



Through the prayers of our holy fathers and mother, O Lord Jesus Christ, our God, have mercy on us. Amen.

O Heavenly King, the Comforter, the Spirit of Truth, everywhere present and filling all things. Treasury of Blessings, and Giver of Life, come and abide in us, and cleanse us from every impurity, and save our souls, O Good One!

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3x)

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

O Most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for Your Name's sake.

Lord, have mercy. (3x) Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. 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.

Lord, have mercy. (3x) Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Come, let us worship God our King.

Come, let us worship and fall down before Christ, our King and our God.

Come, let us worship and fall down before Christ Himself, our King and our God.

PSALM 70 (69 LXX)
Prayer for deliverance from enemies

O God, make haste to help me.

Let those who seek my soul
be ashamed and embarrassed.
Let those who desire to hurt me
be turned back and brought to dishonor.
Let those who shame me saying,
“Well done, well done,”
be turned back immediately.
Let all who seek You
rejoice and be glad in You.
Let those who love Your salvation
always say, “Let God be praised.”
But I am poor and needy,
help me, O God.
You are my helper and my redeemer,
O Lord, do not delay.

Please continue praying for Irina Gozick.

TROPARIA & KONTAKIA OF SUNDAY OF THE FIFTH WEEK OF GREAT LENT

Troparion of the Resurrection: When the stone had been sealed by the Jews, while the soldiers were guarding Your most pure Body, You rose on the third day, O Savior, granting life to the world. The powers of heaven therefore cried to You, O Giver of Life, “Glory to Your resurrection, O Christ. Glory to Your Kingdom. Glory to Your dispensation, O Lover of mankind.

Troparion of the nativity of Saint John the Baptist: O Prophet and Forerunner of the coming of Christ, although we cannot praise you worthily, we honor you in love at your nativity, for by it you have ended your fathers silence and your mother’s barrenness, proclaiming to the world the incarnation of the Son of God.

Troparion of Saint Mary of Egypt: The image of God was truly preserved in you, O Mother, for you took up the Cross and followed Christ. By so doing, you taught us to disregard the flesh, for it passes away, but to care instead

for the soul, since it is immortal. Therefore, your spirit, O holy Mother Mary, rejoices with the angels.

Kontakion of the Resurrection: As God, You rose from the tomb in glory, raising the world with Yourself. Human nature praises You as God, for death has vanished. Adam exults, O Master. Eve rejoices, for she is freed from slavery, and cries to You, “You are the Giver of Resurrection to all, O Christ.”

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

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

Now and every and unto ages of ages. Amen.

Kontakion to the Mother of God: Steadfast Protectress of Christians, constant Advocate before the Creator, despise not the entreating cries of us sinners, but in your goodness come speedily to help us, who call on you in faith. Hasten to hear our petition and to intercede for us, O Theotokos, for you always protect those who honor you.

PRAYERS TO END THE PANDEMIC OF CORONAVIRUS

Let us pray to the Lord. Lord, have mercy.

O God Almighty, Lord of heaven and earth, and of all creation visible and invisible: In Your inexpressible goodness, look down upon us, Your people gathered in Your Holy Name. Be our helper and defender in this day of affliction, for You know all our weaknesses and hear our cry in repentance and contrition of heart. O loving Lord, deliver us from the impending threat of the coronavirus. Send Your angel to watch over us and protect us. Grant health and recovery to those suffering from this virus. Guide the hands of the physicians and heal Your servants through them. Grant wisdom to those who are working on the vaccine for this virus. And preserve those who are healthy. Enable us to continue to serve our suffering brothers and sisters in peace that together we may glorify Your most honorable and majestic Name of the Father and the Son and the Holy Spirit, now and ever and unto ages of ages. Amen.

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O Lord Jesus Christ, in Your loving care, You traveled through towns and villages healing every disease and sickness, and at Your command, the sick were made well: Yourself now come to our aid, in the midst of the global spread of the coronavirus, and grant us to experience the miracle Your healing love.

Comfort the families of those who are sick or have died. May they regain their strength and health through quality medical care. And as they worry and grieve, defend them from illness and despair.

Heal us from our fear, which prevents nations from working together and neighbors from helping one another.

Guide the hands of the doctors and nurses and all medical professionals who seek to heal and help those affected and who put themselves at risk in the process. And impart Your wisdom on the researchers working on the vaccine for coronavirus.

Heal us from our pride, which can make us claim immunity to a disease that knows no boundaries. Instill the fear of You in the leaders of our nation and other nations of the world. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks.

O Master and Lord, our Savior, Healer of all, stay by our side in this time of uncertainty and sorrow. Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, stay with us as we patiently endure and mourn, persist and prepare.

For You are a merciful and loving God, and to You we give glory, to the Father and the Son and the Holy Spirit, now and ever and unto ages of ages. Amen.

PRAYER FOR DOCTORS AND NURSES

O Lord Jesus Christ our God, Lover of mankind, Physician of our souls and bodies, You endured the pain of our infirmities, and by Your wounds we are healed. You gave sight to the man born blind and straightened the woman who was bent over for 18 years. You gave speech and sight to the mute man who was possessed by demons. You not only forgave the paralyzed man his sins, but healed him to walk. You restored

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the withered hand of a man in the synagogue and stopped the flow of blood of a woman who bled for 12 years. You raised Jairus' daughter back to life and resurrected Lazarus who was dead four days. You heal every infirmity under the sun: Yourself now, O Lord, grant Your grace to all the doctors, nurses, physicians, and researchers, who have labored and studied hour upon hour, to go into all the world, and also to heal by the talent You have given to each of them. Strengthen them by Your strength, that they may not fear evil or disease. Enlighten them to do no evil by the works of their hands, and preserve them and those they serve in peace. For You are our God, and to You we give glory together with Your Father, Who has no beginning, and Your Most Holy, Good, and Life-giving Spirit, now and ever and unto ages of ages. Amen.

DAILY SCRIPTURE READINGS

Hebrews 9:11-14

BROTHERS and SISTERS, when Christ came as the High Priest of the blessings to come, He entered once for all into the Holy of Holies through the greater and more perfect Tabernacle, one not made with hands (that is, one not of this present creation), and not with the blood of goats and calves, but with His own Blood, thus obtaining eternal redemption. For if the blood of goats and bulls, and the ashes of a heifer, through the sprinkling of those who have been defiled, sanctifies them, so that their flesh is purified, how much more will the Blood of Christ, Who through the eternal Spirit offered Himself blamelessly to God, purify our conscience from dead works to worship the living God?

Mark 10:32-45

IN THOSE DAYS, Jesus took the twelve disciples aside again and began to tell them what was to happen to Him, saying, "Behold, we are going up to Jerusalem, and the Son of Man will be handed over to the chief priests and the scribes, and they will condemn Him to death. Then they will hand Him over to the Gentiles, and they will mock Him, and spit upon Him, and flog Him, and kill Him. And after three days He will rise again."

James and John, the sons of Zebedee, came forward to Jesus and said to Him, "Teacher, we want You to do for us whatever we ask of You." And He

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said to them, “What is it you want Me to do for you?” And they said to Him, “Grant us to sit, one at Your right hand and one at Your left, in Your glory.” But Jesus said to them, “You do not know what you are asking. Are you able to drink the cup that I drink, or be baptized with the baptism that I am baptized with?” They replied, “We are able.” Then Jesus said to them, “The cup that I drink, you will drink. And with the baptism with which I am baptized, you will be baptized. But to sit at My right hand or at My left is not Mine to grant, but it is for those for whom it has been prepared.”

When the ten heard this, they began to be angry with James and John. So Jesus called them and said to them, “You know that among the Gentiles those whom they recognize as their rulers lord it over them, and their great ones are tyrants over them. But it is not so among you, whoever desires to be great among you must be your servant, and whoever desires to be first among you must be slave of all. For the Son of Man came not to be served but to serve, and to give His life a ransom for many.”

SAINT OF THE DAY

Saint Mary of Egypt

Her life is too long to include here, but it is available on our website, click [here](#). I urge you to read it because Saint Mary’s example is offered to us as one worthy of imitation, especially during this Lenten season. Once she repented of her sinful way of living (she was a prostitute), she went away into a desert and spent the rest of her days there. An elderly priest found her there and was able to bring her Communion before her death. It is believed that in her great humility, she received Communion only that one time.

We also, in our humility and obedience, have been abstaining (albeit involuntarily) from many things, including the Holy Communion. We are not in a desert, but our homes have become like monks cells

CONCLUDING PRAYERS

It is truly meet to bless you, O Theotokos, ever-blessed and most pure, and the Mother of our God. More honorable than the Cherubim, and more

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glorious beyond compare than the Seraphim, without corruption you gave birth to God the Word. True Theotokos we magnify you.

Through the prayers of our holy fathers and mother, O Lord Jesus Christ, our God, have mercy on us. Amen.

