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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P R A Y E R S AT M E A L T I M E

Evening meal

Having entered the refectory, we say :

The needy shall eat and be filled up ; they shall praise the LORD, those who seek Him out, their hearts shall live unto the ages of ages. (*Psalm 21:26*)

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.

Master (*Father*) bless.

The Superior, or the assigned presbyter says :

Presbyter : O Christ our God, bless the food and drink of Your servants, for You are holy, always, now, and ever, and unto the ages of ages.

Response : Amen.

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After the meal :

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

Your womb became a heavenly table bearing the Heavenly Bread – Christ our God. Whoever eats of Him shall not die, O Theotokos, as the One who nourishes all has said.

More honourable 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.

You, O Lord, have made us glad by Your works ; in the works of Your hands shall we rejoice. Lift up the Light of Your countenance upon us, O Lord. You have put joy in my heart. With the fruit of wheat, wine and oil have we been satisfied. In peace I will both lie down and sleep, for You alone, O Lord, make me dwell in hope.

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.

Master (*Father*) bless.

Presbyter : God is with us through His Grace and love for Man, always, now, and ever, and unto the ages of ages.

Response : Amen.

[**THE END OF MEALTIME PRAYERS**]