

This service can be read at home on Sunday, Monday, Tuesday, Wednesday, Thursday and Friday evenings. If desired, variable parts of the text for Monday, Wednesday and Friday can be found online at <https://www.o.ca.org/liturgics/service-texts> - note that, as Vespers is the first service of the following liturgical day, the texts are found under tomorrow's date. E.g., to read Vespers at home on Friday, the 27th of March, the texts are found listed under Saturday, the 28th.

On weekdays, the readings will be those from Genesis and Proverbs found at www.o.ca.org/readings

BOOK OF HOURS

LENTEN VESPERS

(on Sunday to Friday evenings when there is no Priest)

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

Glory to you, our God, glory to you.

Heavenly King, Paraclete, Spirit of truth, present everywhere, filling all things, Treasury of blessings and Giver of life, come and dwell in us, cleanse us from every stain, and, O Good One, save our souls.

Holy God, Holy Strong, Holy Immortal, have mercy on us.

Holy God, Holy Strong, Holy Immortal, have mercy on us.

Holy God, Holy Strong, Holy Immortal, have mercy on us.

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

Both now and for ever, and to the ages of ages. Amen.

All-Holy Trinity, have mercy on us.

Lord, cleanse us from our sins.

Master, pardon our iniquities.

Holy One, visit and heal our infirmities, for your name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

Both now and for ever, and to the ages of ages. Amen

Our Father in heaven, may your name be hallowed. Your kingdom come; your will be done on earth as in heaven. Give us today our daily bread, and forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. Amen.

Lord, have mercy (*twelve times*).

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

Both now and for ever, and to the ages of ages. Amen.

Come, let us worship the King, our God.

Come, let us worship and fall down before Christ, the King, our God.

Come, let us worship and fall down before Christ himself, the King and our God.

Psalm 103:

Bless the Lord, O my soul! O Lord my God, you have been greatly magnified. You have clothed yourself with praise and majesty, wrapping yourself in light as in a cloak, stretching out the heavens like a curtain, roofing his upper chambers with waters, placing clouds as his mount, walking on the wings of the wind, making spirits His angels and a flame of fire his Ministers, establishing the earth on its sure base; it will not be moved to age on age. The deep, like a cloak, is its mantle; waters will stand upon the mountains. At your rebuke they will flee; they will quail at the voice of your thunder. The mountains will rise and the plains descend to the place which you have established for them. You fixed a limit that they will not pass, nor will they return to cover the earth. You send out springs into the valleys; waters will run between the mountains. They will give drink to all the beasts of the field; the wild asses will await them to quench their thirst. Beside them the birds of the air

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will make their dwelling and sing among the rocks. He waters the mountains from his upper chambers; the earth will be filled from the fruit of your works. He makes grass spring up for the cattle, and green herb for the service of mankind; to bring food out of the earth, and wine makes glad the human heart; to make the face cheerful with oil, and bread strengthens the human heart. The trees of the plain will be satisfied, the cedars of Lebanon that you planted. There the sparrows will build their nests: the heron's dwelling is at their head. The high mountains are for the deer; rocks a refuge for hares. He made the moon to mark the seasons; the sun knew the hour of its setting. You appointed darkness, and it was night, in which all the beasts of the forest will prowl: young lions roaring to plunder and to seek their food from God. The sun rose and they were gathered together and they will lie down in their dens. Man will go out to his labour, and to his labouring until evening. How your works have been magnified, O Lord. With wisdom you have made them all, and the earth was filled with your creation. See, this great, wide sea; in it there are creeping things without number, living creatures small and great. There ships go to and fro; this dragon which you fashioned to sport in it. All things look to you to give them their food in due season. When you give it them, they will gather it. When you open your hand all things will be filled with goodness. But when you turn away your face they will be troubled. You will take away their spirit, and they will perish and return to their dust. You will send forth your spirit, and they will be created, and you will renew the face of the earth. May the glory of the Lord endure to the ages. The Lord will rejoice at his works. He looks upon the earth, and makes it tremble. He touches the mountains, and they smoke. I will sing to the Lord while I live: I will praise my God, while I exist. May my words be pleasing to him, while I shall rejoice in the Lord. O that sinners might perish from the earth, and the wicked, so that they are no more. Bless the Lord, O my soul!

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mercy on us: for we have had our fill of derision; our soul has its fill; mockery for those at ease, and derision for the proud.

Psalm 123:

"Unless the Lord had been among us," let Israel now say, "unless the Lord had been among us when men rose up against us, they would have swallowed us alive. When their fury blazed against us, the water would have drowned us. Our soul would have passed through a torrent; our soul would have passed through deep water." Blessed be the Lord, who did not give us as a prey to their teeth. Our soul, like a bird, has been saved from the snare of the hunters; the snare has been broken and we have been delivered. Our help is in the name of the Lord, who made heaven and earth.

Glory to the Father, and to the Son, and to the Holy Spirit.
Both now and for ever, and to the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to you, O God.
Alleluia, alleluia, alleluia. Glory to you, O God.
Alleluia, alleluia, alleluia. Glory to you, O God.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory to the Father, and to the Son, and to the Holy Spirit.
Both now and for ever, and to the ages of ages. Amen

Psalm 124:

Those who trust in the Lord are like Mount Zion; he who dwells in Jerusalem will never be shaken. The mountains are around her, and the Lord is around his people, from now and for ever. For the Lord will not leave the rod of sinners over the land apportioned to the righteous, lest the righteous should stretch out their hands to iniquity. Do good, O Lord, to the good, and to those who are upright in heart. But those who turn aside to crooked ways, the Lord will drive away with the workers of iniquity. Let peace be on Israel.

Psalm 125:

When the Lord turned back the captivity of Zion, we became like those who are comforted. Then was our mouth filled with joy, and our tongue with exultation. Then they said among the nations: "The Lord has done great things for them." The Lord has done great things for us; we became joyful. Change, O Lord, our captivity, like the winter-flowing streams in the south. Those who sow in tears, will reap in joy. They went, and wept as they cast their seeds. But they will surely return with rejoicing, bringing their sheaves.

Psalm 126:

Unless the Lord builds the house, the builders labour in vain; unless the Lord watches the city, the watchman keeps awake in vain. It is in vain that you rise early; you get up after sitting down, you eat your bread in grief. When he has given sleep to his beloved, see, the inheritance of the Lord, children, the reward of the fruit of the womb. Like arrows in the hand of the mighty, so are the children of the outcasts. Blessed is he whose desire to gain them has been fulfilled; they will not be ashamed when they speak to their enemies in the gates.

Psalm 127:

Blessed are all who fear the Lord, who walk in his ways. You will eat the fruits of your labours; blessed are you, and it will be well with you. Your wife will be like a fruitful vine on the sides of your house; your children like olive shoots round your table. See how a man

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will be blessed who fears the Lord. The Lord bless you from Zion, and may you see the good things of Jerusalem all the days of your life. And may you see your children's children. Let peace be on Israel.

Psalm 128:

“Often have they warred against me from my youth,” let Israel now say. “Often have they warred against me from my youth; yet they could not prevail over me. The sinners worked on my back; they have prolonged their iniquity. But the just Lord has cut the necks of sinners.” Let all who hate Zion be put to shame and turned back. Let them be like grass on the housetops that withers before it is pulled up, with which no reaper can fill his hand, and no one making up sheaves fill his bosom. And no passers-by will say to them: “The blessing of the Lord be upon you; we have blessed you in the name of the Lord.”

Glory to the Father, and to the Son, and to the Holy Spirit.
Both now and for ever, and to the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to you, O God.
Alleluia, alleluia, alleluia. Glory to you, O God.
Alleluia, alleluia, alleluia. Glory to you, O God.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory to the Father, and to the Son, and to the Holy Spirit.
Both now and for ever, and to the ages of ages. Amen

Psalm 129:

Out of the depths I have cried to you, O Lord; Lord, hear my voice. Let your ears be attentive to the voice of my supplication. If you, Lord, should mark iniquities, O Lord, who will stand? But there is forgiveness with you. For your name's sake I have waited for you, O Lord; my soul has waited on your word, my soul has hoped in the Lord. From the morning watch until night, from the morning watch, let Israel hope in the Lord. For with the Lord there is mercy, and with him plentiful redemption; and he will redeem Israel from all his iniquities.

Psalm 130:

O Lord, my heart is not exalted, nor have my eyes been raised; I do not meddle with great things, nor with wonders beyond me. If I am not humble-minded, but have exalted my soul, like a weaned child against its mother, you will pay my soul back. Let Israel hope in the Lord, from now and for ever.

Psalm 131:

O Lord remember David and all his meekness, how he swore to the Lord, and vowed to the God of Jacob: “I will not enter under the roof of my house, nor go up to the couch of my bed; I will give no sleep to my eyes, nor slumber to my eyelids, nor rest to my temples, until I find the place of the Lord, the tent of the God of Jacob.” See, we heard it was in Ephrata; we found it in the woodland fields. Let us enter his tents; let us bow down to the place where his feet stood. Arise, O Lord, into your resting-place; you and the ark of your holiness. Let your priests be clothed with righteousness, and let your saints rejoice. For the sake of your servant David, do not turn away your face from your anointed. The Lord swore in truth to David, and will not annul it: “Of the fruit of your body, I will set upon your throne. If your children keep my covenant, and these testimonies which I will teach them, their children also will sit for ever on your throne.” For the Lord has chosen Zion; he has

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For my eyes look to you, O Lord, my Lord; I have hoped in you, do not take away my soul.

Keep me from the snare that they have hidden for me, and from the traps of evildoers.

The sinners will fall into their own net; I am alone until I pass by.

Psalm 141:

With my voice I cried to the Lord; with my voice I entreated the Lord.

I will pour out my entreaty before him, and tell him all my trouble.

When my spirit was faint you knew my path.

In the way where I walked they had hidden a snare for me.

I looked to my right hand and saw, but there was none who knew me.

Escape is gone from me, and there is none who seeks for my soul.

I cried to you, Lord, I said: 'You are my hope: my portion in the land of the living'.

Give heed to my supplication for I am brought very low.

Deliver me from those who persecute me for they are too strong for me.

Bring my soul out of prison that I may confess your name.

Ten verses begin here.

The just will await me until you reward me.

Psalm 129:

Out of the depths I have cried to you, O Lord; Lord, hear my voice.

Eight verses begin here.

O let your ears be attentive to the voice of my supplication.

If you, Lord, should mark iniquities: O Lord, who will stand? But there is forgiveness with you.

Six verses begin here.

For your name's sake I have waited for you, O Lord; my soul has waited on your word, my soul has hoped in the Lord.

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

For with the Lord there is mercy, and with him plentiful redemption; and he will redeem Israel from all his iniquities.

Psalm 116:

Praise the Lord, all you nations; praise him, all you peoples.

For his mercy has been mighty towards us; and the truth of the Lord endures to the ages.

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

Both now and for ever, and to the ages of ages. Amen.

And we sing the Evening Hymn by Sophronios, Patriarch of Jerusalem:

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Conclusion on Monday, Tuesday, Wednesday, and Thursday evenings:

Lord, have mercy. (*40 times*)

Glory to the Father, and to the Son, and to the Holy Spirit.
Both now and for ever, and to the ages of ages. Amen.

Greater in honour than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Word. Truly the Mother of God we magnify you.

Heavenly King, establish our rulers; strengthen the faith; calm the nations; make the world peaceful; guard well this holy church; assign to the tents of the righteous our brothers and sisters who have gone before us, and accept us in repentance and confession, as you are good and love mankind.

The Prayer of St Ephrem the Syrian is read:

Lord and Master of my life, do not give me a spirit of sloth, idle curiosity, love of power, and useless chatter. (*Prostration*)

Rather accord to me, your servant, a spirit of sobriety, humility, patience and love. (*Prostration*)

Yes, Lord and King, grant me to see my own faults and not to condemn my brother; for you are blessed to the ages of ages. Amen. (*Prostration*)

Then: God, cleanse me, a sinner. (Twelve times, with a bow each time).

Then repeat the Prayer of St Ephrem Syrian without divisions and with one prostration at the end:

Lord and Master of my life, do not give me a spirit of sloth, idle curiosity, love of power, and useless chatter.

Rather accord to me, your servant, a spirit of sobriety, humility, patience and love.

Yes, Lord and King, grant me to see my own faults and not to condemn my brother; for you are blessed to the ages of ages. Amen. (*Prostration*)

Then:

Holy God, Holy Strong, Holy Immortal, have mercy on us.
Holy God, Holy Strong, Holy Immortal, have mercy on us.
Holy God, Holy Strong, Holy Immortal, have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit.
Both now and for ever, and to the ages of ages. Amen.

All-Holy Trinity, have mercy on us.

Lord, cleanse us from our sins.

Master, pardon our iniquities.

Holy One, visit and heal our infirmities, for your name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory to the Father, and to the Son, and to the Holy Spirit.
Both now and for ever, and to the ages of ages. Amen

Our Father in heaven, may your name be hallowed. Your kingdom come; your will be done on earth as in heaven. Give us today our daily bread, and forgive us our debts, as we

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Conclusion on Friday evenings:

Lord, have mercy. (*40 times*)

The Prayer of St Ephrem the Syrian is read once with three prostrations:

Lord and Master of my life, do not give me a spirit of sloth, idle curiosity, love of power, and useless chatter. (*Prostration*)

Rather accord to me, your servant, a spirit of sobriety, humility, patience and love. (*Prostration*)

Yes, Lord and King, grant me to see my own faults and not to condemn my brother; for you are blessed to the ages of ages. Amen. (*Prostration*)

Then:

Holy God, Holy Strong, Holy Immortal, have mercy on us.

Holy God, Holy Strong, Holy Immortal, have mercy on us.

Holy God, Holy Strong, Holy Immortal, have mercy on us.

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

Both now and for ever, and to the ages of ages. Amen.

All-Holy Trinity, have mercy on us.

Lord, cleanse us from our sins.

Master, pardon our iniquities.

Holy One, visit and heal our infirmities, for your name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

Both now and for ever, and to the ages of ages. Amen

Our Father in heaven, may your name be hallowed. Your kingdom come; your will be done on earth as in heaven. Give us today our daily bread, and forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. Amen.

Lord, have mercy. (*Twelve times*)

All-holy Trinity, consubstantial Might, indivisible Kingship, Cause of all blessings, be favourable even to me a sinner; strengthen and give understanding to my heart and rid me of every defilement; enlighten my mind, so that I may ever glorify, praise, worship and say: One is Holy, one is Lord, Jesus Christ, to the glory of God the Father. Amen.

Blessed be the name of the Lord, from this time forth and for evermore. (*Three times*)

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

Both now and for ever, and to the ages of ages. Amen.

Psalm 33:

I will bless the Lord at every moment; his praise shall always be in my mouth. Let my soul boast of the Lord; let the meek hear it and rejoice. O magnify the Lord with me, let us exalt his name together. For I sought the Lord and he answered; and he delivered me from all my troubles. Come to him and be enlightened, and your faces shall not be ashamed. This poor man cried, and the Lord heard him, and saved him from all his troubles. The angel of the Lord encamps round those who fear him, and will deliver them. O taste and see that

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the Lord is good. Happy is the man who hopes in him! Fear the Lord, all you his saints, for there is no want for those who fear him. The rich became poor and hungry, but those who seek the Lord lack nothing good. Come, my children, listen to me, I will teach you the fear of the Lord. Who is there who desires life, who longs to see good days? Keep your tongue from evil, and your lips from telling lies. Turn from evil and do good, seek peace and pursue it. The eyes of the Lord are on the just, and his ears towards their supplication. The Lord sets his face against evildoers, to root out their memory from the earth. The just cried and the Lord heard them, and delivered them from all their troubles. The Lord is close to those who are broken-hearted, and the humble in spirit he saves. The troubles of the just are many, but the Lord will deliver them from them all. He guards all their bones; not one of them will be broken. The death of sinners is evil, and those who hate the just will stumble. The Lord will ransom the souls of his servants, and none who hope in him will go astray.

It is truly right to call you blessed, who gave birth to God, ever-blessed and most pure, and the Mother of our God.

Greater in honour than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Word; truly the Mother of God, we magnify you.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Through the prayers of our holy fathers, O Lord Jesus Christ, have mercy on us.
Amen.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Vespers on Friday evenings ends here.