

# DIVINE LITURGY OF THE PRESANCTIFIED GIFTS

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#### Introduction

Because the Divine Liturgy is the festive celebrant "Banquet of Christ", the ancient Church came to regard its celebration as out of harmony with the penitential climate of Great Lent. The Liturgy of the Presanctified Gifts was established so that the faithful could be nourished with the divine strength of the Eucharist on their Lenten journey.

In this service, there is no consecration of the Holy Gifts. This is because the Holy Gifts were 'pre-consecrated' or 'pre-sanctified' during the Sunday Divine Liturgy along with the Holy Gifts for Sunday itself, and then kept on the Holy Altar until their distribution during the Presanctified Liturgy.

The Presanctified Liturgy is ancient and is already attested as the approved custom by the Quinisext Council (692). It is attributed to St. Gregory the Dialogist, Bishop of Rome.

Before we partake of Holy Communion, we should first be reconciled with those we have offended or with those that might have offended us. If it has been a long time since we have gone to Holy Confession, let us first set up an appointment with the Priest for Confession.

We must also examine our conscience to see if we have any grave sins that we have not surrendered to our Savior in Holy Confession. If we have fallen into such sins, let us not despair but hurry to get to Holy Confession and receive forgiveness from our loving and merciful Lord Jesus Christ. In this way, we heed St. Paul's warning and avoid condemning ourselves by partaking of the "Lord's Supper in an unworthy manner ... not revering [His] Body and Blood".

Finally, those planning to partake *in the morning* should fast completely from midnight. Those planning to partake *in the evening* should fast after a light lunch. If we have any questions or need clarification, let us ask our spiritual father.

The faithful are invited to participate actively in this service, and be nourished by it in their Lenten Journey.

P+: Ressed is the Kingdom of the Father and of the Son and of the Holy Spirit, always, now and forever, and unto the ages of ages.

People: Amen.

The Readers read the Psalms.

O come let us worship and fall down before God our King.

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

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

The Psalms are then recited by the chanters or the faithful.

#### **PSALM OF INTRODUCTION PSALM 103**

- **Complete** Rless the Lord, O my soul! O Lord my God, You are very great!
- Bless the Lord, O my soul. O Lord my God, You are very great; You have clothed Yourself with praise and honor;
- You robe Yourself with light as with a garment; spreading out the heaven as a curtain.
- You cover Your chambers with waters; You make the clouds Your chariot; You walk on the wings of the wind.
- You make Your angels spirits, and Your ministers a flaming fire.
- You have set the earth firmly on its foundations, and it will never be moved.
- You placed the ocean over it like a robe, and the water covered the mountains;
- But when You rebuked the waters, they fled; when they heard the voice of Your thunder, they rushed away.
- They went over the mountains down into the valleys to the place You had made for them;

- You set a boundary they can never pass, to keep them from covering the earth again.
- You make springs flow in the valleys, and water run between hills.
- They provide water for the wild animals; the wild donkeys quench their thirst;
- By them shall the birds of the sky lodge: they shall utter a voice out of the midst of the rocks.
- From the heavens You send rain on the mountains, and the earth is filled with Your blessings.
- You make grass grow for The cattle, and plants for man to use, so he can grow his crops,
- And produce wine to make him happy, olive oil to make him cheerful, and bread to give him strength.
- The cedars of Lebanon get plenty of rain, the Lord's own trees, which He planted.
- There the birds build their nests; The storks nest in the fir trees.
- The wild goats live in the high mountains, and the badgers hide in the cliffs.
- You created the moon to mark the months; the sun knows the time to set.
- You made the darkness and it is night: all the wild animals come out.
- The young lions roar while they hunt, looking for the food that God gives them.
- When the sun rises they go back and lie down in their dens.
- Then men go out to do their work, and keep working until evening.
- O Lord, How great are Your works! How wisely You made them all! The earth is filled with Your creatures.

- There is the ocean large and wide, where countless creatures live, large and small alike;
- The ships sail on it, and Leviathan plays in it, that sea monster which You made.
- All of them depend on You, to give them food when they need it;
- You give it to them, and they eat it; You provide food, and they are satisfied.
- When You turn away, they are troubled; when You hold back Your breath, they die, and go back into the soil they came from.
- But when You give them breath, they live; You give new life to the earth.
- May the glory of the Lord last forever! May the Lord be happy with what He made!
- He looks at the earth, and it trembles; He touches the mountains, and they pour smoke.
- I will sing to the Lord all my life; I will sing praises to my God as long as I live.
- Let my meditation be sweet to Him: and I will rejoice in the Lord.
- May sinners be destroyed from the earth; may the wicked be no more! Bless the Lord, O my soul! Praise the Lord!
- (and again) The sun knows the time to set. You made the darkness and it is night: O Lord, How great are Your works! How wisely You made them all!

People should recite aloud everything in "bold purple".

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

- **▲**Ileluia, Alleluia, Glory to You, O God. (3x)
- O Lord, our hope, glory to You.

#### THE LITANY OF PEACE OR GREAT LITANY

The people respond with Lord, have mercy, after each petition.

P+: In peace, let us pray to the Lord.

# Lord have mercy.

P+: For the peace from above and for the salvation of our souls, let us pray to the Lord.

# Lord have mercy.

P+: For the peace of the whole world, for the stability of the holy churches of God, and for the unity of all, let us pray to the Lord.

# Lord have mercy.

P+: For this holy house and for those who enter it with faith, reverence, and the fear of God, let us pray to the Lord.

# Lord have mercy.

P+: For pious and Orthodox Christians, let us pray to the Lord.

# Lord have mercy.

P+: For our Metropolitan (N.), Archbishop (N.), for the honorable presbyterate, for the diaconate in Christ, and for all the clergy and the people, let us pray to the Lord.

#### Lord have mercy.

P+: For our country, for the president, and for all in public service, let us pray to the Lord.

#### Lord have mercy.

P+: For this city, and for every city and land, and for the faithful who live in them, let us pray to the Lord.

# Lord have mercy.

P+: For favorable weather, for an abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.

# Lord have mercy.

P+: For those who travel by land, sea, and air, for the sick, the suffering, the captives and for their salvation, let us pray to the Lord.

# Lord have mercy.

P+: For our deliverance from all affliction, wrath, danger, and necessity, let us pray to the Lord.

# Lord have mercy.

P+: Help us, save us, have mercy on us, and protect us, O God, by Your grace.

# Lord have mercy.

P+: Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

#### To You, O Lord.

#### THE PRAYER OF THE FIRST ANTIPHON

- P+: (in a low voice): Lord, our God, Whose dominion is incomparable and glory incomprehensible; Whose mercy is immeasurable, and love for mankind ineffable: Look upon us and upon this holy house in Your loving-kindness, and grant to us and to those who pray with us Your abundant mercy and compassion.
- P+: (exclaiming) For to You belong all glory, honor, and worship, to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages.

#### Amen.

The Readers continue while the Priest prays quietly and prepares the Holy Presanctified Gifts for the Faithful.

# First Stasis of the Psalter PSALM 119

In my distress I cry to the Lord, that He may answer me:

"Deliver me, O Lord, from lying lips, from a deceitful tongue."

What shall be given to you? And what more shall be done to you, you deceitful tongue?

A warrior's sharp arrows, with glowing coals of the desert!

Woe is me, that I sojourn in Meshech, that I dwell among the tents of Kedar!

Too long have I had my dwelling among those who hate peace.

I am for peace; but when I speak, they are for war!

#### **PSALM 120**

I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth.

He will not let your foot be moved, He who keeps you will not slumber.

Behold, He who keeps Israel will neither slumber nor sleep.

The Lord is your keeper; the Lord is your shade on your right hand.

The sun shall not smite you by day, nor the moon by night.

The Lord will keep you from all evil; He will keep your life.

The Lord will keep your going out and your coming in from this time forth and for evermore.

#### **PSALM 121**

was glad when they said to me, "Let us go to the house of the Lord!"

Our feet have been standing within your gates, O Jerusalem!

Jerusalem, built as a city which is bound firmly together, to which the tribes go up,

The tribes of the Lord, as was decreed for Israel, to give thanks to the Name of the Lord.

There thrones for judgment were set, the thrones of the house of David.

- Pray for the peace of Jerusalem! "May they prosper who love you!
- Peace be within your walls, and security within your towers!"
- For my brethren and companions' sake I will say, "Peace be within you!"
- For the sake of the house of the Lord our God, I will seek your good.

#### **PSALM 122**

- To You I lift up my eyes, O You Who are enthroned in the heavens!
- Behold, as the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress,
- So our eyes look to the Lord our God, till He have mercy upon us.
- Have mercy upon us, O Lord, have mercy upon us, for we have had more than enough of contempt.
- Too long our soul has been sated with the scorn of those who are at ease, the contempt of the proud.

#### **PSALM 123**

- If it had not been the Lord who was on our side, let Israel now say--
- If it had not been the Lord who was on our side, when men rose up against us,
- Then they would have swallowed us up alive, when their anger was kindled against us;
- Then the flood would have swept us away, the torrent would have gone over us;
- Then over us would have gone the raging waters.
- Blessed be the Lord, who has not given us as prey to their teeth!

We have escaped as a bird from the snare of the fowlers; the snare is broken, and we have escaped!

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, now and forever and unto ages of ages. Amen.

**▲**Ileluia, Alleluia, Glory to You, O God. (3x)

Lord have mercy. (3x)

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

#### **The Little Litany**

P+: Again and again, in peace, let us pray to the Lord.

# Lord have mercy.

P+: Help us, save us, have mercy on us, and protect us, O God, by Your Grace.

#### Lord have mercy.

P+: +Commemorating our most holy, pure, blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ, our God.

#### To You O Lord!

#### **Prayer of the Second Antiphon**

P+: O Lord, rebuke us not in Your displeasure, neither chasten us in Your wrath, but deal with us according to Your mercy, O Physician and Healer of our souls. Guide us into the haven of Your will. Enlighten the eyes of our hearts to the knowledge of Your Truth, and vouchsafe that the remainder of this day and our whole life may be peaceful and without sin, through the intercessions of the Holy Theotokos and of all the Saints.

P+: For Yours is the Dominion, and Yours is the Kingdom, and the power and the glory, of the Father, and the Son and of the Holy Spirit; now and forever, and to the ages of ages.

Amen.

#### Second Stasis of the Psalter PSALM 124

Those who trust in the Lord are like Mount Sion, which cannot be moved, but abides for ever.

As the mountains are round about Jerusalem, so the Lord is round about His people, from this time forth and for evermore.

For the scepter of wickedness shall not rest upon the land allotted to the righteous,

Lest the righteous put forth their hands to do wrong.

Do good, O Lord, to those who are good, and to those who are upright in their hearts!

But those who turn aside upon their crooked ways the Lord will lead away with evildoers! Peace be in Israel!

#### **PSALM 125**

When the Lord put an end to the captivity of Sion, we were like those who are comforted.

Then our mouth was filled with laughter, and our tongue with shouts of joy;

Then they said among the nations, "The Lord has done great things for them."

The Lord has done great things for us; we are glad.

Turn back our captivity, O Lord, like the streams in the south.

May those who sow in tears reap with shouts of joy!

He that goes forth weeping, bearing the seed for sowing, shall come home with shouts of joy, bringing his sheaves with him.

#### **PSALM 126**

- Unless the Lord builds the house, those who build it labor in vain.
- Unless the Lord watches over the city, the watchman stays awake in vain.
- It is in vain that you rise up early and go late to rest, eating the bread of anxious toil;
- For He gives to His beloved sleep.
- Lo, sons are a heritage from the Lord, the fruit of the womb a reward.
- Like arrows in the hand of a warrior are the sons of one's youth.
- Happy is the man who has his quiver full of them! He shall not be put to shame when he speaks with his enemies in the gate.

#### **PSALM 127**

- Relessed is every one who fears the Lord, who walks in His ways!
- You shall eat the fruit of the labor of your hands; you shall be happy, and it shall be well with you.
- Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table.
- Lo, thus shall the man be blessed who fears the Lord.
- The Lord bless you from Sion! May you see the prosperity of Jerusalem all the days of your life!
- May you see your children's children! Peace be upon Israel!

#### **PSALM 128**

- "Sorely have they afflicted me from my youth," let Israel now say--
- Sorely have they afflicted me from my youth, yet they have not prevailed against me.

The plowers plowed upon my back; they made long their furrows.

The Lord is righteous; He has cut the cords of the wicked.

May all who hate Sion be put to shame and turned back!

Let them be like the grass on the housetops, which withers before it grows up,

With which the reaper does not fill his hand or the binder of sheaves his bosom,

While those who pass by do not say, "The blessing of the Lord be upon you!

We bless you in the name of the Lord!"

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

Alleluia, Alleluia, Alleluia, Glory to You, O God. (3x)

Lord have mercy. (3x)

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

#### **The Little Litany**

P+: Again and again, in peace, let us pray to the Lord.

# Lord have mercy.

P+: Help us, save us, have mercy on us, and protect us, O God, by Your Grace.

#### Lord have mercy.

P+: +Commemorating our most holy, pure, blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ, our God.

#### To You O Lord!

#### **Prayer of the Third Antiphon**

P+: (silently) O Lord our God, remember us sinners and Your unprofitable servants when we call upon Your Holy

Name, and put us not to shame in expectation of Your mercy; but grant us, O Lord, all of our petitions which are unto salvation, and vouchsafe that we may love and fear You with all our hearts and do Your Will in all things.

P+: For You, O God, are Good and Love mankind, and to You we ascribe glory to the +Father, and to the Son, and to the Holy Spirit, now and forever, and to the ages of ages.

Amen.

# Third Stasis of the Psalter PSALM 129

Out of the depths I cry to You, O Lord!

Lord, hear my voice! Let Your ears be attentive to the voice of my supplications!

If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You, that You may be feared.

I wait for the Lord, my soul waits, and in His word I hope;

My soul waits for the Lord more than watchmen for the morning, more than watchmen for the morning.

O Israel, hope in the Lord! For with the Lord there is steadfast love,

And with Him is plenteous redemption. And He will redeem Israel from all her iniquities.

#### **PSALM 130**

O Lord, my heart is not lifted up, my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me.

But I have calmed and quieted my soul, like a child quieted at its mother's breast;

Like a child that is quieted is my soul.

O New Israel, hope in the Lord from this time forth and for evermore.

#### **PSALM 131**

Remember, O Lord, in David's favor, all the hardships he endured;

How he swore to the Lord and vowed to the Mighty One of Jacob,

"I will not enter my house or get into my bed; I will not give sleep to my eyes or slumber to my eyelids,

Until I find a place for the Lord, a dwelling place for the Mighty One of Jacob."

Lo, we heard of it in Eph'rathah, we found it in the fields of Ja'ar.

"Let us go to his dwelling place; let us worship at his footstool!"

#### THE TRANSFER OF THE GIFTS

Readers read the following verse slowly and louder. When the bell rings everyone kneels or bows prostrate.



# Arise, O Lord, and go to Your resting place, You and the Ark of Your might. (We kneel or bow prostrate)

The Priest transfers the Presanctified Holy Lamb to the Table of Oblation. At the bell everyone rises (or sits).

Let Your priests be clothed with righteousness, and let Your Saints shout for joy.

For Your servant David's sake do not turn away the face of Your anointed one.

The Lord swore to David a sure oath from which He will not turn back:

"One of the sons of your body I will set on your throne.

If your sons keep my covenant and my testimonies which I shall teach them,

Their sons also for ever shall sit upon your throne."

For the Lord has chosen Sion; He has desired it for His habitation:

"This is my resting place for ever; here I will dwell, for I have desired it.

I will abundantly bless her provisions; I will satisfy her poor with bread.

Her priests I will clothe with salvation, and her saints will shout for joy.

There I will make a horn to sprout for David; I have prepared a lamp for My anointed.

His enemies I will clothe with shame, but upon himself his crown will shed its luster."

#### **PSALM 132**

Rehold, how good and pleasant it is when brothers dwell in unity!

It is like the precious oil upon the head, running down upon the beard, upon the beard of Aaron,

Running down on the collar of his robes!

It is like the dew of Hermon, which falls on the mountains of Zion!

For there the Lord has commanded the blessing, life for evermore.

#### **PSALM 133**

Come, bless the Lord, all you servants of the Lord, who stand by night in the house of the Lord!

Lift up your hands to the holy place, and bless the Lord!

May the Lord bless you from Sion, He who made heaven and earth!

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

**▲**Ileluia, Alleluia, Glory to You, O God. (3x)

Lord have mercy. (3x)

O Lord our hope, Glory to You.

# **The Little Litany**

P+: Again and again, in peace, let us pray to the Lord.

# Lord have mercy.

P+: Help us, save us, have mercy on us, and protect us, O God, by Your Grace.

# Lord have mercy.

P+: +Commemorating our most holy, pure, blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ, our God.

#### To You O Lord!

# **Prayer of the Fourth Antiphon**

P+: (silently) O You, with never silent hymns and with never ceasing songs of praise to Your Glory, are hymned by the Holy Powers: Fill our mouths with Your praise, that we may magnify Your Holy Name. And grant to us a part and inheritance with all those who fear You in truth and keep Your Commandments, through the intercessions of the Holy Theotokos and of all the Saints.

P+: For You are our God, the God of Mercy and Salvation, and to You we ascribe all glory to the +Father, and to the Son, and to the Holy Spirit, now and forever, and to the ages of ages.

#### Amen.

#### **LORD I HAVE CRIED**

Everyone stands as the Priest censes, a hymn from Psalms 141 & 142 is chanted. **These verses may be chanted by everyone**.

Lord, I have cried out unto You, hear me. \* Hear me, O Lord. \* O Lord, I have cried out unto You, \* hear me; \* Consider my voice when I cry to You; \* When I call to You, \* hear me, O Lord.



- Let my prayer arise before You as incense; and let the lifting up of my hands be an evening sacrifice.
- Set a guard, O Lord, over my mouth; to keep watch over the door of my lips.
- Do not incline my heart to any evil thing, to practice wicked words with men who work iniquity; and do not let me eat of their delicacies.
- Let the righteous strike me; it shall be a kindness.
- And let him reprove me; it shall be as excellent oil; let not my head refuse it.
- For still my prayer is against the deeds of the wicked.
- Their judges are overthrown by the sides of the cliff.
  - And they hear my words, for they are sweet.
- Our bones are scattered at the mouth of the grave, as when one plows and breaks up the earth.
- But my eyes are upon You, O God the Lord; in You I take refuge; do not leave my soul destitute.
- Keep me from the snares which they have laid for me, and from the traps of the workers of iniquity.
- Let the wicked fall into their own nets, while I escape safely.
- I cry out to the Lord with my voice; with my voice to the Lord I make my supplication.
- I pour out my complaint before Him; I declare before Him my trouble.
- When my spirit was over-whelmed within me, then You knew my path.
- In the way in which I walk they have secretly set a snare for me.
- Look on my right hand and see, for there is no one who acknowledges me;
- Refuge has failed me; no one cares for my soul.

I cried out to You, O Lord: I said, "You are my refuge, my portion in the land of the living.

Attend to my cry, for I am brought very low; deliver me from my persecutors, for they are stronger than I.

#### **SEASONAL HYMNS**

Seasonal hymns with Stichera (Verses) are chanted here from the Triodion and Menaion. [See Presanctified Insert]

**R**ring my soul out of prison, that I may praise Your Name.

#### 1. Sticheron

The righteous shall wait patiently for me until You reward me.

#### 2. Sticheron

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

#### 3. Sticheron

Let Your ears be attentive to the voice of my supplication.

#### 4. Sticheron

If You should mark iniquities, Lord, Lord, who shall stand? For with You there is forgiveness.

#### 5. Sticheron

For Your name's sake I have patiently waited for You, Lord; my soul has waited patiently for Your word, my soul has hoped in the Lord.

#### 6. Sticheron

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

#### 7. Sticheron

For with the Lord there is mercy, and with Him is plenteous redemption; and He shall redeem Israel out of all his iniquities.

# 8. Repeat previous Sticheron

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

#### 9. Sticheron

For He has made His mercy to prevail over us, and the truth of the Lord abides to the ages.

# 10. Sticheron

#### **Theotokion**

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

#### THE HOLY ENTRANCE

The Holy Doors are opened and the Small Entrance is made. If there is a Gospel reading assigned, the Priest will make the Entrance with the Holy Gospel. If not, then with the censor. Everyone stands reverently and bows their heads.

#### **Prayer of Entrance**

P+: (silently) In the evening and in the morning and at noonday we praise You, we bless You, we give thanks unto You, and we pray unto You, O Master of all, Lord, You who love mankind: Direct our prayer as incense before, and incline not our hearts unto words or thoughts of evil, but deliver us from all who seek after our souls. For unto You, O Lord, Lord, are our eyes, and in You have we hoped. Put us not to shame, O our God. For unto You are due all glory, honor and worship to the +Father and to the Son and to the Holy Spirit, now and forever, and unto ages of ages. Amen.

P+: Wisdom. Stand and attend.

O Jesus Christ, Joyous Light of the Holy Glory of the Immortal, Heavenly, Holy and Blessed Father: Now that we have come unto the setting of the sun, and behold the evening light, we praise God: Father, Son and Holy Spirit, One God. It is proper to praise You at all times with Joyous voices O Son of God and Giver of Life,

P+: The Evening Prokeimenon

wherefore all the world glorifies You.

The chanter chants the Vesperal Prokeimena according to the day, [See Presanctified Companion]. The Readers then read two readings from the Old Testament that relate to the penitent spirit of Great Lent.

#### **OLD TESTAMENT READINGS**

Reader: [First Prokeimenon & Verse]

P+: Wisdom!

Reader: The Reading is from the book of Genesis

P+: Let us be attentive!



Reader: [First Reading and then second Prokeimenon]

The People stand:

Reader: Command! P+: Wisdom Rise

# The Light of Christ illumines all!

Reader: The Reading is from the book of Proverbs

(or Job)

P+: Wisdom, let us be attentive!

Reader: [Second Reading]

P+: Peace be unto you the Reader. Wisdom.

The Priest begins the refrain and then verses: After each verse the People repeat the refrain making a prostration at "evening sacrifice".

P+: Refrain: Let my prayer arise before You as incense; and let the lifting up of my hands be an evening sacrifice.

P+: Lord, I have cried out unto You, hear me; Hear me, O Lord. O Lord I have cried out unto You. Receive the voice of my prayer when I cry to You.

Let my prayer arise before You as incense; and let the lifting up of my hands be an evening sacrifice.

P+: Set a guard, O Lord, over my mouth; to keep watch over the door of my lips.

Let my prayer arise before You...

P+: Do not incline my heart to any evil thing, to practice wicked words with men who work iniquity.

Let my prayer arise before You...

P+: Glory to the Father and the Son and the Holy Spirit. Now and forever and to the ages of ages. Amen.

# Let my prayer arise before You...

While the Priest censes. The last verse is begun by the Priest and completed by everyone.

P+: Let my prayer arise before You as incense...

...and let the lifting up of my hands be an evening sacrifice.

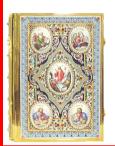
#### **EPISTLE and/or GOSPEL READING**

(On the eve of a Feast day or when assigned—see Insert)

P+: That we may be counted worthy to hear the Holy Gospel, lets us entreat the Lord our God.

**People:** Lord have mercy.

*P*+: Wisdom! Arise! Let us hear the Holy Gospel: Peace be with all.



**People:** And with your spirit.

P+: The reading from the Holy Gospel...
Let us be attentive.

People: Glory to You, O Lord, glory to You.

The Priest, reads the Gospel.

People: Glory to You, O Lord, glory to You.





#### PRAYER OF ST. EPHRAIM THE SYRIAN

We may come out to the aisles (to make prostrations) or remain in the pews (to make bows) after each part of the following prayer. The Priest will recite the prayer in three parts, then the People will repeat the whole prayer and make a prostration or bow at the end.



*P*+: O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power\*, and idle talking. *Prostration/bow* 

*P*+: **R**ut rather a spirit of chastity, humility, patience, and love grant to me Your servant. *Prostration/bow* 

*P*+: Yes, O Lord and King, grant me to see my own errors and not to judge my brother; for You are blessed unto the ages of ages. Amen. *Prostration/bow* 

Then we make twelve low bows: with each one we say: Priest and People: O God, cleanse me a sinner. (12x)

O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power, and idle talking.

**R**ut rather a spirit of chastity, humility, patience, and love grant to me Your servant.

Yes, O Lord and King, grant me to see my own errors and not to judge my brother; for You are blessed unto the ages of ages. *Prostration* 

# **Ektenia of Fervent Supplication**

P+: Let us all say with all our soul and with all our mind, let us say:

# Lord, have mercy. (3)

P+: Lord Almighty, God of our fathers, we pray You, hear us and have mercy.

# Lord, have mercy. (3)

P+: Have mercy on us, O God, according to Your great Mercy, we pray You, hear us and have mercy.

#### Lord, have mercy. (3)

*P*+: Again we pray for our Metropolitan (N) and Archbishop (N).

#### Lord, have mercy. (3)

#### Catechumens come forward and stand before the solea.

P+: (silently): Lord our God, accept this fervent supplication from Your servants, and have mercy on us in accordance with the abundance of Your mercy, and send down Your compassion upon us and upon all Your people, who await Your great and rich Mercy.

P+: For You are a merciful God Who loves mankind, and to You we offer up glory to the Father and to the Son and to the Holy Spirit, now and forever, and to the ages of ages.

#### Amen.

# The Litany for the Catechumens

P+: Catechumens, pray to the Lord.

# Lord have mercy.

P+: Let us, the faithful, pray for the catechumens,

# Lord have mercy.

P+: That the Lord will have mercy on them.

# Lord have mercy.

*P*+: That He will teach them the word of truth.

# Lord have mercy.

*P*+: That He will reveal to them the Gospel of righteousness.

#### Lord have mercy.

P+: That He will unite them to His holy, catholic and apostolic Church.

# Lord have mercy.

P+: + Save them, have mercy on them, help them, and protect them, O God, by Your grace.

# Lord have mercy.

P+: Catechumens, bow your heads unto the Lord.

#### To You O Lord.

# **Prayer for the Catechumens**

P+: (silently): Lord our God, Who dwells on high and watches over the humble, You sent forth Your only-begotten Son and God, our Lord Jesus Christ, for the salvation of the human race. Look down upon Your servants, the catechumens, who have inclined their necks to You, and grant them at a proper time the baptism of rebirth, the remission of sins, and the garment of incorruption. Unite them to Your holy, catholic, and apostolic Church, and number them among Your chosen flock.

P+: (Exclaiming) So that with us they may also glorify Your most honorable and majestic name, + of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages.

#### Amen.



"Go
therefore
and make
disciples of
all Nations,
Baptizing
them in the
Name of the
Father and
the Son and
the Holy
Spirit..." Jesus Christ

P+: Those who are catechumens, depart; catechumens depart; all those who are catechumens, depart.

From the First week to the Third week of Great Lent we skip the next two pages and go to "Liturgy of the Faithful" on page 26.

From the Wednesday of the 4th week (Mid-lent), until Holy Wednesday, we include the following petitions:

# **Litany for those Preparing for Enlightenment**

#### ·CHRIST TEACHING:



P+: All of are ready for Holy Illumination come forward. Pray all of you who are preparing for illumination. Let us pray to the Lord.

# Lord have mercy.

P+: Let the faithful pray to the Lord for our brethren who are preparing for Holy Illumination and for their salvation.

# Lord have mercy.

P+: That the Lord our God establish and strengthen them, let us pray to the Lord.

#### Lord have mercy.

P+: That He illumine them with the light of knowledge and piety, let us pray to the Lord.

# Lord have mercy.

P+: That He may make them worthy in due time of the baptism of regeneration, the remission of sins, and the

robe of incorruption, let us pray to the Lord.

# Lord have mercy.

P+: That He may regenerate them with water and the Spirit, let us pray to the Lord.

# Lord have mercy.

P+: That He may grant them the perfection of faith, let us pray to the Lord.

#### Lord have mercy.

P+: That He may number them among His holy and chosen flock, let us pray to the Lord.

# Lord have mercy.

P+: Save them, have mercy upon them, protect them and guard them, O God, by Your grace.

# Lord have mercy.

P+: Those who are preparing for Holy Illumination, bow your heads to the Lord.

# Lord have mercy.

# **Prayer for those preparing for Enlightenment**

- P+: (silently) O Master, shine Your face on those who are preparing for Holy Illumination, who strongly desire to shake off the defilement of sin. Cleanse their mind. Confirm them in the Faith. Strengthen them in Hope. Perfect them in Love. Make them precious members of Your Christ who gave Himself as ransom for our souls.
- P+: For You are our illumination and unto You we ascribe glory + to the Father and to the Son and to the Holy Spirit, now and forever, and unto ages of ages.

#### Amen.

P+: All who are ready for illumination, depart. You who are ready for illumination, depart. All catechumens, depart.

Catechumens are free to leave the Nave and go to help in the Narthex or Hall for the remaining part of the Service.



## **Liturgy of the Faithful**

P+: Let none of the catechumens remain. All who are faithful, again and again in peace let us pray to the Lord.

# Lord have mercy.

P+: Help us, save us, have mercy on us, and protect us, O God, by Your Grace. Wisdom.

# First Prayer of the Faithful

P+: (silently) O God, great and praiseworthy, who through the life-giving death of Your Christ brought us from corruption to incorruption. Set free all our senses from deadly passions, setting over them as a good guide the understanding that is within us. Let our eyes abstain from evil sights; our hearing from idle talk; and our tongue cleansed from unsuitable speech. Purify our lips that sing Your praises, O Lord. Let our hands abstain from evil acts and produce only words that are pleasing to You, safeguarding by Your grace all our limbs and mind.

P+: For to You belong all glory, honor and worship, to the +Father, and to the Son, and to the Holy Spirit, now and forever, and to the ages of ages.

#### Amen.

P+: Let us again in peace pray to the Lord.

# Lord have mercy.

P+: Help us, save us, have mercy on us, and protect us, O God, by Your Grace.

# Lord have mercy.

P+: Wisdom.

# **Second Prayer of the Faithful**

P+: (silently) Holy and exceeding good Master, we beseech You who are rich in mercy: be gracious with us sinners, and make us worthy of receiving Your only-begotten Son and our God, the King of Glory. For behold, His most-pure Body and life-giving Blood, entering at this hour, are to be placed on this mystical Table, invisibly escorted by a multitude of unseen heavenly hosts. Grant that we may blamelessly partake of them, so that having been illumined by them, we may become children of the light and of the day.

P+: Through the gift of Your Christ with Whom You are blessed, together with Your all holy and life-giving Spirit, now and forever, and to the ages of ages.

#### Amen.

While the Priest prepares for the Great Entrance, the choir chants the following in tone six instead of the Cherubic hymn:

Now the powers of Heaven are invisibly worshiping with us. For behold, the King of Glory enters in.

The Priest bows towards the people, quietly praying:

P+: Forgive, O God, those who hate us and those who love us.

When the bell rings, we fall prostrate/bow **in silence** as the Priest makes the Great Entrance with the Holy Gifts.



P+: (repeatedly) Through the prayers of our Holy Fathers, Lord Jesus Christ, our God have mercy on us.

When the Priest rings the bell again, we stand up and join the choir in concluding the hymn.



**R**ehold, a mystical and perfect sacrifice is coming forth. Let us come forward with faith and desire that we may become partakers of eternal life.

Alleluia, Alleluia, Alleluia.

We remain standing for the Litany of Supplication.

#### **Litany of Supplication**

P+: Let us complete our evening supplication to the Lord.

# Lord have mercy.

P+: For the Precious and Presanctified Gifts here presented, let us pray to the Lord.

# Lord have mercy.

P+: That our loving God who has received them at His Holy heavenly, and spiritual altar as an offering of spiritual fragrance, may in return send upon us divine grace and the gift of the Holy Spirit, let us pray.

# Lord have mercy.

P+: For our deliverance from all affliction, wrath danger and necessity, let us pray to the Lord.

# Lord have mercy.

P+: Help us, save us, have mercy on us, and protect us, O God, by Your Grace.

#### Lord have mercy.

P+: For this evening, that it may be perfect, holy, peaceful and sinless, let us ask of the Lord.

#### Grant this, O Lord.

P+: For an Angel of peace, a faithful Guide, a Guardian of our souls and bodies, let us ask of the Lord.

#### **Grant this, O Lord.**

P+: For the forgiveness, and remission of our sins and transgressions, let us ask of the Lord.

## Grant this, O Lord.

P+: For things that are good and profitable unto our souls, and for peace in the world, let us ask of the Lord.

#### Grant this, O Lord.

P+: That we may complete the remainder of our lives in peace and repentance, let us ask of the Lord.

# Grant this, O Lord.

P+: That the end of our lives may be Christian, without pain, blameless and peaceful, and for a good account at the fearful judgment-seat of Christ, let us ask of the Lord.

#### **Grant this, O Lord.**

P+: + Having prayed for the unity of the Faith and for the communion of the Holy Spirit, let us commend ourselves and one another, and all our life to Christ, our God.

#### To You, O Lord.

# **Prayer of the Proskomedia**

P+: (silently) O God of ineffable and unseen mysteries with whom are the hidden treasures of wisdom and knowledge, You have revealed to us the service of this liturgy and by Your great compassion have ordained that we sinners should offer to You Gifts and sacrifices, for our sins and for the transgressions of the people. You, O invisible King, whose words are great and wondrous, glorious, marvelous, and without number, look upon us who draw near to Your holy Altar as the throne of the Cherubim upon which rests Your only begotten Son and our God through the awesome mysteries offered here. And when Your have freed us and Your faithful people from all impurities, sanctify our souls and bodies with a sanctification not to be taken away, so that with a clear conscience, a presence without shame, and an enlightened heart, we may participate in these divine Sacraments. Through them we are given life that we may be united to Your Christ, our true God, who said: Whoever eats My Flesh and drinks My Blood abides in me and I in him, so that with Your Word, O Lord, abiding in us and walking among us, we may become temples of

Your All-holy and worshipful Spirit, having been freed from every diabolical device working by deeds or words or thoughts. Thus, shall we obtain the blessing You have promised us, together with all Your Saints, who from all ages have pleased You.

P+: And deem us worthy, O Master, that we may boldly, without condemnation dare to call upon You, the Heavenly God as Father, and to say:

We recite the Lord's Prayer all together:

#### THE LORD'S PRAYER

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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

P+: For Yours is the Kingdom, and the power, and the glory,+ of the Father, and of the Son, and of the Holy Spirit,now and forever, and to the ages of ages.

#### Amen.

P+: + Peace be unto all.

#### And to your spirit.

P+: Let us bow our heads unto the Lord.

We bow our heads as the Priest reads the prayer for the faithful:

#### To You O Lord.

P+: (silently) O God, who only are good and compassionate, who dwell on high and who look upon the lowly, look with a compassionate eye upon all Your people, and watch over them. Make us all worthy to partake of these Your life-giving mysteries without blame, for it is before You that we have bowed our heads in the hope of Your abundant mercy.

P+: +Through the grace and mercy and love for mankind, of Your only-begotten Son, with Whom You are blessed, together with Your all-holy, and good and life-giving Spirit, now and forever, and to the ages of ages.

#### Amen.

The Holy Doors are closed. Everyone kneels (or bows).

P+: (silently) Hearken, O Lord Jesus Christ our God, from Your Holy dwelling-place, and from the Throne of glory of Your Kingdom, and come to sanctify us; You Who are seated above with the Father, yet are here invisibly present with us; deign by Your mighty Hand to give to us of Your Sacred Body and of Your Precious Blood, and through us to all the people.

*P*+: + Let us attend. The Presanctified Holy Gifts unto the holy. The Choir and the People chant the following:

One is Holy, One is Lord; Jesus Christ; To the glory of God the Father. Amen.

Only those baptized/chrismated Orthodox Christians who have properly prepared with prayer, fasting and a recent confession and blessing from their spiritual father may approach the Holy Chalice.

# **Prayers Before Receiving Holy Communion**

- I. I believe, O Lord, and I confess, that You are verily the Christ, the Son of the Living God, who didst come into the world to save sinners, of whom I am the first. Also I believe, that this is Your Sacred Body, and This Your Precious Blood. Therefore I pray to You; have mercy on me and pardon my transgressions, voluntary and involuntary, in word and deed, both known and unknown, and make me worthy to partake of Your sacred Mysteries, unto the remission of sins and unto Life Eternal. Amen.
- 2. **R**ehold, I approach for Holy Communion. O Creator, burn me not as I partake; For You are Fire, which burns the unworthy, wherefore, cleanse me from every stain.

- 3. Receive me today, O Son of God, as a partaker of Your Mystical Feast; for I will not speak of the Mystery to Your enemies; I will not kiss You as Judas, but as the Thief, I will confess You; Lord, remember me when You come in Your Kingdom.
- 4. Tremble, O mortal, beholding the Divine Blood. For it is as a lighted coal burning the unworthy. It is God's Body and deifies and nourishes me: It deifies my soul, and wondrously nourishes my mind.
- 5. You hast smitten me with yearning, O Christ, and with Your Divine love You have changed me; but burn away with spiritual fire my sins, and make me worthy to be filled with the joy of You; that rejoicing in Your goodness, I may magnify Your two Presences.
- 6. Into the magnificence of Your Saints, how shall I, the unworthy, enter? For should I also dare to enter the Festal Chamber, my robe betrays me, for it is not a festal garment, and I shall be bound and cast out by the Angels. Cleanse my soul, O Lord, from pollution, and by Your compassion save me.
- 7. O Merciful Master, Lord Jesus Christ my God, let not these Holy Gifts be unto me for judgment through my unworthiness but rather for the purification and sanctification of my soul and body, and as an earnest of the Life and Kingdom to come. For it is good for me to cleave unto God and to place in the Lord hope of my salvation.
- 8. Receive me today, O Son of God, as a partaker of Your Mystical Feast; for I will not speak of the Mystery to Your enemies; I will not kiss You as did Judas, but as the Thief I confess You: Lord, remember me when You come in Your Kingdom.

Rehold, I draw near to Christ, our Immortal King and God.

The Choir chants the Communion Hymn continuously:

# 

The Priest partakes of the Holy Gifts and recites the prayer:

P+: (silently) We thank You, O God, Savior of us all, for all the good things You have given us, and for the Communion of Your Holy Body and Blood of Your Christ. And we pray to You loving Master: Protect us under the covering of Your wings and grant that we may worthily partake of Your Blessings to the end of our days, for the illumination of our soul and body to inherit the Kingdom of Heaven.

When the Holy Gifts are prepared, the Holy Doors are opened.



P+: With fear of God, faith, and love draw near.

The Choir and People chant the following:

God is Lord and has revealed Himself to us.

#### **R**lessed is He Who comes in the Name of the Lord.

Those among the faithful who are properly prepared approach the Holy Chalice. The Choir continues the Communion Hymn.

When Holy Communion is finished, the Priest goes to the lifts the Holy Gifts towards the faithful People intoning.

P+: O God, save Your people and bless Your inheritance.

The Choir, instead of "We have seen the Light", chants...

I will bless the Lord at all times; His praise shall be ever on my lips.

Taste the Heavenly Bread and the Cup of Life, And see how good the Lord is:

**▲**lleluia, Alleluia, Alleluia.

Placing the Holy Gifts on the Altar, the Priest censes saying:

P+: Be exalted, O God, above the heavens, and let Your glory be over all the earth (3)

P+: Blessed is our God, always, now and forever and to the ages of ages.

#### Amen.

P+: Let us rise. Having partaken of the divine, holy, pure, immortal, heavenly, life-giving and awesome Mysteries of Christ, worthily let us give thanks unto the Lord.

# Lord have mercy.

P+: Help us, save us, have mercy on us, and protect us, O God, by Your Grace.

# Lord have mercy.

P+: Having asked the Lord that this whole evening may be perfect, holy, peaceful, and sinless, let us commend ourselves and one another, and all our life to Christ our God.

# Lord have mercy.

P+: For You are our sanctification, and to You we ascribe glory, + to the Father, and the Son, and to the Holy Spirit, now and forever, and to the ages of ages.

#### Amen.

P+: Let us depart in peace, Let us pray to the Lord.

Lord have mercy (3x). Holy Father bless.

P+: Almighty Lord, You have created all things in wisdom. In Your inexpressible providence and great goodness You have brought us to these saving days, for the cleansing of our souls and bodies, for control of our passions, in the hope of the Resurrection. After the forty days You delivered into the hands of Your servant Moses the tablets of the Law in characters divinely traced. Enable us also, O benevolent One, to fight the good fight, to complete the course of the fast, to keep the faith inviolate, to crush underfoot the heads of unseen tempters, to emerge as victors over sin and to come, without reproach, to the worship of Your Holy Resurrection. For blessed and glorified is You most honorable and majestic Name, of the Father, the Son and the Holy Spirit, now and forevermore.

#### Amen.

# **R**lessed be the Name of the Lord, from this time forth and forevermore. (3x).

P+: (silently) O Christ, our God, Who are Yourself the fulfillment of the Law and the Prophets, and hast fulfilled all the dispensation of the Father, fill our hearts with joy and gladness, always, now and forever, and to the ages of ages. Amen.

P+: Let us pray to the Lord.

# Lord have mercy.

P+: May the blessing of the Lord and His mercy come upon you through His Divine Grace and love for mankind; always, now and forever and to the ages of ages.

#### Amen.

*P*+: + Glory to You, O God, our hope, glory to You.

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

Lord have mercy. (3x)  $\mathbf{F}$  ather, give the blessing.

#### The Dismissal

P+: May Christ, our true God, through the intercessions of + His most pure and Holy Mother; through the power of the + precious and life-giving Cross; the protection of the sublime + Bodiless Powers of Heaven; the supplications of the honorable, glorious + Prophet and Forerunner John the Baptist; of the holy, glorious and all-laudable + Apostles; of our Father among the Saints, Gregory the Dialogist, the holy, glorious and victorious + Martyrs; of our venerable and God-bearing + Fathers; of the holy and righteous ancestors + Joachim and Anna; of + Saint(s) (of the day), whose memory we celebrate, and all of the Saints, have mercy on us, and save us, as our Good, and Loving, and Merciful God.

#### Amen.

Protect, O Lord, unto many years, the celebrant, who blesses us and brings us Your Grace.

While the Reader finishes the Psalms, we quietly come forward to receive the blessed bread (Andidoron) and return to our pews for just a few moments until the end of the service when the Priest dismisses the Flock.

#### **PSALM 33**

I will bless the Lord at all times; His praise shall be ever on my lips. My soul shall glory in the Lord: let the meek hear and rejoice. Magnify the Lord with me, and let us exalt His Name together. I sought the Lord, and He heard me, and delivered me from all my fears. Approach the Lord and be enlightened, and your face shall never be shamed. This wretched man cried out, and the Lord heard him, and delivered him from all his afflictions.

The angel will stand guard around those who fear the Lord and save them. Taste and see how good the Lord is. Blessed is the man who hopes in Him. Fear the Lord, all you His faithful ones, for those who fear Him shall want for nothing.

The rich have become poor and hungry, but those who seek the Lord shall not lack any good. Come, children, hear me: I will teach you the fear of the Lord. Which of you desires life, and loves to see the good days? Keep your tongue from wickedness, and your lips from deceitful speech; turn away from evil, and do good; seek peace and pursue it.

The eyes of the Lord are upon the just and His ears are open to their pleas; the face of the Lord is turned against sinners, to erase their memory from the earth. The just cried out and the Lord heard them, and He delivered them from all their trials. The Lord is close to the broken-hearted, and He will save the humble in spirit. Many are the trials of the righteous, but out of them all the Lord will deliver them. He protects every bone in their body: not a single one of them will be broken. The death of sinners is painful; those who hate justice shall be damned. The Lord will redeem the souls of his servants, and none of those who hope in Him shall be lost.

#### **PSALM 144**

I will exalt you, my God and my king, and bless your name for ever and ever. Every day I will bless you, and praise your name for ever and ever. The Lord is great and greatly to be praised, and to his greatness there is no end. Age after age will praise your works, and proclaim your might. They will tell the glorious splendor of your holiness, they will recount your wondrous works; they will speak of the power of your awesome deeds, they will declare your greatness. They will recall your abundant goodness and will exult in your righteousness. The Lord is gracious and merciful: he is long-suffering and abounding in love.

The Lord is good towards everyone, and his grace extends over all his works. Let all your works give thanks to you, Lord, and all your faithful ones bless you. They shall speak of the glory of your kingdom and tell of your power, to make known your might to the children of men, and the glorious splendor of your

kingdom. Your kingdom is a kingdom for all ages and your dominion is for all generations. The Lord keeps faith in all his promises and is hallowed in all his works. The Lord supports all who are failing, and raises up all who are bowed down.

The eyes of all look up to you, and you give them their food in due season. You open your hands and satisfy all living beings; the Lord is just in all his ways, and faithful in all his works. The Lord is close to all who pray to him, those who call upon him in truth. He will meet the desire of those who fear him, and hear their pleas and save them. The Lord keeps watch over those who love him, but the wicked he will utterly destroy. My mouth will speak the praise of the Lord, and let all flesh bless his holy name, for ever and to all eternity.

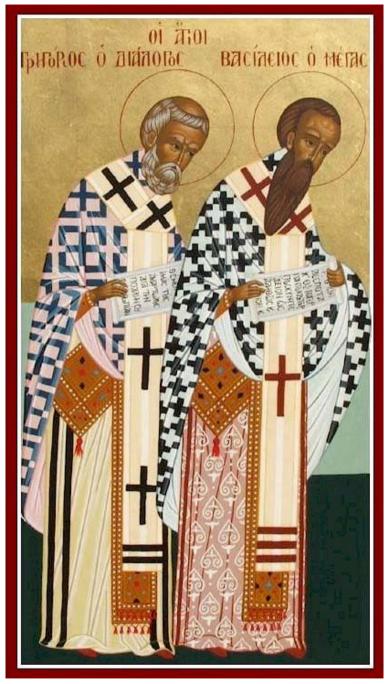
P+: Through the prayers of our Holy Fathers, O Lord Jesus Christ, our God, have mercy on us and save us.

#### Amen.

P+: + May the Holy Trinity bless you and protect you.

The Prayers of Thanksgiving after Holy Communion are read aloud now. Those who communed may prayerfully remain.





O Holy Saints Gregory the Dialogist and Basil the Great pray for us!

#### The use of Psalms in the Orthodox Services:

According to ancient Church custom, like all of the divine services, the Presanctified Liturgy makes generous use of the Psalms. These are hymns expressing thanksgiving, repentance, petitions, hope, anticipation, wisdom, and prophecies pointing to God coming as Messiah.

The book of Psalms was the ancient hymnal of the Israelites and contained divinely inspired prophecies about the coming of the Messiah, the Christ, the redeemer of the world. They prophetically pointed to the establishment of His Church and the opportunity for us and people of all nations to become the children of God.

When Christ finally came, the multitude of those Israelites and Gentiles who embraced Him as Savior became the members of His Body, the Church, the new "Israel of God" as St. Paul states in his book of Galatians. (Gal. 6:16—see also: <a href="https://www.orthodoxyouth.org/romans/html/11newisrael.htm">www.orthodoxyouth.org/romans/html/11newisrael.htm</a>). They saw the book of Psalms now as their own book as well, the beloved prophesies as graciously including them also, and the odes could be shared to express their struggles, their challenges and their joy too, as the chosen people of God.

It was natural for the New Testament Church to continue to use the Psalms everywhere in her worship viewing the references to *Israel* in the Psalms as prophetically referring to the *Church*, the *Chosen People of God*, the "*New Israel*" and the references to *Sion* and *Jerusalem* prophetically referring to the *New Jerusalem*, the *Kingdom of God* established by Jesus Christ—"where He reigns in the midst of His people".

# Have a blessed Lenten Journey!

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