



Holy Myrrhbearers

ORTHODOX MISSION



Mission Daily Office

Opening Prayers

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

Glory to Thee, our God, glory to Thee.

O heavenly King, the Comforter, the Spirit of truth, who art everywhere and fillest all things. Treasury of blessings, and Giver of life: come and abide in us, and cleanse us from every impurity, and save our souls, O good One.

Instead of 'O heavenly King' in paschaltide:

Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life (*three times*).

Holy God, Holy Mighty, Holy Immortal, have mercy on us (*three times*).

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

O most holy Trinity, have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy (*three times*).

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

Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the evil one. Amen.

Lord, have mercy (*twelve times*).

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

Come, let us worship God, our King.

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

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

Then we pray the sunset (page 4) or sunrise (page 13) service.

At Sunset (Vespers)

Each day begins at sunset as we celebrate Christ, the true light of the world whom darkness cannot overcome. We begin with the opening prayers (page 2).

Psalm 103/104

The opening psalm recalls the glory of creation and the blessed life of paradise when the Lord Himself walked with His creatures.

Bless the Lord, O my soul. O Lord my God, Thou art very great.

Thou art clothed with honour and majesty, who coverest Thyself with light as with a garment, who hast stretched out the heavens like a tent, who hast laid the beams of Thy chambers on the waters, who makest the clouds Thy chariot, who ridest on the wings of the wind, who makest the winds Thy messengers, fire and flame Thy ministers.

Thou didst set the earth on its foundations, so that it should never be shaken. Thou didst cover it with the deep as with a garment; the waters stood above the mountains. At Thy rebuke they fled; at the sound of Thy thunder they took to flight.

The mountains rose, the valleys sank down to the place which thou didst appoint for them. Thou didst

set a bound which they should not pass, so that they might not again cover the earth.

Thou makest springs gush forth in the valleys; they flow between the hills, they give drink to every beast of the field; the wild asses quench their thirst.

By them the birds of the air have their habitation; they sing among the branches. From Thy lofty abode Thou waterest the mountains; the earth is satisfied with the fruit of Thy work.

Thou dost cause the grass to grow for the cattle, and plants for man to cultivate, that he may bring forth food from the earth, and wine to gladden the heart of man, oil to make his face shine, and bread to strengthen man's heart.

The trees of the Lord are watered abundantly, the cedars of Lebanon which he planted. In them the birds build their nests; the stork has her home in the fir trees. The high mountains are for the wild goats; the rocks are a refuge for the badgers.

Thou hast made the moon to mark the seasons; the sun knows its time for setting. Thou makest darkness, and it is night, when all the beasts of the forest creep forth. The young lions roar for their prey, seeking their food from God.

When the sun rises, they get them away and lie down in their dens. Man goes forth to his work and to his labour until the evening.

O Lord, how manifold are Thy works. In wisdom hast Thou made them all; the earth is full of Thy creatures. Yonder is the sea, great and wide, which teems with things innumerable, living things both small and great. There go the ships, and Leviathan which Thou didst form to sport in it.

These all look to Thee, to give them their food in due season. When Thou givest to them, they gather it up; when Thou openest Thy hand, they are filled with good things. When Thou hidest Thy face, they are dismayed; when Thou takest away their breath, they die and return to their dust.

When Thou sendest forth Thy Spirit, they are created; and Thou renewest the face of the ground.

May the glory of the Lord endure for ever, may the Lord rejoice in His works, who looks on the earth and it trembles, who touches the mountains and they smoke.

I will sing to the Lord as long as I live; I will sing praise to my God while I have being. May my meditation be pleasing to Him, for I rejoice in the Lord. Let sinners be consumed from the earth, and let the wicked be no more.

Bless the Lord, O my soul. Praise the Lord. The sun knows its time for setting. Thou makest darkness, and it is night.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God (*three times*).

The Lamplighting Psalms

As the evening darkness draws in—an image of our falling away from the glory of creation and the loss of paradise—we turn to God in repentance. We light lamps and candles to recall the true light that has come into the world in Christ.

Lord, I call upon Thee, hear me. Hear me, O Lord.

Lord, I call upon Thee, hear me. Receive the voice of my prayer when I call upon Thee. Hear me, O Lord.

Let my prayer arise in Thy sight as incense, and let the lifting up of my hands be an evening sacrifice. Hear me, O Lord.

Set a guard over my mouth, O Lord, keep watch over the door of my lips. Incline not my heart to any evil, to busy myself with wicked deeds in company with men who work iniquity; and let me not partake of their delights.

Let a good man strike or rebuke me in kindness, but let the oil of the wicked never anoint my head; for my prayer is continually against their wicked deeds. When they are given over to those who shall condemn them, then they shall learn that the word of the Lord is true.

As a rock which one cleaves and shatters on the land, so shall their bones be strewn at the mouth of Sheol. But my eyes are toward Thee, O Lord God; in Thee I seek refuge; leave me not defenceless.

Keep me from the trap which they have laid for me, and from the snares of evildoers. Let the wicked together fall into their own nets, while I escape.

I cry with my voice to the Lord, with my voice I make supplication to the Lord, I pour out my trouble before Him, I tell my trouble before Him.

When my spirit departs from me, Thou knowest my way. In the path where I walk they have hidden a trap for me. I look to the right and watch, but there is none who takes notice of me; no refuge remains to me, no man cares for me.

I cry to Thee, O Lord; I say, Thou art my refuge, my portion in the land of the living. Give heed to my cry; for I am brought very low. Deliver me from my persecutors; for they are too strong for me.

Bring my soul out of prison, that I may give thanks to Thy name. The righteous will surround me, for Thou wilt deal bountifully with me.

Out of the depths I cry to Thee, O Lord. Lord, hear my voice. Let Thine ears be attentive to the voice of my supplications.

If Thou, O Lord, shouldst mark iniquities, Lord, who could stand? But there is forgiveness with Thee. For Thy name's sake I wait for Thee, O Lord; my soul has waited for Thy word; my soul has hoped on the Lord.

From the morning watch until night, from the morning watch, let Israel hope on the Lord. For with the Lord there is mercy and with Him is plenteous redemption and He will deliver Israel from all his iniquities.

Praise the Lord, all nations. Praise Him all people. For His mercy is confirmed on us, and the truth of the Lord endures forever.

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

O Gladsome Light

Then we sing the evening hymn—Phos Hilaron—welcoming the light of Christ, the light of the kingdom which shall have no evening.

O gladsome Light of the holy glory of the immortal Father, heavenly, holy, blessed, O Jesus Christ: now that we have come to the setting of the sun and behold the light of evening, we praise God, Father, Son and Holy Spirit. For meet it is at all times to worship Thee with voices of praise, O Son of God and Giver of life; therefore all the world glorifies Thee.

Evening Petitions

We pray for a peaceful night for ourselves and the whole world, and in repentance and love ask for God to help us to prepare our departure from this life.

Let us complete our evening prayer to the Lord.

Lord, have mercy.

Help us, save us, have mercy on us and keep us, O God, by Thy grace.

Lord, have mercy.

That the whole evening may be perfect, holy, peaceful, and sinless, let us ask of the Lord.

Grant it, O Lord.

An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord.

Grant it, O Lord.

Pardon and remission of our sins and transgressions, let us ask of the Lord.

Grant it, O Lord.

All things that are good and profitable for our souls, and peace for the world, let us ask of the Lord.

Grant it, O Lord.

That we may complete the remaining time of our life in peace and repentance, let us ask of the Lord.

Grant it, O Lord.

A Christian ending to our life: painless, blameless, and peaceful, and a good defence before the dread judgement seat of Christ, let us ask of the Lord.

Grant it, O Lord.

Commemorating our most holy, most pure, most blessed and glorious Lady Theotokos and ever-virgin Mary with all the saints, let us commend ourselves and each other, and all our life unto Christ our God.

To Thee, O Lord.

O Lord our God, remember us, Thy sinful and unprofitable servants, when we call upon Thy holy and adorable name. Put us not to shame, as we await Thy mercy. But grant us, O Lord, all our petitions which are for salvation, and enable us to love and to fear Thee with all our hearts, and to do Thy will in all things.

For Thou art a good and man-befriending God, and unto Thee we ascribe glory: to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

St Symeon's Prayer

In the words of the prophet and Godbearer, Symeon, having beheld God's glory, we ask to depart in peace.

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

Dismissal

Then we say the appointed dismissal hymn (troparion) of the day, followed by:

More honourable than the cherubim, and more glorious beyond compare than the seraphim; without corruption thou gavest birth to God the Word; true Theotokos, we magnify thee.

Through the prayers of the holy and righteous myrrhbearers, first witnesses of the resurrection and apostles to the apostles, whose mission this is, and of all our fathers and mothers among the saints, Lord Jesus Christ our God, have mercy upon us and save us. Amen.

At Sunrise (Mattins)

Originating in the early Christian practice of rising in the night to pray, Mattins begins with our watchful expectation of the Lord's return in glory and culminates with the hymn of glory to God on the arising of the sun. We begin with the opening prayers (page 2).

Psalm 62/63

O God, Thou art my God, I seek Thee, my soul thirsts for Thee; my flesh faints for Thee, as in a dry and weary land where no water is. So I have looked upon Thee in the sanctuary, beholding Thy power and glory. Because Thy steadfast love is better than life, my lips will praise Thee. So I will bless Thee as long as I live; I will lift up my hands and call on Thy name.

My soul is feasted as with marrow and fat, and my mouth praises Thee with joyful lips, when I think of Thee upon my bed, and meditate on Thee in the watches of the night; for Thou hast been my help, and in the shadow of Thy wings I sing for joy.

My soul clings to Thee; Thy right hand upholds me. But those who seek to destroy my life shall go down into the depths of the earth; they shall be given over to the power of the sword, they shall be prey for jackals.

But the king shall rejoice in God; all who swear by him shall glory; for the mouths of liars will be stopped. I meditate on Thee in the watches of the night; for Thou hast been my help, and in the shadow of thy wings I sing for joy. My soul clings to Thee; Thy right hand upholds me.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God (*three times*).

God Is the Lord

We proclaim with joy that God has revealed His saving glory to us.

God is the Lord and has revealed Himself to us.
Blessed is He that comes in the name of the Lord
(*repeat after each of the following verses*).

O give thanks to the Lord, for He is good; for His mercy endures for ever.

All nations surrounded me; in the name of the Lord I cut them off.

I shall not die, but I shall live, and recount the deeds of the Lord.

The stone which the builders rejected has become the cornerstone. This is the Lord's doing, and it is marvellous in our eyes.

Then the dismissal hymn (troparion) of the day.

Psalm 50/51

If we are to be true recipients of the grace of the Holy Spirit and martyrs (witnesses) for the saving glory of God, we must continually repent.

Have mercy on me, O God, according to Thy steadfast love; according to Thine abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin.

For I know my transgressions, and my sin is ever before me. Against Thee, Thee only, have I sinned, and done that which is evil in Thy sight, so that Thou art justified in Thy sentence and blameless in Thy judgement.

Behold, I was brought forth in iniquity, and in sin did my mother conceive me. Behold, Thou desirest truth in the inward being; therefore teach me wisdom in my secret heart.

Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Fill me with joy and gladness; let the bones which Thou hast broken

rejoice. Hide Thy face from my sins, and blot out all my iniquities.

Create in me a clean heart, O God, and put a new and right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

Restore to me the joy of Thy salvation, and uphold me with a willing spirit. Then I will teach transgressors Thy ways, and sinners will return to Thee.

Deliver me from bloodguiltiness, O God, Thou God of my salvation, and my tongue will sing aloud of Thy deliverance. O Lord, open Thou my lips, and my mouth shall show forth Thy praise.

For Thou hast no delight in sacrifice; were I to give a burnt offering, Thou wouldst not be pleased. The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, Thou wilt not despise.

Do good to Zion in Thy good pleasure; rebuild the walls of Jerusalem, then wilt Thou delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on Thine altar.

Then the kontakion of the day.

The Great Doxology

We give thanks to God for the dawn of a new day, symbolising the never-ending light of the new kingdom when heaven and earth are joined and God will dwell with His people for ever.

Glory to God in the highest, and on earth peace, good will among men. We praise Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks to Thee for Thy great glory. O Lord, heavenly King, God the Father almighty. O Lord, the only begotten Son Jesus Christ, and the Holy Spirit.

O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy on us. Thou that takest away the sins of the world, receive our prayer. Thou that sittest at the right hand of the Father, have mercy on us. For Thou only art holy, Thou only art Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day will I bless Thee and I will praise Thy name for ever, yea, for ever and ever. Vouchsafe, O Lord, to keep us this day without sin. Blessed art Thou, O Lord, the God of our fathers, and praised and glorified is Thy name unto the ages. Amen. Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee.

Blessed art Thou, O Lord, teach me Thy statutes (*three times*).

Lord, Thou hast been our refuge from generation to generation. I said: O Lord, have mercy on me; heal my soul, for I have sinned against Thee. Lord, unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. For in Thee is the fountain of life; in Thy light we shall see light. O continue Thy mercy unto them that know Thee.

Holy God, Holy Mighty, Holy Immortal, have mercy on us (*three times*).

Morning Petitions

Standing in the glory of the age to come we call down God's grace and mercy on the whole world, that His kingdom come and His will be done on earth as in heaven.

Have mercy on us, O God, according to Thy great goodness, we pray Thee, hear us and have mercy.

Lord, have mercy (three times).

Again we pray for our Metropolitan Tikhon, our Archbishop Irénée, for priests, deacons, and all other clergy, and for all our brethren in Christ.

Lord, have mercy (three times).

Again we pray for our sovereign lady, Queen Elizabeth, for this land, and all those in seats of authority.

Lord, have mercy (three times).

Again we pray for all our fathers and mothers, brothers and sisters, the Orthodox departed this life before us, especially _____, who here and in all the world lie asleep in the Lord.

Lord, have mercy (three times).

Again we pray for mercy, life, peace, health, salvation, and visitation for the servants of God _____, and for the pardon and remission of their sins.

Lord, have mercy (three times).

Again we pray for our holy mission, for those who bring offerings and do good works for Thy kingdom. Make us witnesses to Thy goodness, full of love, strength and faith, for Thy glory and the salvation of the entire world.

Lord, have mercy (three times).

We praise Thee, we hymn Thee, we bless Thee, we give thanks unto Thee, O God of our fathers, that Thou hast brought us through the shadows of the night and hast again shown us the light of day. But we pray of Thy goodness, cleanse us from our sins and accept our prayers in Thy great tenderness of

heart. For we take refuge in Thee, the merciful and all-powerful God. Illumine in our hearts the true Sun of Thy righteousness, enlighten our minds and guard all our senses, that, as in the day, walking nobly in the way of Thy commandments, we may attain unto life eternal. With Thee is the fountain of life: vouchsafe that we may to come to the enjoyment of Thine unapproachable light.

For Thou art a merciful and man-befriending God, and unto Thee we ascribe glory: to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Kontakion of the Theotokos

To thee, the champion leader, we thy servants dedicate a feast of victory and of thanksgiving as ones rescued out of sufferings, O Theotokos: but as thou art one with might which is invincible, from all dangers that can be do thou deliver us, that we may cry to thee: Rejoice, thou bride unwedded.

Followed by:

Through the prayers of the holy and righteous myrrhbearers, first witnesses of the resurrection and apostles to the apostles, whose mission this is, and of all our fathers and mothers among the saints, Lord Jesus Christ our God, have mercy upon us and save us. Amen.