

# Coptic Orthodox Christianity

## Coptic Life (Prayer, Fasting, Feasts)

Fall 2018



# The Lord's Prayer

## *Coptic text*

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*Our Father who art in Heaven,  
hallowed be Thy name.  
Thy kingdom come, Thy will be  
done, on earth as it is in  
heaven.*

*Give us this day our daily  
bread; and forgive us our  
trespasses, as we forgive those  
who trespass against us; and  
lead us not into temptation, but  
deliver us from the evil one.*

*In Christ Jesus Our Lord,  
for Thine is the kingdom, the  
power, and the glory forever.  
Amen.*

# How Coptic Christians Pray

- The Holy Eucharist

*The **Liturgy** is essential to Coptic Prayer Life*

- The Word of God

*The **Holy Bible** is the foundation of Coptic faith*

- Personal Prayers

*Individual Intentions, Family, Group Prayers*

- The Arrow Prayer

***My Lord Jesus Christ**, have mercy upon me ...*

- Coptic Prayer Book

*The **Agpeya** Prayer Book is a Coptic Treasure!  
“Seven times a day, I will praise Your Holy Name”*



# Agpeya

## Coptic Christian Prayer Book

- Agpeya is Coptic for “Book of the Hours”
- Prayers for **seven different hours** of the day
- Filled with **Psalms, Gospel** readings, **Litanies**
- Used by Copts to pray throughout the day
- Also prayed at the beginning of the Divine Liturgy

*“Seven times a day I praise You,  
because of Your righteous judgments.”  
(Psalm 119:164 NKJV or 118:164 LXX)*

# Agpeya – Coptic Prayer “Book of the Hours”





# Agpeya Hours

- 1<sup>st</sup> “Prime” Hour (6 AM or upon waking up)

To commemorate the **Resurrection** of our Lord Jesus Christ.  
To be prayed in the morning to give thanks to God for the **beginning** of a new day, and to glorify Him for His Resurrection.

- 3<sup>rd</sup> Hour (9 AM)

To commemorate the **descent of the Holy Spirit** upon the disciples and the hour which our **Lord was condemned**.

- 6<sup>th</sup> Hour (12 PM)

To commemorate the **crucifixion** of our Lord Jesus Christ.

- 9<sup>th</sup> Hour (3 PM)

To commemorate the **death** of our Lord Jesus Christ on the **Cross** and the **acceptance of the thief** on the right.



1st Hour



3rd Hour



6th Hour



9th Hour

# Agpeya Hours (cont'd)

- **11<sup>th</sup> “Vespers” Hour (5 PM)**

To commemorate the hour in which the **Body of our Lord Jesus Christ was taken down from the Cross** and anointed with spices and wrapped in linen.

- **12<sup>th</sup> “Compline” Hour (6 PM or before retiring)**

To commemorate the **laying down of our Lord Jesus Christ in the tomb.**

- **The Prayer of the Veil**

This prayer concerns monks & nuns, yet is also suitable for individual meditation. It is prayed daily in monasteries.

- **The Midnight Prayer (has 3 services – 9 PM, 12 AM, 3 AM)**

To commemorate the **three** times our Lord Jesus Christ **prayed** in **Gethsemane.**



11th Hour



12th Hour



Veil



Midnight



*“Seven times a  
day I praise You,  
because of Your  
righteous  
judgments.”*

Psalms 119 verse 164 (NKJV)

Psalms 118 verse 164 (LXX)



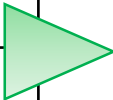

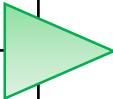
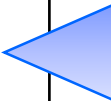

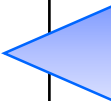
# Psalm Numbering

- Coptic Agpeya Psalms follow the numbering of the Septuagint (LXX) Greek translation
- Psalm 23 NKJV is **Psalm 22** in LXX

*“The LORD is my shepherd;  
I shall not want.”*

- Psalm 51 NKJV is **Psalm 50** in LXX

*“Have mercy upon me, O God,  
According to Your lovingkindness;  
According to the multitude of Your  
tender mercies,  
Blot out my transgressions.”*

Hebrew and many English Bibles (e.g. NKJV)		Septuagint (LXX), Latin Vulgate (V) Bibles and Coptic Agpeya
1 to 8		
9		9:1-20
10		9:21-38
11 to 113		10 to 112
114		113:1-8
115		113:9-26
116:1-9 116:10-19		114
		115
117 to 146		116 to 145
147:1-11 147:12-20		146
		147
148 149 150		

# What is LXX?

- LXX = 70
- LXX is an abbreviation for the **Septuagint** translation of Old Testament scripture from Hebrew to **Greek**
- Seventy or seventy-two Jewish rabbis and scholars gave us the Septuagint Greek Old Testament, producing seventy-two **identical** Greek translations working independently and in isolation from one another.
- The translation of the Septuagint itself began in the **3rd century BC** in Alexandria and was completed by 132 BC. It is said that 6 scholars were commissioned from each of the 12 tribes of Israel by Ptolemy II.
- The Septuagint is the **basis** for the Old Latin, Slavonic, Syriac, Old Armenian, Old Georgian and **Coptic** versions of the **Christian Old Testament**.
- The **New Testament** (Greek) text, as well as many **Patristic** writings of the first Christian centuries, **quote** Old Testament (Greek) **Septuagint** text.

# Coptic Reader

Coptic Orthodox Diocese of the Southern United States



## Agpeya



1st Hour



3rd Hour



6th Hour



9th Hour



11th Hour



12th Hour



Veil



Midnight



Selected Prayers

## Introduction of Every Hour

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

Κυrie ἑλεησον. Lord have mercy. Lord have mercy. Lord bless us. Amen.

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

⊕ Our Father

⊕ The Prayer of Thanksgiving

⊕ Psalm 50



# Why the Agpeya Prayers

- **Give Thanks to the Lord**
  - *Let us give thanks ...*
- **Repent in Humility asking for Mercy**
  - *Psalm 50 (Have mercy on me, O Lord)*
- **Glorification and Praise**
  - *The Trisagion (Holy God, Holy Mighty, Holy Immortal)*
  - *Holy, Holy, Holy*
- **Lord have mercy**
  - *41 Kyrie Eleison each hour of prayer*
  - *39 lashes received by the Lord, one spear, one crown of thorns*
- **Supplications**
  - *Specific prayer requests each hour*
  - ***Should be followed by own personal prayers***

# Coptic Personalities

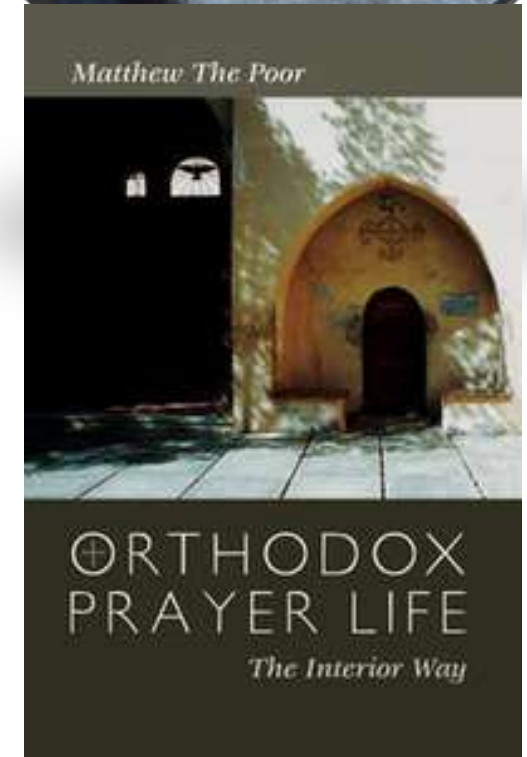
Father Matta El Meskeen (1919-2006)  
*translated "Matthew the Poor"*

Whenever physical hunger turned cruel against me,  
I found my **gratification** in prayer.

Whenever the biting cold of winter was unkind to me,  
I found my **warmth** in prayer.

Whenever people were harsh to me  
(and their harshness was severe indeed),  
I found my **comfort** in prayer.

In short, **prayer** became my **food** and my **drink**, my  
**outfit** and my **armor**, whether by **night** or by **day**.



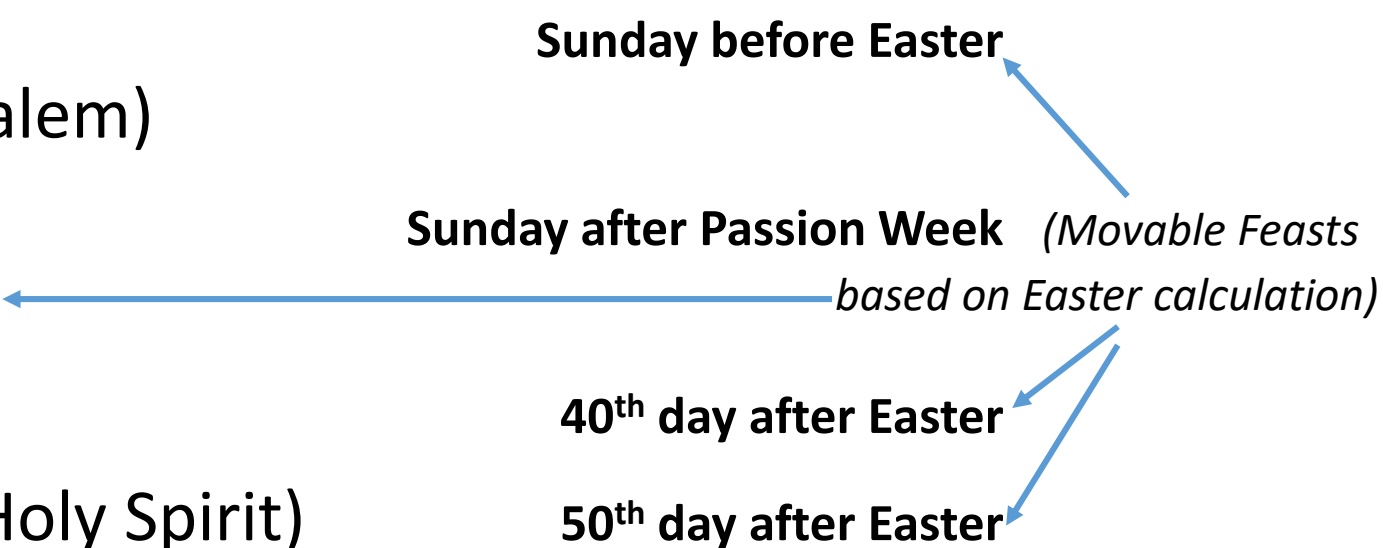
# Church full of Joy – Coptic Feasts

- **Coptic New Year**
- **Major Feasts of the Lord (7)**
- **Minor Feasts of the Lord (7)**
- **Monthly Feasts (3x per month)**
- **Weekly Feast (Sunday)**
- **Feasts of the Cross (2x per year)**
- **Feasts of the Saints (every day)**  
(Saint Mary, Apostles, Martyrs, Saints, Angels)



# 7 Major Feasts of the Lord

*(directly related to God's plan for our salvation)*

- **Annunciation** (9 months before Nativity) Paremhotep 29 (Apr 7)
  - **Nativity** (Christmas - birth of the Lord) Koiahk 29 (Jan 7)
  - **Theophany** (Baptism of Christ) Tobe 11 (Jan 19)
  - **Palm Sunday**  
(Triumphal Entry into Jerusalem) Sunday before Easter
  - **Easter Sunday**  
(Resurrection of the Lord) Sunday after Passion Week *(Movable Feasts based on Easter calculation)*
  - **Ascension** of the Lord 40<sup>th</sup> day after Easter
  - **Pentecost** (Descent of the Holy Spirit) 50<sup>th</sup> day after Easter
- 



# 7 Minor Feasts of the Lord

*(significant events in the life of our Lord)*

- |   |                                     |
|---|-------------------------------------|
| • <b>Feast of Circumcision</b>  | Tobe 6 (Jan 14)                     |
| • <b>Presentation</b> into the <b>Temple</b> (Candlemas)                            | Meshir 8 (Feb 15)                   |
| • <b>Flight</b> of the Holy Family to <b>Egypt</b>                                  | Pashons 24 (June 1)                 |
| <hr/>   |                                     |
| • <b>Wedding of Cana at Galilee</b><br>(first public miracle performed by the Lord) | Tobe 13 (Jan 21)                    |
| • <b>Feast of Transfiguration</b>   | Mesori 13 (Aug 19)                  |
| <hr/>   |                                     |
| • <b>Covenant</b> (Maundy) <b>Thursday</b>  | Thursday before Easter              |
| • <b>Thomas Sunday</b>  | 1 <sup>st</sup> Sunday after Easter |

# Why Coptic Christmas is celebrated January 7<sup>th</sup>

The **Julian** Calendar is shorter than the common **Gregorian** Calendar by 2.367 seconds per day.

- **In 100 years**, the difference amounts to **one full day**.

In the **13-14<sup>th</sup> century**, an attempt was made to correct the actual birth-date of Christ, adjusting for the difference between calendars:

- At that time, **Christmas** was celebrated on the **December 25<sup>th</sup>**.
- The actual birth-date should have been correctly observed **13 days later** (1 day for each of the 13 centuries that passed), i.e. **January 7<sup>th</sup>**.
- The Church adjusted the date to January 7<sup>th</sup> from that time onwards.

# When is Easter Celebrated?

At the **Council of Nicaea** (325 A.D.), it became one of the duties of the patriarch of **Alexandria** (the Coptic Church) to **determine** the dates of the **Easter** and to announce it to the other Christian churches.

This duty fell on this officiate because of the great scholarly knowledge at Alexandria that the Coptic patriarch could draw on.

The mathematical rules to determine this are complex, but Easter is the **first Sunday after a full moon occurring after** the northern vernal equinox, which falls on or after **March 21<sup>st</sup>**, which was its nominal date at the time of the First Council of Nicaea.

[https://en.wikipedia.org/wiki/Coptic\\_calendar](https://en.wikipedia.org/wiki/Coptic_calendar)

# For the mathematically inclined ...

## Calculation of Western & Eastern Easter Dates

*By the Late Dr. Mumtaz Gawargy (1942-2009)*



$A = \text{MOD} ( \text{YEAR} , 19 )$   
 $B = \text{MOD} ( 19 \times A + 24 , 30 )$   
 $D = ( 21 + B )$   
If  $( D > 29 )$   $E = D + 4$   
If  $( D < 30 )$   $E = D + 34$

For 2019:

$$A = \text{MOD} ( 2019 , 19 ) = 5$$

$$B = \text{MOD} ( 19 \times 5 + 24 , 30 ) = 29$$

$$D = ( 21 + 29 ) = 50$$

(50<sup>th</sup> of March = 19<sup>th</sup> of April)

Following Sunday is **April 21<sup>st</sup>**

$$E = 50 + 4 = 54 \text{ (since } D > 29)$$

(54<sup>th</sup> of March = 23<sup>rd</sup> of April)

Following Sunday is **April 28<sup>th</sup>**

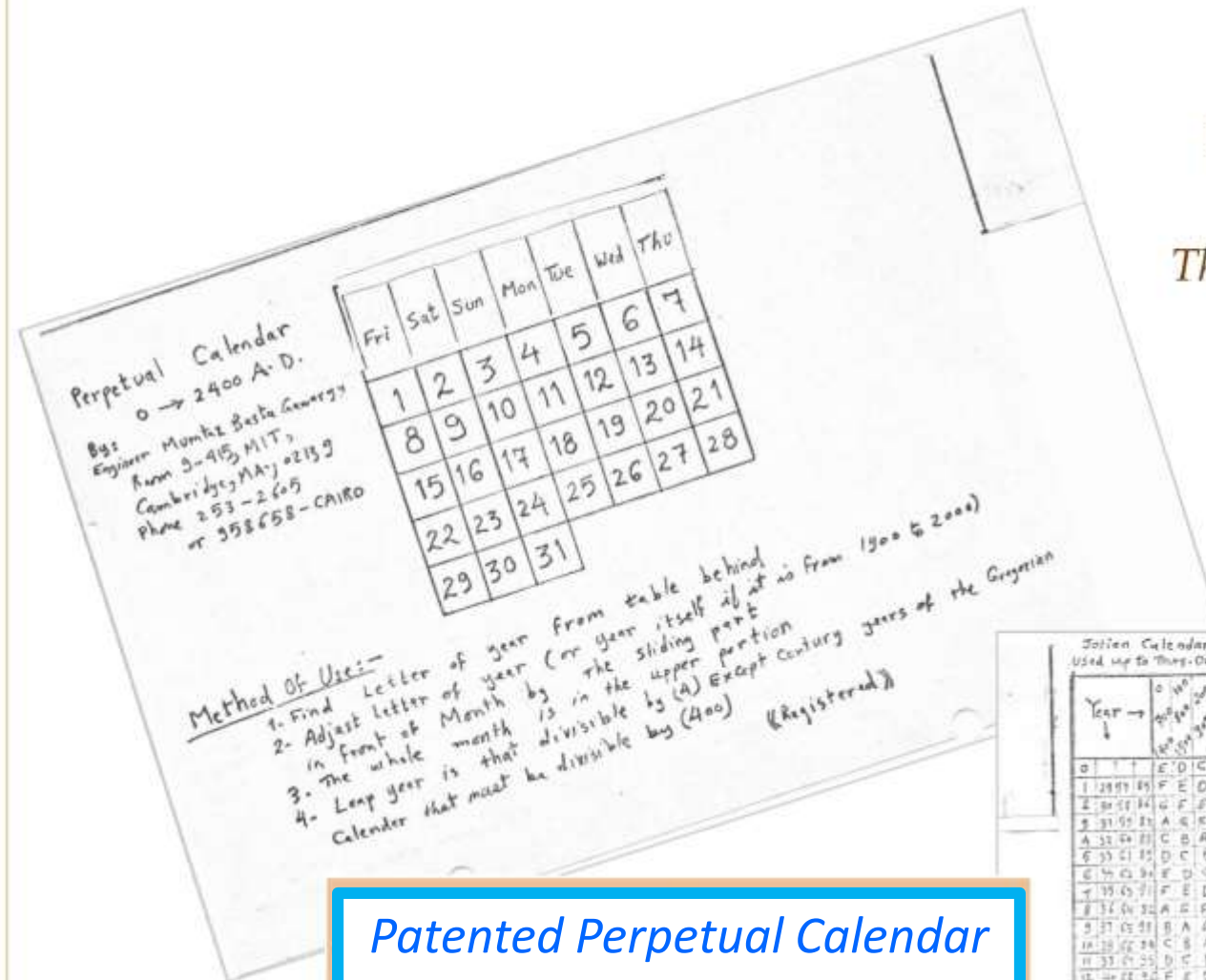
**Western Easter:** First Sunday after D of March

**Eastern Easter:** First Sunday after E of March



“ The LORD bless you and keep you;  
The LORD make His face shine upon you,  
And be gracious to you;  
The LORD lift up His countenance upon you,  
And give you peace. ”

Numbers 6:24-26



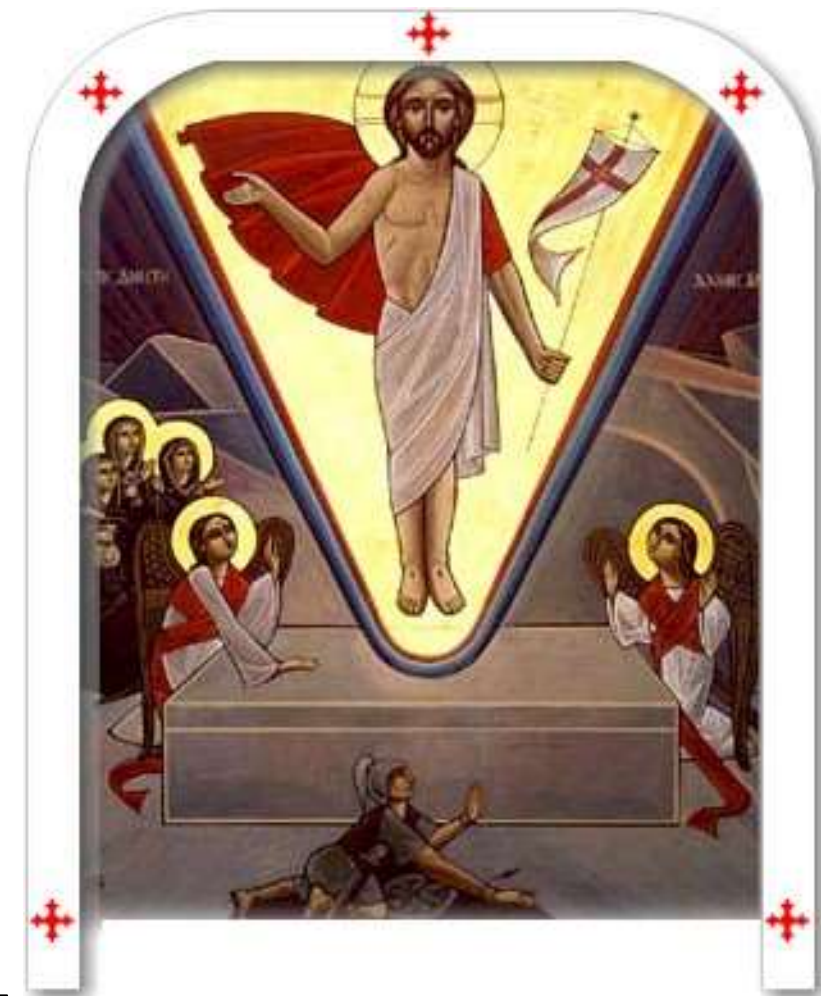
Patented Perpetual Calendar  
By Dr. Mumtaz Gawargy

Julian Calendar  
Used up to Thurs. Oct 4, 1582

Year →	0	1	2	3	4	5	6	7	8	9	10
1	28	29	30	31	32	33	34	35	36	37	38
2	39	40	41	42	43	44	45	46	47	48	49
3	50	51	52	53	54	55	56	57	58	59	60
4	61	62	63	64	65	66	67	68	69	70	71
5	72	73	74	75	76	77	78	79	80	81	82
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23	270	271	272	273	274	275	276	277	278	279	280
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109	1216	1217	1218	1219	1220	1221	1222	1223	1224	1225	1226
110	1227	1228	1229	1230	1231	1232	1233	1234	1235	1236	1237
111	1238	1239	1240	1241	1242	1243	1244	1245	1246	1247	1248
112	1249	1250	1251	1252	1253	1254	1255	1256	1257	1258	1259
113	1260	1261	1262	1263	1264	1265	1266	1267	1268	1269	1270
114	1271	1272	1273	1274	1275	1276	1277	1278	1279	1280	1281
115	1282	1283	1284	1285	1286	1287	1288	1289	1290	1291	1292
116	1293	1294	1295	1296	1297	1298	1299	1300	1301	1302	1303
117	1304	1305	1306	1307	1308	1309	1310	1311	1312	1313	1314
118	1315	1316	1317	1318	1319	1320	1321	1322	1323	1324	1325
119	1326	1327	1328	1329	1330	1331	1332	1333	1334	1335	1336
120	1337	1338	1339	1340	1341	1342	1343	1344	1345	1346	1347
121	1348	1349	1350	1351	1352	1353					

# Easter Date Calculations

- Western Calculation
  - **March 22<sup>nd</sup>** is the earliest possible Easter date
  - **April 25<sup>th</sup>** is the latest possible Easter date
- Eastern Calculation (used by the Coptic Church)
  - **April 4<sup>th</sup>** is the earliest possible Easter date
  - **May 8<sup>th</sup>** is the latest possible Easter date
- The calculations are always **0, 1, 4, or 5 weeks** apart
- Most often, the delta is 1 week (Eastern being 1 week after Western)
- **Eastern** Easter is always later than, or on the same Sunday as **Western**

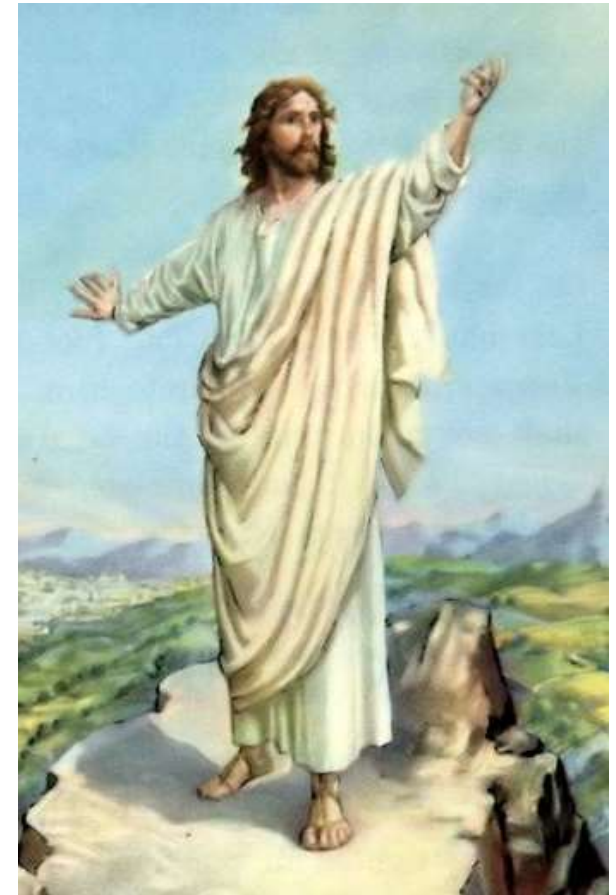


# Pillars of Spiritual Life: Prayer, Fasting, Charity

**Coptic Church utilizes 3 important spiritual exercises:**

- **PRAYER** *is medicine that combats against Pride*
- **FASTING** *combats against the Lust of the Flesh*
- **CHARITY** *combats against the Lust of the Eyes*

***Spiritual exercises are a means to live a Heavenly Life.***



# When Coptic Christians Fast

- Before Communion ①
- Wednesdays & Fridays ②
- Before Christmas ③  
*(43 days = 40 awaiting the Logos + 3 days added for el Mokattam miracle)*
- Jonah's Fast *(3 days)* ②
- Before Easter ②  
*(55 days = preparation week, 40 days of lent, passion week)*
- Apostles' Fast ③  
*(after Pentecost until July 12)*
- Saint Mary's Fast ③  
*(August 8-21)*

## LEGEND

- ① = abstinence with no food or drink
- ② = vegan meals (no animal products)
- ③ = vegan and/or seafood

## IMPORTANT NOTE

Accompany dietary fasting with fasting of the senses, a focus on repentance, prayer and charitable deeds.



# Weekly (Wednesday & Friday) Fasting

These days are fasting (“**siyami**” in Arabic) days in remembrance of:

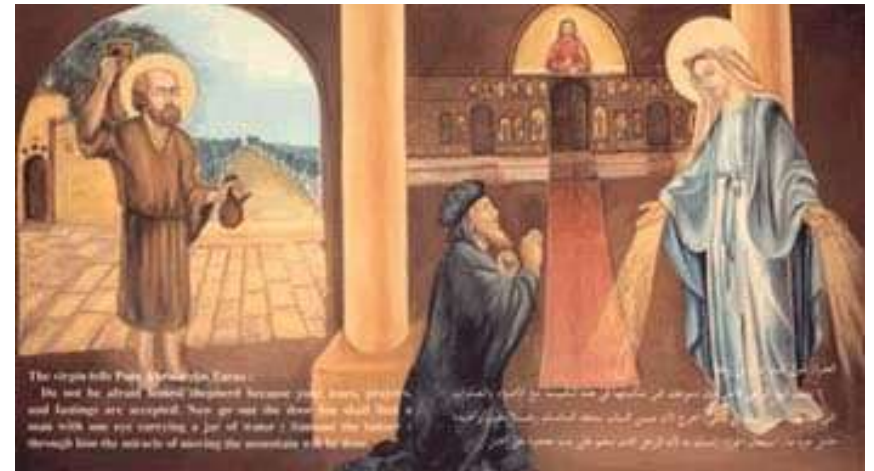
- the betrayal of Our Lord Jesus by one of his disciples on **Wednesday**
- the crucifixion of Our Lord for our salvation on Good **Friday**

*Wednesday & Friday fasts are observed all year round, with the exception of the 50-day joyful Pentecostal period (Easter until Pentecost) where there is no fasting (“**fitaar**” in Arabic means “not fasting”).*

# Preparing for Christmas

## Advent Fast: 43 days (40 + 3)

- As Moses fasted 40 days to receive the Ten Commandments, the **Word of God** written on tablets of stone
- We also fast 40 days to receive Jesus Christ, the living incarnate **Word of God**
- 3 additional days were added to the start of the Advent Fast, in remembrance of the 3-day fast leading up to the great miracle of Moving the El-Mokkatam Mountain outside of Cairo in the 10<sup>th</sup> Century



# Preparing for Easter

**Great Fast: 55 days (7 + 40 + 8)**

- 7 day pre-Lent preparatory week leading up to Great Lent
- 40 day Great Lent Fast
- 8 days of Holy Week leading up to Easter Sunday:
  - Lazarus Saturday
  - Palm Sunday
  - Passion Week (including Covenant Thursday and Good Friday)
  - Bright Saturday

An additional **3-day (Jonah's Fast)** to remind us to repent as the Ninevites did, 2 weeks prior to the start of the Great Fast.



# Service & Intercession

## The Apostles' Fast

- Apostles' Fast follows the 50-day Pentecostal Period and ends with the Commemoration of the Martyrdom of the Apostles Peter & Paul on July 12
- A focus on service: we are called to serve like the Apostles



## Saint Mary's Fast

- A two-week fast (August 8-21) precedes the Feast Day commemorating the Assumption of the Body of Saint Mary
- Many diocese use this fast as an opportunity for Spiritual Revival, calling on the loving intercession of our mother, the Virgin Saint Mary



# Advice from Moses: choose life!

*“See, I have set before you today **life and good**, **death and evil**, in that I command you today to love the LORD your God, to walk in His ways, and to keep His commandments, His statutes, and His judgments, that you may **live and multiply**; and **the LORD your God will bless you** in the land which you go to possess. But if your heart turns away so that you do not hear, and are drawn away, and worship other gods and serve them, I announce to you today that you shall surely perish; you shall not prolong your days in the land which you cross over the Jordan to go in and possess. I call heaven and earth as witnesses today against you, that I have set before you **life** and **death**, **blessing** and **cursing**; therefore **choose life**, that **both you and your descendants may live**; that you may love the LORD your God, that you may obey His voice, and that you may cling to Him, for **He is your life** and the length of your days; and that you may dwell in the land which the LORD swore to your fathers, to Abraham, Isaac, and Jacob, to give them.” (Deut. 30:15-19)*





# Where do we go after this life on earth?

- Paradise was **CLOSED** before Christ's Crucifixion

*When one died in the Old Testament, even if they had lived a righteous life, their spirit descended to Hades (as Paradise was not yet opened).*

- Christ **OPENED** Paradise, reconciling us to God through His Cross

*“Lord, remember me when You come into Your kingdom.”*

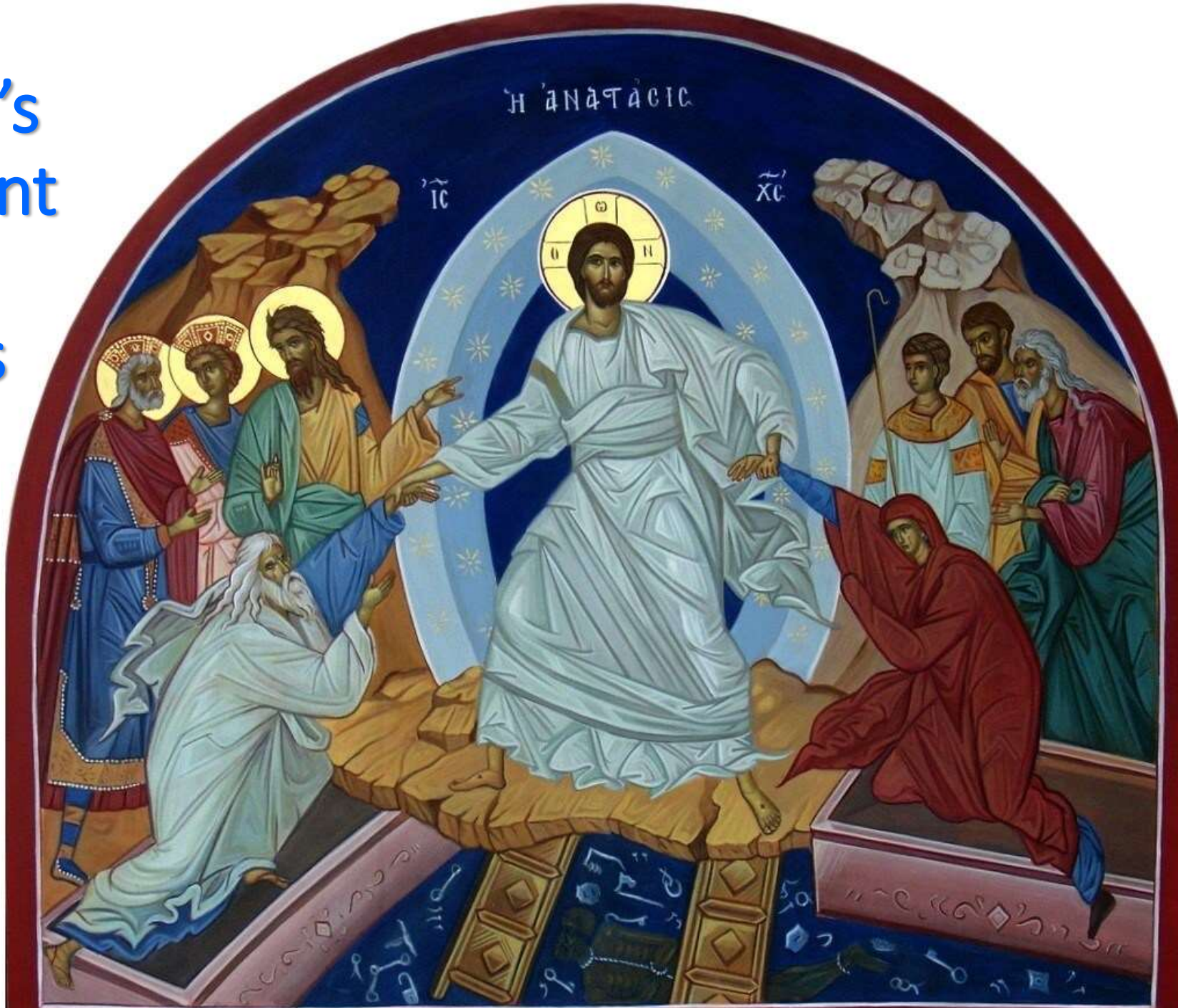
*And Jesus said to him,*

*“Assuredly, I say to you, today you will be with Me in Paradise.”*

- Christ's spirit descended to Hades to save the righteous.

*Christ gave up the spirit, His body was taken down & buried for 3 days; Christ's spirit descended to Hades and freed the spirits of the righteous, leading them from Hades to Paradise, along with the right-hand thief!*

Christ's  
descent  
into  
Hades



... to  
rescue  
the  
faithful  
and lead  
them to  
paradise

# Where do we go after this life on earth?

- **After Christ's Crucifixion (for us now)**

The spirits of those who have accepted the Lord as Savior depart to **Paradise**; the spirits of those who reject the Lord go to **Hades**.

- **At Christ's awaited Second Coming, all the dead will rise ...**

The spirits of the righteous would re-unite with their bodies, taking on a glorified body to enter the **Kingdom of Heaven**; those who refused salvation would be condemned to eternal condemnation in **Hell**.

*“Do not marvel at this; for the hour is coming in which all who are in the graves will hear His voice and come forth: those who have done **good**, to the **resurrection of life**, and those who have done **evil**, to the **resurrection of condemnation**.”*  
(John 5:28-29)

# Three Stages of Righteous Life

## 1 Heavenly Life on Earth (body & spirit)

*Christ's (**first**) coming to **save** us.  
He opened **Paradise** on the Cross, for the spirits of the righteous.*

## 2 Life in Paradise (our spirits rejoice in the presence of God)

*Christ's **second** coming is to **judge** all,  
and to open the **Kingdom of Heaven**.*

## 3 Eternal Life (glorified body & spirit) in the Kingdom of Heaven



# Heavenly Life on Earth

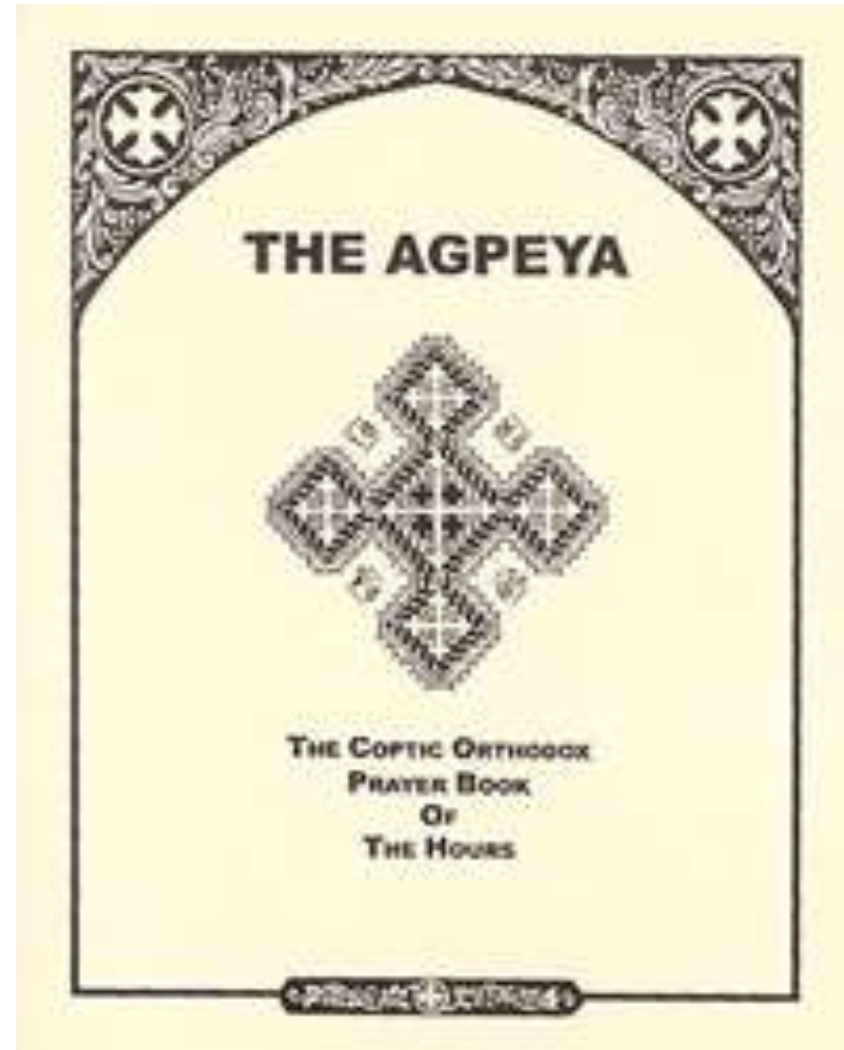
- Life of **Prayer** (talking with God, in constant communion with God)
- Life of **Repentance** (Metanoia = change of mind, return to God)
- **Living the Word of God** (not about just reading, listening to, studying, memorizing, teaching, or preaching God's Word ... but **Living the Bible**)

**BIBLE = “Basic Instruction Book for Life on Earth”**

- Life of **Submission to God's will** (emulating Saint Mary)
- Life of **Self-Control & Purity** (aided by fasting & prayer)
- Life of **Agape Love & Forgiveness**
- Life of **Service & Charity**



# Agpeya Compline Prayer (before bedtime)



## ●Our Father

Make us worthy to pray thankfully:

Our Father who art in heaven,  
hallowed be Thy name.

Thy kingdom come, Thy will be  
done, on earth as it is in heaven.

Give us this day our daily bread and  
forgive us our trespasses, as we  
forgive those who trespass against  
us and lead us not into temptation,  
but deliver us from the evil one.

In Christ Jesus our Lord. For Thine  
is the kingdom, and the power, and  
the glory, forever. Amen.

ΑΡΙΤΕΝ ΝΕΜΠΩΑ ΝΧΟC ΘΕΝ  
ΟΥΩΕΠΕΜΟΤ:

Χε ΠΕΝΙΩΤ ΕΤ ΘΕΝ ΝΙΦΗΟΥΙ:  
ΜΑΡΕΥΤΟΥΒΟ ΝΧΕ ΠΕΚΡΑΝ:

ΜΑΡΕCΙ ΝΧΕ ΤΕΚΜΕΤΟΥΡΟ:  
ΠΕΤΕΖΝΑΚ ΜΑΡΕΥΩΠΙ: ΜΦΡΗΤ ΘΕΝ  
ΤΦΕ ΝΕΜ ΖΙΧΕΝ ΠΙΚΑΖΙ:

ΠΕΝΩΙΚ ΝΤΕ ΡΑCΤ ΜΗΙC ΝΑΝ  
ΜΦΟΟΥ: ΟΥΟΖ ΧΑ ΝΗΕΤΕΡΟΝ ΝΑΝ  
ΕΒΟΛ: ΜΦΡΗΤ ΖΩΝ ΝΤΕΝΧΩ ΕΒΟΛ  
ΝΝΗΕΤΕ ΟΥΟΝ ΝΤΑΝ ΕΡΩΟΥ: ΟΥΟΖ  
ΜΠΕΡΕΝΤΕΝ ΕΞΟΥΝ ΕΠΙΡΑCΜΟC ΑΛΛΑ  
ΝΑΖΜΕΝ ΕΒΟΛ ΖΑ ΠΙΠΕΤΖΩΟΥ.

ΘΕΝ ΠΙΧΡΙCΤΟC ΙΗCΟΥC ΠΕΝΒΟΙC:  
ΧΕ ΘΩΚ ΤΕ ΤΜΕΤΟΥΡΟ ΝΕΜ ΤΧΟΜ  
ΝΕΜ ΠΙΩΟΥ ΨΑ ΕΝΕΖ: ΑΜΗΝ.

## ●The Prayer of Thanksgiving

Let us give thanks to the beneficent and merciful God, the Father of our Lord, God, and Savior Jesus Christ.

For He has covered us, helped us, guarded us, accepted us to Himself, spared us, supported us, and has brought us to this hour.

Let us also ask Him to guard us in all peace this holy day and all the days of our life, the Pantocrator, the Lord our God.

O Master, Lord, God the Pantocrator, the Father of our Lord, God, and Savior Jesus Christ,

we thank You for everything, concerning everything, and in everything.

For You have covered us, helped us, guarded us, accepted us to Yourself, spared us, supported us, and have brought us to this hour.

Therefore, we ask and entreat Your goodness, O Lover of Mankind, grant us to complete this holy day and all the days of our life in all peace with Your fear.



All envy, all temptation, all the work of Satan, the counsel of wicked men and the rising up of enemies, hidden and manifest, take them away from us and from all Your people, and from this Your holy place.

But those things which are good and profitable do provide for us, for it is You who have given us the authority to tread on serpents and scorpions, and upon all the power of the enemy.

And lead us not into temptation, but deliver us from the evil one, Through the grace, compassion, and love-of-mankind of Your only-begotten Son, our Lord, God, and Savior Jesus Christ.

Through whom the glory, the honor, the dominion, and the worship are due unto You, with Him and the Holy Spirit, the Giver of Life, who is of one essence with You, now and at all times and unto the age of all ages. Amen.

## ● Psalm 50

Have mercy upon me, O God, according to Your great mercy; and according to the multitude of Your compassions blot out my iniquity. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I am conscious of my iniquity; and my sin is at all times before me.

Against You only I have sinned, and done evil before You, that You might be just in Your sayings, and might overcome when You are judged. For, behold, I was conceived in iniquities, and in sins my mother conceived me.

For, behold, You have loved the truth; You have manifested to me the hidden and unrevealed things of Your wisdom. You shall sprinkle me with Your hyssop, and I shall be purified. You shall wash me, and I shall be made whiter than snow. You shall make me to hear gladness and joy; the humbled bones shall rejoice.



Turn away Your face from my sins, and blot out all my iniquities. Create in me a clean heart, O God; and renew a right spirit in my inward parts. Do not cast me away from Your face; and do not remove Your Holy Spirit from me. Give me the joy of Your salvation, and uphold me with a directing spirit. Then I shall teach the transgressors Your ways; and the ungodly men shall turn to You.

Deliver me from blood, O God, the God of my salvation, and my tongue shall rejoice in Your righteousness. O Lord, You shall open my lips, and my mouth shall declare Your praise. For if You desired sacrifice, I would have given it; You do not take pleasure in burnt offerings. The sacrifice of God is a broken spirit; a broken and humbled heart God shall not despise.

Do good, O Lord, in Your good pleasure to Zion; and let the walls of Jerusalem be built. Then You shall be pleased with sacrifices of righteousness, offering, and burnt sacrifices: then they shall offer calves upon Your altar. ALLELUIA.

## Introduction:

The blessed prayer of retiring, we offer to Christ our King and our God, beseeching Him to forgive us our sins.

From the Psalms of our father David the prophet and the king. May his blessings be upon us all. Amen.

- ⊕ Psalm 129 - Out of the depths...
- ⊕ Psalm 130 - O Lord, my heart was not exalted...
- ⊕ Psalm 131 - Lord, remember David...
- ⊕ Psalm 132 - Behold! What is so good...
- ⊕ Psalm 133 - Behold, bless the Lord...
- ⊕ Psalm 136 - By the rivers of Babylon...
- ⊕ Psalm 137 - I will give thanks to You...
- ⊕ Psalm 140 - O Lord, I have cried to You...
- ⊕ Psalm 141 - With my voice to the Lord...
- ⊕ Psalm 145 - Praise the Lord, O my soul...
- ⊕ Psalm 146 - Praise the Lord, for a psalm...
- ⊕ Psalm 147 - Praise the Lord, O Jerusalem...



## ● Psalm 140 - O Lord, I have cried to You...

O Lord, I have cried to You; hear me; attend to the voice of my supplication when I cry to You. Let my prayer be set forth before You as incense, and the lifting up of my hands as an evening sacrifice. O Lord, set a watch on my mouth and a strong door for my lips. Do not incline my heart to words of evil, to employ excuses for sins with men who work iniquity, and I shall not agree with their choices. The righteous shall chasten me with mercy, and reprove me, but do not let the oil of the sinner anoint my head, for yet my prayer also is in their pleasures.

Their mighty ones have been swallowed up near the rock; they shall hear my words, for they are delightful. As a lump of earth, they are broken upon the ground; their bones have been scattered at Hades. For my eyes are to You, O Lord; O Lord, I have hoped in You; do not take away my soul. Keep me from the snare which they have set for me, and from the stumbling blocks of those who work iniquity. Sinners shall fall by their own net; I am alone until iniquity passes by. ALLELUIA.

## Introduction:

Holy, holy, holy. A reading from the Holy Gospel according to our teacher Saint Luke. May his blessings be with us all. Amen.

⊕ Gospel (Luke 2:25-32)



## ● Gospel (Luke 2:25-32)

### Reader:

And behold, there was a man in Jerusalem, whose name was Simeon; and this man was just and devout, waiting for the consolation of Israel; and the Holy Spirit was upon him. And it had been revealed to him by the Holy Spirit that he would not see death before he had seen Christ the Lord. So he came by the Spirit into the temple. And when the parents brought in the Child Jesus, to do for Him according to the custom of the law, he took Him up in his arms and blessed God, and said, "Lord, now You are letting Your servant depart in peace, according to Your word; for my eyes have seen Your salvation, which You have prepared before the face of all peoples, a light for the revelation to the Gentiles, and the glory of Your people Israel."

- ⊕ **Litanies**
- ⊕ **Graciously Accord, O Lord**
- ⊕ **Trisagion**
- ⊕ **Our Father**
- ⊕ **Hail to You**
- ⊕ **Introduction to the Creed**
- ⊕ **The Orthodox Creed**

## ☉ Litanies

### Reader:

1. Behold, I am about to stand before the just judge terrified and trembling because of my many sins. For a life spent in pleasures deserves condemnation. But repent, O my soul, so long as you dwell on this earth, for inside the grave, dust does not praise. And in death, no one remembers, neither in Hades, does anyone give thanks. Therefore arise from the slumber of laziness, and entreat the Savior, repenting and saying, “God, have mercy on me and save me.”

### People:

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

### Πιλαος:

Δοξα Πατρι κε Υιω κε ἁγιω  
Πνευματι.



## Reader:

2. If life were everlasting, and this world ever-existing, you would have an excuse, O my soul. But if your wicked deeds and ugly evils were exposed before the just judge, what answer would you give while you are lying on the bed of sins, negligent in disciplining the flesh!? O Christ our God, before Your awesome seat of judgement I am terrified, and before Your council of judgement I submit, and from the light of Your divine radiance I tremble, I, the wretched and defiled, who lies on my bed, negligent in my life. But I take example of the publican, beating my chest and saying, “O God, forgive me and have mercy on me, a sinner.”



**People:**

Now and ever and unto the ages of  
the ages. Amen.

**Πιλαος:**

Κε νυν κε ἄι κε ις τοις ἐὼνας  
των ἐὼνων: ἅμην.

**Reader:**

3. O holy Virgin, overshadow your servant with your instant help, and keep the waves of evil thoughts away from me, and raise up my ailing soul for prayer and vigil, for it has gone into a deep sleep. For you are a capable, compassionate and helpful mother, the bearer of the fountain of life, my King and my God, Jesus Christ, my hope.

## ● Graciously Accord, O Lord

Graciously accord, O Lord, to keep us this night without sin. Blessed are You, O Lord, God of our fathers, and exceedingly blessed and glorified be Your name forever. Amen.

Let Your mercy, O Lord, be upon us, according to our hope in You, for the eyes of everyone wait upon You, for You give them their food in due season. Hear us, O God our Savior, the hope of all the regions of the earth. And You, O Lord, keep us safe from this generation and forever. Amen.

Blessed are You, O Lord; teach me Your statutes. Blessed are You, O Lord; make me to understand Your commandments. Blessed are You, O Lord; enlighten me with Your righteousness.

Your mercy, O Lord, endures forever. Despise not, O Lord, the works of Your hands. You have been my refuge from generation to generation. I asked the Lord and said, "Have mercy on me; heal my soul, for I have sinned against You." Lord, I have fled unto You, save me, and teach me to do Your will, for You are my God, and with You is the fountain of life. In Your light, shall we see light. Let Your mercy come unto those who know You and Your righteousness unto the upright in heart.

To You belongs blessing. To You belongs praise. To You belongs glory, O Father, Son and Holy Spirit, existing from the beginning, now, and forever and ever. Amen.

It is good to give thanks to the Lord, and to sing praises unto Your name, O most high; to show forth Your mercy every morning, and Your righteousness every night.



## ☩ Trisagion

Holy God, Holy Mighty, Holy Immortal, who was born of the Virgin, have mercy upon us.

Holy God, Holy Mighty, Holy Immortal, who was crucified for us, have mercy upon us.

Holy God, Holy Mighty, Holy Immortal, who rose from the dead and ascended into the heavens, have mercy upon us.

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

O Holy Trinity, have mercy on us. O Holy Trinity, have mercy on us. O Holy Trinity, have mercy on us.

O Lord, forgive us our sins. O Lord, forgive us our iniquities. O Lord, forgive us our trespasses.

O Lord, visit the sick of Your people, heal them for the sake of Your holy name. Our fathers and brethren who have fallen asleep, O Lord, repose their souls.

O You who are without sin, Lord, have mercy on us. O You who are without sin, Lord, help us and receive our supplications.

For Yours is the glory, the dominion, and triple holiness. Lord have mercy. Lord have mercy. Lord bless us. Amen.

## ☉ Hail to You

Hail to you. We ask you, O saint, full of glory, the ever-virgin, the Theotokos (Mother of God), the Mother of Christ,

Lift up our prayers unto your beloved Son, that He may forgive us our sins.

Hail to the holy Virgin, who has brought forth unto us the true Light, Christ our God.

Ask the Lord on our behalf, that He may have mercy on our souls, and forgive us our sins.

O Virgin Mary, the holy Theotokos (Mother of God), the faithful advocate for all mankind,

Intercede on our behalf before Christ whom you bore, that He may forgive us our sins.

Hail to you, O Virgin, / the right and true Queen. / Hail to the pride of our race / who bore to us Immanuel.

We ask you, to remember us, / O our faithful advocate, / before our Lord Jesus Christ / that He may forgive us our sins.



## ☪ Introduction to the Creed

We exalt you, the Mother of the true Light. We glorify you, O saint, the Theotokos (Mother of God), for you have brought forth unto us the Savior of the whole world; He came and saved our souls.

Glory be to You, our Master, our King, Christ, the pride of the apostles, the crown of the martyrs, the joy of the righteous, the firmness of the churches, the forgiveness of sins.

We proclaim the Holy Trinity in one Godhead. We worship Him. We glorify Him. Lord have mercy. Lord have mercy. Lord bless us. Amen.

## ● The Orthodox Creed

We believe in one God, God the Father, the Pantocrator, Creator of heaven and earth, and of all things seen and unseen.

We believe in one Lord, Jesus Christ, the only-begotten Son of God, begotten of the Father before all ages.

Light of Light, true God of true God; begotten, not created; of one essence with the Father; by whom all things were made.

Who for us men and for our salvation came down from heaven, was incarnate of the Holy Spirit and of the Virgin Mary, and became man.

And He was crucified for us under Pontius Pilate, suffered and was buried, and on the third day He rose from the dead according to the Scriptures.

Ascended into the heavens; He sits at the right hand of His Father, and He is coming again in His glory to judge the living and the dead, whose kingdom shall have no end.

Yes, we believe in the Holy Spirit, the Lord, the Giver of Life, who proceeds from the Father, who with the Father and the Son, is worshiped and glorified, who spoke by the prophets.

And in one holy, catholic (universal), and apostolic Church. We confess one baptism, for the remission of sins.

**The people chant the last sentence in a loud voice.**

We look for the resurrection of the dead, and the life of the age to come. Amen.

Lord hear us and have mercy on us and forgive us our sins.

**Κυrie ἐλεησον** is said 41 times.

Lord have mercy (41)

Κυrie ἐλεησον (ⲙⲁ)

⊕ Holy, Holy, Holy

⊕ Our Father

⊕ Absolution

⊕ Conclusion of Every Hour



## ☩ Holy, Holy, Holy

Holy, holy, holy, Lord of hosts (Sabaoth). Heaven and earth are full of Your glory and honor. Have mercy on us, O God the Father, the Almighty (Pantocrator). O Holy Trinity, have mercy on us. O Lord, God of hosts, be with us. For we have no helper in our hardships and tribulations but You. Absolve, forgive, and remit, O God, our transgressions; those which we have committed willingly and those which we have committed unwillingly, those which we have committed knowingly and those which we have committed unknowingly, the hidden and the manifest, O Lord forgive us, for the sake of Your holy name which is called upon us. Let it be according to Your mercy, O Lord, and not according to our sins.



## ☪ Absolution

Lord, all our sins which we committed against You in this day, whether in deeds or in words or in thoughts or through all senses, please remit and forgive us, for the sake of Your holy name, as You are Good and Lover of Mankind. God, grant us a peaceful night and a sleep free from all anxiety. And send us an angel of peace to protect us from every evil, and every affliction, and every temptation of the enemy; through the grace, compassion and love of mankind of Your only-begotten Son, our Lord, God and Savior Jesus Christ, to whom is due, with You and with the Holy Spirit, the Life-Giver who is of one essence with You, all glory, honor and dominion, now and forever and unto the ages of all ages. Amen.

## ● Conclusion of Every Hour

Have mercy on us, O God, and have mercy on us, who at all times and in every hour, in heaven and on earth, is worshipped and glorified; Christ our God, the good, the long suffering, the abundant in mercy, and the great in compassion, who loves the righteous and has mercy on the sinners of whom I am chief, who does not wish the death of the sinner but rather that he returns and lives, who calls all to salvation for the promise of the good things to come.

Lord receive from us our prayers in this hour and in every hour. Ease our life and guide us to fulfill Your commandments. Sanctify our spirits. Cleanse our bodies. Conduct our thoughts. Purify our intentions. Heal our diseases. Forgive our sins. Deliver us from every evil grief and distress of heart. Surround us by Your holy angels, that, by their camp, we may be guarded and guided, and attain the unity of faith, and the knowledge of Your imperceptible and infinite glory. For You are blessed forever. Amen.



# Optional (26 minute video) Homework 😊

## *H.G. Bishop Damian in 2017 Documentary about the Growing Coptic Orthodox Church in Germany*

- <https://www.youtube.com/watch?v=wdoGF4RFTYk>

