



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

Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life! (3x)

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.

Aposticha hymns from Matins of Saturday of the fourth week of Pascha

With its unending flow, Your wisdom's spring pours out with Your spiritual water. In drinking of this stream, we are filled with doctrines taught of God.

Verse: Remember Your congregation, which You have purchased from the beginning.

The grievous race of Hebrews has been wounded, for they heard as You taught and spoke saving doctrines to the multitudes, O Word.

Verse: God is our King before the ages, He has wrought salvation in the midst of the earth.

O Fashioner of all, You came to Sion, and standing in the midst of Your people, You bestowed on them Your saving grace, O Lord.

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

O Lord, at Mid-feast before enduring Your precious Cross, You went up into the Temple, boldly teaching the Jews concerning the things that were written by You in the books of Moses and the Law. And being astonished at the inexpressible mystery of Your wisdom, they maliciously meditated within themselves to plot against You, "How does this man know the Scriptures, having no education?" Not knowing that You are the Savior of our souls.

TODAY'S SCRIPTURE READINGS

Acts 12:1-11

12¹ About that time Herod the king laid violent hands upon some who belonged to the church. ²He killed James the brother of John with the sword; ³and when he saw that it pleased the Jews, he proceeded to arrest Peter also. This was during the days of Unleavened Bread. ⁴And when he had seized him, he put him in prison, and delivered him to four squads of soldiers to guard him, intending after the Passover to bring him out to the people. ⁵So Peter was kept in prison; but earnest prayer for him was made to God by the church.

⁶The very night when Herod was about to bring him out, Peter was sleeping between two soldiers, bound with two chains, and sentries before the door were guarding the prison; ⁷and behold, an angel of the Lord appeared, and a light shone in the cell; and he struck Peter on the side and woke him, saying, "Get up quickly." And the chains fell off his hands. ⁸And the angel said to him, "Dress yourself and put on your sandals." And he did so. And he said to him, "Wrap your mantle around you and follow me." ⁹And he went out and followed him; he did not know that what was done by the angel was real, but thought he was seeing a vision. ¹⁰When they had passed the first and the second guard, they came to the iron gate leading into the city. It opened to them of its own accord, and they went out and passed on through one street; and immediately the angel left him. ¹¹And Peter came to himself, and said, "Now I am sure that the Lord has sent his angel and rescued me from the hand of Herod and from all that the Jewish people were expecting."

John 8:31-42

³¹Jesus then said to the Jews who had believed in him, "If you continue in my word, you are truly my disciples, ³²and you will know the truth, and the truth will make you free." ³³They answered him, "We are descendants of Abraham, and have never been in bondage to any one. How is it that you say, 'You will be made free'?"

³⁴Jesus answered them, "Truly, truly, I say to you, every one who commits sin is a slave to sin. ³⁵The slave does not continue in the house for ever; the

son continues for ever. ³⁶ So if the Son makes you free, you will be free indeed. ³⁷ I know that you are descendants of Abraham; yet you seek to kill me, because my word finds no place in you. ³⁸ I speak of what I have seen with my Father, and you do what you have heard from your father.”

³⁹ They answered him, “Abraham is our father.” Jesus said to them, “If you were Abraham’s children, you would do what Abraham did, ⁴⁰ but now you seek to kill me, a man who has told you the truth which I heard from God; this is not what Abraham did. ⁴¹ You do what your father did.” They said to him, “We were not born of fornication; we have one Father, even God.” ⁴² Jesus said to them, “If God were your Father, you would love me, for I proceeded and came forth from God; I came not of my own accord, but he sent me.

PRAYERS DURING 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.

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 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.

SAINT OF THE DAY

Venerable Theodosius, Abbot of the Kiev Far Caves Monastery

Saint Theodosius was the Father of monasticism in Rus. He was born at Vasilevo, not far from Kiev. From his youth he felt an irresistible attraction for the ascetic life, and led an ascetic lifestyle while still in his parental home. He disdained childish games and attractions, and constantly went to church. He asked his parents to let him study the holy books, and through his ability and rare zeal, he quickly learned to read the books, so that everyone was amazed at his intellect.

When he was fourteen, he lost his father and remained under the supervision of his mother, a strict and domineering woman who loved her son very much. Many times she chastised her son for his yearning for asceticism, but he remained firmly committed to his path.

At the age of twenty-four, he secretly left his parents' home and saint Anthony at the Kiev Caves monastery blessed him to receive monastic tonsure with the name Theodosius. After four years his mother found him and tearfully begged him to return home, but the saint persuaded her to remain in Kiev and to become a nun in the monastery of Saint Nicholas at the Askold cemetery.

Theodosius toiled at the monastery more than others, and he often took upon himself some of the work of the other brethren. He carried water, chopped wood, ground up the grain, and carried the flour to each monk. He came to church before anyone else and, standing in one place, he did not leave it until the end of services. He also listened to the readings with particular attention.

In 1054, Theodosius was ordained a hieromonk (*priest-monk*), and in

1057 he was chosen as the abbot of the monastery. The fame of his deeds attracted a number of monks to the monastery, at which he built a new church and cells, and he introduced cenobitic rule of the Studion monastery (*monastic tradition that stresses community life, as opposed to hermitic life*), a copy of which he commissioned at Constantinople.

As abbot, Theodosius continued his arduous duties at the monastery. He usually ate only dry bread and cooked greens without oil, and spent his nights in prayer without sleep. The brethren often noticed this, although the saint tried to conceal his efforts from others.

No one saw when Theodosius dozed lightly, and usually he rested while sitting. During Great Lent the saint withdrew into a cave near the monastery, where he struggled unseen by anyone. His attire was a coarse hairshirt worn next to his body. He looked so much like a beggar that it was impossible to recognize in this old man the renowned abbot, deeply respected by all who knew him.

Once, Theodosius was returning from visiting the Great Prince Izyaslav. The coachman, not recognizing him, said gruffly, "You, monk, are always on holiday, but I am constantly at work. Take my place, and let me ride in the carriage." The holy Elder meekly complied and drove the servant. Seeing how nobles along the way bowed to the monk driving the horses, the servant took fright, but the holy ascetic calmed him, and gave him a meal at the monastery. Trusting in God's help, the saint did not keep a large supply of food at the monastery, and therefore the brethren were in want of their daily bread. Through his prayers, however, unknown benefactors appeared at the monastery and furnished the necessities for the brethren.

The Great Princes, especially Izyaslav, loved to listen to the spiritual discourses of Theodosius. The saint was not afraid to denounce the mighty of this world. Those unjustly condemned always found a defender in him, and judges would review matters at the request of the abbot. He was particularly concerned for the destitute. He built a special courtyard for them at the monastery where anyone in need could receive food and drink. Sensing the approach of death, Theodosius peacefully fell asleep in the Lord in the year 1074. He was buried in a cave which he dug, where he secluded

himself during fasting periods.

The relics of the ascetic were found incorrupt, and he was glorified as a saint in 1108. Of the written works of Saint Theodosius six discourses, two letters to Great Prince Izyaslav, and a prayer for all Christians have survived to our time.

The Life of saint Theodosius was written by saint Nestor the Chronicler, a disciple of the great Abba, only thirty years after his repose.

TROPARION AND KONTAKION OF SAINT ATHANASIOS

Troparion

Having been raised on virtue, you loved the monastic life from your youth,
and having valiantly attained your desire, you lived in a cave.
You adorned your life with the radiance of fasting,
persevering in prayer as though bodiless.
Like a bright lamp you illumined the Russian lands, O father Theodosius.
Entreat Christ God that our souls may be saved.

Kontakion

Today let us honor a star of Rus,
who shone forth from the East, and came to the West.
The entire world has been enriched by wonders and blessings,
and all of us by grace
and by the establishment of the monastic rule
by blessed Theodosius.

CONCLUDING PRAYERS

The angel cried to the Lady full of grace,
“Rejoice, O pure Virgin. Again I say, Rejoice.
Your Son is risen from His three days in the tomb.
With Himself He has raised all the dead.
Rejoice, all people.”

Shine! Shine! O new Jerusalem!
The glory of the Lord has shone on you.

Exult now and be glad, O Zion.
Be radiant, O pure Theotokos,
in the resurrection of your Son.

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

Christ is risen from the dead, trampling down death by death, and upon
those in the tombs bestowing life! (3x)

