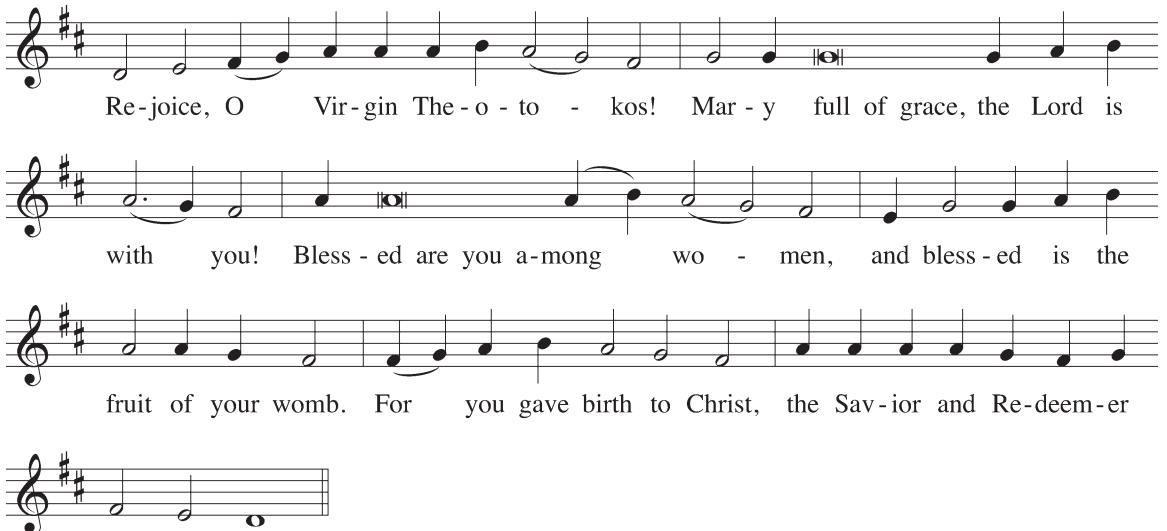


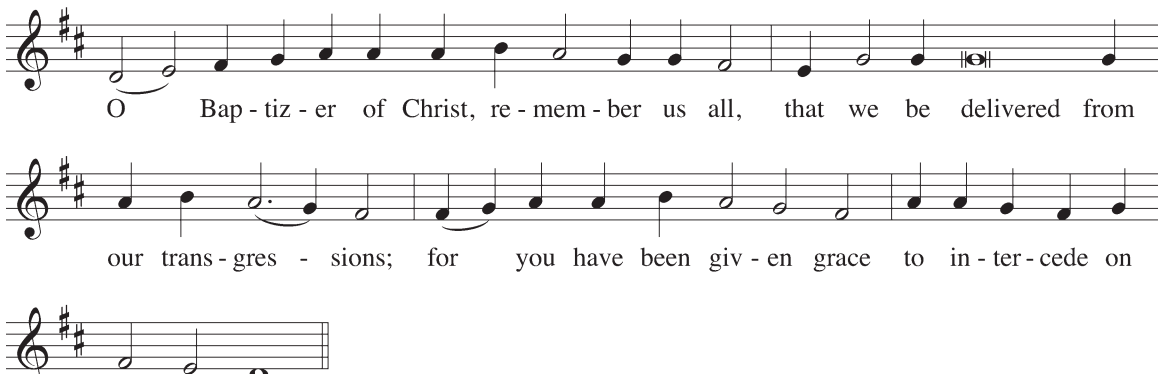
## Dismissal for Fasts

After the Prayer of St. Simeon and the Trisagion Prayers,  
the following Troparia are sung in Tone 4:



Re-joice, O Vir-gin The-o-to - kos! Mar-y full of grace, the Lord is  
with you! Bless-ed are you a-mong wo - men, and bless-ed is the  
fruit of your womb. For you gave birth to Christ, the Sav-ior and Re-deem-er  
of our souls. *Prostration*

**Cantor:** Glory to the Father, and to the Son, and to the Holy Spirit.



O Bap-tiz-er of Christ, re-mem-ber us all, that we be delivered from  
our trans-gres - sions; for you have been giv-en grace to in-ter-cede on  
our be - half. *Prostration*

**Cantor:** Now and ever and forever. Amen.



Pray for us, O ho - ly apos - tles and all you saints, that we be delivered from



dan - ger and af - flic - tion, for we have you as our fervent interces - sors be - fore



the Sav - ior.

*Prostration*

**podoben: Pod tvoju milost' (1)**



Be - neath your com - pas - sion we take ref - uge, O Vir - gin



The - o - to - kos. De - spise not our prayers, our prayers in our need,



but de - liv - er us from dan - gers, for you a - lone are pure,



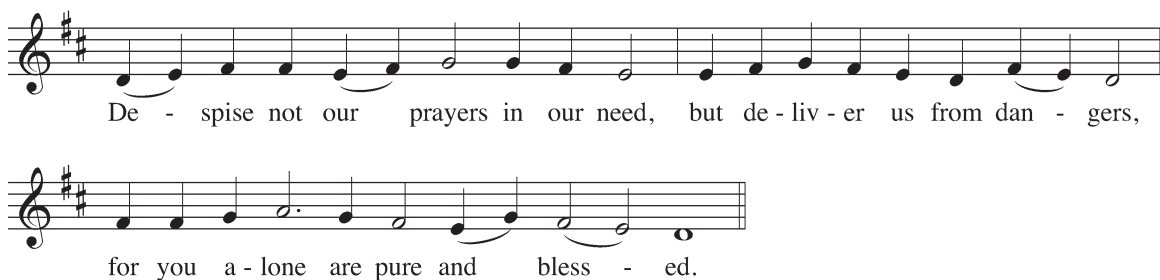
for you a - lone are pure, a - lone are pure and bless - ed.

*or*

**podoben: Pod tvoju milost' (2)**

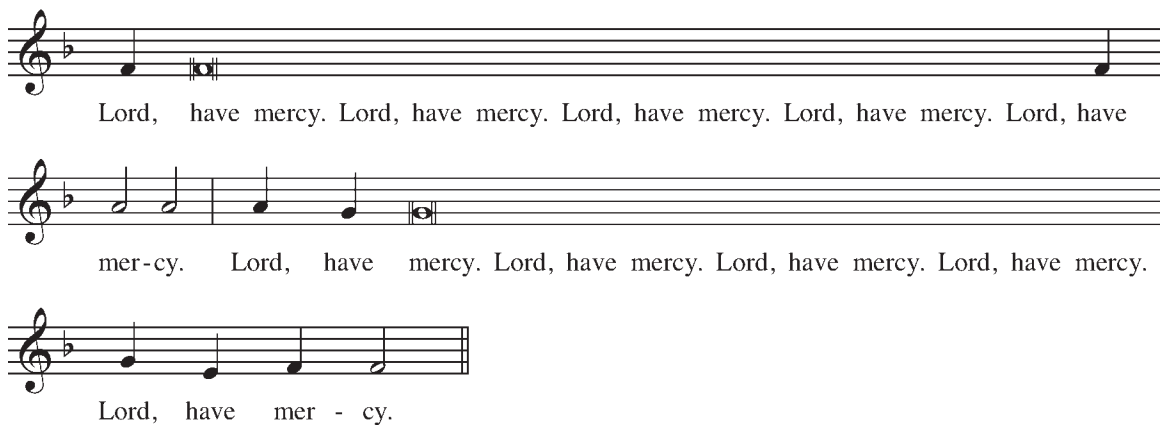


Be - neath your compas - sion we take ref - uge, O Vir - gin The - o - to - kos.



De - spise not our prayers in our need, but de - liv - er us from dan - gers,  
for you a - lone are pure and bless - ed.

*The following is sung four times:*



Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have  
mer-cy. Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mercy.  
Lord, have mer - cy.

**Priest:** Blessed is Christ our God, the One-Who-Is, always, now and ever and forever.

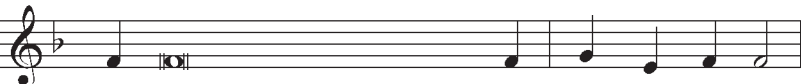
**Response:**



A - men.

**Priest:** King of heaven, support our civil authorities, confirm the faith, calm the nations, give peace to the world and safeguard this city (or this holy monastery), grant those who have gone before us a dwelling place among the righteous, accept us in repentance and have mercy, for you are good and love us all.

**Response:**   
A - men.

  
Lord, have mercy. Lord have mer-cy. Lord have mer-cy.

Glory to the Father, and to the Son, and to the Holy Spirit,  
now and ever and forever. Amen.

More honorable than the Cherubim,  
and beyond compare more glorious than *the* Seraphim,  
who, a virgin, gave birth to God the Word,  
you, truly the Theotokos, we magnify.

In the name of the Lord,  
Father, give *the* blessing.

**Priest:** Through the prayers of our holy fathers,  
O Lord Jesus Christ our God, have mercy on us.

**Response:**   
A - men.

## Prayer of St. Ephrem

**All:** Lord and Master of my life,  
spare me from the spirit of indifference, despair,  
lust for power, and idle chatter. (*Prostration*)  
    Instead, bestow on me, your servant,  
    the spirit of integrity, humility,  
    patience, and love. (*Prostration*)  
Yes, O Lord and King,  
let me see my own sins  
and not judge my brothers and sisters;  
for you are blessed forever and ever. Amen. (*Prostration*)

*Then, with a simple bow, the following is repeated four times:*

O God, be merciful to me, a sinner.

O God, cleanse me of my sins and have mercy on me.

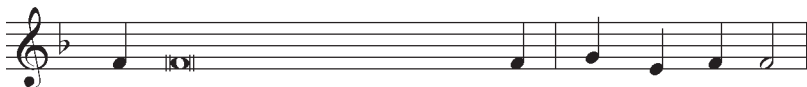
O Lord, forgive me, for I have sinned without number.

*Once more, the Prayer of St. Ephrem is recited, without the usual prostrations.  
One prostration is made at the conclusion of the prayer.*

Holy God, Holy and Mighty, Holy and Immortal,  
    have mercy **on** us. (*3 times, each with a prostration*)

Glory to the Father, and to the Son, and to the Holy Spirit,  
    now and ever and forever. Amen.

Most Holy Trinity, have mercy on us;  
Lord, cleanse us of our sins;  
Master, forgive our transgressions,  
    Holy One, come to us and heal our infirmities for **your** name's sake.



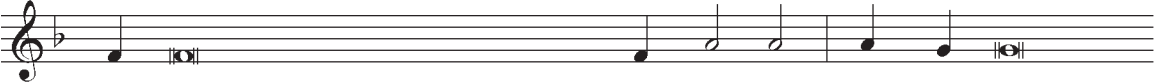
Lord, have mercy. Lord have mer-cy. Lord have mer-cy.

Glory to the Father, and to the Son, and to the Holy Spirit,  
now and ever and forever. 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.

**Priest:** For thine is the kingdom and the power and glory,  
Father, Son, and Holy Spirit, now and ever and forever.

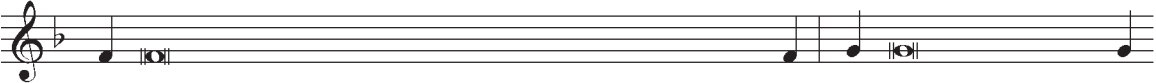
**Response:**   
A - men.



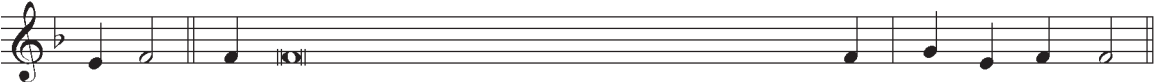
Lord, have mercy. Lord, have mercy. Lord, have mer - cy. Lord, have mercy. Lord,



have mercy. Lord, have mer - cy. *sung twice*



Glo-ry to the Father and to the Son and to the Holy Spir-it; now and ever and for ev-er.



A-men. Lord, have mercy, Lord have mercy, Lord, have mer-cy. Give the bless-ing.

*Dismissals for the day of the week are found on pages 21 and 22*