eat the bread of idleness. She opens her mouth wisely, and in accordance with law. And her generosity establishes her children, and they grow rich, and her husband praises her. Many daughters have obtained power, many have gained wealth; but you have exceeded, and surpassed them all. Charms are false, and a woman's beauty is worthless: for it is a woman of understanding that is blessed, and let her praise the fear the Lord. Give her of the fruit of her lips; and let her husband be praised in the gates.

*End of the Lectionary for the 40-day Great and Holy Lent. Texts are those of the Synod of the Hierarchy of the Ukrainian Catholic Church and www.anastasis.org.uk
Ad usum privatum, FDRLB.*