

THE FIRST HOUR

on weekdays of the Great Fast

If this Hour is not appended to Matins, we begin with the blessing and Trisagion Prayers as follows. If this Hour is appended to Matins, we begin with the Call to Worship ("Come let us worship..." on page 4).

The priest, vested in epitrachilion, and deacon, fully vested, come before the Royal Doors.

If a priest is not present:

Deacon: Reverend Father, give the blessing.

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

Priest: Blessed is our God, always, now and ever and forever.

Response: 
A - - - men.

Glory *to* you, our God,
glorij tö you!

Heavenly King, Comforter, Spirit of Truth,
everywhere present and filling all things.
Treasury of Blessings and Giver of Life,
come and dwell within us,
cleanse *us* of all stain,
and save our *souls*, O gracious One.

Trisagion Prayers

Holy God, Holy and Mighty, Holy and *Immörtal*,
have *mercy* ön us. (*Three times*)

Glory to the Father, and to the Son, and to the *Holy* Spírit,
now and ever *and* forever. Amen.

Most Holy Trinity, have mercy on us;
Lord, cleanse us of our sins;
Master, forgive our *transgrëssions*;
Holy One, come to us and heal our infirmities
for your näme's sake.



Glory to the Father, and to the Son, and to the *Holy* Spírit,
now and ever *and* forever. Amen.

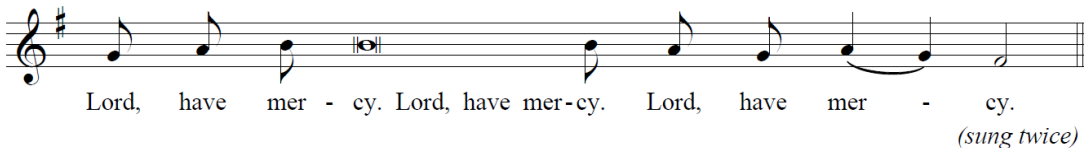
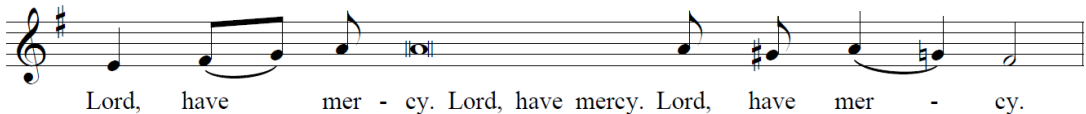
Our Father, who art in heaven, hallowed be thy name.
 Thy kingdom come, thy will be done on earth as it is in heaven.
 Give us this day our daily bread,
 and forgive us our trespasses
 as we forgive those who trespass against us,
 and lead us not into *temptation*,
 but deliver *us* from evil.

Priest: For thine is the
 kingdom and the
 power and the glory,
 Father, Son, and Holy
 Spirit, now and ever
 and forever.

If a priest is not present:

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

Response:



Glory to the Father, and to the Son, and to the *Holy* Spirit,
 now and ever *and* forever. Amen.

Call to Worship

*If appended to Matins, First Hour begins here and the above Prayers are omitted.
Making three reverences:*

Come, let us worship *our* King and God.

Come, let us worship *Christ*, our King and God.

Come, let us worship and bow before the only *Lord* Jesus Christ,
the *King* and our God.

The priest and deacon return to the altar, and go to the presbyteral chairs behind the altar.

Psalm 5

To my words give ear, O Lord,
give heed to my groaning.
Attend to the sound of my cries,
my King and my God.
It is you whom I invoke, O Lord.
In the morning you hear me;
in the morning I offer you my prayer,
watching and waiting.
You are no God who loves evil;
no sinner is your guest.
The boastful shall not stand their ground
before your face.
You hate all who do evil;
you destroy all who lie.

The deceitful and bloodthirsty man
the Lord detests.
But I through the greatness of your love will enter your house;
I will bow down before your holy temple in awe.
Lead me, O Lord, in your justice;
because of my enemies direct my way in your sight.
No truth can be found in their mouths,
their hearts are vanity,
their throats are gaping graves,
with their tongues they flatter.
Condemn them, O God;
let them fall in their designs.
Drive them out for their many offenses,
for they have defied you.
Let all those you protect be glad and rejoice forever
and you shall dwell in them.
They who love your name shall rejoice in you;
for you will bless the just, O Lord.
You crown us with favor
as with a shield.

Psalm 89

O Lord, you have been our refuge
from one generation to the next.
Before the mountains were born
or the earth or the world brought forth,
you are God, without beginning or end.
You turn men back to dust
and say: "Go back, sons of men."

To your eyes a thousand years
are like yesterday, come and gone,
 no more than a watch in the night.
You sweep men away like a dream,
 like the grass which springs up in the morning.
In the morning it springs up and flowers:
 by evening it withers and fades.
So we are destroyed in your anger,
 struck with terror in your fury.
Our guilt lies open before you;
 our secrets in the light of your face.
All our days pass away in your anger.
 Our life is over like a sigh.
Our span is seventy years,
 or eighty for those who are strong.
And most of these are emptiness and pain.
 They pass swiftly and we are gone.
Who understands the power of your anger
 and fears the strength of your fury?
Make us know the shortness of our life
 that we may gain wisdom of heart.
Lord, relent! Is your anger forever?
 Show pity to your servants.
In the morning, fill us with your love;
 we shall exult and rejoice all our days.
Give us joy to balance our affliction
 for the years when we knew misfortune.
Show forth your work to your servants;
 let your glory shine on their children.

Let the brightness of the Lord be upon us:
give success to the work of our hands.
Give success to the work of our hands.

Psalm 100

My song is of mercy and justice;
I sing to you, O Lord.
I shall walk in the way of perfection.
O when, Lord, will you come?
I shall walk with blameless heart
within my house;
I shall not set before my eyes
whatever is base.
I shall hate the ways of the crooked;
they shall not be my friends.
The false-hearted must keep far away;
the wicked I disown.
The man who slanders his neighbor in secret
I shall bring to silence.
The man of proud looks and haughty heart
I shall never endure.
I look to the faithful in the land
that they may dwell with me.
He who walks in the way of perfection
shall be my friend.
No man who practices deceit
shall live within my house.
No man who utters lies
shall stand before my eyes.

Morning by morning I shall silence
all the wicked in the land,
uprooting from the city of the Lord
all who do evil.

Glory to the Father, and to the Son, and to the *Holy* Spirit,
now and ever *and* forever. Amen.

Alleluia! Alleluia! *Allelûia!*

Glory to you, O God! (*Three times, each with a bow*)

Lord, have mer - cy. Lord, have mer - cy. Lord, have mer - cy.

The image shows a musical staff in G major (one sharp) and 4/4 time. The melody consists of three identical phrases: 'Lord, have mer - cy.' Each phrase is written on a single staff line. The first phrase starts with a quarter note G4, followed by a quarter note A4, a quarter note B4, a quarter note C5, a quarter note D5, a quarter note E5, a quarter note F#5, a quarter note G5, a quarter note F#5, a quarter note E5, a quarter note D5, a quarter note C5, and a quarter note B4. The second and third phrases are identical to the first. The lyrics 'Lord, have mer - cy.' are written below the staff, with hyphens under 'mer' and 'cy' to indicate syllable placement.

Kathisma

*When one is appointed, the Reader chants a Kathisma of the Psalter.¹
If no Kathisma is appointed, continue with the Troparion on page 10.*

Every Kathisma is divided into three stases. After each of the first two stases the following is said:

Reader: Glory to the Father, and to the Son, and to the Holy Spirit,

Response: Now and ever and forever. Amen.

Alleluia! Alleluia! Alleluia!

Glory to you, O God! *(Three times, each with a bow)*

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

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

Reader: Now and ever and forever. Amen.

And at the end of the whole Kathisma:

Reader: Glory to the Father, and to the Son, and to the Holy Spirit,

Response: Now and ever and forever. Amen.

Alleluia! Alleluia! Alleluia!

Glory to you, O God! *(Three times, each with a bow)*

The third time, with melody.

Troparion - *Tone 6*



In the mor-ning You hear me, O my King and my God (*Prostration*)

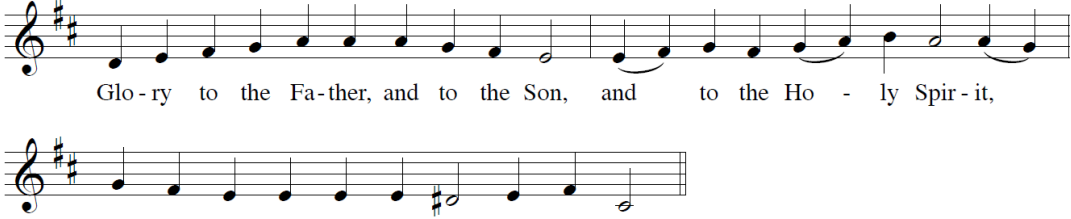
Verse: To my words give ear, O Lord, give heed to my groaning.

In the morning you hear me, * O my King and my God. (*Prostration*)

Verse: It is You whom I invoke, O Lord.

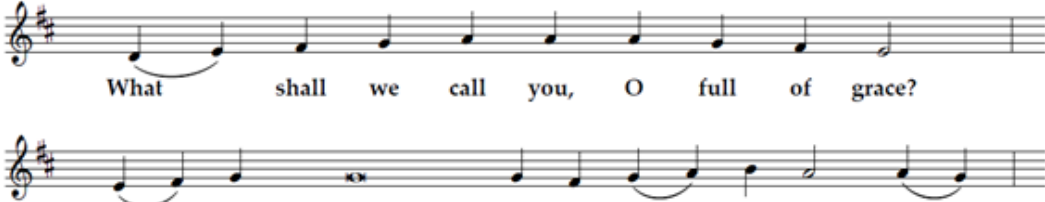
In the morning you hear me, * O my King and my God. (*Prostration*)

Cantor - *Tone 6:*

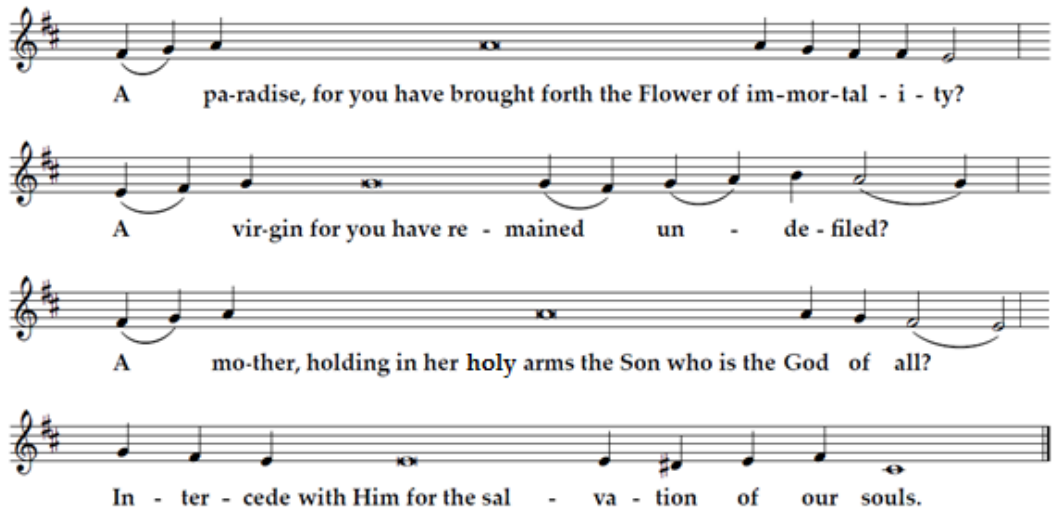


Glo-ry to the Fa-ther, and to the Son, and to the Ho - ly Spir - it,
now and ev - er and for - ev - er. A - men.

Theotokion of the Hour - *Tone 6*



What shall we call you, O full of grace?
A he-aven, for you have born the Sun of Ju - stice?



A pa-radise, for you have brought forth the Flower of im-mor-tal - i - ty?
 A vir-gin for you have re - mained un - de - filed?
 A mo-ther, holding in her holy arms the Son who is the God of all?
 In - ter - cede with Him for the sal - va - tion of our souls.

All: Let my way be straight according to your word; let no sin overcome me. Save me from the wickedness of men, and I will keep your commandments. Let your face shine upon your servants, and teach me your laws. Let my mouth be filled with your praise, O Lord, and let me sing your glory and magnificence all the day long.

Trisagion Prayers

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

Glory to the Father, and to the Son, and to the *Holy* Spirit,
 now and ever *and* forever. Amen.

Most Holy Trinity, have mercy on us;
Lord, cleanse us of our sins;
Master, forgive our *transgressions*;
Holy One, come to us and heal our infirmities
for your name's sake.



Glory to the Father, and to the Son, and to the *Holy* Spirit,
now and ever *and* forever. Amen.

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

Priest:

For thine is the
kingdom and the
power and the glory,
Father, Son, and Holy
Spirit, now and ever
and forever.

If a priest is not present:

Leader:


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

Response:



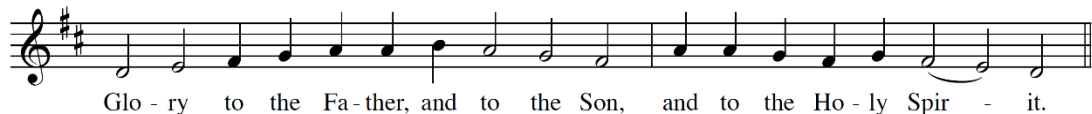
A - - - men.

Troparia - *Tone 4*



Come to us in haste, O Christ our God,
be-fore we become slaves of those who blas-pheme You and threa - ten our lives.
With your Cross cut down those who make war a - gainst us;
let them know how strong is the faith of those who pro - fess the truth.
Grant this through the prayers of the Mo - ther of God,
for You alone are the Lo - ver of Hu - man - kind.

Cantor:



Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it.

O Tea - cher of wis - dom, O Bestower of un - der - stand - ing,

O In - struct - or of the ignorant and Pro - tect - or of the poor,

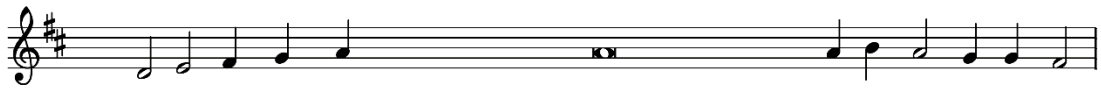
strength - en and teach my heart, O Ma - ster.

O Word of the Fa - ther, give me words,

and do not pre - vent my mouth from call - ing out to You:

I have fallen, have mercy on me, O mer - ci - ful One.

Cantor:
Now and ev - er and for - ev - er. A - men.



Let us with our hearts and lips continually extol the most glo-ri-ous Mo-ther of God.



ho - lier than the hea - ven - ly an - gels,



and pro-claim that she is truly the The - o - to - kos,



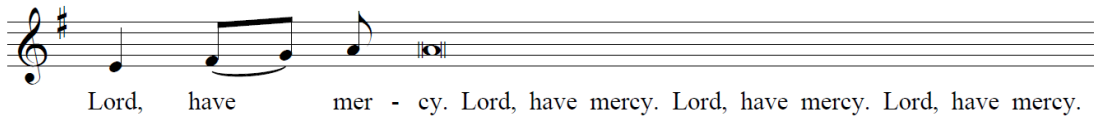
for she has tru - ly giv - en birth to God in the flesh



and never ceases to in - ter - cede for our souls.

The priest and deacon leave the altar by the northern door and come in front of the Royal Doors.

“Lord, have mercy” is now sung forty times, in English, or several languages:



Prayer of the Hours

Priest: O Christ our God, in all times and places you are worshiped and glorified both in heaven and on earth. You are long-suffering and generous in your mercy and compassion. You love the just and show mercy to the sinner, calling all to salvation through the promise of blessings to come. At this very hour, O Lord, receive our supplications and direct our lives in the path of your commandments. Sanctify our souls; purify our bodies; set right our minds; cleanse our thoughts; deliver us from all affliction, trouble and distress; surround us with your holy angels so that, guided and guarded in their camp, we may attain oneness of faith and the knowledge of your unspeakable glory. For you are blessed forever and ever.

Response: Amen.

If a priest is not present, the Leader concludes with this “Amen,” and the people do not respond “Amen” to this prayer.



Glory to the Father, and to the Son, and to the *Holy* Spirit,
now and ever *and* forever. Amen.

More honorable than *the* Cherubim,
and beyond compare more glorious *than* the Seraphim,
who, a virgin, gave birth *to* God the Word;
you, truly the Theotokos, we magnify!

If a priest is present:

In *the* name of the Lord,
Father, *give* the blëssing.

If a priest is not present:

Bless, *Ö* Lörd.

Priest: May God be merciful to us and bless us; may he cause his
or Leader: countenance to shine upon us, and have mercy on us.



Prayer of Saint Ephrem

Lord and Master of my life,
spare me from the spirit of indifference, despair,
lust for power, and idle chatter. (*Prostration*)

Instead, bestow on me, your servant,
the spirit of integrity, humility,
patience, and love. (*Prostration*)

Yes, O Lord and King,
let me see my own sins
and not judge my brothers and sisters;
for you are blessed forever and ever. Amen. (*Prostration*)

Then, with a simple bow, the following is repeated four times:

O God, be merciful to me, a sinner.

O God, cleanse me of my sins and have mercy on me.

O Lord, forgive me, for I have sinned without number.

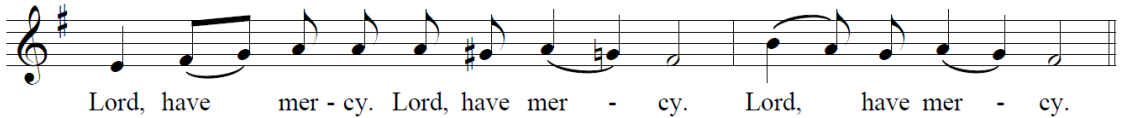
Once more, the Prayer of St. Ephrem is recited, without the usual prostrations. One prostration is made at the conclusion of the prayer.

Trisagion Prayers

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

Glory to the Father, and to the Son, and to the *Holy* Spirit,
now and ever *and* forever. Amen.

Most Holy Trinity, have mercy on us;
Lord, cleanse us of our sins;
Master, forgive our *transgressions*,
Holy One, come to us and heal our infirmities
for your nāme's sake.



Glory to the Father, and to the Son, and to the *Holy* Spirit,
now and ever *and* forever. Amen.

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

Priest:

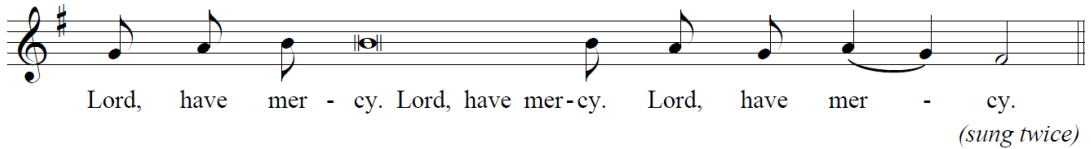
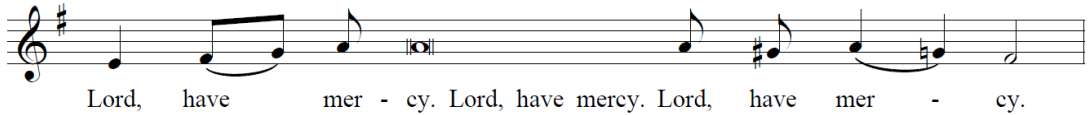
For thine is the
kingdom and the
power and the glory,
Father, Son, and Holy
Spirit, now and ever
and forever.

If a priest is not present:

Leader:

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

Response:



Priest:

O Christ, the true light,
who enlightens and
sanctifies everyone in the
world, mark us with the
light of your countenance
so that we may see the
unapproachable radiance.
Let our life be straight
along the path of your
commandments, through
the prayers of your most
pure mother and of all
your saints.

*If a priest is not present, this prayer of
the priest is omitted*

Response: Amen.

If the Third Hour is to follow, begin the Hour with the Call to Worship (“Come, let us worship...”). Otherwise, the following Dismissal.

Dismissal

Priest: Glory to you, O Christ
our God, our hope;
glory to you!

Response: Glory to the Father,
and to the Son, and to
the *Holy* Spirit,
now and ever,
and forever.
Amen.

Lord, have mercy.
Lord, have mercy.
Lord, *have* mērcy.
Give *thē* blēssing

Priest: May Christ our true God,
have mercy on us and
save us through the
prayers of his most pure
Mother;

*On Wednesday
& Friday:* by the power of the
precious and life-
creating cross;

If a priest is not present:

Glory to the Father,
and to the Son, and to
the *Holy* Spirit,
now and ever,
and forever.
Amen.

Lord, have mercy.
Lord, have mercy.
Lord, *have* mērcy
Bless, *Ö* Lörd.

Leader: O Christ our true God,
have mercy on us and
save us through the
prayers of your most
pure Mother;

*On Wednesday
& Friday:* by the power of the
precious and life-
creating cross;

On Monday: through the protection of the honorable and heavenly angelic powers;

On Tuesday: of the honorable and glorious prophet, forerunner, and baptist John;

Daily: (through the prayers) of the holy, glorious, and illustrious apostles;

Thursday: of our holy father Nicholas the Wonderworker, archbishop of Myra

Daily: of the holy (*Name/s*), the patron[s] [patroness] of this church; of the holy (*Name/s of the saint/s whose day it is*); and through the prayers of all the saints; for Christ is good and loves us all.

On Monday: through the protection of the honorable and heavenly angelic powers;

On Tuesday: of the honorable and glorious prophet, forerunner, and baptist John;

Daily: (through the prayers) of the holy, glorious, and illustrious apostles;

Thursday: of our holy father Nicholas the Wonderworker, archbishop of Myra

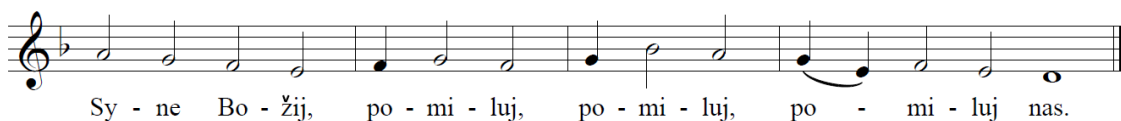
Daily: of the holy (*Name/s*), the patron[s] [patroness] of this church; of the holy (*Name/s of the saint/s whose day it is*); and through the prayers of all the saints; for you are good and love us all.

Response:



By long-standing custom, the following hymn is sung at the conclusion of the service (three times with a prostration after each):

Having suffered (Preterpivj)



¹ *On certain days during the Great Fast one Kathisma is appointed to First Hour, as indicated below:*

Order of Reading the Psalter at First Hour

Day	<i>During the 1st, 2nd, 3rd, 4th, & 6th Weeks of the Great Fast:</i> Kathisma	<i>During the 5th week of the Great Fast:</i> Kathisma	<i>During the 5th week of the Great Fast when Annunciation falls on Thursday of that week:</i> Kathisma
Sunday			
Monday			7
Tuesday	13	14	
Wednesday	2	3	2
Thursday	9		9
Friday			
Saturday			

The Psalter according to the Seventy (Boston: Holy Transfiguration Monastery, 1987), 291-292; David Petras, *Common Typicon* (Fairfax: Eastern Christian Publication, 2001), 94.