THE SERVICES

OF THE

HOURS

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THE

GREAT

BOOK

OF THE

HOURS

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GREAT

HOROLOGION

Ottawa, Ontario
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PRAYERS AFTER COMMUNION

These prayers, provided for use privately, are often recited corporately, or audibly by a reader at the conclusion of the Liturgy. However, if the custom be one of corporate recitation, it may be desirable that they be recited in place of Psalm 33 which is not commonly read or sung at present, during which time the consuming of the Gifts may take place.

Glory be to You, O God. Glory be to You, O God. Glory be to You, O God.[1]

Reader :

1.

I thank You, O Lord my God, for You have not pushed me, the sinner, away, but You have deemed me worthy to be a partaker of Your holy things. I thank You, for You have deemed me, the unworthy, worthy to commune of Your immaculate, and Heavenly Gifts. But, O Master, Lover of Man, who for our sakes died, and rose again, and favoured us with these awesome, and life-giving Mysteries for the good, and sanctification of our souls, and bodies, let them be for the healing of soul, and body, the repelling of every adversary, the illumination of the eyes of my heart, the peace of my soul's power, a faith unashamed, a love unfeigned, the abundance of wisdom, the keeping of Your commandments, the increase of Your Divine Grace, and the appropriation of Your Kingdom. Kept by them in Your sanctification, may I remember Your Grace in everything, and live not for myself alone, but for You, our Master, and Benefactor. Thus, may I leave this life in the hope of eternal life, and so attain to the everlasting rest, where the voice of those who feast is unceasing, and the pleasure of those who behold the beauty of Your Face is without limit ; for You are the true, desirable, and the ineffable gladness of those who love You, O Christ our God, and all creation sings Your praise forever.

Response : Amen.

Reader :

2. **BY SAINT BASIL THE GREAT**

O Master, Christ our God, King of the ages, Maker of all things, I thank You for all the good things You have granted me, and for the communion of Your immaculate, and life-giving Mysteries. I supplicate You, O Good One, and Lover of Man, guard me under Your protection, beneath the shadow of Your wings. Give me, even to my last breath, to partake worthily, and with a pure

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[1] This introduction is by the reader, or, sometimes, by the priest serving.

If it be the custom to divide the prayers amongst the weekdays, for those who receive Holy Communion frequently, one might follow this pattern:

Sunday : Prayer 1 **; Monday :** Prayer 2 ; **Tuesday :** Prayer 3 ; **Wednesday :** Prayer 4 ; **Thursday :** Prayer 5. (And/or : a*fter any weekday Liturgy, Prayer 5*)

conscience of Your holy things, for the remission of sins, and unto life eternal ; for You are the Bread of Life, the Spring of Sanctification, the Giver of all Good Things ; to you we send up glory, with the Father, and the Holy Spirit, now, and ever, and unto the ages of ages.

Response : Amen.

Reader :

3. BY SAINT SIMEON METAPHRASTES

Freely You have given me Your Body for my food, You that are a fire consuming the unworthy. Consume me not, O my Creator, but instead come through all my my members, all my joints, my veins, my heart. Consume the thorns of my faults. Cleanse my soul, and sanctify my dispositions. Make firm my knees, and bones. Illumine my five senses. Nail all of me to the fear of You. Always protect, guard, and keep me from soul-destroying words, and deeds. Cleanse me, purify me, and beautify me. Give me understanding, and illumination. Show me to be a habitation of Your One Spirit, and not that of many sins. May every evil thing, every passion, flee from me as from a fire, as I become Your tabernacle through communion. I offer You as intercessors all the saints, the Leaders of the bodiless hosts ; Your Forerunner ; the wise Apostles ; and Your immaculate, and blameless Mother. Accept their prayers in Your compassion, O my Christ, and make me, Your servant, a child of light ; for You are the only Sanctification, and Radiance of our souls, O Good One, and to You, our Master, and God, we send up glory day by day.

Response : Amen.

Reader :

4.

O Lord Jesus Christ our God, let Your holy Body be my eternal life ; Your precious Blood my remission of sins. Let this Eucharist be my joy, health, and gladness. Make me, the sinner, worthy to stand on the right hand of Your glory at Your terrible Second Coming, through the intercessions of Your immaculate Mother, and of all the saints.

Response : Amen.

Reader :

5. TO THE THEOTOKOS

O most holy Lady Theotokos, the light of my darkened soul, my hope, my protection, my refuge, my consolation, and my exaltation, I thank you, for you mad me, the unworthy, worthy to be a partaker of the immaculate Body, and precious Blood of your Son. Illumine the spiritual eyes of my heart, you that gave birth to the True Light. Enliven me who am deadened by sin, you that gave birth to the Fountain of Immortality. Have mercy on me, O compassionate Mother of the merciful God. Grant to my heart compunction, and contrition, humility in my thoughts, and call me back from my shameful reasonings. And make me worthy, even to my last breath, to receive the sanctification of the immaculate Mysteries, for the healing of soul, and body. Grant me tears of repentance, and confession, that I may sing, and glorify you

all the days of my life, for you are blessed, and greatly glorified forever.
Response : Amen.
Now You are letting servant depart in peace, O Master, in accordance with Your word ; for my eyes have seen Your salvation, which You have prepared before the face of all people – a light to enlighten the Gentiles, and to be the glory of Your people, Israel.

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Reader : Holy God, Holy Strong, Holy Immortal, have mercy on us.
(*three times*) (*three metanias*)
Glory be to the Father, and to the Son, and to the Holy Spirit ; now, and ever, and unto the ages of ages. Amen.
O Most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins.[2] O Master, pardon our iniquities. O Holy One, visit, and heal our infirmities, for Your Name's sake.
Lord, have mercy. Lord, have mercy. Lord, have mercy.
Glory be to the Father, and to the Son, and to the Holy Spirit ; now, and ever, and unto the ages of ages. Amen.
Our Father, who are in the heavens, hallowed be Your Name, Your Kingdom come, Your will be done, on earth as it is in Heaven ; give us this day our daily bread, and forgive us our debts as we forgive our debtors ; and bring us not to the test, but rescue us from the evil one.

Presbyter : For Yours are the Kingdom, and the power, and the glory, of the Father, the Son, and the Holy Spirit, now, and ever, and unto the ages of ages.

Reader : Amen.

TROPARS, AND KONTAKS

A. At the Liturgy of Saint John Chrysostom : *Tone 8*

Grace, shining forth from your lips like a golden beacon, has enlightened the universe. It has shown to the world the riches of poverty. It has revealed to us the heights of humility. Teaching us by your words, O Father John Chrysostom, intercede before the Word, Christ our God, to save our souls.

Glory be to the Father, and to the Son, and to the Holy Spirit*Tone 6*

From Heaven, you received Divine Grace, and by your lips you teach all to worship the One God in Trinity, O venerable, and all-blessed John Chrysostom. You are worthy to be extolled, for you are a teacher revealing things divine.

Now, and ever… ***

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[2] *Be propitious to*

B. **At the Liturgy of Saint Basil the Great :** *Tone 1*

Your proclamation has gone out into all the earth, for it was divinely taught by hearing your voice. You expounded the nature of creatures, and ennobled the ethics, and morals of men. O holy father of royal priesthood, entreat Christ our God, that our souls may be saved.

Glory be to the Father, and to the Son, and to the Holy Spirit*Tone 4*

You were revealed as the sure foundation of the Church, granting all men a lordship which cannot be taken away, sealing it with your precepts, O venerable, and heavenly father Basil.

Now, and ever… ***

C. **At the Liturgy of the Presanctified Gifts :** *Tone 4*

As one endowed with discretion of speech, you proved to be a most excellent dispenser of the word of God, O bishop Gregory ; for by your life, you set the virtues before us, and you shone forth with the brilliance of holiness. O righteous father, entreat Christ our God, that we be granted great mercy.

Glory be to the Father, and to the Son, and to the Holy Spirit*Tone 3*

O Dialogist, you God-inspired harp of the Church, and truly God-possessed tongue of wisdom, we fittingly praise you ; for you emulated the zeal of the apostles, and manifestly followed in their footsteps ; and to you we say, "Rejoice, O father Gregory".

Now, and ever… ***

D. **At the Liturgy of Saint James :** *Tone 4*

You have received the Gospel as a disciple. You are invincible as a Martyr, and bold as the brother of the Lord. You intercede as a Hierarch. O righteous James, pray to Christ our God that He may save our souls.

Glory be to the Father, and to the Son, and to the Holy Spirit*Tone 4*

God the Word, the Only-begotten of the Father, came to us in the last days. He has made you the first shepherd, and teacher of Jerusalem, and a steward of spiritual mysteries. We honour you, O Apostle James.

Now, and ever… ***

* * * Now, and ever, and unto the ages of ages. Amen.

The Church is revealed as a brilliantly lit Heaven, leading the Faithful in the way of the Light. Standing in it, we cry aloud, "Make firm the foundation of this house, O Lord".

– or –

O steadfast Protectress of Christians, constant advocate before the Creator, do not despise the cry of us sinners ; but in your goodness, come speedily to help us who call on you in faith. Hasten to hear our petition, and to intercede for us, O Theotokos ; for you always protect those who honour you.

Reader : Lord, have mercy. (*twelve times*)

Glory be to the Father, and to the Son, and to the Holy Spirit ; now, and ever, and unto the ages of ages. Amen.
Lord, have mercy. Lord, have mercy. Lord, have mercy.
Holy Master, bless.

Presbyter : *pronounces the Dismissal of the day*

Response : Amen.

[**END OF THE POST-COMMUNION PRAYERS**]