

2016 Lenten Daily Reader:

Lord, I Call Upon Thee, Hear Me

These texts are offered in preparation for the Retreat to be offered by
Mother Angelina and Sister Helene
from the Orthodox Monastery of the Transfiguration, Ellwood City, PA
at the Orthodox Church of the Holy Cross, Medford, NJ on Saturday April 2.

For more information, go to: holycrossmedford.org

Monday: March 14—First Week of Lent—Monday Sixth Hour

Troparion of the Prophecy *Tone 5*

Lord, Lord, all things fear and tremble
at the presence of Your power!
We fall down before You, Immortal One,
and we pray to You, Holy One://
At the intercessions of Your saints, save our souls.

Prokeimenon of the Prophecy *Tone 4* (*Psalm 1*)

The Lord knows the way of the righteous, * and the way of the ungodly shall perish.
v: Blessed is the man who has not walked in the counsel of the wicked, nor stood in the way of sinners!

Reading from the Prophecy of Isaiah 1:1-20

Prokeimenon *Tone 7* (*Psalm 2*)

Serve the Lord with fear * and rejoice before Him with trembling.
v: Why do the nations conspire, and the peoples plot in vain?

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Tuesday: March 15—First Week of Lent—Tuesday Sixth Hour

Troparion of the prophecy *Tone 1*

We are strangers upon earth, as all our fathers were;
the span of our life is brief.
But, our Savior, keep us free from sin, //
and have mercy on us in Your love for mankind!

Prokeimenon of the prophecy *Tone 4* (Psalm 5)

Hearken to the sound of my cry * my King, and my God.

v: Give ear to my words, O Lord; give heed to my groaning!

Reading from the prophecy of Isaiah 1:19 - 2:3

Prokeimenon *Tone 4* (Psalm 6)

Lord, rebuke me not * in your anger.

v: Have mercy on me, O Lord, for I am weak!

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Wednesday March 16—First Week of Lent—Wednesday Sixth Hour

Troparion of the Prophecy *Tone 4*

You know our frame, our weakness, Lover of mankind!
We have sinned, but have not turned from You, O God,
nor have we raised our hands to a foreign God://
Pity us in Your goodness, compassionate One!

Prokeimenon of the Prophecy *Tone 4* (Psalm 9)

I will give thanks to the Lord * with my whole heart!

v: I will be glad and rejoice in You!

Reading from the Prophecy of Isaiah: 2: 3b-11

Prokeimenon *Tone 6* (Psalm 10)

The Lord is righteous! He loves righteous deeds: * the upright shall behold His Face!

v: In the Lord have I hoped; how can you speak to my soul?

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Thursday March 17—First Week of Lent—Thursday Sixth Hour

Troparion of the Prophecy *Tone 1*

Deliver us, Lord, from enemies visible and invisible
so that strangers may never say: Where is their God?
Let them understand, Master,//
that You forgive the sins of Your repentant people.

Prokeimenon of the Prophecy *Tone 1* (Psalm 13)

When the Lord turns back * the captivity of His people. [Jacob shall rejoice and Israel shall be glad.]

v: The fool says in his heart: There is no God!

Reading from the Prophecy of Isaiah 2: 11-21

Prokeimenon *Tone 4* (Psalm 14)

Lord, who shall sojourn * in Your dwelling place? [And who shall dwell in Your holy mountain?]

v: He that walks blamelessly, and works righteousness.

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Friday March 18—First Week of Lent—Friday Sixth Hour

Troparion of the Prophecy *Tone 5*

Counter with Your bounties, Lord
our sinful life and unrepentant morals.
For we know no other God but You!
You have dominion over life and death://
Save us, as the Lover of mankind!

Prokeimenon of the Prophecy *Tone 5* (Psalm 17)

I will love You, Lord my strength; * the Lord is my confirmation!

v: My God is my helper, and I hope in Him!

Reading from the Prophecy of Isaiah 3: 1-14a

Prokeimenon *Tone 6* (Psalm 18)

O Lord, my Helper * and my Redeemer

v: The heavens are telling the glory of God!

Saturday March 19—First Week of Lent

Hymns for St. Theodore the Recruit

Troparion *Tone 2*

Great are the accomplishments of faith!
The holy martyr Theodore rejoiced in the fountain of the flames as though in the still
waters of rest;
Consumed in the fire, he was offered as a sacrifice to the Trinity.
At his intercessions, Christ our God, save our souls.

Kontakion *Tone 8*

You have carried as a shield the faith of Christ within your heart,
and trampled underfoot the power of the enemy, O greatly-suffering martyr;
You have received a heavenly and eternal crown,
for you were undefeated in the battle.

Prokeimenon *Tone 7*

The righteous shall rejoice in the Lord, and shall hope in Him.
v. Hear my voice, O God, when I pray to You: deliver my soul from fear of the enemy.

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Sunday March 20—First Sunday of Lent

Troparion *Tone 2*

We venerate Your most pure image, O Good One,
and ask forgiveness of our transgressions, O Christ our God.
Of Your good will You were pleased to ascend the Cross in the flesh
and deliver Your creatures from bondage to the enemy.
Therefore with thankfulness we cry aloud to You:
You have filled all with joy, O our Savior, for You came to save the world.

Kontakion *Tone 8*

No one could describe the Word of the Father;
but when He took flesh from you, O Theotokos, He accepted to be described,
And restored the fallen image to its former state by uniting it to divine beauty.
We confess and proclaim our salvation in word and images.

Prokeimenon Tone 4

Blessed are You, O Lord God of our Fathers and praised and glorified is Your name forever.

v. For You are just in all that You have done for us.

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Monday March 21_Second Week of Lent—Monday Sixth Hour

Troparion of the Prophecy *Tone 5*

Remember that we are but dust,
Creator of our hearts!//
Do not condemn us to the nethermost parts of the earth, sinless One!

Prokeimenon of the Prophecy *Tone 6* (*Psalm 21*)

Come, praise the Lord, * all who fear the Lord! [All you seed of Jacob glorify Him.
v: My God, my God, why have You forsaken me? Hear me!

Reading from the Prophecy of Isaiah 4:2-6, 5:1-7b

Prokeimenon *Tone 6* (*Psalm 22*)

Your rod and Your staff, * they comfort me. [You have prepared a table before me.]
v: The Lord is my Shepherd; I shall not want!

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Tuesday March 22 – Second Week of Lent—Tuesday Sixth Hour

Troparion of the Prophecy *Tone 6*

We are unable to praise You worthily,
but we beseech You in our prayers:
Do not forsake us in our iniquities//
Lord of gracious will!

Prokeimenon of the Prophecy *Tone 4* (*Psalm 25*)

Lord, I have loved the beauty of Your house * and the place where Your glory dwells.
v: Vindicate me, Lord, for I have walked in my integrity!

Reading from the Prophecy of Isaiah 5:7-16

Prokeimenon *Tone 3* (*Psalm 26*)

The Lord is my light and my salvation * whom shall I fear?

v: The Lord is the Defender of my life; of whom shall I be afraid?

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Wednesday March 23 – Second Week of Lent – Wednesday Sixth Hour

Troparion of the Prophecy *Tone 6*

Most high God, You dwell in the heavens!

You have created all that has breath!//

Save us, for we have hoped in You, our Savior!

Prokeimenon of the Prophecy *Tone 5* (*Psalm 29*)

To You, Lord, will I cry * and to my God I will make supplication.

v: I will extol You, Lord, for You have drawn me up.

Reading from the Prophecy of Isaiah 5: 16-25

Prokeimenon *Tone 6* (*Psalm 30*)

In You, Lord, have I hoped * let me never be put to shame.

v: Deliver me in Your righteousness and rescue me.

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Thursday March 24 – Second Week of Lent – Thursday Sixth Hour

Troparion of the Prophecy *Tone 1*

Raise up those who have fallen, O God;

turn back those who have turned away,

for You are the Lover of mankind//

as You uphold the ends of the earth.

Prokeimenon of the Prophecy *Tone 6* (*Psalm 33*)

I sought the Lord and He answered me * and delivered me from all my fears.

v: I will bless the Lord at all times. [His praise shall ever be in my mouth.]

Reading from the Prophecy of Isaiah 6: 1-12

Prokeimenon *Tone 6* (*Psalm 34*)

Arise, O Lord * and take up my right. [Avenge my cause, my God and my Lord]
v: Judge those who have wronged me, Lord! [Fight against them that fight against me.]

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Friday March 25 – Second Week of Lent – Friday Sixth Hour

Troparion of the Prophecy *Tone 1*

In the night and in the day, Lord,
we fall before You, asking remission of sin for our souls
so that in peace we might glorify and worship You//
Lover of mankind.

Prokeimenon of the Prophecy *Tone 4* (*Psalm 37*)

Lord, rebuke me not in Your anger * nor chasten me in Your wrath!
v: For Your arrows have sunk into me. [and Your hand pressed me sore.]

Reading from the Prophecy of Isaiah: 7:1-14

Prokeimenon *Tone 6* (*Psalm 38*)

Hear my prayers, Lord; * give ear to my cry! [Give ear unto my tears.]
v: I said: I will guard my ways, that I may not sin with my tongue.

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Saturday March 26 – Second Week of Lent – Memorial Liturgy

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Sunday March 27 – Second Sunday of Lent

Troparion for St. Gregory Palamas *Tone 8*

O Light of Orthodoxy! Teacher of the Church, its confirmation.
O ideal of monks and invincible champion of theologians.
O wonder-working Gregory, glory of Thessalonica and preacher of grace.
Always intercede before the Lord that our souls may be saved.

Lenten Kontakion *Tone 4*

Now is the time for action.
Judgment is at the doors.
So let us rise and fast, offering alms with tears of compunction and crying:
Our sins are more in number than the sands of the sea;
But forgive us, O Master of all,
so that we may receive the incorruptible crowns.

Prokeimenon *Tone 5*

You, O Lord, shall protect us and preserve us from this generation forever.
v. Save me, O Lord, for there is no longer any that is godly.

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Monday—March 28—Third Week of Lent—Monday Sixth Hour

Troparion of the Prophecy *Tone 4*

Even though we are helpless, weakened by sin,
heal our infirmities, Physician of souls, //
for You know the mind of man, Lover of mankind.

Prokeimenon of the Prophecy *Tone 4* (*Psalm 41*)

O put Your trust in God: for I will thank him who is the help of my countenance and my God.

v: As a hart longs for flowing streams, so longs my soul for You, O God!

Reading from the Prophecy of Isaiah 8: 13-9:7

Prokeimenon *Tone 6* (*Psalm 42*)

You are my God * and my salvation.

v: Vindicate me, O God, and defend my cause!

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Tuesday March 29 – Third Week of Lent – Tuesday Sixth Hour

Troparion of the Prophecy *Tone 7*

In the day of trouble, You are our salvation and defense, Lord.//
Have mercy on us according to Your great mercy, Lover of mankind!

Prokeimenon of the Prophecy *Tone 4* (*Psalm 45*)

The Lord of hosts is with us; * the God of Jacob is our defense!
v: God is our refuge and strength!

Reading from the Prophecy of Isaiah 9:9 - 10:4

Prokeimenon *Tone 3* (*Psalm 46*)

Sing praises to our God, sing praises: * Sing praises to our King, sing praises!
v: Clap your hands, all peoples! Shout to God with loud songs of joy!

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Wednesday March 30 – Third Week of Lent – Wednesday Sixth Hour

Troparion *Tone 8*

Lord and Lover of mankind,
we have no inclination to good deeds,
but since You are merciful, sinless One,//
do not despise the work of Your hands.

Prokeimenon *Tone 4* (*Psalm 49*)

Bring a sacrifice of praise to God * and offer your prayers to the Most High!
v: The God of Gods, the Lord has spoken and summoned the earth,

Reading from Isaiah 10:12-20

Prokeimenon *Tone 6* (*Psalm 50*)

Have mercy on me, O God, * according to Your great mercy.
v: Create in me a clean heart, O God! [and renew a right spirit within me.]

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Thursday March 31 – Third Week of Lent – Thursday Sixth Hour

Troparion of the Prophecy *Tone 3*

Lover of mankind, if You remember our sins,
what is our hope of salvation?
But grant us Your help from on high, Lord, //
for You are bountiful!

Prokeimenon of the Prophecy *Tone 4* (*Psalm 53*)

Save me, O God, by Your name * and judge me by Your strength.
v: Hear my prayer, O God, and hearken to the words of my mouth.

Reading from the Prophecy of Isaiah 11:10 - 12:2

Prokeimenon *Tone 7* (*Psalm 54*)

Hear my prayer, O God, * and do not hide from my supplication!
v: Attend to me, and answer me!

Friday April 1 – Third Week of Lent – Friday Sixth Hour

Troparion *Tone 8*

By Your word You have made all things with Your might, O God
and have brought us from non-existence into being. //
We beseech You, sinless Lord, do not leave us to our transgressions!

Prokeimenon *Tone 6* (*Psalm 57*)

The righteous will rejoice * when he sees the vengeance.
v: Do you indeed decree what is right?

Reading from the prophecy of Isaiah (13:2-13)

Prokeimenon *Tone 7* (*Psalm 58*)

You, O God, are my helper, * and Your mercy shall go before me.
v: Deliver me from my enemies, O God; protect me from those who rise up against me!

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Saturday April 2 – Third Week of Lent – Memorial Liturgy

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Sunday April 3 – Third Sunday of Lent – The Cross

Troparion *Tone 1*

O Lord, save Your people,
And bless Your inheritance.
Grant victories to the Orthodox Christians, over their adversaries;
And by virtue of Your cross, preserve Your habitation.

Kontakion *Tone 7*

Now the flaming sword no longer guards the gates of paradise;
It has been mysteriously quenched by the wood of the Cross.
The sting of death and the victory of hell have been vanquished;
For You, O my Savior, came and cried to those in hell:
Enter again into Paradise.

Prokeimenon *Tone 6*

O Lord, save Your people and bless Your inheritance.
V. Unto You have I cried, O Lord my God; be not deaf to my prayer.

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Monday April 4 – Fourth Week of Lent – Monday Sixth Hour

Troparion *Tone 7*

Do not rebuke Your sinful people in anger
nor chasten us in Your wrath, for You are gracious!
All the earth glorifies You, Lord.//
We beseech You: spare us, Holy One!

Prokeimenon *Tone 6* (*Psalm 61*)

My glory is in God * my salvation. [His is the God of my help]
v: For God alone my soul waits in silence.

Reading from the prophecy of Isaiah 14:24-32

Prokeimenon *Tone 4* (*Psalm 62*)

So I will bless You * as long as I live. [I will lift up my hands in Your Name.]
v: God, You are my God, I seek You; my soul thirsts for You!

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Tuesday April 5 – Fourth Week of Lent – Tuesday Sixth Hour

Troparion of the Prophecy *Tone 6*

Before Thy Cross
we bow down in worship, O Master, //
and Thy holy Resurrection, we glorify!

Prokeimenon of the prophecy *Tone 6* (*Psalm 65*)

Blessed is God, because He has not rejected my prayer * or removed His mercy from me.
v: Bless our God, you nations! [and make the voice of His praise to be heard.]

Prophecy of Isaiah 25: 1-9

Prokeimenon *Tone 6* (*Psalm 66*)

Bless us, O God, our God * bless us, O God.
v: O God, be bountiful to us, and bless us! [and cause his face to shine upon us].

Wednesday April 6_ Fourth Week of Lent – Wednesday Sixth Hour

Troparion *Tone 6*

Before Thy Cross
we bow down in worship, O Master, //
and Thy holy Resurrection, we glorify!

Prokeimenon *Tone 6* (*Psalm 69*)

May all those who seek You * rejoice and be glad in You, O God!
v: Be pleased, O God, to deliver me! [Make haste to help me, O Lord.]

The Reading from the Prophecy of Isaiah 26:21 - 27:9

Prokeimenon *Tone 6* (*Psalm 70*)

In You, Lord, do I take refuge; * let me never be put to shame!
v: In Your righteousness, deliver me! [and set me free.

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Thursday April 7—Fourth Week of Lent—Thursday Sixth Hour

Troparion of the Prophecy *Tone 6*

Before Thy Cross
we bow down in worship, O Master, //
and Thy holy Resurrection, we glorify!

Prokeimenon of the Prophecy *Tone 4* (*Psalm 73*)

God is our King before the ages; *He has worked salvation in the midst of the earth!
v: O God, why do You cast us off forever? [Why is Your wrath so hot against the sheep of Your pasture.]

Reading from the Prophecy of Isaiah 28: 14-22

Prokeimenon *Tone 4* (*Psalm 74*)

I will rejoice forever! * I will sing praises to the God of Jacob!
v: We give thanks to You, O God; we give thanks to You! [Unto Yhee will we give thanks, and call upon Your name.]

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Friday April 8—Fourth Week of Lent—Friday Sixth Hour

Troparion of the Prophecy *Tone 6*

Before Thy Cross
we bow down in worship, O Master, //
and Thy holy Resurrection, we glorify!

Prokeimenon of the Prophecy *Tone 6* (*Psalm 77*)

He is bountiful * and will cleanse their sins. [and He will not destroy them.]
v: Give ear, people, to my teaching! [incline your ear unto the words of My mouth].

Reading from the Prophecy of Isaiah 29:13-23

Prokeimenon *Tone 5* (*Psalm 78*)

Help us * O God our Savior! [For the glory of Your Name deliver us.]

v: O God, the nations have come into Your inheritance!

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Saturday April 9—Fourth Week of Lent—Memorial Liturgy

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Sunday April 10—Fourth Sunday of Lent

Hymns for St. John of the Ladder

Troparion *Tone 1*

O dweller of the wilderness and angel in the body
You were a wonder-worker, O our God-bearing Father John.
You received heavenly gifts through fasting, vigil, and prayer:
Healing the sick and the souls of those drawn to you by faith.
Glory to Him who gave you strength.
Glory to Him who granted you a crown.
Glory to Him who through you grants healing to all.

Kontakion *Tone 4*

The Lord truly set you on the heights of abstinence, to be a guiding star, showing
the way to the universe, O our Father and teacher, John.

Prokeimenon *Tone 8*

Let the righteous exult in glory! Let them sing for joy on their couches.

v. Those planted in the house of the Lord shall flourish in the courts of our God.

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Monday April 11 – Fifth Week of Lent – Monday Sixth Hour

Troparion *Tone 3*

Before our transgressions rise up against us
arise, Lord, and help us
for You are our Father//
and beside You, we know no other!

Prokeimenon *Tone 4* (*Psalm 83*)

Your altars, Lord of hosts, * my King and my God!
v: How lovely is Your dwelling place, Lord of Hosts!

Reading from Isaiah 37:33 - 38:6

Prokeimenon *Tone 8* (*Psalm 84*)

Show us Your mercy, Lord, * and grant us Your salvation!
v: Lord, You were favorable to Your land; You restored the captivity of Jacob.

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Tuesday April 12 – Fifth Week of Lent – Tuesday Sixth Hour

Troparion of the Prophecy *Tone 3*

Our helper is the God of Jacob://
He is our Defender in the day of trouble!

Prokeimenon of the Prophecy *Tone 6* (*Psalm 87*)

I am afflicted and close to death * from my youth up! [Having been exalted, I was humbled and brought to distress.]
v: O Lord my God, I call for help by day; I cry out in the night before You!

Reading from the Prophecy of Isaiah 40: 18-31

Prokeimenon *Tone 6* (*Psalm 88*)

Blessed are the people * who know the festal shout!
v: Lord, we will walk in the light of Your countenance!

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Wednesday April 13 – Fifth Week of Lent – Wednesday Sixth Hour

Troparion of the Prophecy *Tone 1*

We beseech You, Lord of mankind,
to accept in supplication
the sufferings which Your saints endured for Your sake, Lord, //
and heal all our infirmities!

Prokeimenon of the Prophecy *Tone 4* (*Psalm 91*)

It is good to give thanks to the Lord * and to praise Your name, Most High!
v: To declare Your mercy in the morning, and Your truth by night!

Reading from the Prophecy of Isaiah 41: 4b-14

Prokeimenon *Tone 6* (*Psalm 92*)

The Lord is King * he is robed in majesty.
v: The Lord is robed; He is girded with strength!

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Thursday April 14 – Fifth Week of Lent – Thursday Sixth Hour

Troparion of the Prophecy *Tone 6*

Compassionate, forbearing, and all powerful Lord, //
send down Your mercy on Your people.

Prokeimenon of the Prophecy *Tone 6* (*Psalm 96*)

The Lord is King, * let the earth rejoice!
v: Let the many coastlands be glad! (Greek: Worship Him, all you angels of His.)

Reading from the Prophecy of Isaiah 42: 5-16

Prokeimenon *Tone 6* (*Psalm 97*)

Sing to the Lord a new song, for He has done marvelous things; * His right arm has
brought Him victory!
*v: All the ends of the earth have seen the salvation of our God! (Greek: Sing with joy to God, all the
earth.)*

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Friday April 15 – Fifth Week of Lent – Friday Sixth Hour

Troparion of the Prophecy *Tone 8*

You are greatly to be praised, Christ our God!
You made the earth tremble and turn to save those who dwell in it!
Again, You confirm it by Your goodness and ineffable compassion.//
Through the prayers of the Theotokos, have mercy on us.

Prokeimenon of the Prophecy *Tone 4* (Psalm 100)

I will sing [to You] of mercy * and of justice! [O Lord]

v: I will give heed to the way that is blameless!

Supplement Differs: v. I will sing and gain understanding in the way that is perfect.

Reading from the Prophecy of Isaiah 45: 11-17

Prokeimenon *Tone 4* (Psalm 101)

Hear my prayer, O Lord; * let my cry come to You.

v: Do not hide Your face from me! [in the day when I am in trouble.]

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Saturday April 16 – Fifth Week of Lent – Memorial Liturgy

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Sunday April 17 – Fifth Sunday of Lent

Hymns for St. Mary of Egypt

Troparion *Tone 8*

The image of God was truly preserved in you, O Mother,
For you took up the Cross and followed Christ.
By so doing, you taught us to disregard the flesh, for it passes away;
But to care instead for the soul, since it is immortal.
Therefore your spirit, O holy Mother Mary, rejoices with the angels.

Kontakion *Tone 3*

Having been a sinful woman, you became through repentance a Bride of Christ.
Having attained angelic life, you defeated demons with the weapon of the Cross.
Therefore, O most glorious Mary, you are a Bride of the Kingdom.

Prokeimenon *Tone 4*

God is wonderful in His saints, the God of Israel.

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Monday April 18 – Sixth Week of Lent – Monday Sixth Hour

Troparion of the Prophecy *Tone 6*

This is the fearful day, O God,
whose evening we do not expect to reach!
But in Your love for mankind, You have granted us to see it!//
Glory to You, thrice-holy One!

Prokeimenon of the Prophecy *Tone 6* (Psalm 104)

Let the hearts of those who seek You * rejoice.

v: Give thanks to the Lord! Call on His name!

Reading from the Prophecy of Isaiah 48:17 - 49:4

Prokeimenon *Tone 6* (Psalm 105)

Blessed is the Lord God of Israel * from age to age.

v: Give thanks to the Lord, for He is good!

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Tuesday April 19 – Sixth Week of Lent – Tuesday Sixth Hour

Troparion of the Prophecy *Tone 5*

Savior, in the Virgin who gave birth to You,
You have given us an invincible wall!
Through her, we entreat You://
take our souls from the evils that surround us!

Prokeimenon of the Prophecy *Tone 4* (Psalm 108)

Help me, O Lord my God * and save me according to your mercy.

v: Do not be silent to my praise, O God!

Reading from the Prophecy of Isaiah 49: 6b - 10b

Prokeimenon *Tone 4* (*Psalm 109*)

You are a priest forever * after the order of Melchizedek.

v: The Lord said to my Lord: Sit at my right hand!

Wednesday April 20 – Sixth Week of Lent – Wednesday Sixth Hour

Troparion of the Prophecy *Tone 5*

Let Your mercy be with us, Lord and Master,

holy and almighty!

We beseech You://

Do not forsake us in our transgressions.

Prokeimenon of the Prophecy *Tone 4* (*Psalm 112*)

Children, praise the Lord! * Praise the name of the Lord.

v: Blessed be the name of the Lord, henceforth and forever more!

Reading from the Prophecy of Isaiah 58: 1-11a

Prokeimenon *Tone 6* (*Psalm 113*)

May you be blessed by the Lord * Who made heaven and earth.

v: The heavens are the Lord's heavens, but the earth He has given to the human race!

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Thursday April 21 – Sixth Week of Lent – Thursday Sixth Hour

Troparion of the Prophecy *Tone 1*

Do not forget the voice of your servants;

remember us, O Lord!

For as always, we have set our hope in You.//

Help us, we beseech You, Almighty One!

Prokeimenon of the Prophecy *Tone 4* (*Psalm 117*)

This is the gate of the Lord * the righteous shall enter in by it.

v: Give thanks to the Lord, for He is good! [for His mercy endures forever.]

The Reading from the Prophecy of Isaiah: 65: 8-16a

Prokeimenon *Tone 4* (*Psalm 118*)

I ran in the way of your commandments * when You enlarged my heart!

v: Teach me, O Lord, the way of Your statutes!

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Friday April 22 – Sixth Week of Lent – Friday Sixth Hour

Troparion of the Prophecy *Tone 3*

Your revenge upon sinners, Lord, is unbearable
and we are not worthy to look up and ask mercy from You!
Do not destroy us by Your wrath, in Your anger, //
for by Your hand You made us from the earth.

Prokeimenon of the Prophecy *Tone 4* (*Psalm 121*)

For the sake of the house of the Lord our God * I will seek your good!

v: I was glad when they said to me: Let us go into the House of the Lord!

Reading from the Prophecy of Isaiah 66:10-24

Prokeimenon *Tone 6* (*Psalm 122*)

Have mercy upon us, Lord; *have mercy upon us!

v: To You I lift up my eyes, for You are enthroned in the heavens!

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Saturday April 23 – Lazarus Saturday

Troparion *Tone 1*

By raising Lazarus from the dead before Your passion,
You confirmed the universal resurrection, O Christ God.
Like the children with the palms of victory,
We cry out to You, O Vanquisher of Death:
Hosanna in the highest!
Blessed is He who comes in the name of the Lord.

Kontakion *Tone 2*

Christ—the Joy, the Truth, and the Light of all, the Life of the World and the Resurrection—has appeared in His goodness, to those on earth. He has become the Image of our Resurrection, granting divine forgiveness to all.

Prokeimenon *Tone 3*

The Lord is my light and my Savior! Whom shall I fear?
v. The Lord is the defender of my life. Of whom shall I be afraid?

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Monday April 25—Holy Week—Monday Sixth Hour

Troparion of the Prophecy *Tone 6*

With humbled hearts we fall before You,
and we pray to You, the Savior of the world:
for You are the God//
of those who repent.

Prokeimenon *Tone 4* (*Psalm 125*)

When the Lord turns back * the captivity of His people.
v: *Then our lips will be filled with joy!*

The Reading from the Prophecy of Ezekiel 1: 1-20

Prokeimenon *Tone 4* (*Psalm 126*)

Unless the Lord builds the house * those who build it labor in vain.
v: *Unless the Lord watches over the city, the watchman stays awake in vain.*

Tuesday April 26—Holy Week—Tuesday Sixth Hour

Troparion of the Prophecy *Tone 1*

Forgive exceedingly those who have sinned without measure, Savior!
Enable us blamelessly to worship Your holy Resurrection,
through the intercessions of Your most pure Mother,//
O merciful One!

Prokeimenon of the Prophecy *Tone 5* (Psalm 129)

For with the Lord there is mercy * and with Him is plenteous redemption!

v: Out of the depths have I cried to You, O Lord; Lord, hear my voice!

Reading from the Prophecy of Ezekiel 1:21 - 2:1

Prokeimenon *Tone 4* (Psalm 130)

Let Israel trust in the Lord * henceforth and forevermore!

v: Lord, my heart is not lifted up; my eyes are not raised too high!

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Wednesday April 27—Holy Week—Wednesday Sixth Hour

Troparion of the Prophecy *Tone 8*

Today, the evil assembly has gathered and plots against You.

Today Judas received condemnation from the agreement:

Caiaphas confesses unknowingly.

For the sake of all You will accept death freely; //

Christ God, our Redeemer: Glory to You!

Prokeimenon of the Prophecy *Tone 4* (Psalm 133)

The Lord will bless You from Zion * He Who made heaven and earth.

v: Behold now, bless the Lord, all you servants of the Lord!

Reading from the Prophecy of Ezekiel 2:3 - 3:3

Prokeimenon *Tone 6* (Psalm 134)

Bless the Lord * you who fear the Lord.

v: Praise the Name of the Lord; servants, praise the Lord!

PLEASE REFER TO THE OCA WEBSITE FOR THE REMAINING

READINGS [<http://oca.org/readings>]

AND TEXTS [<http://oca.org/liturgics/service-texts>]

OF HOLY WEEK.

*Orthodox Church of the Holy Cross, Medford, NJ
2016*