

wickedness, and affliction; encompass us by Thy holy angels, that guarded and guided by their host, we may become worthy of the unity of the faith and of the understanding of Thine unapproachable glory, for blessed art Thou unto ages of ages. Amen.

Lord, have mercy (3).

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

More honorable than the cherubim, and more glorious without compare than the seraphim, who without corruption gavest birth to God the Word: verily, Theotokos, we magnify thee.

O Lord Jesus Christ the Son of God, for the sake of the prayers of Thy most pure mother, our venerable and God-bearing fathers, and all the saints, have mercy on me a sinner. Amen.

### **Prayer before the Beginning of Any Action**

Almighty God, our Help and Refuge, Fountain of wisdom and Tower of strength, who knowest that I can do nothing without Thy guidance and help: assist me, I pray Thee, and direct me to divine wisdom and power, that I may accomplish this task, and whatever I may undertake to do, faithfully and diligently, according to thy will, so that it may be profitable to myself and others, and to the glory of Thy Holy Name. For Thine is the kingdom and the power and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

### *After the Completion of any Act*

Thou art the fullness of all blessings, O my Christ: fill my soul with joy and gladness, and save me, for Thou alone art the most merciful.

### **Morning Prayer of the Last Elders of Optina**

*Recommended as part of everyone's morning rule of prayer.*

O Lord, grant that I may meet all that this coming day brings to me with spiritual tranquility. Grant that I may fully surrender myself to Thy holy will. At every hour of this day, direct and support me in all things. Whatsoever news may reach me in the course of the day, teach me to accept it with a calm soul and the firm conviction that all is subject to Thy holy will. Direct my thoughts and feelings in all my words and actions. In all unexpected occurrences, do not let me forget that all is sent down from Thee. Grant that I may deal straightforwardly and wisely with everyone I encounter, neither embarrassing nor saddening anyone. O Lord, grant me the strength to endure the fatigue of the coming day and all the events that take place during it. Direct my will and teach me to pray, to believe, to hope, to be patient, to forgive, and to love. Amen.

### **Clergy Guidelines of the OCA**

*Continuing this series. A general Holy Unction is usually served at St. Maximus towards the end of the Nativity Fast in December. We do not serve it during Holy Week.*

### **IX. The Mystery of Unction**

*The services of healing through anointing of the sick must be understood and experienced as corporate acts of worship*

1. The Mystery of Holy Unction is administered to Orthodox Christians for the healing of soul and body. It may be for a particular person or for a number of persons gathered together.

2. While especially appropriate for the sick and dying, the Mystery of Holy Unction is intended for the living. Those who are already dead must not be anointed with this Holy Unction.

3. It should be understood that the service is primarily for those who are ill in body and soul and are able to be present if the service is performed in public. Otherwise, the priests ought to go to the bedside of the person for whom the healing is sought.

4. This Mystery is bestowed on those who have confessed and are at peace with God in their souls. One cannot expect to receive healing without repentance; confession precedes the healing.

5. If it is not possible to use the full order of service to anoint a person who has fallen ill, an abridged form that has been approved for use by the diocesan hierarch may be used.

6. In some dioceses, deaneries and parishes, for the benefit of the local Orthodox community, it has become a custom, although not prescribed by the Typicon, to celebrate this Mystery on fasting and festal seasons. Although it is not prescribed in the Triodion, one such example is the celebration of the Mystery on Great and Holy Wednesday for the entire gathered community.

7. Normally, oil which has been sanctified at a previous celebration of the Mystery of Holy Unction is not reserved for the subsequent anointing of the sick, but should be burned in an oil lamp or poured over the body of the person for whom it had been offered if that person dies.

8. The custom of allowing the faithful to take oil home with them to anoint others should not be encouraged, since the usual ministrant of the Mystery of Holy Unction is of the priestly rank.

9. If garments and the like are brought forward at the service, they may be sprinkled with holy water, but should not be anointed with the sanctified oil.

*To be continued...*

### **Upcoming Events 2014**

31 October, Friday, 6:00 p.m. All Saints Party

15 November: Nativity Fast Begins

5-6 December: All-Night Vigil for St. Nicholas

**GLORY BE TO GOD IN ALL THINGS!**

# The Confessor's Tongue for October 12, A. D. 2014

Eighteenth Sunday After Pentecost; Fathers of the Seventh Council

In honor of St. Maximus the Confessor, whose tongue and right hand were cut off in an attempt by compromising authorities to silence his uncompromising confession of Christ's full humanity & divinity.

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## A Compendium of Brief Prayer

*Prayer is our spiritual breathing; without it, spiritual life quickly suffocates and we are easy prey for the enemy. Here are some resources for use during the day by which we may cultivate unceasing prayer and resist the attacks of the evil one.*

### Prayers for the 24 Hours of the Day & Night

*These prayers may be used at the appointed time as the Jesus Prayer is used. They may be used at any time needed or desired. They also provide an excellent accompaniment to prostrations as part of a rule of prayer. For that purpose, you may pick the prayers that touch you most directly.*

#### For the Day

- 0600 Lord, exclude me not from Thy heavenly blessings.  
0700 Lord, deliver me from eternal torments.  
0800 Lord, whether I have sinned in mind or thought, word or deed, forgive me.  
0900 Lord, deliver me from all ignorance, forgetfulness, cowardice, and stone-like insensitivity.  
1000 Lord, deliver me from every temptation.  
1100 Lord, enlighten my heart which evil desires have darkened.  
1200 Lord, as a man I have sinned: as a gracious God, have mercy on me, seeing the weakness of my soul.  
1300 Lord, send Thy Grace to my aid, that I may glorify Thy holy name.  
1400 Lord Jesus Christ, inscribe me, Thy servant, in the book of life, and grant me a good end.  
1500 Lord, my God, even though I have done nothing good before Thee, grant by Thy Grace that I make a beginning of good.  
1600 Lord, sprinkle the dew of Thy grace into my heart.  
1700 Lord of Heaven and earth, remember me, Thy sinful, shameful, and impure servant, in Thy Kingdom. Amen.

#### For the Night

- 1800 Lord, accept me in penitence.  
1900 Lord, abandon me not.  
2000 Lord, lead me not into temptation.  
2100 Lord, grant me good thoughts.  
2200 Lord, grant me tears, the remembrance of death and compunction.  
2300 Lord, grant me the thought of confessing my sins.  
2400 Lord, grant me humility, chastity, and obedience.  
0100 Lord, grant me patience, courage, and meekness.  
0200 Lord, cause the root of good to dwell in me – Thy fear in my heart.

- 0300 Lord, grant that I may love Thee with all my soul and mind and to do Thy will in all things.  
0400 Lord, protect me from certain people, demons, and passions, and from any other unseemly thing.  
0500 Lord, I know that Thou doest as Thou wilt: may Thy will be in me a sinner, for blessed art Thou for ever. Amen.

- O God make speed to save me, O Lord make haste to help me. *Psm 69/70:1*  
Lord Jesus Christ, Son of God, have mercy on me the sinner. (*long*)  
Lord Jesus Christ, have mercy on me. (*short*)  
Most Holy Theotokos, save us/me.

### A Short Order of the Hours for Daily Use

*These need not be said at the exact time appointed. Feel free to pray up to a couple hours on either side of the time given.*

**Usual Beginning:** "O Heavenly King" through "Our Father". *Then the prayer of the proper hour:*

#### Prayer of the Third Hour (9:00 a.m.)

O Lord, who at the third hour didst send down Thine all-holy Spirit upon Thine Apostles, take not the same from us, O Good One, but renew Him in us who pray unto Thee.

Glory... *repeat prayer of Third Hour*

Now and ever...*repeat prayer of Third Hour*

#### Prayer of the Sixth Hour (noon)

O Thou who, on the sixth day and at the sixth hour, didst nail to the cross Adam's daring sin in Paradise, tear asunder also the handwriting of our sins, O Christ God, and save us.

Glory... *repeat prayer of Sixth Hour*

Now and ever...*repeat prayer of Sixth Hour*

#### Prayer of the Ninth Hour (3:00 p.m.)

O Thou who at the ninth hour for our sake didst taste of death in the flesh, mortify the presumption of our flesh, O Christ God, and save us.

Glory... *repeat prayer of Ninth Hour*

Now and ever...*repeat prayer of Ninth Hour; then:*

Lord, have mercy (12). *And then:*

#### Prayer of the Hours (for any hour of the day or night)

O Thou, who at all times and at every hour, both in heaven and on earth, art worshipped and glorified, O Christ God, long-suffering, great in mercy and goodness of heart; who lovest the righteous and hast mercy on sinners; who callest all men to salvation through the tidings of good things to come: do Thou, the same Lord, receive also our prayers at this hour, direct our lives in Thy commandments, sanctify our souls, cleanse our bodies, direct our thoughts, cleanse our minds, and deliver us from every tribulation,