



**T**hrough 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 51 (50 LXX)  
*A prayer of repentance*

Have mercy on me, O God, in Your great mercy,

and in the abundance of Your compassions  
blot out my transgressions.  
Wash me thoroughly from my lawlessness,  
and cleanse me from my sin.  
For I know my transgressions,  
and my sin is always before me.  
Against You alone have I sinned,  
and done evil before You,  
so that You are justified in Your words  
and victorious in Your judgment.  
For, behold, I was conceived in iniquity,  
and in sin my mother gave birth to me.  
For, behold, You love truth,  
You revealed to me the unknown  
and secret things of Your wisdom.  
Sprinkle me with hyssop, and I will be cleansed.  
Wash me, and I will be whiter than snow.  
Make me to hear joy and gladness,  
let the bones that You have humbled rejoice.  
Turn Your face away from my sins,  
and blot out all my transgressions.  
Create in me a clean heart, O God,  
and renew a right Spirit within me.  
Do not cast me away from Your presence,  
and do not take Your Holy Spirit from me.  
Restore to me the joy of Your salvation,  
and establish me with Your guiding Spirit.  
Then I will teach transgressors Your ways,  
and sinners will return to You.  
Rescue me from bloodshed, O God, the God of my salvation,  
and my tongue will rejoice at Your righteousness.  
O Lord, open my lips, and my mouth will declare Your praise,  
for if You had desired sacrifice, I would have given it,

You will not take pleasure in whole burnt offerings.  
The sacrifice to God is a broken spirit,  
a broken and humbled heart God will not despise.  
Do good, O Lord, to Zion, in Your good pleasure,  
and let the walls of Jerusalem be rebuilt.  
Then You will be pleased with the sacrifice of righteousness,  
with offerings and whole-burnt offerings,  
then bulls will be offered on Your altar.

*Today's prayers are called the Aposticha hymns taken from Matins of Thursday in the Sixth Week of Great Lent*

Come, O brothers and sisters, and before the end let us with pure hearts draw near to the compassionate God, and casting aside the cares of this life, let us take care of our souls, that by abstinence we may reject the pleasures of food, and busy ourselves with acts of compassion. For by this, as it is written, some have entertained angels unaware. By providing for the needy, let us feed Him Who has fed us with His own Flesh. Let us clothe ourselves in Him Who clothes Himself in light as in a garment, that by the supplications of the most pure Theotokos and Virgin Mother, we may receive the forgiveness of our sins, and with compunction we may cry to Him, "O Lord, deliver us from the condemnation of those on Your left hand, and make us worthy to stand on Your right, for You are merciful and the Lover of mankind.

*Verse:* We were filled in the morning with Your mercy, O Lord, and we rejoiced and were glad. In all our days, let us be glad for the days when You humbled us. And look upon Your servants, and upon Your works, and guide us. And let the brightness of the Lord our God be upon us, and the works of our hands guide aright upon us.

In the midst of their torments, the saints cried out rejoicing, "This is the exchange that we have made with the Master: in return for the wounds inflicted upon our bodies, He will clothe us with a garment of light at the Resurrection. In return for dishonor, we will receive crowns. In return for

imprisonment – Paradise, and in return for condemnation with evildoers – life with the angels.” By their prayers, O Lord, save our souls.

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

Chosen from all generations, hear us when we call upon you, and answer the petitions of our souls, that we may be delivered from our passions and from sufferings, for the sake of the apostles, for you can do all things as thou art the Mother of God.

Please continue praying for Irina Gozick.

PRAYERS TO END THE PANDEMIC OF CORONAVIRUS

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

○ 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.

○ 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 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

*Genesis 46:1-7*

**46** <sup>1</sup>When Israel (*Jacob*) set out on his journey with all that he had and came to Beer-sheba, he offered sacrifices to the God of his father Isaac. <sup>2</sup>God spoke to Israel in visions of the night, and said, “Jacob, Jacob.” And he said, “Here I am.” <sup>3</sup>Then God said, “I am God, the God of your father; do not be afraid to go down to Egypt, for I will make of you a great nation there. <sup>4</sup>I myself will go down with you to Egypt, and I will also bring you up again; and Joseph’s own hand shall close your eyes.” <sup>5</sup>Then Jacob set out from Beer-sheba; and the sons of Israel carried their father Jacob, their little ones, and their wives, in the wagons that Pharaoh had sent to carry him. <sup>6</sup>They also took their livestock and the goods that they had acquired in the land of Canaan, and they came into Egypt, Jacob and all his offspring with him, <sup>7</sup>his sons, and his sons’ sons with him, his daughters, and his sons’ daughters; all his offspring he brought with him into Egypt.

*Proverbs 23:15-24:5*

<sup>15</sup> My child, if your heart is wise,  
my heart too will be glad.

<sup>16</sup> My soul will rejoice  
when your lips speak what is right.

<sup>17</sup> Do not let your heart envy sinners,  
but always continue in the fear of the Lord.

<sup>18</sup> Surely there is a future,  
and your hope will not be cut off.

<sup>19</sup> Hear, my child, and be wise,  
and direct your mind in the way.

<sup>20</sup> Do not be among winebibbers,  
or among gluttonous eaters of meat;  
<sup>21</sup> for the drunkard and the glutton will come to poverty,  
and drowsiness will clothe them with rags.  
<sup>22</sup> Listen to your father who begot you,  
and do not despise your mother when she is old.  
<sup>23</sup> Buy truth, and do not sell it;  
buy wisdom, instruction, and understanding.  
<sup>24</sup> The father of the righteous will greatly rejoice;  
he who begets a wise son will be glad in him.  
<sup>25</sup> Let your father and mother be glad;  
let her who bore you rejoice.  
<sup>26</sup> My child, give me your heart,  
and let your eyes observe my ways.  
<sup>27</sup> For a prostitute is a deep pit;  
an adulteress is a narrow well.  
<sup>28</sup> She lies in wait like a robber  
and increases the number of the faithless.  
<sup>29</sup> Who has woe? Who has sorrow?  
Who has strife? Who has complaining?  
Who has wounds without cause?  
Who has redness of eyes?  
<sup>30</sup> Those who linger late over wine,  
those who keep trying mixed wines.  
<sup>31</sup> Do not look at wine when it is red,  
when it sparkles in the cup  
and goes down smoothly.  
<sup>32</sup> At the last it bites like a serpent,  
and stings like an adder.  
<sup>33</sup> Your eyes will see strange things,  
and your mind utter perverse things.  
<sup>34</sup> You will be like one who lies down in the midst of the sea,  
like one who lies on the top of a mast.

<sup>35</sup> “They struck me,” you will say, “but I was not hurt; they beat me, but I did not feel it.

When shall I awake?

I will seek another drink.”

**24** <sup>1</sup> Do not envy the wicked,

nor desire to be with them;

<sup>2</sup> for their minds devise violence,

and their lips talk of mischief.

<sup>3</sup> By wisdom a house is built,

and by understanding it is established;

<sup>4</sup> by knowledge the rooms are filled

with all precious and pleasant riches.

<sup>5</sup> Wise warriors are mightier than strong ones,

and those who have knowledge than those who have strength;

#### SAINT OF THE DAY

##### *Martyr Matrona of Thessalonica*

Matrona suffered in around the third or fourth century. She was a slave of the Jewish woman Pautila, wife of one of the military commanders of Thessalonica. Pautila constantly mocked her slave for her faith in Christ, and tried to convert her to Judaism. Matrona, who believed in Christ from her youth, still prayed to her Savior Jesus Christ, and secretly went to church unbeknownst to her vengeful mistress.

Pautila, learning that Matrona had been to church, asked, “Why won’t you come to our synagogue, instead of attending the Christian church?” Matrona boldly answered, “Because God is present in the Christian church, but He has departed from the Jewish synagogue.” Pautila went into a rage and mercilessly beat Matrona, tied her up, and shut her in a dark closet. In the morning, Pautila discovered that Matrona had been freed of her bonds by an unknown Power.

In a rage Pautila beat the martyr almost to death, then bound her even more tightly and locked her in the closet. The door was sealed so that no one could help the sufferer. The holy martyr remained there for four days without food or water, and when Pautila opened the door, she again found

Matrona free of her bonds, and standing at prayer.

Pautila flogged the holy martyr and left the skin hanging in strips from her body. The fierce woman locked her in the closet again, where Matrona gave up her spirit to God. Pautila had the holy martyr's body thrown from the roof of her house. Christians took up the much-suffered body of the holy martyr and buried it. Later, Bishop Alexander of Thessalonica built a church dedicated to the holy martyr. Her holy relics, glorified by many miracles, were placed in this church.

*Troparion*

With undaunted spirit you preserved the Faith,  
and your soul, O Matrona, was not enslaved by the cruelty of your torturers.  
You excelled in contest, slaying the crafty one  
and were mystically wedded to the Lord of creation.  
Fervently entreat Him to deliver us from all harm.

*Kontakion*

Filled with the light of the Spirit, O Matrona,  
you regarded your prison cell as a bridal chamber,  
and from it you hastened to your radiant dwelling in the heavens,  
crying out, "In divine love for You, O Word, I gladly endured scourgings."

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

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

