



AT MIDDAY

Introduction

There are few times when the noon office is celebrated in the average parish church setting, and yet midday is one of the primary times of prayer in the Church day, as one of the priest's prayers at vespers says, "In the evening and in the morning and at midday we praise and bless You . . . , O Lord of all." At noon prayer, we commemorate the Crucifixion of Christ and turn to Him in thanksgiving for our salvation.

We begin with the opening prayers that we find in all the services of the hours. See the introduction to vespers, page 3, for more information about these prayers.

Then chant the Psalm for the day. On Sunday, you may decide to chant all of them or choose one.

Sing the Troparion for the Noon Office, then chant "Glory to the Father and to the Son and to the Holy Spirit" and sing the troparion for the day (see the introduction to vespers, and the introduction to matins, for more information). Then chant, ' now and ever and unto ages of ages. Amen.'

Chant the next two prayers 'Since there is no boldness in us . . .' and 'Let Your tender mercies, O Lord, go speedily before us . . .,' followed by the Trisagion Prayers.

Sing the kontakion for the day (see the introduction to matins for more information).

Pray, Lord, have mercy! forty times and then the Prayer of the Hours, which begins, ' Christ our God, You are worshiped at all times and in all places . . .' This prayer also occurs in compline.

Then pray the Dismissal prayers and close with this Prayer of St. Basil the Great.

The Noon Office

In the Name of the Father and of the Son and of the Holy Spirit. Amen.

Glory to You, our God. Glory to You.

O Heavenly King, the Comforter, the Spirit of Truth: You are everywhere filling all things; Treasury of blessings and Giver of Life: come and abide in us, and cleanse us from every impurity, and save our souls, O Good One!

Holy God! Holy Mighty! Holy Immortal! Have mercy on us.

Holy God! Holy Mighty! Holy Immortal! Have mercy on us.

Holy God! Holy Mighty! Holy Immortal! Have mercy on us.

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. Lord, have mercy. Lord, have mercy.

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 the evil one.

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.

Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mercy.

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Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mercy.

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!

Psalms

Psalm 54

Monday, Thursday

Save me, O God, by Your name, and vindicate me by Your strength. Hear my prayer, O God; give ear to the words of my mouth. For strangers have risen up against me, and oppressors have sought after my life; they have not set God before them. Behold, God is my helper; the Lord is with those who uphold my life. He will repay my enemies for their evil. Cut them off in Your truth. I will freely sacrifice to You; I will praise Your name, O Lord, for it is good. For He has delivered me out of all trouble; and my eye has seen its desire upon my enemies.

Psalm 55

Tuesday, Friday

Give ear to my prayer, O God, and do not hide Yourself from my supplication. Attend to me, and hear me; I am restless in my complaint, and moan noisily,
Because of the voice of the enemy, because of the oppression of the wicked; for they bring down trouble upon me, and in wrath they hate me. My heart is severely pained within me, and the terrors of death have fallen upon me. Fearfulness and trembling have come upon me, and horror has overwhelmed me. And I said, "Oh, that I had wings like a dove! For then I would fly away and be at rest. Indeed, I would wander far off, and remain in the wilderness. I would hasten my escape from the windy storm and tempest." Destroy, O Lord, and divide their tongues, for I have seen violence and strife in the city. Day and night they go around it on its walls; iniquity and trouble are also in the midst of it. Destruction is in its midst; deceit and guile do not depart from its streets. For it is not an enemy who reproaches me; then I could bear it. Nor is it one who hates me who has magnified himself against me; then I could hide from him. But it was you, a man my equal, my companion and my acquaintance. We took sweet counsel together, and walked to the house of God in the throng. Let death seize them; let them go down alive into hell, for wickedness is in their dwellings and among them. As for me, I will call upon God, and the Lord shall save me. Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice. He has redeemed my soul in peace from the battle which was against me, for there were many against me. God will hear, and afflict them, even He who abides from of old. Because they do not change, therefore they do not fear God. He has put forth his hands against those who were at peace with him; he has broken his covenant. The words of his mouth were smoother than butter, but war was in his heart; his words were softer than oil, yet they were drawn swords. Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved. But You, O God, shall bring them down to the pit of destruction; bloodthirsty and deceitful men shall not live out half their days; but I will trust in You.

Psalm 91

Wednesday, Saturday

He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress; My God, in Him I will trust." Surely He shall deliver you from the snare of the fowler and from the perilous pestilence. He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler. You shall not be afraid of the terror by night, nor of the arrow that flies by day, Nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday. A thousand may fall at your side, and ten thousand at your right hand; but it shall not come near you. Only with your eyes shall you look, and see the reward of the wicked. Because you have made the Lord, Who is my refuge, even the Most High, your habitation, No evil shall befall you, nor shall any plague come near your dwelling; For He shall give His angels charge over you, to keep you in all your ways. They shall bear you up in their hands, lest you dash your foot against a stone. You shall tread upon the lion and the cobra, the young lion and the serpent you shall trample under foot. Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name. He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. With long life I will satisfy him, and show him My salvation.

After The Psalm

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

Alleluia, Alleluia, Alleluia! Glory to You, O God!

Alleluia, Alleluia, Alleluia! Glory to You, O God!

Alleluia, Alleluia, Alleluia! Glory to You, O God!

Lord, have mercy.

Lord, have mercy.

Lord, have mercy.

Troparia

Daily

Troparion For The Noon Office

(Tone Two)

O You Who on the sixth day and hour
Nailed to the cross the sin which rebellious Adam committed
in Paradise,
Tear asunder also the bond of our iniquities,
O Christ our God, and save us.
Glory to the Father and to the Son and to the Holy Spirit -

Sunday

Troparion Of The Resurrection

(Tone Of The Week)

Refer To Supplementary Prayers.

Monday

St. Michael And All Angels

(Tone Four)

O Commander of the heavenly hosts,
We who are unworthy beseech you ceaselessly
That you would encompass us with the shelter of your prayers
And cover us beneath the wings of your immaterial glory.
We fall down before you crying out:
"Protect us from all harm, O Prince of the powers on high!"

Tuesday

Forerunner And Baptist John

(Tone Two)

The memory of the righteous is worthy of praise,
But you, O Forerunner, are well pleased by the Lord's own witness.
You were revealed as greater than the prophets,
For you baptized in the waters Him whom they foretold.
Therefore, having fought and suffered for the Truth,
You proclaimed to those in the tombs the Gospel of the incarnate God,
Who takes away the sins of the world and grants us great mercy.

Wednesday

Holy And Life-Giving Cross

(Tone One)

O Lord, save Your people,
And bless Your inheritance.
Grant victories to the Orthodox Christians
Over their adversaries.
And by virtue of Your Cross,
Preserve Your habitation.

Thursday

Holy Apostles And St. Nicholas

(Tone Three)

O holy Apostles,
Intercede with our merciful God
To grant our souls forgiveness of our sins!

Friday

Holy And Life-Giving Cross

(Tone One)

O Lord, save Your people,
And bless Your inheritance.
Grant victories to the Orthodox Christians
Over their adversaries.
And by virtue of Your Cross,
Preserve Your habitation.

Saturday

The Theotokos, All Saints,

The Faithful Departed

(Tone Two)

Apostles, martyrs, and prophets,
Holy hierarchs, saints and righteous,
Having fought the good fight and kept the Faith,
You have boldness toward the Savior.
Intercede for us with Him for He is good, and pray that He
may save our souls.

Daily

Now and ever and unto ages of ages. Amen.

Since there is no boldness in us because of the multitude of our sins, O Virgin Theotokos, intercede with the Son Whom you have borne, for the entreaty of a mother has great power to win the favor of the Master. Do not despise the prayers of sinners, O all-venerable Lady, for He Who took upon Himself to suffer for our sake is merciful and strong to save.

Let Your tender mercies, O Lord, go speedily before us, for we have become exceedingly poor. Help us, O God of our salvation, for the glory of Your Name, O Lord, deliver us and purge our sins for Your Name's sake.

Trisagion Prayers

Holy God! Holy Mighty! Holy Immortal! Have mercy on us.

Holy God! Holy Mighty! Holy Immortal! Have mercy on us.

Holy God! Holy Mighty! Holy Immortal! Have mercy on us.

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.

Lord, have mercy.

Lord, have mercy.

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 the evil one.

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.

Kontakia

Sunday

Kontakion Of The Resurrection

(Tone Of The Week)

Refer To Supplementary Prayers, Page 113.

Monday

St. Michael And All Angels

(Tone Two)

You Princes and Leaders of the armies of God,
Servants of the Divine Glory and guides of men,
Ask whatever is good for us and for bountiful mercy,
O Commander of the heavenly hosts.

Tuesday

Forerunner And Baptist John

(Tone Two)

O Prophet of God and Forerunner of Grace,
Your head has blossomed from the earth as a most sacred rose.
We are ever being healed,
For as of old, you preach repentance to the world.

Wednesday

Holy And Life-Giving Cross

(Tone Four)

As You were voluntarily crucified for our sake,
Grant mercy to those who are called by Your Name.
Make all Orthodox Christians glad by Your power,
Granting them victories over their adversaries,
By bestowing on them the invincible trophy, Your weapon of peace.

Thursday

Holy Apostles And St. Nicholas

(Tone Three)

You have taken, O Lord, the firm and divinely inspired preachers,
the holy apostles,
Into rest and the enjoyment of Your blessings.
For You have accepted their labors and death above every burnt offering,
O You Who alone know the secrets of our hearts.

Friday

Holy And Life-Giving Cross

(Tone Four)

As You were voluntarily crucified for our sake,
Grant mercy to those who are called by Your name.
Make all Orthodox Christians glad by Your power,
Granting them victories over their adversaries,
By bestowing on them the invincible trophy,
Your weapon of peace. .

Saturday

The Theotokos, All Saints,

The Faithful Departed

With the saints give rest, O Christ,
To the souls of Your servants
Where sickness and sorrow are no more,
Neither sighing, but life everlasting.

Daily

Repeat 40 Times:

Lord, have mercy!

Prayer Of The Hours

O Christ our God, You are worshiped at all times and in all places and are glorified both in heaven and on earth. You are patient, generous in mercy, rich in compassion, loving to the just and merciful to the sinner. You call all of us to repentance through the promise of blessings to come.

O Lord, receive our supplications at this very hour. Direct our lives in the way of Your commandments. Sanctify our souls, purify our bodies, set our minds aright, cleanse our thoughts, and deliver us from all affliction, wrath, danger and need. Surround us with Your holy angels, so that, guided and guarded by their ranks, we may reach unity of the faith and the knowledge of Your unutterable glory. You are blessed unto ages of ages. Amen.

Dismissal

Lord, have mercy!

Lord, have mercy!

Lord, have mercy!

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 beyond compare than the seraphim! Without corruption you gave birth to God the Word. True Theotokos, we magnify you!

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

Prayer Of St. Basil The Great

O God, Lord of hosts and Maker of all creation, who in Your great compassion and mercy sent down Your Only-Begotten Son, our Lord Jesus Christ, for the redemption of mankind and by His precious Cross destroyed the record of our sins, triumphing over the source and power of

darkness: O Lord and Lover of mankind, accept also the thanksgiving and fervent prayers of us sinners. Deliver us from every dark and harmful transgression and from all the visible and invisible enemies that seek to destroy us. Nail our flesh to the fear of You, and do not incline our hearts to deceitful words or thoughts, but wound our souls with love for You, that always looking to You, guided by Your light, and seeing You, the eternal and ineffable Light, we may give You unceasing praise and thanksgiving: to the Father without beginning, with Your Only-Begotten Son and Your all-holy, good and life-giving Spirit, now and ever and unto ages of ages. Amen.