

POKLONY

SERVICE

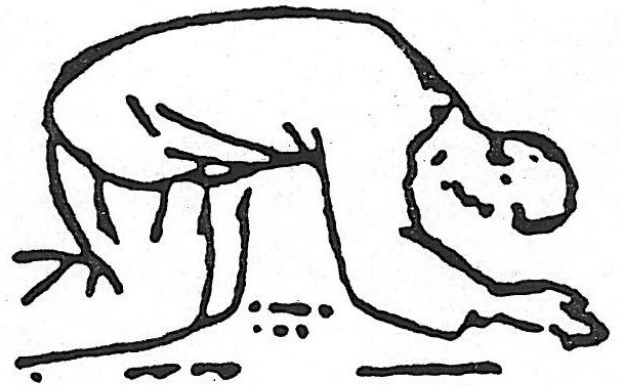
For the

FIRST

DAY

of the

GREAT FAST



Property of Ss. Peter & Paul Ukrainian Catholic Church
Saskatoon, Saskatchewan
~ January 2013 ~

Service for the First Day of the Great Fast

PRIEST: Blessed is our God always, now and for ever.

PEOPLE: Amen.

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

PRIEST: For the kingdom, the power and the glory are Yours, Father (+) Son and Holy Spirit, now and for ever and ever.

PEOPLE: Amen.

PSALM 50 (51) [Recited antiphonally]

¹ Have mercy on me, God, in your kindness.

In your compassion blot out my offense.

² O wash me more and more from my guilt, and cleanse me from my sin.

³ My offenses truly I know them; my sin is always before me.

⁴ Against you, you alone, have I sinned;

what is evil in your sight I have done.

⁵ That you may be justified when you give sentence

and be without reproach when you judge,

⁶ O see, in guilt I was born, a sinner was I conceived.

⁷ Indeed you love truth in the heart;

then in the secret of my heart teach me wisdom.

⁸ O purify me, then I shall be clean;

O wash me, I shall be whiter than snow.

⁹ Make me hear rejoicing and gladness,

that the bones you have crushed may thrill.

¹⁰ From my sins turn away your face and blot out all my guilt.

¹¹ A pure heart create for me, O God, put a steadfast spirit within me.

¹² Do not cast me away from your presence,

nor deprive me of Your Holy Spirit.

- ¹³ Give me again the joy of your help; with a spirit of fervor sustain me,
¹⁴ That I may teach transgressors your ways
and sinners may return to you.
¹⁵ O rescue me, God, my helper,
and my tongue shall ring out your goodness.
¹⁶ O Lord, open my lips and my mouth shall declare your praise.
¹⁷ For in sacrifice you take no delight,
burnt offering from me you would refuse,
¹⁸ My sacrifice, a contrite spirit,
a humbled, contrite heart you will not spurn.
¹⁸ In your goodness, show favour to Zion: rebuild the walls of Jerusalem.
¹⁹ Then you will be pleased with lawful sacrifice,
burnt offerings wholly consumed,
then you will be offered young bulls on your altar.

PRIEST: (*9th Matin Prayer*) O Lord our God, You forgive and grant pardon to those who repent and are sorry. As an example of recognizing sins and confessing them, You give us the prayer of David's repentance and forgiveness. For our many faults and great sinfulness, O Master, be merciful to us because of your constant love, and because of your great mercy wipe away our sins. For we have sinned against You, O Lord. You know the depths and the secrets of our human hearts, and You alone have the power to forgive our sins and to heal us.

Create a pure heart within each of us, and a new and loyal spirit; and give us again the joy of your salvation. Do not banish us from your presence, but because You are good and love us all, graciously allow us until the very last breath of our lives to bring You worthy sacrifices and offerings at your holy altar.

Through the mercy and the grace and the love for us of your only-begotten Son, with whom You are praised, together with your all-holy, good and life-giving Spirit, now and for ever and ever.

PEOPLE: Amen.

ALL: Come, let us adore the King, our God!

Come, let us adore Christ, the King and our God!

Come, let us adore and bow down to the only Lord Jesus Christ,
the King and our God!

(From THE GREAT CANON OF TROPARS by Holy Andrew of Crete)

You are my God, and I give glory to you.* Be my protector and guide on the way to heaven.* O God, my Father, I love you and cry out to you:*

“HAVE MERCY ON ME, O GOD, HAVE MERCY ON ME!”

[The response to each Tropar is a deep METANIA or PROFOUND BOW, while singing, “HAVE MERCY ON ME, O GOD, HAVE MERCY ON ME!”]

Where do I begin to weep for my sins,* the guilty deeds of my sinful life?*

Where do I start now to do penance?*

In the goodness of your heart, O Christ,* give me merciful tears, and have mercy on me.

Come forth today, O my sinful soul,* and bend down your body humbly to the Lord of Life,*and forsake your former sinful ways,* and offer up to God the tears of repentance.

Adam and Eve were promised paradise,* but they disobeyed you, and did not listen to you:* of the forbidden fruit they tasted, and were deceived by the evil one.* Instead of sweetness, they discovered the bitter taste of sin.

Adam and Eve were driven out for their single sin* from the secure garden of your protection.* What will be my fate in the future* for having disregarded so often your words of life?

Cain did not live honestly, nor did he honour God.* When he had to give to God, he gave second best.* And so he became a killer and murdered his brother Abel* because he was jealous of his goodness.

Like Cain am I, O my sinful soul.*I have been dishonest and untrue, and have offended God:* to my Creator I have offered the spoiled fruit of my sins,* and so I deserve his punishment.

Truly from the earth and slime you have fashioned me, O Divine Shaper,* and given me flesh and bone, and breath and life.* And so, my Divine Creator, my heavenly Judge and Saviour,* be my most holy redeemer, and receive me, and welcome me.

To you, Lord Jesus, I confess my sins* and I admit that I have done wrong so many times,* and I have hurt others by what I have done and what I have failed to do.* And that is why I bow humbly before you.

Though I have sinned, O Lord, I know that you are good and will have mercy on me.* Hear me, O Heavenly Father, as I cry out to you,* and fall down on my knees before you like the prodigal child.

Here I am, O Lord, in your holy house,* standing now before the gates of your great mercy.* Let me enter into your kingdom, and do not lock me out.* Give me pardon and forgiveness, which is the key to your kingdom.

O Lamb of God, who takes upon himself the sins of all,* take away from me the heavy burden of my sinfulness,* O Lover of us all,* and give me healing and peace.

During this time of Lent, this time of repentance, I come to you, O Lord.* Release me from the heavy burden of my sinfulness,* O Lover of us all.* and give me healing and peace.

Do not reject me, my Saviour, do not turn your back on me.* Turn not your face from me, but forgive me my sins,* and give me peace and forgiveness.

O my Most Holy Redeemer, forgive me all my wrong-doings:* those that I have done in malice and in weakness,* those that I have done openly and in secret,* those that I have done knowingly and unknowingly;* forgive me, O God, and cleanse me – and save me.

From my youngest years, O Lord, I have broken your law.* With the tide of evil I have allowed myself to drift,* and have only rarely tried to swim against the current.* But now I cry to you, my Saviour: “Have mercy on me and rescue me!”

The richness of your blessings I have wasted, O Lord;* prodigally have I spent all the talents that you gave me.* And now I stand naked before you, and hungry, and in pain.* O Good and loving Father, take me back and let me stay forever with you.

Before you, O my Jesus, I fall upon my knees.* and cry out to you, as did so many others.* “Have mercy on me, O Son of David!* Cleanse me of my diseases – my blindness and my dumbness!* Heal me, and make me whole!”

Judge me not, O God, according to my deservings.* Look instead upon the Holy Cross and the sufferings of your holy Son.* Have mercy on me, O God, according to the greatness of your mercy.* Hear me, O Lord, and graciously have mercy.

And finally, now, O holy Mother of my holy Redeemer,* my Mother, too, and my perpetual help:* open up to me the gates of God’s mercy.* Embrace me in your protection, and pray to your Son for me.

THE LITTLE EKTENIA

PRIEST: Again and again in peace let us pray to the Lord.

PEOPLE: Lord, have mercy.

PRIEST: Help and save, have mercy and protect us, O God by Your grace.

PEOPLE: Lord, have mercy.

PRIEST: Remembering our most holy and immaculate, most blessed and glorious Lady, the Mother of our God and ever-virgin Mary, together with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

PEOPLE: To You, O Lord.

PRIEST: For you are a good and loving God, and we give glory to You, Father, Son and Holy Spirit, now and for ever and ever.

PEOPLE: Amen.

PSALM 143 (144) [Recited antiphonally]

- ¹ Blessed be the Lord, my rock, who trains my arms for battle,
 who prepares my hands for war.
- ² He is my love, my fortress; he is my stronghold, my saviour
 my shield, my place of refuge.
 He brings peoples under my rule.
- ³ Lord, what is man that you care for him,
 mortal man, that you keep him in mind;
- ⁴ Man, who is merely a breath
 whose life fades like a passing shadow?
- ⁵ Lower your heavens and come down;
 touch the mountains; wreath them in smoke.
- ⁶ Flash your lightnings; rout the foe,
 shoot your arrows and put them to flight.
- ⁷ Reach down from heaven and save me;
 draw me out from the mighty waters, from the hands of alien foes,
- ⁸ Whose mouths are filled with lies, whose hands are raised in perjury.
- ⁹ To you, O God, will I sing a new song;
 I will play on the ten-stringed harp,
- ¹⁰ To you who give kings their victory, who set David your servant free.
- ¹¹ You set him free from the evil sword;
 you rescued him from alien foes
 whose mouths were filled with lies,
 whose hands were raised in perjury.
- ¹² Let our sons then flourish like saplings
 grown tall and strong from their youth,
 our daughters graceful as columns, adorned as though for a palace.
- ¹³ Let our barns be filled to overflowing with crops of every kind;
 our sheep increasing by thousands, myriads of sheep in our fields;
- ¹⁴ Our cattle heavy with young, no ruined wall, no exile,
 no sound of weeping in our streets.
- ¹⁵ Happy the people with such blessings;
 happy the people whose God is the Lord.

(From: THE GREAT CANON)

Make me firm, O Lord, on the stone foundation of your commandments.* Anchor fast in faith and in hope the flightiness of my heart.* For you alone are the Holy One and the Lord.

(Response: “HAVE MERCY ON ME, O GOD, HAVE MERCY ONE ME!”)

A source of life, O Destroyer of Death, you have been for me.* And so before the end of life I cry out heartfully:* “I have sinned, O Lord; have mercy on me!”

In the days of Noah, Lord, you suffered long the sins of man,* but then you followed up with the finality of the flood,* with your overwhelming judgement.

Like Ham, the son of Noah your eyes have sinned, my soul:* you have not cared enough to cover the shame of your neighbour.* You have leered and gloated, and returned and dared to look again.

In blessing of Shem, the son of Noah, you have not shared, O my sinful soul,* nor in the widespread inheritance given Japheth* in the leaving of the lands.

As Abram left the land of Haran,* leave your sins, o my soul,* and go forth into the land that flows* with everlasting incorruption,* and gain the inheritance of Abraham.

At the oak of Mamre, Abraham entertained three angels,* and gained by his goodness the promise of a son,* to be fulfilled in his old age, after so many years.

Issac was to be the sacrifice, the mysterious offering to the Lord.* Notice, O my reluctant soul, how unquestioningly* Abraham fulfills the word of God.

Ishamel was driven out, because he was the son of a slave girl.* You must be firm, O my soul, and be ready to be strong,* and resist the seduction of soft-heartedness.

Like the Egyptian Hagar,* you have so often flaunted yourself, O my soul,* you have looked down upon Sara,* and hoped to have God’s plan twisted to suit yourself,* and have given birth to many a spoiled and troublesome Ishamel.

The ladder of Jacob, you remember, reached from heaven to earth.* Its meaning and significance, O my soul, you should know and understand.* Why, then, have you not ascended surely in goodness and godliness?

Melchizedek was the king of Salem, and also a priest of God.* In his offering of bread and wine he prefigured Christ.* Through him came peace and a blessing on all the children of Abraham.

As Lot ran from the fire and brimstone, so run from sin, O my soul. “Let me escape from Sodom and Gomorrah, from the everlasting fire!”* ---- let this be your heartfelt prayer.

Do not become, O my soul, a bitter pillar of salt.* Let not your lot be to insist on looking back.* Let the sight of burning Sodom teach you a lesson,* and lead you to seek safety in the heavenly city.

Have mercy , O Lord, have mercy on me, I pray,* when you come again in judgement with your holy angels,* to give each one according to each one’s deservings.* Have mercy on me now, while there is still time for mercy.

Let us pause now and rest from our labours;* but let us continue in peace to pray to the Lord.* Let us rest now, so that we can further serve the Lord.

THE LITTLE EKTENIA

PRIEST: Again and again in peace let us pray to the Lord.

PEOPLE: Lord, have mercy.

PRIEST: Help and save, have mercy and protect us, O God by Your grace.

PEOPLE: Lord, have mercy.

PRIEST: Remembering our most holy and immaculate, most blessed and glorious Lady, the Mother of our God and ever-virgin Mary, together with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

PEOPLE: To You, O Lord.

PRIEST: For you are a good and loving God, and we give glory to You, Father, Son and Holy Spirit, now and for ever and ever.

PEOPLE: Amen.

The Beatitudes (Mt. 5:3-12) [Recited antiphonally]

Remember us, O Lord, in Your kingdom.

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the pure of heart, for they will see God.

Blessed are the peacemakers, for they will be called sons of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter every kind of evil word against you falsely because of Me.

Rejoice and be glad for your reward will be great in heaven.

Remember me, O Lord,* when you come into Your kingdom.

Remember me, O Master,* when you come into Your kingdom.

Remember me, O Holy One,* when you come into Your kingdom.

(From: THE GREAT CANON)

David the king was chosen and beloved by God,* and yet he sinned and betrayed his trust by lust.* But at the word of Nathan, he recognized his wrong, and cried out:* “I have sinned against the Lord: have mercy on me!”* And so he gives you, O my soul, an example of repentance.

(Response: “HAVE MERCY ON ME, O GOD, HAVE MERCY ONE ME!”)

Solomon was great, and famous for his grace and wisdom.* He built a mighty temple to house the ark of God and the holy nation.* But then he did evil before the Lord and withdrew his love from God.* His heart was swayed and seduced by other loves.* Does not your life, my soul, reflect his folly?

Rehoboam was the son and heir of the once-wise Solomon.* He, too, set aside wisdom and rebelled against the Lord.* He stirred up strife and destroyed the peace and unity of God’s people.* How rebellious and unwise, O my soul, to sow strife and disharmony!

Ahab, son of Omri, did what was displeasing to God,* and was worse than all the kings before him.* He married the shameless Jezebel, and began to worship falsely.* In spite of Elijah he would not turn back to God.* Him God destroyed in a fiery bath of blood.

The Old Testament, O my soul, should be an example and lesson for you.* Learn from the worthy ones to do what is pleasing to God,* and to flee from the sinfulness of the evil ones.

I am your image and your temple, O my God, and I have besmirched it.* I have broken so often the law of your commandments.* I have dulled your goodness and dimmed the Light of your wisdom.* Be merciful, O Lord, and restore your divine image of me.

Spare me, O most Holy Redeemer, and save your so often lost sheep.* keep me from losing the Way and falling prey to the wolves.* Secure me a place at your right hand in the eternal pasture of heaven.

ALL: It is truly right to bless you, O God-bearing One,
as the ever-blessed and immaculate Mother of our God.
More honourable than the cherubim
and by far more glorious than the seraphim;
ever a virgin, you gave birth to God the Word,
O true Mother of God, we magnify you.

PEOPLE: Lift me up, O Lord, for this singing to you, and teach me to do your will.

PRIEST: Glory be to the Father (+) and to the Son and to the Holy Spirit:

PEOPLE: Lift me up, O Lord, for this singing to you, and teach me to do your will.

PRIEST: Now and for ever and ever. Amen.

PEOPLE: Lift me up, O Lord, for this singing to you, and teach me to do your will.

ALL: (*Tropar*) You have fallen among thieves, O my soul,
and have been hatefully enslaved by your sins,
having allowed yourself to be captivated
by their unreasonable demands.
But now that you have the time and the opportunity,
cry out in your lowliness:
“O Hope of the hopeless, Life of those who expect life,
O Saviour, lift me up, and save me!”

***Glory be to the Father (+) and to the Son and to the Holy Spirit,
now and for ever and ever. Amen.***

Receive these prayers of your servants, O most pure Virgin Mother of God,
and pray perpetually for the forgiveness of our sins,
and for the gift to us of peace.

PRIEST: Lord, have mercy. (*Ten times*)

PEOPLE: Lord, have mercy. (*Ten times*)

PRIEST: Lord, have mercy. (*Ten times*)

PEOPLE: Lord, have mercy. (*Ten times*)

PRAYER OF ST. EPHREM THE SYRIAN

ALL: O Lord and Master of my life,
Keep from me the spirit of
indifference and discouragement,
Lust of power, and idle chatter.

(Prostration/deep bow)



Instead, grant to me, your servant,
The spirit of wholeness of being,
humble-mindedness, patience and love.

(Prostration/deep bow)



O Lord and King,
Grant me the grace to be aware of my sins
And not to judge my neighbour;
For you are blessed, now and forever and ever. Amen.

(Prostration/deep bow)



PRIEST: God be merciful to me a sinner,
God cleanse me of my sins and have mercy on me.
I have sinned without number, forgive me, O Lord.

PEOPLE: God be merciful to me a sinner,
God cleanse me of my sins and have mercy on me.
I have sinned without number, forgive me, O Lord.

PRIEST: God be merciful to me a sinner,
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humble-mindedness, patience and love.

O Lord and King,
Grant me the grace to be aware of my sins
And not to judge my neighbour;
For you are blessed, now and forever and ever. Amen.

(Prostration/deep bow)



PRIEST: May Christ, our true God,
through the power of His precious and life-giving Holy Cross,
through the prayers of his immaculate Mother,
through the prayers of the holy and foremost Apostles, Peter and Paul,
patrons of this holy church,
through the prayers of Holy Mary of Egypt and Holy Andrew of Crete,
through the prayers of all the Saints,
have mercy on us and save us,
because He is good, and He does love us all.

PEOPLE: Amen.

ALL: ***YOU HAVE SUFFERED THE PASSION FOR US,
O CHRIST JESUS, SON OF GOD, HAVE MERCY ON US. (3 times)***

(Prostration/deep bow)

