

MONDAY, MARCH 30
FIFTH WEEK OF GREAT LENT

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.

Today we will be praying the Sessional Hymns from the Matins of Monday in the Fifth Week of Great Lent.

PSALM 42 (41 LXX)
Longing for God and His Help in Distress

As a deer longs for the springs of water,
so my soul longs for You, O God.

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My soul thirsts for God, for the living God.
When will I come and appear before the face of God?
My tears have been my food day and night,
while people say to me day after day,
“Where is your God?”
These things I remember, as I pour out my soul,
for I will go to the place of the marvelous tabernacle,
and go in procession with the crowd
even to the house of God,
to celebrate the feast with a voice of rejoicing thanksgiving.
Why are you cast down, O my soul,
and why do you trouble me?
Hope in God, for I will again praise Him,
my God is my salvation.
My soul is cast down within me,
therefore I remember You from the land of Jordan
and Hermon, from the small mountain.
Deep calls to deep at the thunder of Your waterfall.
All Your waves and billows have passed over me.
By day the Lord commands His mercy,
and by night His song is with me,
a prayer to the God of my life.
I say to God, “You are my helper,
Why have You forgotten me?
Why must I walk around mournfully
as the enemy oppresses me?”
My enemies oppress and taunt me,
when they break my bones,
while saying to me day after day,
“Where is your God?”
Why are you cast down, O my soul,
and why do you trouble me?
Hope in God, for I will again praise Him,

my God is my salvation.

The most beautiful of seasons is at hand, the praiseworthy days of abstinence. Let us hasten, brethren, to be cleansed, that we may appear in purity before our Creator and receive His beauty, by the prayers of her who gave birth to Him, the only pure Mother of God.

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

Awed by the beauty of your virginity and the exceeding the splendor of your purity, Gabriel called out to you, O Theotokos, “What worthy hymn of praise can I offer to you? And what shall I name you? I am in doubt and stand in awe. Therefore, as commanded, I cry to you, ‘Rejoice, O Full of Grace.’”

PSALM 45 (44 LXX)
The glories of the Messiah and His Bride

My heart overflows with a good word,
I address my verses to the King,
my tongue is like the pen of a swift scribe.
You are more handsome than the sons of men,
grace is poured upon Your lips,
therefore God has blessed You forever.
Gird Your sword on Your thigh, O Mighty One,
in Your glory and beauty.
And stretch Your bow, and prosper, and reign
because of truth, humility, and righteousness,
and Your right hand will guide You wondrously.
Your arrows are sharp, O Mighty One,
– the peoples fall under You –
in the heart of the King’s enemies.
Your throne, O God, endures forever and ever.
Your royal scepter is a scepter of justice.
You love righteousness and hate lawlessness,
therefore God, Your God, has anointed You
with the oil of gladness beyond Your companions.

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Your robes are all fragrant with myrrh and aloes and cassia,
from the ivory palaces stringed instruments make You glad.
Daughters of kings are among Your ladies of honor,
at Your right hand stands the queen in gold-woven clothing,
and adorned with many colors.

Hear, O daughter, and behold, and incline your ear,
and forget your people and your father's house,
for the King desires your beauty, for He is your Lord.
And the daughters of Tyre will worship Him with gifts,
the richest of the people will request your favor.
All her glory as the King's daughter is within,
adorned and embroidered with golden robes.
The virgins behind her are brought to the King,
her companions are brought to You.

With joy and gladness they are led along
as they enter the palace of the King.

In the place of your ancestors, sons will be born to you,
you will make them rulers in all the earth.

They will remember your name from generation to generation,
therefore the peoples will praise You forever and ever.

O Lord, having granted us to reach this present day, on which, radiant with illumination we commence the holy week of the raising of Lazarus, deem us Your servants worthy to walk in reverent fear of You, and to complete the course of the Fast.

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

O most pure Virgin, you are greater in honor than the glorious cherubim. For unable to endure the divine splendor, while performing their ministry, they veil their faces with their immaterial wings. But with your own eyes you have gazed upon the Incarnate Word, ceaselessly pray to Him on behalf of our souls.

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.

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

○ 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.

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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 13:12-18

¹² Abram settled in the land of Canaan, while Lot settled among the cities of the Plain and moved his tent as far as Sodom. ¹³ Now the people of Sodom were wicked, great sinners against the Lord. ¹⁴ The Lord said to Abram, after Lot had separated from him, “Raise your eyes now, and look from the place where you are, northward and southward and eastward and westward; ¹⁵ for all the land that you see I will give to you and to your offspring forever. ¹⁶ I will make your offspring like the dust of the earth; so that if one can count the dust of the earth, your offspring also can be counted. ¹⁷ Rise up, walk through the length and the breadth of the land, for I will give it to you.” ¹⁸ So Abram moved his tent, and came and settled by the oaks of Mamre, which are at Hebron; and there he built an altar to the Lord.

Proverbs 14:27-15:4

²⁷ The fear of the Lord is a fountain of life,
so that one may avoid the snares of death.
²⁸ The glory of a king is a multitude of people;
without people a prince is ruined.
²⁹ Whoever is slow to anger has great understanding,
but one who has a hasty temper exalts folly.
³⁰ A tranquil mind gives life to the flesh,
but passion makes the bones rot.
³¹ Those who oppress the poor insult their Maker,
but those who are kind to the needy honor Him.
³² The wicked are overthrown by their evildoing,
but the righteous find a refuge in their integrity.
³³ Wisdom is at home in the mind of one who has understanding,
but it is not known in the heart of fools.
³⁴ Righteousness exalts a nation,
but sin is a reproach to any people.
³⁵ A servant who deals wisely has the king’s favor,
but his wrath falls on one who acts shamefully.
15 ¹ A soft answer turns away wrath,

but a harsh word stirs up anger.

² The tongue of the wise dispenses knowledge,
but the mouths of fools pour out folly.

³ The eyes of the Lord are in every place,
keeping watch on the evil and the good.

⁴ A gentle tongue is a tree of life,
but perverseness in it breaks the spirit.

SAINT OF THE DAY

Saint Patrick, Bishop of Armagh, Enlightener of Ireland

Saint Patrick, the Enlightener of Ireland was born around 385, the son of Calpurnius, a Roman decurion (an official responsible for collecting taxes). He lived in the village of Bannavem Taberniae, which may have been located at the mouth of the Severn River in Wales. The district was raided by pirates when Patrick was sixteen, and he was one of those taken captive. He was brought to Ireland and sold as a slave, and was put to work as a herder of swine on a mountain identified with Slemish in Co. Antrim. During his period of slavery, Patrick acquired a proficiency in the Irish language which was very useful to him in his later mission.

He prayed during his solitude on the mountain, and lived this way for six years. He had two visions. The first told him he would return to his home. The second told him his ship was ready. Setting off on foot, Patrick walked two hundred miles to the coast. There he succeeded in boarding a ship, and returned to his parents in Britain.

Some time later, he went to Gaul and studied for the priesthood at Auxerre under Saint Germanus. Eventually, he was consecrated as a bishop, and was entrusted with the mission to Ireland, succeeding Saint Palladius. Saint Palladius did not achieve much success in Ireland. After about a year he went to Scotland, where he died in 432.

Patrick had a dream in which an angel came to him bearing many letters. Selecting one inscribed "The Voice of the Irish," he heard the Irish people entreating him to come back to them.

Although Saint Patrick achieved remarkable results in spreading the Gospel, he was not the first or only missionary in Ireland. He arrived around

432 (though this date is disputed), about a year after Saint Palladius began his mission to Ireland. There were also other missionaries who were active on the southeast coast, but it was Saint Patrick who had the greatest influence and success in preaching the Gospel of Christ. Therefore, he is known as “The Enlightener of Ireland.”

His autobiographical book *Confession* tells of the many trials and disappointments he endured. Saint Patrick founded many churches and monasteries across Ireland, but the conversion of the Irish people was no easy task. There was much hostility, and he was assaulted several times. He faced danger, and insults, and he was reproached for being a foreigner and a former slave. There was also a very real possibility that the pagans would try to kill him. Despite many obstacles, he remained faithful to his calling, and he baptized many people into Christ.

In his writings, we can see Saint Patrick’s awareness that he had been called by God, as well as his determination and modesty in undertaking his missionary work. He refers to himself as “a sinner,” “the most ignorant and of least account,” and as someone who was “despised by many.” He ascribes his success to God, rather than to his own talents, “I owe it to God’s grace that through me so many people should be born again to Him.”

By the time he established his episcopal See in Armagh in 444, Saint Patrick had other bishops to assist him, many native priests and deacons, and he encouraged the growth of monasticism.

Saint Patrick is often depicted holding a shamrock. He used the shamrock to illustrate the doctrine of the Holy Trinity. Its three leaves growing out of a single stem helped him to explain the concept of one God in three Persons.

Saint Patrick died on March 17, around 460-490. No one knows the place where Saint Patrick is buried. Saint Columba of Iona says that the Holy Spirit revealed to him that Patrick was buried at Saul, the site of his first church. A granite slab was placed at his traditional grave site in Downpatrick in 1899.

TWO PRAYERS TO SAINT PATRICK

Troparion

O holy Bishop Patrick, faithful shepherd of Christ’s royal flock,
you filled Ireland with the radiance of the Gospel:

The mighty strength of the Trinity.
Now that you stand before the Savior,
pray that He may preserve us in faith and love.

Kontakion

From slavery you escaped to freedom in Christ's service:
He sent you to deliver Ireland from the devil's bondage.
You planted the Word of the Gospel in pagan hearts.
In your journeys and hardships you rivaled the Apostle Paul.
Having received the reward for your labors in heaven,
never cease to pray for the flock you have gathered on earth,
O holy Bishop Patrick!

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.

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