

THE EVENING PRAYER

Prayer of Ninth Hour

Introductory Prayer

Leader¹ : (+) In the name of the Father and of the Son and of the Holy Spirit, one true God.

People: Glory be to Him; and may His grace and mercy be upon us for ever. Amen³.

Leader: (+)Holy, Holy, Holy, Lord God Almighty, by whose glory, the heaven and the earth are filled; Hosanna in the highest (+).

People: Blessed is He who has come, and is to come in the name of the Lord; glory be to Him in the highest (+).

¹ Priest or deacon if present or an elder male person

² Make the sign of cross wherever the symbol appears

³ Be it so/truly

QAWMO

TRISAGION
(Repeat three times)

Leader : Holy art Thou, O God;

People : Holy art Thou, Almighty;
Holy art Thou, Immortal,
(+) Crucified for us, have mercy on us;

* * *

Leader : Lord, have mercy upon us,

People : Lord, be kind and have mercy,
Lord, accept our prayers and
worship and have mercy on us.

Leader : Glory be to Thee, O God,

People : Glory be to Thee, O creator,
Glory be to Thee, O Christ, the King
who does pity sinners, Thy servants(+).
*Barekhamor*⁴.

⁴ Bless O! Lord

LORD'S PRAYER
(St. Mathew 6: 9-13)

Leader : Our Father, who art in Heaven,

People : Hallowed be Thy name. Thy Kingdom come; Thy will be done on earth, as it is in heaven. Give us this day the bread we need: and forgive our debts and sins as we forgive our debtors. Let us not into temptation, but deliver us from the evil one; for Thine is the Kingdom, the Power and the glory for ever and ever. Amen⁵ (+).

HAIL MARY
(St. Luke 1: 28,42)

Leader : Hail Mary, full of grace,

People : Our Lord is with Thee. Blessed art Thou among women, and blessed is the fruit of thy womb, our Lord, Jesus Christ. O Virgin Saint Mary, O Mother of God, pray for us sinners, now and at all times, and at the hour of our death. Amen.

⁵ Qawmo ends here

QOLO

Praise be to You O God, who gives life to the dead. Praise be to You O God, who grants resurrection to the entombed. We praise You and glorify Your Father who did send you and the Holy Spirit. *Barekmore*.

O Lord, one among Trinity, who by Your own will stayed in the tomb for three days, give resurrection to our departed ones, for they were saved by Your precious blood. *Moriyo rahaē melain noo-adarain*⁶.

BO' OOTHO

O! merciful Lord, renew Your creation on the day of resurrection.

O! Lord, grant rest and comfort to our beloved departed ones who have lived and died with hope in You.

O! Lord grant rest to our faithful departed in the bosom of Abraham, Issac and Jacob.

May the souls and bodies together cry aloud and say: glory be to the one who has come and is to come to resurrect the departed. Amen.

QAWMO

Leader: Holy art Thou, O God; ...
(See, page 2)

⁶ Lord have mercy upon us and help us

EVENING PRAYER

QAWMO

Leader: Holy art Thou, O God; ...
 (See, page 2)

Psalm 51⁷
(optional on week days)

Have mercy upon me, O God, according to Your loving-kindness; according to the multitude of Your tender mercies blot out my transgressions.

Wash me thoroughly from my iniquity, and cleanse me from my sins; for I acknowledge my transgressions, and my sin is ever before me.

I have sinned against You, against You truly. I have done what is evil in Your sight. Your judgements are right. Your sentence is just. For behold, I was formed in iniquity; and in sin did my mother conceive me.

But You take delight in the truth. You have made known to me the secrets of your wisdom. Sprinkle me with Your hyssop, and I shall be clean; wash me and I shall be whiter than snow.

⁷ This is a prayer of repentance used on several occasions

Satisfy me with Your joy and gladness, that my bones which are crushed shall rejoice. Turn Your face away from my sins, and blot out all my iniquities.

Create in me a pure heart, O God, and renew a right spirit within me. Cast me not away from Your presence; and take not Your holy Spirit from me.

Restore to me the joy of Your salvation; and uphold me with Your glorious Spirit; then I will teach the wicked Your way, and sinners shall turn to You.

Deliver me from blood-guiltiness, O God, the God of my salvation, and my tongue shall praise Your righteousness. O Lord, open my lips, and my mouth shall sing Your praises.

For You desire not sacrifices, You are not appeased by burnt offerings. The sacrifices of God are a broken spirit; a broken and a contrite heart, O God, which You will not despise.

By Your loving-kindness do good to Zion; build the walls of Jerusalem. Then You shall be pleased with the sacrifices of righteousness, with burnt offerings and whole burnt offerings; then they shall offer bullocks upon Your altar.

⁸To You belongs praise, O God. *Barekhamor*.

⁸ This is said at the end of all readings from Psalms

EVENING PSALMS⁹

(Psalms 141, 142, 119: 105-112, 117)

I¹⁰ call upon you, Lord; hear me! Give heed to my words and answer me.

Let my prayer be like incense in your sight, my uplifted hands be like an evening sacrifice. Lord, set a guard at my mouth, a sentry at the door of my lips, that my heart may not turn to evil (matter) and indulge in the deeds of wickedness.

Let me not sit at the table of the wicked. Let the righteous man teach me, let him reprove me, but the oil of the wicked shall not anoint my head, my prayer is against their evil deeds. When their judges are thrown down in stony places, they shall hear my words; for they are sweet.

Their bones are scattered at the mouth of the grave like the plough that breaks the earth. I lift up my eyes to you, Lord. I put my trust in you, do not leave my soul destitute.

Keep me away from the hands of the proud who have laid snares for me. Let the wicked fall into their own traps, while I go unharmed.

⁹ These Psalms are invariable for all evening prayers

¹⁰ May change the first person when praying in a group

While my soul was in agony, I cried unto the Lord with my voice; with all my voice I made supplication. I poured out my affliction before Him, I told Him all my troubles. When my spirit was overwhelmed within me, then You know my path.

They have hidden snares for me in the way I have to walk. I looked to the right, but there was no one who knew me; no one cared for my soul. I cried unto You, O Lord! I said, You are my refuge and my portion in the land of the living.

Attend to my supplication; for I am in distress. Deliver me from my persecutors, for they are stronger than me. Lead me forth from prison that I may praise your name. The righteous shall wait for me because You will answer me.

Your word is a lamp to my feet and a light for my path. I have sworn and have determined to keep Your holy decrees. I am made to be low, Lord. Give me life according to Your word. Lord, be pleased with the words of my lips and teach me Your decrees.

My life is always in Your hands, I do not forget Your laws. The wicked have set traps for me, but I have not strayed from your commands. I treasure up Your testimonies. Truly they are the joy of my heart. Incline my heart to keep Your commands, in truth, for ever.

Praise the Lord, all you nations. Praise Him, all you people. Great is His goodness for us. Truly, the Lord's goodness is for ever.

To you belongs praise, O God. *Barekhamor.*

Introductory Prayers

O Lord, listen to our prayers with mercy and answer them with compassion. God accept, and be pleased in our worships and prayers and be gracious to us. *Sthoumen kalos*¹¹, *Kurielaison*¹².

Prayer for the Offering of Incense

Lord, let our prayers be like a pleasing incense before you. Let it rise to the highest like an offering of fragrance. As you are pleased in the offer of incense, accept our worships, prayers, supplications and praises without counting our unworthiness, and grant our petitions. *Barekhnor*.

For the Intercession of St. Mary

O Virgin Mother! shield us from all menace that confront us and forbid from us the whirls and tides of this world. O Mother! since you have acceptance in the presence of God, pray that your intercession grant us forgiveness and mercy, heal the sick, bring relief to the afflicted and the return of those who are away from us peacefully.

¹¹ Let us stand well

¹² Lord have mercy upon us

For the Intercession of Saints

Martyrs! as in the time of deluge, when the righteous Noah protected the beasts that entered with him in the ark, let your intercession protect us from the tides and whirls that encircle this world.

For the Intercession of Patron Saint

(St. John!)¹³ your grace has astonished the heavenly beings. Your glorious name is praised on earth among us. Your good deeds have been counted worthy by your Lord Jesus Christ, and He has revered and upheld your memory. May your prayers be a refuge to us.

Prayer of Repentance

O God, the lover of those who are unblemished and upright, grant us perfection in our hearts. Remove from us all evil and malicious thoughts. O Lord, open to us Your merciful door, as you did to the thief. Accept our repentance as you had accepted the penance of the tax collector and the sinful woman. O Lord, You are merciful and pleased with those who turn to You in repentance as You graciously pardoned Peter who came to you after he had denied you. Lord cleanse us from our sins and follies.

¹³ Name of the patron saint or name of the saint whose feast falls on that day

O Lord! we, the sinful, are sad about your dispassionate last judgement¹⁴. When the great books of account¹⁵ are opened and our sins are read, let Your grace strengthen us and let your mercy help us. Let our sins be pardoned. O Lord! we acknowledge our sins, have mercy on us.

For the Faithful Departed

Lord! grant good remembrance to the faithful departed who have received Your atoning body and blood. Lord Jesus Christ, when You come gloriously with the company of angels, let our departed ones stand before you with praises. *Moryo rahae melain noo-adarain*¹⁶.

(Special prayers for the day may be said here)

Concluding Prayer

Lord Jesus Christ, do not close the door of Your mercy on our faces. Lord, we confess that we are sinners, have mercy upon us.

O Lord, Your love made you descend from Your place to us that by Your death, our death was abolished; have mercy upon us.

¹⁴ St. John 5:25-29; 1 Thess. 4:16; 5:2

¹⁵ St. Mathew 12:36; Rom. 14:12.

¹⁶ Lord have mercy upon us and help us

QAWMO

Leader: Holy art Thou, O God; ...
(See, page 2)

BED TIME PRAYER

(Prayer before retiring to bed)

QAWMO

Leader: Holy art Thou, O God; ...
(see, page 2)

Prayer of Repentance

O Lord! teach us all Your commandments. By Your grace help us to live according to them. O God set guards to the open doors of our senses that the treasury of Your grace may not be detained from us. *Barekhamor.*

O holy God, Your Holiness is adored by all saints. O Lord, cleanse our thoughts and make us worthy to glorify Your name like the seraphim who proclaim and glorify Your holiness. *Moryo rahae melain nooadarain.*

Supplication

O Lord, accept our worship and have mercy upon us.

Grant us compassion, mercy and forgiveness from your holy treasury.

O Lord, our deeds make You angry; but you never desire to be angry. You are merciful and Your tranquility is never disturbed.

Though our sins are abundant, they are like a drop of mud in Your ocean of mercy. A drop of mud cannot soil the ocean.

O God who listens to prayers and grants supplications, be pleased in our prayers and grant our petitions in Your mercy.

The Hymn of Mor Ephraem the Syrian

Lord have mercy upon us
Kindly accept our prayers
Grant us mercy, redemption
From Thy treasury above.

Let me Lord, before Thee stand,
Wakeful my watch I'd keep,
Should I fall to slumber's hand,
Guard me from my sinful sleep.

*Again when I go asleep
Even in my sleep O' Lord
Be my sleep in y'r presence
Let it be without blemish

* This stanza was inadvertently left out in earlier editions.

If I do wrong while awake
Mercifully absolve me;
If I err in my sleep
In mercy, grant redemption.

By Thy cross of submission
Grant me, Lord, a restful sleep,
Forbid vain and evil dreams
O my Lord, from Thy servant.

Through the night conduct me, Lord,
Peaceful sleep give Thou to me,
Wroth and foul thoughts O Lord
May not govern me at all.

O Lord, Thy servant I am
Guard my body while I sleep
Keep Thy bright angel's guard
O my Lord, by my side.

Christ Thy life-abiding
Holy body that I ate
Keep away from my heart
Evil desires that destroy.

While I sleep in this night
May Thy holy blood guard me
Be Thou always redeemer
For I am Thine image.

Thy hand shaped me, O Lord
Shadow me with Thy right hand,
Let Thy mercy be a fortress
Shielding me- all around.

While my body silent lies,
May Thy power keep vigil;
Let my sleep in Thy presence
Be like the rising incense.

Thy mother who did bear Thee
By her prayers for me Lord
Let not evil touch my bed,
While I slumber in this night.

By Thy pleasing sacrifice
That absolved me from my distress
Forbid from me the wicked one
That keeps tro-ubling me.

By Thy kindness O my Lord
Thy promise in me fulfilled
By Thy holy cross, O Lord
Protect my li-fe perfect.

O Thou who pleased in me
Feeble and sinful servant I am
May I praise Thy mercy,
When I wake up from my sleep.

May Thy servant know Thy will
In Thy true loving kindness
Grant me O Lord Thy mercy
So that I may walk with thee.

Jesus Christ, O my Lord
Grant to us Thy servants
An evening filled with peace
And a night of graceful sleep.

True light Thou art O Lord
Praise we thy bright glory
We children of Thy light
Praise Thee for evermore.

O savior of mankind
Thy servants praise Thy mercy
As we do in this world
May it be in heav'n above.

Praise to Thee, O my Lord
Praise to Thee, O my savior
Praise a thousand thousand fold
Praise we Thou O Jesus Christ.

Thou who does receive our prayers
Thou who grants supplications
Heed Thy servants' prayers
Kindly grant our petitions.

Kurielaison.. Kurielaison.. Kurielaison.

Psalms 91, 121

Barekhnor, Those who dwell in the secret place of the most high, whoever abides under the shadow of the Almighty.

Barekhnor, I will say of the Lord, He is my refuge and my fortress: my God; in Him will I trust.

For He shall deliver you from the snare of stumbling, and from idle talk.

He shall cover you with His feathers, and under His wings you will be safe: His truth shall be your armor.

You shall not be afraid of the terror by night; nor of the arrow that flies by the day; nor for the plague that travels in the darkness; nor for the destruction of the wind in the noon.

A thousand shall fall at your side and ten thousand at your right hand.

But they shall not come near you, only with your eyes you shall behold and see the reward of the wicked.

Because You are my Lord, my refuge, who has made His habitation in the most high.

No evil shall come near you; no plague shall come near your dwelling.

For He shall give His angels charge over you, to keep you in all your ways.

For they shall bear you up in their hands so that your foot shall not dash against a stone.

You shall tread upon the lion and adder; and you shall trample the young lion and the dragon.

Because he has sought Me, I will deliver him and strengthen him; he shall call upon Me because he has known My name.

I will answer him and I will be with him in trouble. I will strengthen him and honor him.

I will satisfy him with long life and show him my salvation.

I will lift up my eyes to the mountains, from where comes my helper?

My help comes from the Lord, who made heaven and earth.

He will not let your foot to tremble; he who keeps you will not slumber.

Behold, he that keeps Israel shall neither slumber nor sleep.

The Lord is your keeper; the Lord shall overshadow you with His right hand.

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

The Lord shall preserve you from all evil; he shall preserve your soul.

The Lord shall preserve your going and coming from henceforth and for ever more.

To you belongs praise, O God. *Barekhamor.*

Prayer of Mor Saverus (c. A.D. 460-538)

Halleluia, Halleluia, Halleluia, *Men'olam vadhamol olam ol meenamen.*

O Lord, who sits in the shadow of the most high, protect us under the wings of your mercy, and have compassion upon us.

O Lord who hearkens to all, by Your grace listen to the supplication of your servants.

O glorious King, our savior, give us peaceful evenings and sinless nights.

We set our eyes unto you; forgive our debts and sins, and be merciful to us in this world and in the world to come.

O Lord, may Your loving kindness shelter us and let your mercy guard us. May Your cross protect us from the evil one and his legion.

Let Your right hand enveil us all through the days of our lives.

Let your peace reign among us. Grant hope and salvation to all the souls who make supplication unto you.

By the prayers of St. Mary, who gave birth to you, and of all your saints; O God, forgive our debts and have mercy upon us.

¹⁷ **Praise of the Cherubim**

Leader: + Blessed be the glory of the Lord, from His place for ever.

People: Holy and glorious Trinity, have mercy upon us.

¹⁷ Ezekiel 3:12

Leader:+ Blessed be the glory of the Lord, from His place
for ever.

People: Holy and glorious Trinity, have mercy upon us.

Leader: + Blessed be the glory of the Lord, from His place
for ever and ever.

People: Holy and glorious Trinity, have compassion and
mercy upon us.

Leader: You are Holy and glorious for ever.

People: You are Holy and glorious for ever. You are Holy
and your name is blessed for ever.

Leader: Glory to You, our Lord

People: Glory to You, our Lord. Glory to You, our hope
for ever. *Barekhamor.*

Lord's Prayer

Leader: Our Father who art in heaven,

People: Hallowed be Thy ...

¹⁸ **THE NICENE CREED**

Leader: We believe in one true God

People: The Father Almighty; maker of heaven and earth, and of all things visible and invisible: And in one Lord, Jesus Christ, the only-begotten Son of God; begotten of the Father before all worlds; Light of Light, very God of very God; begotten, not made; being of the same substance with the Father; and by whom all things were made:

+ WHO FOR US MEN, AND FOR OUR SALVATION, CAME DOWN FROM HEAVEN

+ AND WAS INCARNATE OF THE HOLY VIRGIN MARY, MOTHER OF GOD, BY THE HOLY GHOST, AND BECAME MAN;

+ AND WAS CRUCIFIED FOR US IN THE DAYS OF PONTIUS PILATE, AND SUFFERED, AND DIED, AND WAS BURIED:

And the third day rose according to His will; and ascended into Heaven, and sat on the right hand of His Father; and shall come again in His great glory, to judge both the living and the dead; whose Kingdom shall have no end:

¹⁸ The Nicene Creed is the confession of faith proclaimed by the holy synod of Nicea (325 A.D.) which is an integral part of all prayers and sacraments

And in the one living Holy Spirit, the life-giving Lord of all, who proceeds from the Father; and who with the Father and the Son is worshipped and glorified; who spoke through the Prophets and Apostles:

And in the One, Holy, Catholic and Apostolic Church; and we confess one Baptism for the remission of sins; and look for the resurrection of the dead, and the new life in the world to come - Amen, *Barekhamor*.

¹⁹ *Sthoumen kalos: Kurielaison, Kurielison, Kurielison*, Lord have mercy upon us, Lord be kind and have mercy, Lord answer us and have mercy upon us. Glory be to You, our Lord; glory be to You, our Lord; glory to You, our hope for ever. *Barekhamore*.

Leader: Our Father who art in heaven,

People: Hallowed be Thy ...

Leader: Hail Mary, full of grace,

People: Our Lord is with ...

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¹⁹ If a priest is present, prayers for the offering of incense may be said here.

PRAYER OF MIDNIGHT

Introductory Prayer

Leader¹ : (+) In the name of the Father and of the Son and of the Holy Spirit, one true God.

People: Glory be to Him; and may His grace and mercy be upon us for ever. Amen.

Leader: (+)Holy, Holy, Holy, Lord God Almighty, by whose glory, the heaven and the earth are filled; Hosanna in the highest (+).

People: Blessed is He who has come, and is to come in the name of the Lord; glory be to Him in the highest (+).

Leader: Holy art Thou, O God; ...
(See, Page 2).

Opening Prayer

O Lord, who is wakeful and do not sleep, awaken us from our sleep in the sloth of sin that we may praise Your wakefulness. O Living and eternal One who do not die, wake us up from the sleep in death and destruction that we may worship Your compassion. Father, Son and holy Spirit, who are being praised and adored on earth and in heaven, make us worthy to praise You and adore You in holiness, along with the glorious company of heavenly angels now and always and for ever. Amen.

Psalms 134, 119:169-176, 117

Barekhnor, Behold, all you servants of the Lord who stand in the house of the Lord through night watches, you praise the Lord.

Barekhnor, Lift up your hands towards the heavenly sanctuary and praise the Lord.

May the Lord that made the heaven and earth bless you from Zion.

Lord, let my praise enter into Your presence. Let Your word grant me life. Let my supplication come before you. May Your words deliver me.

My tongue shall utter your words, for all your commandments are righteous.

When you teach me Your commandments, my lips shall utter Your praise. Since I have taken delight in Your laws, Your hand shall help me.

My soul has longed for Your salvation and I have meditated Your law. Let my soul live and it shall praise You. Let Your judgements help me.

I have gone astray like a lost sheep. Seek Your servant; for I have not forgotten Your commandments.

Praise the Lord, all you nations. Praise him all you people, for His kindness is great toward us. Truly, the Lord's goodness is for ever.

To you belongs praise, O Lord. *Barekhnor*.

Enyono

O Lord! who is awake without sleep, awaken us to repentance.

O Holy virgin, may your prayer be a stronghold to us.

O Prophets and apostles, may your prayers be a stronghold to us.

Hermits and monks may your prayers help us.

O Lord, grant peace to the faithful departed. *Kurielison, Kurielison, Kurielison.*

First Watch For the Intercession of Mother of God

Eqbo

O Holy Virgin Mother, pray to your only son for us that He may grant mercy and bestow peace among us. By your prayers, may wars be dispelled and kings reign in peace so that the children of the Church may praise the invisible and great power and celebrate the feast of happiness.

Kurielison, Kurielison, Kurielison, Lord have mercy upon us, Lord be kind and have mercy, Lord answer us and have mercy upon us. Glory be to you, our Lord; glory be to you, our Lord; glory be to you, our hope for ever. *Barekhnor.*

Qolo

O Lord, may the memory of Your blessed mother who brought You forth in virginity and holiness be a pleasing incense before you. May her memory be glorified on earth and in heaven above. *Barekhamor*.

Holy Virgin, we praise the Father who chose you in the beginning, adore the Son who willed to take flesh from you and praise the holy Spirit who came down from heaven and dwelled in you. *Moryo*

Supplication

O! Son of God, remove from us the rods of wrath by the prayers of Your mother who carried you for nine months.

Second Watch For the intercession of Saints

Praise of Cherubim

Leader: + Blessed be the glory of the Lord, from His place for ever.

People: Holy and glorious Trinity, have mercy upon us.

Leader: + Blessed be the glory of the Lord, from His place for ever.

People: Holy and glorious Trinity, have mercy upon us.

Leader: + Blessed be the glory of the Lord, from His place for ever and ever.

People: Holy and glorious Trinity, have compassion and mercy upon us.

Leader: You are Holy and glorious for ever.

People: You are Holy and glorious for ever. You are Holy and your name is blessed for ever.

Leader: Glory to you, our Lord

People: Glory to you, our Lord. Glory to you, our hope for ever. *Barekhamor*.

Leader: Our Father who art in heaven ...

People: Hallowed be Thy ...

Eqbo

O chosen and holy martyrs, blessed is the Lord who made you to be healing springs of help and solace for the world and made His power dwell in the places where your bones rest, intercede for us before your Lord.

Kurielison, Kurielison, Kurielison, Lord have mercy upon us, Lord be kind and have mercy, Lord answer us and have mercy upon us. Glory be to You, our Lord; glory be to You, our Lord; glory to You, our hope for ever. *Barekhamor*.

Qolo

Apostles! adversaries have encircled the Church from all sides to hinder the spread of the gospel that you have preached. Therefore, intercede for us before the Lord who chose you, so that there may be no divisions and disputes in the Church and among the children of the Church. O Lord! let Your truth be a furnace that keeps Your word as pure as gold. May the priests cry aloud in purity that blessed is the Lord who sustains the growth of the Church. *Barekhamor*.

O Lord, by the prayers of the chosen twelve apostles, bless the twelve months of the year. May the earth receive regular rain and sun that we may be blessed by the heavenly grace and the harvest of the earth. O Lord, by the rain and drizzle of Your blessing, may the fruits grow and the needy and the poor eat them and praise Your name. *Moryo*

Bo' ootho

O Lord, by the prayers of those who pleased you, have mercy on us.

The prophets who spoke by the Holy Spirit, the disciples who witnessed you and the martyrs who embraced death in Your love will pray for us. Have mercy on us.

Saints! pray with us to the Lord whom you have pleased by your deeds that He may remove from us punishments and the rods of wrath.

Lord, by the prayers of those who pleased you, have mercy on us. By their prayers and supplications have mercy on our souls.

Third Watch For the Departed

Praise of the Cherubim

Leader : + Blessed be the glory of the Lord, from His place ...
(see, page 26)

Eqbo

Lord, may our departed rest in Your glorius abode. Lord, pardon their faults and ours. Grant peace to them and remain gracious to us.

Kurielison, Kurielison, Kurielison, Lord have mercy upon us, Lord be kind and have mercy, Lord answer us and have mercy upon us. Glory be to You, our Lord; glory be to You, our Lord; glory be to You, our hope for ever. *Barekhamor*.

Qolo

O! Christ our Lord, do not either be silent about us or remain distant from Your worshippers; for For You are our refuge. Lord, lead us in the way of life and make us worthy to sing praise to You by night and by day. *Barekhamor*.

O Lord, have mercy on us when the graves and the rocks are rift and the dead rise on hearing from the heights the sound of the horn²⁰ and voice of the trumpet. Lord, at that hour let us stand on Your right side²¹. *Moryo.....*

Bo' ootho

O Lord, who is merciful to sinners, have mercy on us on the day of Your judgement.

O merciful one, the afflicted are knocking at Your door. By Your grace answer their supplications.

²⁰ St. Mathew 24:31; 1 Thess. 4:16-17; 2 Peter 3:10

²¹ St Mathew 13:38-43; St. John 5:28-29

Our heavenly Father, we pray that You accepts our offerings and have mercy on us.

Lord of those above and the refuge of those on earth, accept our offerings and have mercy on us.

Halleluiah, Halleluiah, Halleluiah, Glory be to you O, God.
Halleluiah, Halleluiah, Halleluiah, Glory be to you O, God.
Halleluiah, Halleluiah, Halleluiah, Glory be to you O, God.

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²²O! God of compassion, be compassionate towards us in your mercy.

In our sacrifices and in our prayers we commemorate our fathers who while alive taught us to be children of God.

Son of God grant them rest in the eternal heavenly kingdom with the just and the righteous.

²² These optional prayers are to be said only on those days when attendance at the Holy mass is mandatory. For other days continue on page 34

St. Mary's song
(St. Luke 1:46-55)

And Mary said: "My soul glorifies the Lord. My spirit rejoices in God who gives life. He has looked on His servant in her humility. Henceforth all generations will count me blessed.

The mighty one with a holy name has done great things for me. His name is holy and His graciousness shall be with those who revere him, among all races and generations.

He has conquered by his mighty arm and has scattered the proud-hearted ones. He has brought down the mighty from their thrones and has lifted up the humble.

He has filled the hungry with good things but sent the rich away empty. He has helped Israel His servant in remembrance of His graciousness, as He had promised to our forefathers, Abraham and his seed for ever." Amen.

Psalm 133

Behold! how good and beautiful it is for brothers to live in unity.

It is like oil poured on the head of Aaron that runs down his beard to the edge of his robe. It is like the dew of Hermon which descends upon the mountains of Zion.

For it is from there that the Lord gives His blessings and life for ever.

Praise be to you, O God, *Barekhamor*.

Enyono

Let the mother of God be remembered and may her prayers help us.

Let the saints be remembered and by their prayers we receive help.

May the prayers of prophets, apostles and martyrs be a fortress to us.

O Lord, make us worthy of the harbor of Your martyrs and of the home where friends dwell.

O Lord, full of compassion and mercy, be gracious to us on the day of Your judgement.

Blessed is He who never withholds His mercy from the sinners who call upon Him.

Lord remember well the true believers, the children of the church.

Make them stand at Your right hand on the day when Your majesty appears.

Another Enyono

Virgin, Mother of God, at all times and through all seasons may your prayers be a stronghold for us.

Christ, by the prayers of Your saints, protect us from the evil one who lays snares for us at all times.

Jesus, our Lord and our God, may Your Cross be our stronghold and may we be sheltered under it.

Jesus, the Word of God, protect the living by Your Cross and pardon the departed in Your mercy.

All through our life, let us always give thanks, adoration and praise to the Father, the Son and the Holy Spirit.

Our most merciful God, make us stand on Your righthand side on the great day when You come.

Since You have made us worthy to praise You at this time, make us worthy to inherit Your Kingdom.

May your mercy be upon us, Lord. O Lord of life and death, be gracious to us and have mercy on the souls of our faithful departed.

Lord be merciful to us and help us²³.

* * * * *

* * * * *

O merciful God! be gracious to us in Your mercy.
Moriyo ...

From Psalms 148, 149, 150, 117

Behold all that are asleep, awake and rise to sing praise.
Praise the Lord from the heavens, praise Him in the heights.

Praise Him, O sun and moon. Praise Him, all luminous stars.
Praise Him, heavens of heavens, and waters above the heavens.
Let them praise the name of the Lord.

²³ End of the optional prayers

Praise the Lord, all the earth, sea creatures and all ocean, fire and hail, snow and mist, stormy winds that obey His word.

Kings of the earth, and all people; princes, and all judges of the earth; both young men, maidens; old men and children; let them praise the name of the Lord.

Praise the Lord. Sing unto the Lord a new song, and His praise in the congregation of saints. Let Israel rejoice in Him that made Him. Let the children of Zion be joyful in their king.

Let the righteous be joyful in glory. Let them sing aloud upon their beds and let the high praises be in their mouths.

Praise Lord. Praise God in his sanctuary. Praise Him in the firmament of His power.

Praise Him with the sound of the trumpet. Praise Him with the psaltery and harp. Praise Him with the timbrel and dance. Praise Him with stringed instruments and organs. Praise Him upon the loud cymbals. Praise Him upon with the high sounding cymbals. Let everything that has breath praise the Lord.

To you belongs praise, O God. *Barekhamor*.

Praise to the Holy Trinity. Praise to the Holy Trinity. We praise the glorious Trinity, eternal and everlasting. To you belongs the praise, O God, at all times. *Barekhamor*.

Qolo

Holy virgin, chosen by God to be His mother that the curse on earth was removed, plead for us before your only Son that peace and harmony reign in the Church, among us and in the four quarters of the earth. *Barekhamor*.

(St. John) by your prayers, may God remove the rods of wrath from the earth and may peace and harmony reign in the Church and among us. May the group of people who celebrate his memory be protected from all tribulations. *Men olam ...*

Lord, may You garb in robes of glory in the heaven with Your right hand the faithful departed who have borne You by the baptism. *Moryo ...*

Bo' ootho

O Lord, be gracious to us, by the prayers of Your Mother and Your saints.

May the angel who brought peace to the Virgin Mary, and announced to her the message of salvation, come and announce to us that God is reconciled with us.

May the angels, who sprinkled dew on Hananiah, sprinkle the dew of mercy on the bones of the departed.

Lord, be gracious to us, by the prayer of Your Mother and of Your saints. By the prayer of Your Mother and saints sanctify us and our departed.

²⁴ **ANGELIC HYMN**

(Hymn composed by St. Athanasius of Alexandria and translated into Syriac by Mor Paulos, Bishop of Edessa)

Like the heavenly angles who praise You up in the heights, we who are frail and sinful offer praise.

Glory to God in the highest heaven, and on earth peace, tranquility and good will among men at all times and in all seasons.

We praise You, we bless You, we adore You. We sing to You a hymn of praise.

We give thanks to You because of Your great glory, Lord, our creator, king of heaven, God the Father almighty; we praise You, Jesus Christ, Lord God, God's only Son, along with the Holy Spirit.

Lord God, Lamb of God and word of the Father, who takes away the sin of the world, be gracious to all.

You, who take away the sin of the world, incline your ear to us and receive our prayers.

You, who sit in glory at the righthand of Your Father, have compassion on us and be gracious to all.

Because You only are holy. Lord Jesus Christ, You deserve the great glory of God, the Father along with the Holy Spirit. Amen.

At all times and on all the days of our lives we bless You and praise Your holy and eternal name.

²⁴This is an integral part of all midnight prayers.

Blessed are You, Lord, Upholder of all, God of our fathers,
Your name is blessed and glorified with praises, for ever and ever.

To you belongs glory, to you belongs praise, to you belongs
honor, God of all, Father of truth; we praise You, Your only Son
and the living holy Spirit, now and always and for ever and ever.
Amen.

Concluding Prayer

Lord Jesus Christ, do not close the door of Your mercy on
our faces. Lord, we confess that we are sinners, have mercy upon
us.

O Lord, Your love made you descend from Your place to us
that by Your death, our death was abolished; have mercy on us.

Leader: Holy art Thou, O God; ...
 (see, Page 2).

MORNING PRAYER

QAWMO

Leader: Holy art Thou, O God; ...
(see, page 2)

Psalm 51

Have mercy upon me, ...
(see, page 5)

O merciful God! be gracious to us in Your mercy.
Moryo ...

Psalm 63

O God, You are my God and I will wait for You.

Like a dry and thirsty land longing for water, my spirit thirsts
for You and my body longs for You.

I truly looked up to You, to behold Your power and glory.

Because Your loving-kindness is better than life, my lips shall
praise You.

Thus I will praise You while I am alive and I will raise my hands in Your name.

My soul shall be satisfied as with marrow and fat and my mouth shall sing Your glory with joyful lips.

I remember You as I lie on my bed. All night long, I think and meditate of You.

Because You have been my help, I will be protected under the shadow of Your wings.

My soul follows You and Your right hand keeps me safe.

Those that seek to destroy my soul shall go into the depths of the earth.

They shall fall by the sword and their bodies eaten by wolves. But the king shall rejoice in God.

Everyone that swears by him shall be glorified. But the mouth of the liars shall be shut.

To You belongs praise, O God. *Barekhamor*.

Eniyono

O heavenly King, in the morning I come in Your presence and bow before Your throne. Pardon all the sins that I committed against you.

Gracious and compassionate Lord, I plead and long for your mercy. Pardon all the sins that I committed against you.

The one who is light and lives in light, make me worthy of Your light that does not succumb to darkness. *Barekhamor.*

I praise the Lord whose name is being glorified in the heaven above by the heavenly beings and by the people on the earth. Amen.

Psalms 113

Praise the Lord, the creator of light. Praise Him, you servants of the Lord. Praise the name of the Lord.

May the name of the Lord be blessed from the beginning and for ever.

From the rising of the sun to its setting great is the name of the Lord.

The Lord is high above all nations, and His glory is above the heavens.

Who is like the Lord, our God? He dwells in the heights above and yet He looks upon the depths.

He raises up the poor from the dust and make them sit with princes. He makes the barren women to be a joyful mother of children and He grants her a home.

To you belongs praise, O God. *Barekhamor.*

From Psalms 148, 149, 150

Praise Him all His angels. Praise Him all His heavenly armies.

By His word everything was made, for He commanded and they were created. He set them in their places for ever and gave them a law which shall not pass away.

Praise the Lord, all mountains and hills, all fruit trees and cedars, all bees and cattle, all creeping things and birds that fly.

For His name alone is exalted, His glory is on earth and in heaven. He also exalts the horn of His people, all His saints; even of the children of Israel, a people of His own.

Let them praise His name with tambourines and drums, and sing to Him with their harps. The Lord is delighted in His people. He gives salvation to the poor.

His saints have the honor, with a two-edged sword in their hands, to execute vengeance upon the heathen and bring punishments upon the people, to bind their kings with chains, and their nobles with fetters of iron and to execute upon them the written judgement.

Praise Him for His powerful deeds. Praise Him for His infinite greatness. Praise Him with the sound of horn. Praise Him with the sound of the flute and harp.

Praise the Lord, all you nations. Praise Him all you peoples. For great is His goodness toward us. Truly, He is the Lord for ever.

To you belongs praise, O God. *Barekhamor.*

Eqbo

God help us. The whirls and waves of sins that we committed are encircling us. You be the port of peace for us that we may not sink in the sea of sins. We are waiting to repent. As You extended Your hand to Peter²⁵, extend Your hand to us and help us. *Sthoumen ...*

²⁵ St. Mathew 14: 25-33.

Qolo

O Christ, our Lord, You offered Yourself as a pleasing incense before God the Father. Because of You, we may be a pleasing incense before God. Though our prayers and offerings are abominable and foul smelling, touch and purify us with Your holy hand which cleansed the leper²⁶ to make our prayers and offerings sweet smelling fragrances. *Barekhamor*.

For the Intercession of Mother of God

God our Lord, by Your presence You jolted Mount Zion. While You were bearing the heights and the depths, You willed that Virgin Mary conceive You without marriage and bring You forth beyond description. May Your mother's name be glorified and help us by her prayers.

For the Intercession of Saints

Martyrs! pray for us that He may have mercy on us by His grace and save us from the punishment of the last day. Pray for us that we may be made worthy to see you when you receive the victorious crowns²⁷.

²⁶ St. Mathew 8:3

²⁷ 2 Timothy 4:8

For the Intercession of the Patron Saint

(St. John), those who are in distress seek your help. May your prayer be a fortress and refuge for us. By your prayers, may our petitions be granted, sick people be healed and those who are being tempted by satan be liberated.

For Repentance

O God, You do not deny Your mercy to the sinners who call upon You. By Your compassion spare us from punishments and the rods of wrath. To praise You for Your mercy, grant us joyful months and prosperous years. By glorious sign of Your cross guard us from the evil.

Lord, may we not be silent from praising You and withdrawn from glorifying You. Lord, do not judge us according to Your righteousness. We confess that we are sinners. If You judge us according to our sins; we cannot hope eternal life and cannot plead before You and shall inherit firey-hell. Therefore, according to Your mercy pardon and forgive our sins.

Lord, when You judge us, let our sins not conceal us. When the righteous garb in glory, may we not be naked at the judgement. We confess that we have fallen in sin, extend Your hand unto us that we may stand again. O compassionate One, who opens the door to all those who repent, have mercy on us as You forgave the thief on Cross²⁸ at Your side.

²⁸ St. Luke 23: 39-43.

For the Departed

Lord, grant peace and good memory to our departed fathers and brothers. Include them in the company of saints and in their ranks. When you sit at the throne for judgement²⁹ and to separate the righteous from the evil, may they receive Your compassion. When You appear in Your grace, may they stand on Your right side. *Moryo* ...

(Special prayer for the day may be said here)

Concluding Prayer

Lord, it is good to give thanks to You and to sing praise to Your exalted name, to proclaim Your goodness in the morning and Your faithfulness in the night. Lord, hear my voice in the morning. May I be seen ready before You in the morning.

Lord, have compassion on Your people. Lord, pardon and forgive all our sins. Holy One, let Your right hand overshadow us and Your name heal our weaknesses.

²⁹ St. Mathew 25:31-34.

QAWMO

Leader: Holy art Thou, O God; ...
(see, page 2).

PRAYER OF THE THIRD HOUR

QAWMO

Leader: Holy art Thou, O God; ...
(see, page 2).

QOLO

Our heavenly Father, answer us who are calling upon You. For we have no other father who can help us. By Your will, You created us from emptiness. Now that we have been created, Your anger may not destroy us. Lord, teach us to abide by Your commandments. By our righteous deeds may You be pleased in us. Lord, by Your grace have mercy on us. *Barkhmor.*

We repent that we have distanced ourselves from You by our deeds and sins and only of You for name sake. We desire to confess but our false pride do not allow us. We are eager to teach others but do not learn ourselves. Though we have quenched the

thirst of others, we are still thirsty. Give us a drink from the stream³⁰ that flowed from Your side which was pierced with spear and quench our thirst. *Moryo* ...

Bovooso

God, our Lord, we call upon You. Come for our help. Accept our supplications and have mercy on our souls.

Lord, we desire not to be aloof from your communion. Though our sins have driven us out, may your loving-kindness grant us admittance. The sins have deceived us and wounded us without compassion. O! great physician heal our painful wounds.

The evil one has trapped us in the snares that he laid for us. O Lord, break the snares and save us from danger. O! Good Shepherd search for the sheep that has gone astray³¹; do not let its life be in the hand of the evil one who is searching for it.

Christ, our God who has power to send us to heaven or hell, have compassion on us and save us from hell.

QAWMO

Leader: Holy art Thou, O God; ...
(see, page 2)

³⁰ St. John 19:34

³¹ St. Mathew 18:12, St. John 10:1 -16.

PRAYER OF THE SIXTH HOUR (NOON)

QAWMO

Leader: Holy art Thou, O God; ...
 (see, page 2)

QOLO

O! holy Mother, do not discontinue your supplication for us. Intercede for us that Your only begotten son may have compassion on us. *Barekhamor*.

O God, the Lord of all, by the prayers and supplications of the prophets who loved You and Your disciples who preached Your gospel, may peace reign among the four quarters of the earth. *Men olam ...*

Lord, both worlds are at Your command. Protect the living by Your cross. By Your grace pardon the sins of all those who have passed away with hope in You.

Moryo ...

Bo 'ootho

Lord, by the prayers of Your Mother and all saints, sanctify us and our departed ones.

Let Virgin Mary's memory be a blessing for us. May her prayers be a fortress for our souls.

Apostles, martyrs, disciples and saints! pray for us that He may grant us mercy.

Lord, sprinkle the dew of joy on the face of our departed fathers and brothers who have passed away with hope in You.

Lord, by the prayers of Your mother and saints sanctify us and our departed.

Maneeso³²

(of Mar Severius, Patriarch of Antioch, A D. 460 -538)

By the prayers of Your Mother who brought forth you and that of all saints;

I will adore You O King, my Lord, the only begotten son, the word of the heavenly father, who are immortal, who by Your grace came for the life and salvation of all mankind, and did become incarnate of the holy and glorious Virgin Mary, Mother of God, who did become man, being God without change, and who was crucified for us.

³² This prayer is to be said on those days on which participation in the holy mass is not mandatory

O Christ, our Lord, who by Your death did trample our death and destroy it, who is one among the Holy Trinity and are worshipped and glorified in the unity of Your Father and Your living Holy spirit, have mercy upon us.

QAWMO

Leader: Holy art Thou, O God; ...
 (see, page 2)

THE NICENE CREED

Leader: We believe in one true God

People: The Father Almighty; maker of heaven and earth,
 and of all things visible and invisible: And in one
 Lord, Jesus Christ, the only-begotten Son of God;
 begotten of the Father before all worlds; Light of
 Light, very God of very God; begotten, not made;
 being of the same substance with the Father; and
 by whom all things were made:

+ WHO FOR US MEN, AND FOR OUR SALVATION, CAME
DOWN FROM HEAVEN

+ AND WAS INCARNATE OF THE HOLY VIRGIN MARY,
MOTHER OF GOD, BY THE HOLY GHOST, AND BECAME
MAN;

+ AND WAS CRUCIFIED FOR US IN THE DAYS OF PONTIUS PILATE, AND SUFFERED, AND DIED, AND WAS BURIED:

And the third day rose according to His will; and ascended into Heaven, and sat on the right hand of His Father; and shall come again in His great glory, to judge both the living and the dead; whose Kingdom shall have no end:

And in the one living Holy Spirit, the life-giving Lord of all, who proceeds from the Father; and who with the Father and the Son is worshipped and glorified; who spoke through the Prophets and Apostles:

And in the One, Holy, Catholic and Apostolic Church; and we confess one Baptism for the remission of sins; and look for the resurrection of the dead, and the new life in the world to come - Amen, *barekhamor*.

Sthoumen kalos Kurielaison Kurielaison Kurielaison.

Concluding Song

Pra-ise be to the God on high
Exaltation to His Mother
Crown of honor to the martyrs
Mercy on the de-parted.

* * * * *

APPENDIX - A

³³QUAMA (During the Week of the Life-giving Passion)

Prose

Beginning: Blessed is that You humbled Yourself for us.

³⁴ Christ, by Your Passion You saved us from our sins. Accept our offerings and have mercy on us (*recite 3 times*).

O! Lord, let there be praise to You and honor to Your Father and adoration and glory to the Holy Spirit. O Lord, have mercy and compassion on us, sinners. May the gates of the heavenly Jerusalem be opened that our prayers may enter into the throne of Christ. O Lord, we praise You. O Lord, we praise You. O Lord, You are our hope and we praise You for ever, *Barekhamor*.

³⁵ Our Father who art in heaven ...

OR

³³ There are different prayers for each hour and for each day of this week

³⁴ These prayers should be used instead of the Trisagion for this week

³⁵ Intercessionary prayers are forbidden during this week

Poetry

Beginning: Blessed is that You humbled Yourself for us.

By Thy Passion saved us fr-om all our sins
Messia-h accept our pray-ers and have mercy
(*recite 3 times*).

O! Lord, we praise thee, esteem to the Father
Glory and honor to the Holy Ghost
Have Thy mercy on us sinners that our-
prayers reach by the throne above Jerusalem
O! Lord, we praise Thee
Praise Lord, Lord we praise
Our refuge for ever more, *Barekhamor*.

Our Father who are in heaven ...

OR

Syriac Hymns

Beginning: *Brikmookkokk dahalophain*.

*Msheeho dhabu hase-pharkan menthu-ae kabel
thesmeshthan vesaraa hammaelayn (recite 3 times).*

*Lok mo-r theshu buhatho la-book eekoro
val roo-hodukudisho segtho rumarommo
valain hathoyae rahama-e vahanono
nespa-thahun thara-ai oorishilaem dalayil
naelon slavosan kdom beem d'msheeho
shubho-lok moran shubho-lok moran shubho
lok sabaran la-olam, Barekhome.*

Our Father who art in heaven ...

* * * * *

QAWMO
(Thursday of the Great Passover)

Prose

Beginning: Blessed is that You humbled Yourself for us.

Christ, who by Your Passover replaced the paschal lamb,
rejoice us with Your Passover and have mercy on us.
(*recite 3 times*).

O! Lord, let there be praise to You and honor to Your Father
and adoration and glory to the Holy Spirit. O Lord, have mercy
and compassion on us, sinners. May the gates of the heavenly
Jerusalem be opened that our prayers may enter into the throne of

Christ. O Lord, we praise You. O Lord, we praise You. O Lord,
You are our hope and we praise You for ever, *Barekhamor*.

Our Father who art in heaven ...

OR

Poetry

Beginning: Blessed is that You humbled Yourself for us.

By Thy Passover replaced paschal lamb
Messiah give us grace by Thy passover!
(*recite 3 times*)

O! Lord, we praise thee, esteem to the Father
Glory and honor to the Holy Ghost
Have Thy mercy on us sinners that our-
prayers reach by the throne above Jerusalem
O! Lord, we praise Thee
Praise Lord, Lord we praise
Our refuge for ever more, *Barekhamor*.

Our Father who art in heaven ...

OR

Syriac Hymns

Beginning: *Brikmookkokk dahalophain.*

*Msheeho dhabu pessho sroyilae mar pessho bu pessho
ab sahalaan vesaraa hammaelayin.*

(recite 3 times).

*Lok mo-r theshu buhatho la-book eekoro
val roo-hodukudisho segtho rumarommo
valain hathoyae rahama-e vahanono
nespa-thahun thara-ai oorishilaem dalayil
naelon slavosan kdom beem d' msheeho
shubho-lok moran shubho-lok moran shubho
lok sabaran la-olam, Barekhmore.*

Our Father who art in heaven ...

APPENDIX - B

HOLY CONFESSION

Introduction

Holy confession is the sacrament instituted by our Lord for the forgiveness of sins committed after Baptism (St. Mathew 16:19; 18:18; St. John 20:21-23). The authority to forgive sins or retain them was conferred on His Apostles. They in turn entrusted this to the bishops and priests. In confession, the repentant sinner desires to be freed from his/her sins in the presence of a valid priest. The penitent must admit all his/her sins, both big and small, one by one, telling their number, sort and circumstances. This requires about ten to fifteen minutes and the penitent and priest should take necessary time in the process of confession. The penitent must examine his/her personal life thoroughly and repent the sins.

Sin may be defined as going astray from God's love. The parable of the prodigal son provides an elegant example of distancing ourselves from God, His love and forgiving nature (St. Luke 15:11-24).

A sinful life is a state of dissatisfaction. The dissatisfaction (1 John 3:21) results from two counts - - sins of commission and sins of omission. The sins of commission are those that we do which we are prohibited from doing (see, Gal. 5:19-20). Sins of omission are failure to do obligatory duties (Exodus 20:2-17). The desire to confess comes from one's own mind. The sacrament of

holy confession renews the covenant of baptism which we had entered through god-parents. The covenant is a promise to live according to God's will.

Preparation for confession

Holy confession without proper preparation is a grave sin. St. Paul exhorts: if anyone eats the Lord's bread or drinks from his cup in a way dishonors Him, is guilty of sin against Lord's body and blood. So then, everyone should examine himself first, and then eat the bread and drink from the cup. For if he does not recognize the meaning of Lord's body when he eats the bread and drinks from the cup, he brings judgement on himself as he eats and drinks (1 Cor. 11:27-29; also see, 1 John 1:8-9). Our desire to confess and to be one with God is always challenged by the satan which results in two things: (1) we refuse to acknowledge that we have sinned and (2) we try to justify or find excuses for the sins that we committed. We should be prudent to recognize that these reasons are of the satan and should listen to the feeble voice within our inner selves which suggests that something wrong is taking place.

What are the steps involved in preparation?

Preparation for confession involves two important steps: (1) retrospection and (2) repentance. The word retrospection means 'looking back.' It implies taking stock of our past life. We have to remember that life on the earth is a preparation for eternal life and that we are constantly waging a war (Roman 7:15-25). We have to find where we stand in respect to our relationship with God.

It is necessary to review the ten commandments (Exodus 20:2-17) and seven canons of the Church. The ten commandments are: (1) I am the Lord Your God. You shall have no other gods beside Me, (2) You shall not make any image or graven image of anything in heaven or earth or in the water under the earth, and shall not bow down to them (3) You shall not swear by the Name of the Lord in vain, (4) Observe the Sabbath and keep it holy, (5) Respect your father and mother, so that you may live a long time in the land that I am giving you, (6) Do not commit murder, (7) Do not commit adultery, (8) Do not steal, (9) Do not bear false witness against your neighbour, and (10) Do not desire your neighbour's house, nor his wife, nor his servant, nor anything that belongs to him.

The seven canons of the Church are: (1) Observe Sundays and obligatory days, (2) Attend holy Mass on obligatory days, (3) Observe the five lents, observe lent on Wednesdays and Fridays, (4) Confess your sins before a valid priest, (5) Receive holy communion, (6) Practice total abstinence on prescribed days, and (7) Pay offerings and dues to the Church. We have to examine ourselves in respect to the practice of fourteen christian charities such as feeding those who are hungry, helping the needy, etc.

There is a danger of our concentrating so much on our sins that we lose sight of the forgiving and restoring love of God. In the Gospel of Luke there is a series of parables about lost things - - the lost sheep, the lost coin, and the lost son (St. Luke 15). Like most of the parables, these are really stories about God the Father, who is likened to a shepherd. He goes after what is lost, finds it,

and carries it home on His shoulders with joy. It might help us to prepare for confession by reading one of the famous new testament stories about separation and reconciliation - - the prodigal son (St. Luke 15:11-24), the woman taken in adultery (St. John 8:1-11), and the woman drying Christ's feet with her hair (St. Luke 7:36-50). Meditate on the one which speaks to you. Reading of the seven penitential Psalms (Psalms 6, 32, 38, 51, 102, 130, & 143) will also help realize your sinful state and seek God's mercy.

Once the retrospection is complete with selected readings, we should repent about our sinful state. Without retrospection, confession will not bear fruits. A listing of sins and comparison with earlier confession (immediately preceding) will enhance the depth and meaning of each confession. Confession is a true description and acknowledgement of one's sinful life. However, God's grace should strengthen us as it strengthened king David - - "You will not reject a humble and repentant heart" (Psalm 51:17).

What are the steps involved in confession?

The penitent should kneel before an accredited priest, the appointed representative of God. (The priest, like anyone else, is also a sinner; but he is empowered by ordination to absolve sins.) Then, he/she should draw the sign of cross and should say one of the prescribed prayers before confession (only one of which is given in this book; see, below). If time does not permit saying the prayer in priest's presence, say: "In the name of the Father, the Son and the holy Spirit, I confess my sins." The penitent must admit all sins, both great and small, one by one, telling their num-

ber, sort and circumstance. If a sin is inadvertently omitted, the person must confess it when it comes to mind. The silence or concealing a sin is in itself a great sin. After necessary counseling, the priest says the prayer of absolution. At the end of the absolution, when the priest says and draws the sign of cross on the forehead (in the name of the Father, the Son, and the holy Spirit) the penitent should say amen three times.

Prayer of Repentance before Confession

O God, Who does not will the death of the sinner, but rather he repent and live, I confess before You that I have sinned before heaven and in Your sight, while enjoying Your great goodness. By this ungratefulness I have fallen from the estate of your sons and am no more worthy to be a son of Your grace. Make me, O Father, as one of thy hired servants. Blot out my transgressions in Your mercy. Cleanse me from my sin. O merciful Father, turn Your face from my sins and look not upon my iniquities. Cast me not from before Your face, O Gracious Lord. Rebuke me not in Your anger, but listen to the voice of my sorrow, and O Lord, look upon my tears. May the tears wash me clean in Your sight, O God, for I do repent most humbly and am heartily sorry for all that I have done wrong. Moreover, I have determined not to return to the hateful paths of sin again. Receive my confession and help me in Your mercy and grace to live a life that brings Your glory and praise. Amen.

Prayer of Repentance (before Priest)

I confess to God the Father Almighty, and to His Son, our Lord Jesus Christ, and to the Holy Spirit, in the presence of virgin Mary and all angels, prophets, seventy two emissaries, twelve apostles and four evangelists, and confess in the faith of the three holy synods of Nicea, Constantinople and Ephesus, trusting in the honorable priestly authority conferred upon you, priest, by which you bind and retain sins. I have sinned in thought, word and deed. I repent my sins. You are the master and I am the servant. Accept me as the prodigal son. I have sinned against heaven and against you. I believe that you have authority to bind and retain sins and that you are the mediator between God and me. And I pray that you deliver me from all my sins by your priestly authority that I may obtain forgiveness. I pray that you remember me before God, in your prayers and in the holy *Qurbano*. Amen.

Holy Communion

The one who is receiving holy communion should fast during the previous night and should have said the required prayer before receiving holy communion. However, there are some relaxations to fasting based on the health of a person (*Hudayo Canon*, 1974, Chapter IV). After receiving holy communion, there is another prayer that should be said. The partaking in His body and blood empowers one to keep away from sin and to be blessed with a Christian end.

Prayer before receiving the Holy Communion

O Lord, make me worthy to receive Your Holy body in holiness. May my evil desires be chased away from me by receiving Your Holy body. By partaking in Your life-giving precious blood may my passions be suppressed. O my Lord and my God, by partaking in Your Holy body and blood make me worthy for the remission of my debts and the pardon of my sins. Amen

Prayer after receiving the Holy Communion

O Lord Jesus Christ, our God, I have received Your Holy body and the precious blood for the remission of sins and eternal life. May this Eucharist be for me for eternal life and salvation and not for punishment and condemnation. May this provide me joy, health and gladness and make me worthy to stand at your right side in your glorious second coming. Amen

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APPENDIX - C

SUNDAY SCHOOL HYMNS

(Hymn at the commencement of Sunday School)

O Lord! Thy servants are we
Come to Thy friendship O Lord!
Help us to keep Thy word Lord
Give us Thy grace every day
Help us to see Thy wonders
That is in Thy words of life
Brighten us O our Savior!
Thy servants eyes of spirit.

(Hymn at the conclusion of Sunday School)

O Lord! from Thy words of life
That we learnt this day of life
May we not forget in life
Help us Lord to keep them all.
Haleluiah!

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