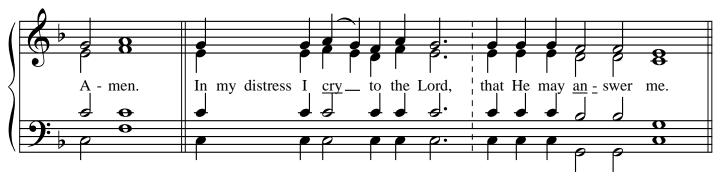
The First Antiphon

(Psalms 120-124)



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

What shall be <u>gi</u>ven to you, * and what more shall be done to you, you de<u>ceit</u>ful tongue?

A warrior's sharp <u>arrows</u> * with glowing coals of the <u>broom</u> tree.

Woe is me that I sojourn in <u>Me</u>shech,* that I dwell among the tents of <u>Ke</u>dar;

Too long have I had my dwelling among <u>those</u> who hate peace, * I am for peace but when I speak, they <u>are</u> for war.

I lift up my eyes to the hills. * From where does my help come?

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

He will not let your <u>foot</u> be moved; * He Who keeps you will not <u>slum</u>ber.

Behold, He Who keeps <u>Is</u>rael * will neither <u>slum</u>ber nor sleep.

The Lord is your <u>keep</u>er, * the Lord is your shade at your <u>right</u> hand.

The sun shall not <u>scorch</u> you by day, * nor the <u>moon</u> by night.

The Lord will keep you from all <u>e</u>vil, * He will <u>guard</u> your life.

The Lord will guard your going out and your <u>co</u>ming in, * from this time forth and for<u>e</u>vermore.

I was glad when they said to me: let us go to the <u>house</u> of the Lord. * Our feet have been standing within your gates, O Jerusalem.

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

The tribes of the Lord, as was decreed for Israel, * to give thanks to the <u>name</u> of the Lord.

There thrones for judgement were set, * the thrones of the house of <u>Da</u>vid.

Pray for the peace of Jerusalem, may they <u>prosper</u> who love you, * peace be within your walls and security within your <u>to</u>wers.

For my brethren and companions' sake, * I will say: "Peace be within you."

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

To You, I lift <u>up</u> my eyes, * O You Who are enthroned in the <u>hea</u>vens.

Behold, as the eyes of servants look to their \underline{mas} ter; * as the eyes of a maid look to the hand of her \underline{mis} tress,

So our eyes look to the <u>Lord</u> our God, * till He take <u>mer</u>cy on us.

Have mercy on us, O Lord, have <u>mer</u>cy upon us, * for we have had more than e<u>nough</u> of contempt,

Too long our soul has been sated with the scorn of <u>those</u> who are at ease. * the con<u>tempt</u> of the proud.

If it had not been the Lord Who was on our side, let <u>Is</u>rael now say: * if it had not been the Lord Who was on our side when men rose up against us,

Then they would have <u>swal</u>lowed us alive. * When their anger was kindled against us;

Then the flood would have gone over us, the raging <u>wa</u>ters, * the torrent would have gone over us, the raging <u>wa</u>ters.

Blessed <u>be</u> the Lord, * Who has not given us as <u>prey</u> to their teeth.

We have escaped as a bird from the snare of the <u>fow</u>lers; * the snare is broken, and <u>we</u> have escaped.

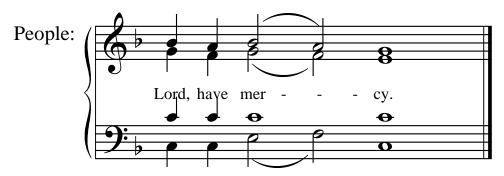
Our help is in the <u>name</u> of the Lord * Who made <u>heaven</u> and earth.

Glory to the Father, and to the Son, and to the Holy <u>Spi</u>rit. * now and ever, and unto ages of <u>ages</u>. Amen.

Alleluia, Alleluia, Alleluia. Glory to You, O God. (x3)

Prayer after the First Antiphon

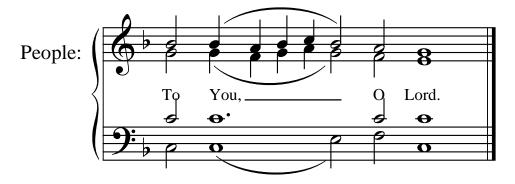
Deacon: Again and again in peace, let us pray to the Lord.



Deacon: Help us, save us, have mercy on us and keep us, O God, by Your grace.

People: Lord, have mercy.

Deacon: Commemorating our most holy, most pure, most blessed and glorious Lady, the Theotokos and Ever-Virgin Mary, with all the Saints, let us commend ourselves and each other and all our life unto Christ our God.



Priest: O Lord, in Your displeasure rebuke us not, neither chasten us in Your wrath, but deal with us according to Your tenderness, O Physician and Healer of our souls. Guide us to the haven of Your will. Enlighten the eyes of our hearts unto the knowledge of Your truth, and grant unto us that the remainder of the present day and the whole time of our life may be peaceful and sinless, through the intercessions of the Holy Theotokos and of all the Saints.

For Yours is the majesty, and Yours is the Kingdom, and the power and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.



As the mountains are round about Je<u>ru</u>salem, * so the Lord is round about His people from this time forth and for<u>e</u>vermore.

For the sceptre of wickedness <u>shall</u> not rest * upon the land alloted to the <u>right</u>eous.

Lest the righteous put forth their <u>hands</u> to do wrong. * Do good, O Lord, to <u>those</u> who are good,

And to those who are <u>up</u>right in their hearts. * but those who turn aside to their <u>crook</u>ed ways;

The Lord will lead away with evil <u>do</u>ers. * Peace be upon <u>Is</u>rael.

When the Lord brought back those who returned to \underline{Zi} on, * we were like those who dream.

Then our mouth was filled with <u>laughter</u> * and our tongue with <u>shouts</u> of joy.

Then they said among the nations: "The Lord has <u>done</u> great things for them." * The Lord has done great things for us, <u>we</u> are glad.

Restore our <u>for</u>tunes, O Lord, * like the watercourses in the <u>Neg</u>ev.

May those who sow in tears, reap with <u>shouts</u> of joy. * He that goes forth weeping, bringing the seeds for <u>sowing</u>,

Shall come home with shouts of joy, * bringing his sheaves with him.

Unless the Lord builds the house, * those who build it labour in vain.

Unless the Lord watches over the <u>city</u>, * the watchman stays a<u>wake</u> in vain.

It is in vain that you rise early and go <u>late</u> to rest * eating the bread of anxious toil, but He gives His be<u>lo</u>ved sleep;

Behold, sons are an inheritance from the Lord, the fruit of the <u>womb</u> is a reward. * As arrows in the hand of a warrior, so are the <u>sons</u> of one's youth.

Happy is the man who has his <u>qui</u>ver full of them; * he shall not be put to shame when he speaks to his enemies in the gate.

Blessed is everyone who fears the Lord, * who walks in His ways.

You shall eat the fruit of the <u>la</u>bour of your hands; * you shall be happy and it shall be <u>well</u> with you.

Your wife will be like a fruitful <u>vine</u> within your house. * Your children will be like olive shoots around your <u>table</u>.

Behold, the one who fears the Lord * will be blessed.

The Lord bless you from \underline{Zi} on, * may you see the prosperity of Jerusalem all the <u>days</u> of your life.

May you see your children's <u>child</u>ren. * Peace be upon <u>Is</u>rael.

Sorely they have afflicted me from my youth, let <u>Is</u>rael now say. * Sorely they have afflicted me from my youth, and yet they have not prevailed against me.

The plowers <u>plowed</u> upon my back, * they made long their <u>fu</u>rrows.

The Lord is <u>righ</u>teous, * He has cut the cords of the wicked,

May all those who hate \underline{Zi} on * be put to shame and turned <u>back</u>ward.

Let them be like the grass on the <u>house</u>tops, * which withers before it grows up:

With which the reaper <u>does</u> not fill his hand, * nor the binder of sheaves his <u>bo</u>som.

While those who pass by <u>do</u> not say: * The blessing of the Lord be up<u>on</u> you.

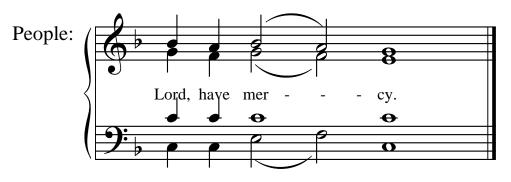
We <u>bless</u> you * in the <u>name</u> of the Lord.

Glory to the Father, and to the Son, and to the Holy <u>Spi</u>rit. * now and ever, and unto ages of <u>ages</u>. Amen.

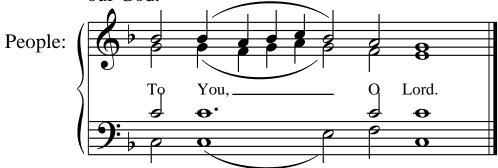
Alleluia, Alleluia, Alleluia. Glory to You, O God. (x3)

Litany after the Second Antiphon

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

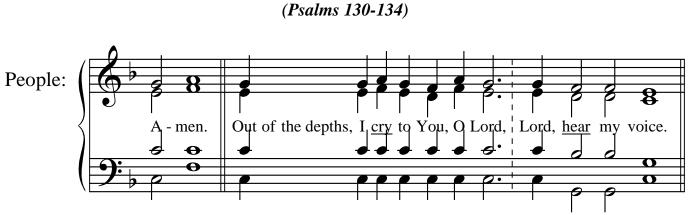


Deacon: Help us, save us, have mercy on us and keep us, O God, by Your grace. People: Lord, have mercy. Deacon: Commemorating our most holy, most pure, most blessed and glorious Lady, the Theotokos and Ever-Virgin Mary, with all the Saints, let us commend ourselves and one another and our whole life unto Christ our God.



Priest: O Lord our God, remember us, Your sinful and unprofitable servants, when we call upon Your holy and venerable Name, and put us not to shame in our expectation of Your mercy, but grant us, O Lord, all our petitions which are unto salvation, and make us worthy to love and fear You with all our hearts, and to do Your will in all things.

For You are a good God and love mankind, and unto You we ascribe glory: to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages.



The Third Antiphon

Let Your ears be at<u>ten</u>tive * to the voice of my supplication.

If you, O Lord, should mark iniquities * Lord, who could stand?

But there is forgiveness with you * that You <u>may</u> be feared.

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

My soul waits for the Lord more than the watchman for the $\underline{morning} * more$ than the watchman for the $\underline{morning}$.

Let Israel hope in the Lord. * For with the Lord there is mercy

And with Him there is plenteous re<u>demption</u>; * and He will redeem Israel from all his i<u>ni</u>quities.

O Lord, my heart is not lifted up, * my eyes are not raised too high,

I do not occupy myself with things * too great and too marvellous for me.

But I have calmed and <u>qui</u>eted my soul, * like a child quieted at its <u>mo</u>ther's breast,

O Israel <u>hope</u> in the Lord, * from this time forth and for<u>e</u>vermore.

Remember, O Lord, in David's <u>fa</u>vour, * all the hardships <u>he</u> endured.

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

"I shall not enter my house, or <u>get</u> into my bed, * I will not give sleep to my eyes, or slumber to my <u>eye</u>lids

Until I find a <u>place</u> for the Lord, * a dwelling for the Mighty One of <u>Ja</u>cob."

Behold, we heard of it in Ephrathah, * we found it in the fields of Jaar.

Let us go to His <u>dwelling place</u>, * let us worship at His <u>foot</u>stool.

Arise, O Lord, and go to Your <u>resting place</u> * you and the <u>ark</u> of your might.

Let Your priests be clothed with righteousness, * and let your saints shout for joy.

For your servant <u>Da</u>vid's sake, * do not turn away the face of Your a<u>noi</u>nted One.

The Lord swore to <u>Da</u>vid a sure oath * from which He will <u>not</u> turn back,

One of the sons of your body I will set <u>on</u> your throne. * If your sons keep My covenant and My testimonies which I shall <u>teach</u> them,

Their sons also for<u>ever</u>. * shall sit up<u>on</u> your throne.

For the Lord has chosen \underline{Zi} on, * He has desired it for His habitation.

This is my resting-place for<u>ever</u>; * here I will dwell, for I have desired it.

I will abundantly bless her provisions, * I will satisfy her poor with bread.

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

There I will make a horn to sprout for <u>Da</u>vid; * I have prepared a lamp for my an<u>oin</u>ted One.

His enemies I will <u>clothe</u> with shame, * but upon Himself His crown will shed its luster.

Behold how good and <u>pleas</u>ant it is * when brothers dwell in <u>unity</u>.

It is like the precious <u>oil</u> upon the head * running down up<u>on</u> the beard,

The beard of <u>Aa</u>ron, * running down the collar <u>of</u> his robes.

It is like the dew of <u>Her</u>mon, * which falls on the mountains of <u>Zi</u>on.

For the Lord has commanded the <u>blessing</u>: * life for<u>e</u>vermore.

Come, bless the Lord, all you <u>ser</u>vants of the Lord, * who stand by night in the <u>house</u> of the Lord.

Lift up your hands to the <u>Ho</u>ly Place, * and <u>bless</u> the Lord.

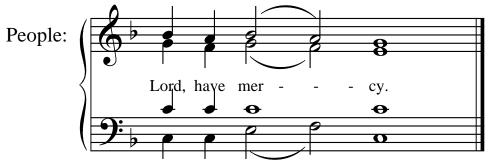
May the Lord bless you from <u>Zi</u>on, * He Who made <u>hea</u>ven and earth.

Glory to the Father, and to the Son, and to the Holy <u>Spi</u>rit. * now and ever, and unto ages of <u>ages</u>. Amen.

Alleluia, Alleluia, Alleluia. Glory to You, O God. (x3)

Litany after the Third Antiphon

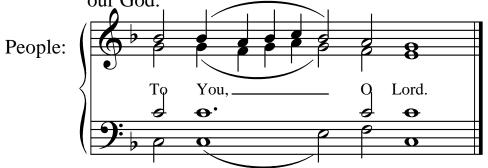
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People: Lord, have mercy.

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Priest: For You are our God, the God Who has mercy and Who saves, and to You we send up glory, to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages.



Lord, I Call

Reader: In the _____ tone, "Lord, I call upon You, hear me!"

People: Lord, I call...