



**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 46 (45 LXX)  
*God's defense of His people*

God is our refuge and power,

a very present help in trouble.  
Therefore, we will not fear  
when the earth is troubled,  
and when the mountains are removed  
into the hearts of the seas,  
their waters roar and foam,  
the mountains are troubled by His power.  
The streams of the river  
make glad the city of God,  
the Most High sanctifies His holy habitation.  
God is in the midst of the city,  
it will not be shaken,  
God will help it in the early morning.  
The nations are troubled,  
the kingdoms fall,  
He utters His voice and the earth shakes.  
The Lord of hosts is with us,  
the God of Jacob is our protector.  
Come, behold the works of the Lord,  
what wonders He has brought on the earth.  
He makes wars cease to the ends of the earth,  
He breaks the bow and shatters the weapon,  
and He burns the shields with fire.  
*He says, "Be still, and know that I am God.*  
I am exalted among the nations,  
I am exalted in the earth."  
The Lord of hosts is with us,  
the God of Jacob is our protector.

Please continue praying for Irina Gozick.

*Today we will be praying the three-ode Canon from Tuesday in the Fifth Week of  
Great Lent.*

*Ode 1*

*Irmos:* Hear, O earth, and give ear to my words, O heaven, for I will tell to those on earth the wonders of God.

*Refrain:* Have mercy on me, O God, have mercy on me.

With never-ending prayer, abstinence, and contemplation, let us give wings to our souls and raise them up to the love of God.

*Refrain:* Have mercy on me, O God, have mercy on me.

Fleeing from the precipice of self-indulgence, let us enlighten ourselves with the light of abstinence and the Holy Spirit.

*Refrain:* Have mercy on me, O God, have mercy on me.

With the salt of the divine virtues, O my soul, drive away the filth of sin, and cleave to God.

*Refrain:* Most holy Mother of God, save us.

Christ came to dwell in you, for you alone are blessed, and from you He has assumed the flesh with which He is clothed.

*Refrain:* Have mercy on me, O God, have mercy on me.

Let us make pure fasting, prayer, tears, meditation on holy things, and every other virtue. Let us bring them now as an offering to God our Master.

*Refrain:* Have mercy on me, O God, have mercy on me.

Eve was taken captive by the fruit, O my soul, consider this and do not be deceived lest the serpent tempt and seduce you, urging you to eat the fruit of lust.

*Refrain:* Glory to the Father and to the Son and to the Holy Spirit.

I glorify three Persons in one Nature, the Father, the Son and the Spirit, one Power of the Divinity, one Kingdom over all and one Brightness.

*Refrain:* Now and ever and unto ages of ages. Amen.

Your childbearing, O pure One, fills our hearts with awe, for it is God Who became a man, begotten outside time from the Father and in the last days brought forth from you through a virgin birth.

*Refrain:* Glory to You, our God, glory to You.

You healed the woman with an issue of blood, O my Christ, when she touched the hem of Your garment. Trusting in Your mercy, I also stretch out my hand to touch You: heal me from the passions.

*Ode 2*

*Irmos:* By a great miracle the Lord of old refreshed with dew the Hebrew children in the flames of the furnace, yet burned Chaldeans. Let us sing to Him, saying: “Bless and exalt Him above all forever.”

*Refrain:* Have mercy on me, O God, have mercy on me.

Secretly the evil one lies in wait for me every day, seeking to catch me and devour me. Deliver me from his malice, O Savior, as You saved Jonah from the whale.

*Refrain:* Have mercy on me, O God, have mercy on me.

Having cleansed ourselves through fasting, let us draw near to the mountain of the virtues, in order to clearly hear what God says within us, for He will speak to us of peace and enlightenment, and the healing of our broken souls.

*Refrain:* Have mercy on me, O God, have mercy on me.

Every day I am blinded by the darkness of my sins, and cannot perceive Your wonders, O Lord, but Yourself open the eyes of my heart, O Jesus Giver of Light.

*Refrain:* Most holy Mother of God, save us.

O undefiled Ever-Virgin, with the waters of your mercy wash from my heart the defilement of the passions, and grant me streams of tears that I may cleanse my soul.

*Refrain:* Have mercy on me, O God, have mercy on me.

The fire will not be quenched and the worm, so it is written, will not die. O my soul, fear and serve Christ, that you may find joy in the dwelling-place of all those who rejoice.

*Refrain:* Have mercy on me, O God, have mercy on me.

My soul burns with the fever of lust: by Your touch, I pray You, raise it up, as You raised Peter’s mother-in-law, so that I also may serve You in a God-pleasing manner, confessing You forever.

*Refrain:* We bless the Lord, Father, Son, and Holy Spirit.

O faithful, let us sing in praise to the Father, eternal and without beginning, and to His coeternal Son, and to the Spirit that shines forth from the Father, three consubstantial Persons, but one Sovereign power and rule.

*Refrain:* Now and ever and unto ages of ages. Amen.

O Mary, called by God, truly you are the mercy-seat of the faithful: for through you forgiveness is freely given to all. Do not cease to intercede before your Son and Lord, on behalf of us who always hymn you.

*Refrain:* Glory to You, our God, glory to You.

Open the deaf ears of my soul, O Christ, that my tongue may speak clearly, as You once did to the deaf and mute man: that I may listen to Your voice and with my tongue sing to You, praising You forever.

### Ode 3

*Irmos:* In a manner surpassing nature, the Word Who timelessly shone forth from the Father, has been conceived within a womb, according to the flesh, O faithful with never-silent hymns let us magnify Him.

*Refrain:* Have mercy on me, O God, have mercy on me.

Calling to mind the unquenchable flames of fire, with fervent thoughts let us draw near to the fire of repentance and burn up the passions.

*Refrain:* Have mercy on me, O God, have mercy on me.

From the mouth of Elijah who fasted of old came forth fiery words, overwhelming the elements. Emulate his zeal, O my soul, and live rightly.

*Refrain:* Have mercy on me, O God, have mercy on me.

Keeping in mind the fearful judgment-seat, O my wretched soul, always guide your steps to fulfill the Redeemer's will.

*Refrain:* Most holy Mother of God, save us.

My soul has been darkened by the pleasures, enlighten it, O pure Virgin, for you gave birth to the Light, that with fear and faith I may always magnify you.

*Refrain:* Have mercy on me, O God, have mercy on me.

Let us offer to Christ all the members of our body as weapons of righteousness, "lifting up," as it is written, "holy hands, without wrath and doubting."

*Refrain:* Have mercy on me, O God, have mercy on me.

As once Thou came to the disciples in the boat, O my Christ, come to me and still also, the raging sea of the tempest of my thoughts.

*Refrain:* Glory to the Father and to the Son and to the Holy Spirit.

I worship one Nature, I sing the praises of three Persons, one God of all, the Father, the Son, and the Holy Spirit, the eternal Sovereignty.

*Refrain:* Now and ever and unto ages of ages. Amen.

Though a pure maiden you give birth to a child, and though a virgin you breastfeed. How can these things be found together? How can you give birth and yet remain a virgin? “It is God Who has brought this to pass. Do not ask me how,” says the Virgin.

*Refrain:* Glory to You, our God, glory to You.

The passions have defiled my soul, but heal me, O my Christ, and pour Your mercy upon me as You did to him who fell among thieves.

#### 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.

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

**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.



TUESDAY, MARCH 31  
FIFTH WEEK OF GREAT LENT

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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 15:1-15*

15<sup>1</sup> After these things the word of the Lord came to Abram in a vision, “Do not be afraid, Abram, I am your shield; your reward shall be very great.”<sup>2</sup> But Abram said, “O Lord God, what will you give me, for I continue childless, and the heir of my house is Eliezer of Damascus?”<sup>3</sup> And Abram said, “You have given me no offspring, and so a slave born in my house is to be my heir.”<sup>4</sup> But the word of the Lord came to him, “This man shall not be your heir; no one but your very own issue shall be your heir.”<sup>5</sup> He brought him outside and said, “Look toward heaven and count the stars, if you are able to count them.” Then He said to him, “So shall your descendants be.”<sup>6</sup> And he believed the Lord; and the Lord reckoned it to him as righteousness.<sup>7</sup> Then He said to him, “I am the Lord Who brought you from Ur of the Chaldeans, to give you this land to possess.”<sup>8</sup> But he said, “O Lord God, how am I to know that I shall possess it?”<sup>9</sup> He said to him, “Bring me a heifer three years old, a female goat three years old, a ram three years old, a turtledove, and a young pigeon.”<sup>10</sup> He brought Him all these and cut them in two, laying each half over against the other; but he did not cut the birds in two.<sup>11</sup> And when birds of prey came down on the carcasses, Abram drove them away.<sup>12</sup> As the sun was going down, a deep sleep fell upon Abram, and a deep and terrifying darkness descended upon him.<sup>13</sup> Then the Lord said to Abram, “Know this for certain, that your offspring shall be aliens in a land that is not theirs, and shall be slaves there, and they shall be oppressed for four hundred years;<sup>14</sup> but I will bring judgment on the nation that they serve, and afterward they shall come out



with great possessions. <sup>15</sup> As for yourself, you shall go to your ancestors in peace; you shall be buried in a good old age.”

*Proverbs 15:7-19*

<sup>7</sup> The lips of the wise spread knowledge;  
not so the minds of fools.

<sup>8</sup> The sacrifice of the wicked is an abomination to the Lord,  
but the prayer of the upright is His delight.

<sup>9</sup> The way of the wicked is an abomination to the Lord,  
but He loves the one who pursues righteousness.

<sup>10</sup> There is severe discipline for one who forsakes the way,  
but one who hates a rebuke will die.

<sup>11</sup> Sheol and Abaddon lie open before the Lord,  
how much more human hearts!

<sup>12</sup> Scoffers do not like to be rebuked;  
they will not go to the wise.

<sup>13</sup> A glad heart makes a cheerful countenance,  
but by sorrow of heart the spirit is broken.

<sup>14</sup> The mind of one who has understanding seeks knowledge,  
but the mouths of fools feed on folly.

<sup>15</sup> All the days of the poor are hard,  
but a cheerful heart has a continual feast.

<sup>16</sup> Better is a little with the fear of the Lord  
than great treasure and trouble with it.

<sup>17</sup> Better is a dinner of vegetables where love is  
than a fatted ox and hatred with it.

<sup>18</sup> Those who are hot-tempered stir up strife,  
but those who are slow to anger calm contention.

<sup>19</sup> The way of the lazy is overgrown with thorns,  
but the path of the upright is a level highway.

SAINT OF THE DAY

*Saint Cyril, Archbishop of Jerusalem*

Saint Cyril, Archbishop of Jerusalem, was born in Jerusalem in the year 315

and was raised in strict Christian piety. Upon reaching the age of maturity, he became a monk, and in the year 346 he became a priest. In the year 350, upon the death of Archbishop Maximus, he succeeded him on the episcopal throne of Jerusalem.

As Patriarch of Jerusalem, Cyril zealously fought against the heresies of Arius (who taught that Christ was a created being, rather than eternal God) and Macedonius (who taught that the Holy Spirit is created, rather than eternal God). In so doing, he aroused the animosity of the Arian bishops, who sought to have him deposed and banished from Jerusalem.

There was a miraculous portent in 351 at Jerusalem: at the third hour of the day on the Feast of Pentecost, the Holy Cross appeared in the heavens, shining with a radiant light. It stretched from Golgotha above the Mount of Olives. Cyril reported this portent to the Arian emperor Constantius (351-363), hoping to convert him to Orthodoxy.

The heretic Acacius, deposed by the Council of Sardica, was formerly the Metropolitan of Caesarea, and he collaborated with the emperor to have Cyril removed. An intense famine struck Jerusalem, and Cyril expended all his wealth in charity. But since the famine did not abate, the saint pawned church utensils, and used the money to buy wheat for the starving. The saint's enemies spread a scandalous rumor that they had seen a woman in the city dancing around in clerical garb. Taking advantage of this rumor, the heretics forcibly expelled the saint.

The saint found shelter with Bishop Silvanus in Tarsus. After this, a local Council was held at Seleucia, at which there were about 150 bishops, and among them Cyril. The heretical Metropolitan Acacius did not want to allow him to take a seat, but the Council would not consent to this. Acacius stormed out of the Council, and before the emperor and the Arian patriarch Eudoxius, Acacius denounced both the Council and Cyril. The emperor had the saint imprisoned.

When the emperor Julian the Apostate (361-363) ascended the throne he repealed all the anti-Orthodox decrees of Constantius, seemingly out of piety. Cyril returned to his own flock. But after a certain while, when Julian had become secure upon the throne, he openly apostasized and renounced

Christ.

After the emperor Julian perished in 363, Cyril returned to his See, but during the reign of the emperor Valens (364-378) he was exiled for a third time. It was only under the holy emperor Saint Theodosius the Great (379-395) that he finally returned to his archpastoral activity. In 381 Cyril participated in the Second Ecumenical Council, which condemned the heresy of Macedonius and affirmed the Nicea-Constantinople Symbol of Faith (Creed).

Cyril's works include twenty-three Instructions (Eighteen are Catechetical, intended for those preparing for Baptism, and five are for the newly-baptized) and two discourses on Gospel themes: "On the Paralytic," and "Concerning the Transformation of Water into Wine at Cana."

At the heart of the Catechetical Instructions is a detailed explanation of the Symbol of Faith. The saint suggests that a Christian should inscribe the Symbol of Faith upon "the tablets of the heart."

"The articles of the Faith," Cyril says, "were not written through human cleverness, but they contain everything that is most important in all the Scriptures, in a single teaching of faith. Just as the mustard seed contains all its plethora of branches within its small kernel, so also does the Faith in its several declarations combine all the pious teachings of the Old and the New Testaments."

Saint Cyril, a great ascetic and a champion of Orthodoxy, died in the year 386.

#### TWO PRAYERS TO SAINT PATRICK

##### *Troparion*

You were seen in Zion clothed in a robe of godliness  
as an illustrious pillar of the Apostles' faith.

You became an heir to their grace,  
setting forth their pious doctrines  
and dispensing their talents of wisdom.

O Cyril, our Father and hierarch, pray for us.

*Kontakion*

With your lips, O wise Cyril,  
and through divine inspiration  
you enlightened your people  
to the worship of the one Trinity,  
undivided in essence, yet divided in Persons.  
Therefore rejoicing, we celebrate your holy memory,  
offering you as our intercessor before God.

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.

