

THE FIRST HOUR ON A DAY OF ALLELUIA

On a Day of Alleluia in a Minor Fast, First Hour is celebrated as in the Great Fast,¹ during which the Troparia and Kontakia are particular to the Hour on Monday through Friday.²

The Troparion is not preceded by "Glory..."

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)*

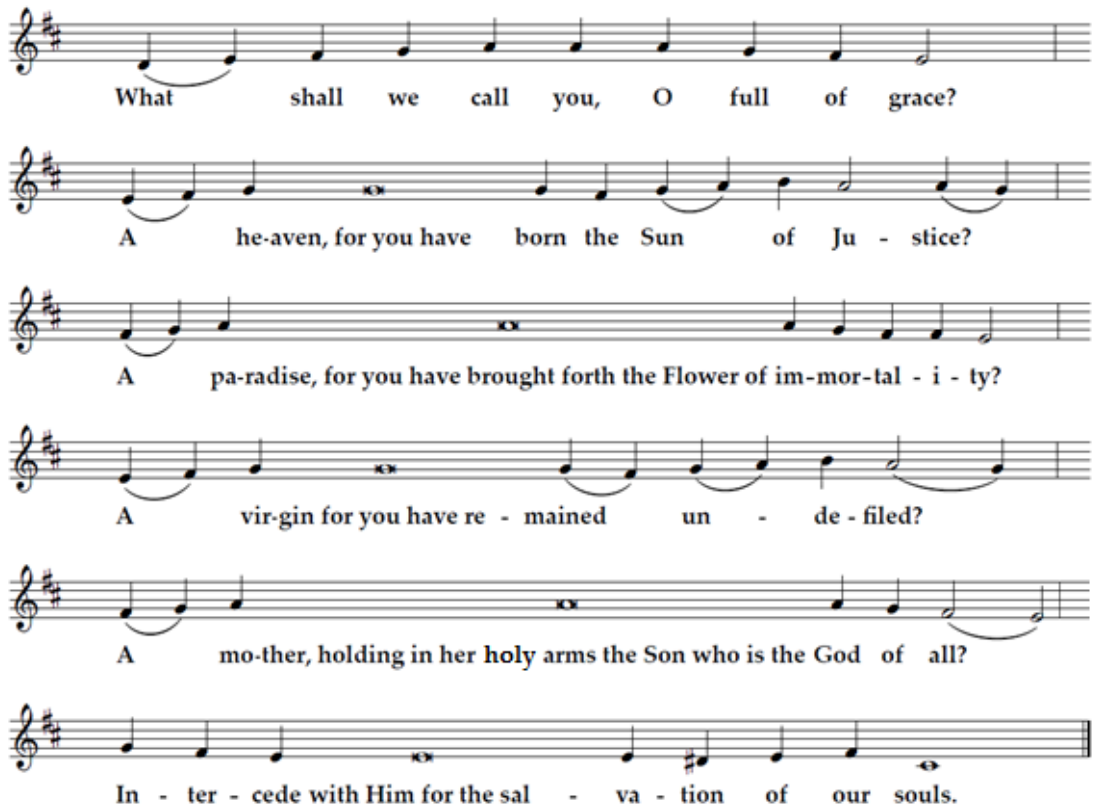
Verse: It is You whom I invoke, O Lord.

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 First 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?

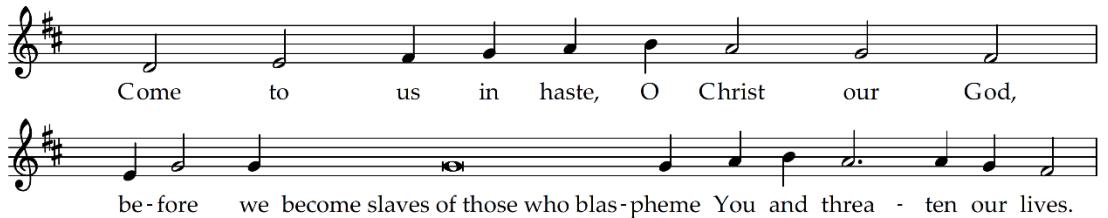
A mo-ther, holding in her holy arms the Son who is the God of all?

In - ter - cede with Him for the sal - va - tion of our souls.

Continue with "Guide my footsteps..." on page 9.

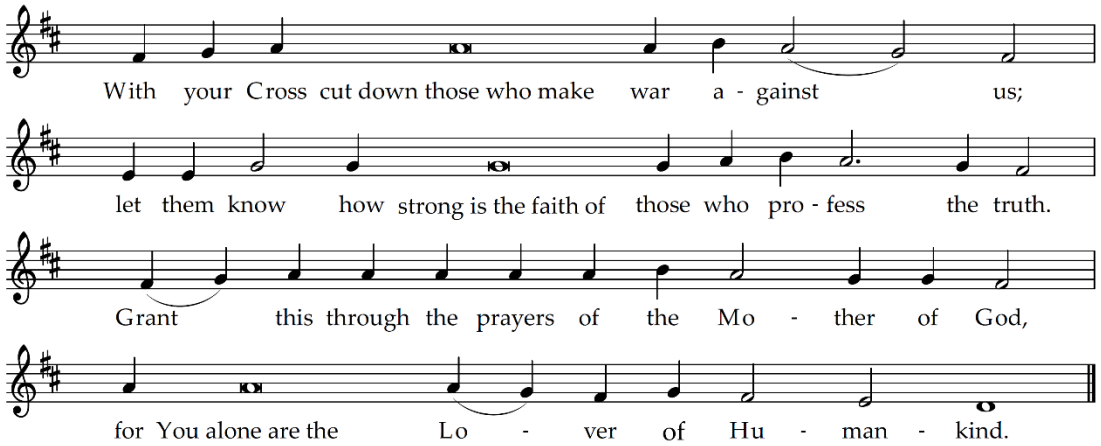
In place of the Kontakion (page 11), the following:

Troparia - *Tone 4*



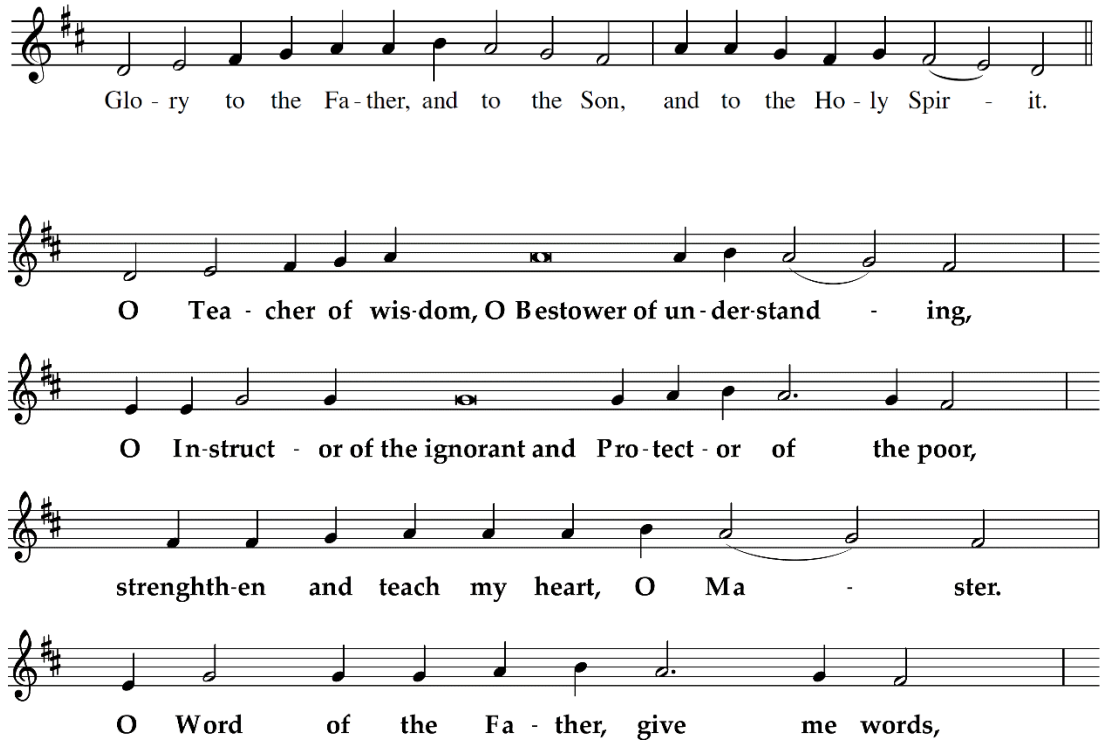
Come to us in haste, O Christ our God,

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:

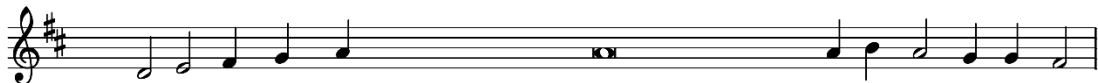


I have fallen, have mercy on me, O mer - ci - ful One.

Cantor:



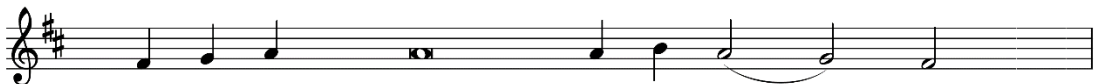
Now and ev - er and for - ev - er. A - men.



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.

Continue with "Lord, have mercy..." (p. 11).

After “May God be merciful to us and bless us...” and, “Amen” (p. 13):

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 in its entirety, 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 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,
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.

Response: Amen.

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: Amen.



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



have mercy. Lord, have mer - cy. *(Twice)*

Continue with "O Christ, you are the true light..." (page 14).

If a priest is not present, continue with the Dismissal ("Glory..." on page 14).

¹ Format 4 in David Petras' *Common Typicon* (Fairfax: Eastern Christian Publications), 14.

² Format 21 in Petras, 51.