

THE SYRO-MALANKARA CATHOLIC CHURCH



ܡܠܬܐ ܕܡܕܢܚܐ

THE BOOK OF PRAYERS

ENGLISH TRANSLATION OF THE DIVINE OFFICE  
AND  
DEVOTIONAL PRAYERS

[For the use of the Faithful]

2013

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2013



*Imprimatur*

† **Moran Mor Baselios Cardinal Cleemis**

Major Archbishop-Catholicos  
of the Syro-Malankara Catholic Church

*On*

July 15, 2013

The 60th Memorial of Mar Ivanios' Entrance into Eternal Rest  
The 3rd Anniversary of the Establishment of the Exarchate

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*Published by*

**The Major Archiepiscopal Curia**

of the Syro-Malankara Catholic Church  
Catholicate Centre, Pattom, Trivandrum — 695 004

*Printed at*

**St. Joseph's Press**

Trivandrum, India

## Introduction to the Divine Office

The Syrian monasteries expanded on the Egyptian Christian practice of praying twice a day, increasing the number of daily services to seven, in accordance with Psalm 119. The Psalmist writes, "Seven times a day I praise thee for thy righteous ordinances" (119:164, RSV). Later, these seven "hours of prayer" or "offices" spread throughout the whole Church, both Eastern and Western. The prayers are often known as the Liturgy of the Hours (*Yaamapraarthanakah*) or the Divine Office.

Moreover, in the Syrian Christian tradition, there are two breviaries, the ferial breviary (*shimo*) and the festal breviary (*phenqito*). The term, *phenqito*, comes from the Greek word, *pinakidion*, which means a writing tablet, book, or volume. It refers to the collection of liturgical texts for the entire liturgical year, with special prayers and hymns for the feasts. The term *shimo* is a Syriac word meaning simple or common and is used to denote the daily office.

Various, partial translations of the *shimo* were produced in the twentieth century. Most notably, in 1910, Very Rev. Konattu Mathen Malpan translated the *shimo* into Malayalam, combining the offices of the seven days into one office for all the days. In 1969, Rev. Fr. Mathew Chempothinal, a noted Syriac scholar and liturgist, translated the entire *shimo* into Malayalam, and a revised version of his translation is currently in use in the Syro-Malankara Church among the clergy and the religious. In order that the lay faithful may also participate in the liturgical life of the Malankara Church, several shorter translations were also composed.



The present English translation comes from the most recent Malayalam version of the daily prayers for the faithful approved by the Holy Episcopal Synod. As heirs to the Syrian Christian liturgical patrimony, we have also inherited their prayers and their way of praying. This translated prayer book represents an effort to transmit these prayers handed down by the Syrian Fathers to a younger generation of Syro-Malankara Catholic faithful, whose primary language is English.

Although the seven hours or offices came to have different meanings and interpretations, for the Syrian Fathers, the whole day is sanctified with the commemoration and meditation on the Paschal Mystery. Thus:

1. **Ramso:** The Evening Office commemorates the Institution of the Eucharist on Mount Zion.
2. **Southoro:** The Office of Compline commemorates the prayer of Our Lord in the Garden of Gethsemane.
3. **Lilyo:** The Night Office commemorates Our Lord being tried before Annas, Caiaphas, and Herod.
4. **Sapro:** The Morning Office commemorates Our Lord's trial before Pilate, especially Pilate sentencing Our Lord to death.
5. **Tloth Sho'in:** The Prayer of the Third Hour commemorates Our Lord's journey to Golgotha with the Cross.
6. **Seth Sho'in:** The Prayer of the Sixth Hour commemorates Our Lord's crucifixion.
7. **Tsha' Sho'in:** The Prayer of the Ninth Hour commemorates Our Lord's death upon the Cross.

As is common in the Antiochian tradition, these same seven offices have a great multitude of interpretations and meanings, but the meditation on the Paschal Mystery is both common and spiritually enriching.

According to the Antiochian tradition, the Christian liturgical day begins with the preceding evening. This is in conformity with the ancient Jewish reckoning and traces its origin to the first account of creation in Genesis (1:5). Thus, the Evening Office begins the liturgy of the hours, rather than the Morning Office.

In addition to the daily cycle, the weekly cycle makes special commemorations. Thus:

1. **Sunday** is a commemoration of the Resurrection of Our Lord.
2. **Monday** and **Tuesday** are days of repentance. Monday especially commemorates the repentance preached by John the Baptist and Tuesday is a special commemoration of the repentance preached by Our Lord.
3. **Wednesday** commemorates the Blessed Ever-Virgin Mary, the Mother of God, following an ancient tradition which says the Annunciation occurred on a Wednesday.
4. **Thursday** commemorates the apostles and the fathers and doctors of the Church.
5. **Friday** commemorates the Holy Cross and the holy martyrs. On this day, special commemoration is made of Passion of Christ and the victory over death which was won on the Cross.
6. **Saturday** commemorates the departed ones, especially the departed priests.

These themes are more manifestly evident in the *shimo* than in the prayer book for the faithful, but this does not prevent the faithful from bearing these commemorations in mind when praying each office.

Another feature of the Syrian Christian liturgical tradition is its deep Scriptural roots. Whether it is by manifest allusions to Scriptural events, like the Crucifixion in the Prayer of the Sixth Hour, or by metaphor and allegory, the daily prayers of the Syro-Malankara Catholic Church are deeply intertwined with Sacred Scripture. Moreover, it is intimately connected to the Divine Liturgy and is indeed an extension thereof. Thus, "the celebration of the Liturgy of the Hours demands not only harmonizing the voice with the praying heart, but also a deeper 'understanding of the liturgy and of the Bible, especially of the Psalms'" (Catechism of the Catholic Church, no. 1176).

Through these prayers, then, one consecrates the entire day and offers it up to God. Thus, through prayer, that is, in the raising of our minds, thoughts, and hearts to God, we are united to Him. The Liturgy of the Hours sets the "rhythm" (CCC no. 2698) for the "prayer that never ceases" (1 Thess. 5:17). In the Liturgy of the Hours, the faithful join together with the entire Church, "which is ceaselessly engaged in praising the Lord and interceding for the salvation of the whole world" (Second Vatican Council, Sacrosanctum *Concilium* no. 83). The Liturgy of the Hours, therefore, is the prayer of the entire Church and is an extension of the Divine Liturgy itself.



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# BOOK I:

## Liturgy of the Hours



Qaumō

[Qaumō]

### Initial Prayers

*[Facing East, the one who prays recollects his thoughts, and makes the sign of the Cross, as the leader says:]*

✠ In the name of the Father, Son, and Holy Spirit,  
one true God forever and ever. Amen.

Holy, Holy, Holy, Lord God Almighty.  
Heaven and earth are full of your glory.  
Hosanna in the highest!

Blessed is He who has come  
and is to come in the name of the Lord.  
Hosanna in the highest!

### Qaumō

Holy are you, O God.  
Holy are you, the Mighty.  
Holy are you, the Immortal.  
Who were crucified for us ✠, have mercy on us.

*[This is said three times - each time the worshipper prostrates  
or bows his head and makes the sign of the Cross.]*



Have mercy on us, O Lord.  
Have pity and mercy on us, O Lord.  
Receive our services and prayers  
and have mercy on us, O Lord.

Glory to you, O God.  
Glory to you, O Creator.  
Glory to you, O Christ the King,  
who have compassion on your sinful servants.  
*Barekmor.*

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 trespassed against us,  
and lead us not into temptation,  
but deliver us from the evil one.  
For thine is the kingdom, the power, and the glory,  
now and forever. Amen.

Hail Mary, full of grace!  
The Lord is with thee.  
Blessed are thou among women  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners now  
and at the hour of our death. Amen.

رحمة ورحمة

*Ramšo*  
[Evening Prayer]

**Bo`utho of Mar Balai**

☩ Lord, full of mercy,  
renew your creatures by the resurrection.

And give rest and pardon to the dead  
who have slept in your hope and await your coming.

In the bosom of Abraham, Isaac, and Jacob,  
O Lord, grant rest to your servants.

May their bodies and souls together sing:  
“Blessed is He who has come and will come  
and raise the dead!”

*[During the Fast of the Apostles (13 Day Fast) or the Fast of  
the Assumption (15 Day Fast) or the Yaldo Fast (25 Day Fast),  
the prayers of the Fast are recited here.]*

**M`anito**

*Aloran Yeśu Mšiho!*

Do not shut the door of your mercy on our faces.  
Lord, we confess that we are sinners. Have mercy  
on us.  
Your love made you descend from your place to us.  
Lord, by your death, our death has been destroyed.  
Have mercy on us. Amen.

رحمنا وھملا

*Southoro*

[Compline]

### Initial Prayers and Qaumo

#### Introductory Prayer

☉ merciful God, the voice of our prayer knocks at your door. Reject not the needs of your devotees. O God, we call upon you to assist us in our weakness. O Good One, listen to the voice of our supplication and, in your mercy, grant our petitions. Amen.

#### Bo`utho of Mor Ephrem

1. Lord, have mercy upon us  
Lord, accept this service, and,  
Grant us from your treasury vast,  
Mercy, blessing, and pardon.
2. Let me stand before you, Lord  
Keeping vigil earnestly;  
Should I fall asleep again,  
Let me not fall into sin.
3. Guard me, Lord, during daytime  
Lest I transgress your command;  
If I commit sin in sleep,  
Let your mercy pardon me.

4. Grant me, Lord, a restful sleep  
Because of your humble Cross †;  
Let me enter not the path  
Of wicked dreams, in my sleep.
5. During this night guard me, Lord  
While I sleep most peacefully;  
Let me not be ruled over  
By foul thoughts and evil ones.
6. Send an angel of the light  
That he may guard my body;  
Subdue lustful tendencies,  
For I consumed your Body.
7. To my peaceful sleep, O Lord,  
Let your Blood be protector;  
In your image you made me,  
Let my soul dwell free from sin.
8. On body, your handicraft,  
Be pleased to place your right hand;  
Like a shield, you protect me  
In your fortress of mercy.
9. While my body calmly rests,  
Let your might keep watch on it;  
Like a sweet smoke of incense  
Let it rise before your throne.

10. May your Mother plead for me,  
And Satan not approach me;  
That he shall not ruin me,  
Your Sacrifice forbid him.
11. Fulfill your work in me, Lord,  
And save my life by your Cross †;  
Due to the love that sustained me,  
On rising, shall I praise you.
12. Grant me, Lord, a peaceful eve  
And a righteous night as well;  
So that I shall know your will  
And fulfill it willingly.
13. You are light, O Christ, Savior,  
And you dwell within the light;  
Those who are born of the light,  
Always worship you alone.
14. Jesus, Savior of the world,  
We praise you who dwell in light;  
Shower your grace upon us, Lord,  
Both on earth and heav'n above.
15. O Lord God, we give you praise,  
Praise a thousand, thousand fold;  
Innumerable praises raise,  
Shower your grace on us always.

16. Praise to the Lord whom angels serve,  
Praise Him adored by Vigilants;  
Hear our prayers and answer,  
Lord of angels and Vigilants.
  17. Praise we offer you, O Lord,  
One true God and One alone;  
Father, Son, and Holy Ghost,  
Three in One and One in Three.
- [Verses 18-24 are sung only during  
the Nineveh Fast (3 Day Fast) and the Great Fast.]*
18. Praise to you who listen to  
Prayers of your humble folk  
And accept as gifts offered  
Tears of the repentant.
  19. Countless as the leaves of trees,  
We, sons of earth, praise you, Lord,  
Whom the Vigilant Ones do serve  
And the angels do adore.
  20. With true knowledge and wisdom,  
We ought to sing praise to Him  
Who exists as One true God  
Father, Son, and Holy Ghost.
  21. Hoard not noxious silver, gold,  
Riches that ruin your life;  
But, seek always wise counsel,  
So that the Lord may love you.



22. Observe fast for forty days  
Feed those who have no victuals  
Pray, you, seven times a day  
Just like David, Jesse's son.

23. Moses and *nibi*-Elijah  
Offered fast for forty days;  
Jesus conquered His enemy  
With the fast of forty days.

24. Like those prayers that rose high  
From sea, dungeon, and furnace,  
May the door of your mercy  
Open to our petition.

25. You, who answer our prayers  
And our humble petitions,  
Having reconciled with us,  
Grant our needs in your mercy.

*Kurie-eleison. Kurie-eleison. Kurie-eleison.*

### Dedication

☩ Holy Father, guard us by your sacred name.  
O Son of God, our Savior, protect us by your victorious Cross ✙. O Holy Spirit, make us worthy abodes of your indwelling. O Lord God, shelter us always under your divine wings. Amen.

### Psalms 91 & 121

*[To be recited antiphonally, usually by two people.]*

(Ps 91) (*Barekmoñ*)

He who dwells in the shelter of the Most High,  
who abides in the shadow of the Almighty,  
will say to the LORD,  
"My refuge and my fortress;  
my God, in whom I trust."

(*Barekmoñ*)

For he will deliver you from the snare of the fowler  
and from the deadly pestilence;

He will cover you with his pinions,  
and under his wings you will find refuge;  
his faithfulness is a shield and buckler.

You will not fear the terror of the night,  
nor the arrow that flies by day,  
nor the pestilence that stalks in darkness,  
nor the destruction that wastes at noonday.

A thousand may fall at your side,  
ten thousand at your right hand;

But it will not come near you.  
You will only look with your eyes and  
see the recompense of the wicked.

Because you have made the LORD your refuge,  
the Most High your habitation,

No evil shall befall you,  
no scourge come near your tent.

For he will give his angels charge of you  
to guard you in all your ways.

On their hands they will bear you up,  
lest you dash your foot against a stone.

You will tread on the lion and the adder,  
the young lion and the serpent  
you will trample under foot.

Because he cleaves to me in love,  
I will deliver him;  
I will protect him, because he knows my name.

When he calls to me, I will answer him;  
I will be with him in trouble,  
I will rescue him and honor him.

With long life I will satisfy him,  
and show him my salvation.

(Ps 121)

I lift up my eyes to the hills.  
From whence does my help come?

My help comes from the LORD,  
who made heaven and earth.

He will not let your foot be moved,  
he who keeps you will not slumber.

Behold, he who keeps Israel  
will neither slumber nor sleep.

The LORD is your keeper;  
the LORD is your shade on your right hand.

The sun shall not smite you by day,  
nor the moon by night.

The LORD will keep you from all evil;  
he will keep your life.

The LORD will keep your going out  
and your coming in  
From this time forth and for evermore

*P*raise is due to you, O God. *Barekmor.*

**Priest:** *Šub'ho ...*

**Faithful:** Halleluiah, halleluiah, halleluiah.  
*Men'olam ...*

### Supplication

*[Attributed to Mor Severus of Antioch,  
this supplication develops the themes of Ps. 91.]*

Ⓢ Lord, protect us beneath the shadow of the wings  
of your loving kindness and have mercy upon us.

You, who answer all petitions,  
hear the prayers of your servants in your mercy.

Grant us, O Christ our Savior,  
an evening full of peace and a night of holiness,  
for you are the King of Glory.

To you our eyes are turned;  
forgive us our debts and sins in this world  
and in the world to come,  
and have mercy on us.

Lord, let your mercy protect us  
and your grace rest upon us.  
Let your ✙ Cross guard us from the evil one  
and all his powers.

May your right hand rest upon us  
all the days of our life  
and your peace reign among us.

Grant hope and salvation  
to the souls of those who pray to you.

By the prayers of Mary who bore you  
and all the saints, pardon us,  
and have mercy on us, O Lord.

### Praise of the Cherubim

*[Ezekiel 3:12: "the glory of the Lord rose from its place"]*

*[When the following prayer is said, each time the worshipper  
prostrates or bows the head and makes the sign of the Cross.]*

✙  
Blessed be the glory of the Lord  
in his place forever.

✙  
Blessed be the glory of the Lord  
in his place forever.

✙  
Blessed is the glory of the Lord  
in his place forever.

Holy and Glorious Trinity, have mercy on us.  
Holy and Glorious Trinity, have mercy on us.  
Holy and Glorious Trinity,  
have compassion and mercy on us.



You are Holy and Glorious forever.  
You are Holy and Glorious forever.  
You are Holy and your name is blessed forever.  
Glory to you, our Lord.  
Glory to you, our Lord.  
Glory to you, our Hope forever.     *Barekmor.*

Our Father ...  
Hail Mary ...

**Profession of Faith**  
**(Nicene-Constantinopolitan Creed)**

[The leader begins the Profession of Faith  
and another continues.]

**W**e believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

We believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
eternally begotten of the Father before all ages.  
Light from Light, true God from true God,  
begotten, not made, consubstantial with the Father;  
through Him all things were made.  
For us men and for our salvation  
He came down from heaven, †

and by the Holy Spirit, He was born of the Virgin  
Mary and became incarnate. †  
For our sake He was crucified †  
under Pontius Pilate.

He suffered, died and was buried.  
On the third day He rose again  
according to His holy will  
and ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in great glory  
to judge the living and the dead  
and His kingdom will have no end.

We believe in the Holy Spirit,  
the Lord, the giver of life to all,  
Who proceeds from the Father  
and Who with the Father  
and the Son is adored and glorified.  
He has spoken through the prophets and apostles.

And we believe in the one, holy, catholic  
and apostolic Church.  
We confess one baptism for the forgiveness of sins.  
We look forward to the resurrection of the dead  
and the life of the world to come. Amen.

*Barekmor. Staumenkalos.*  
*Kurie-eleison.*

*[The Quqilion of the Mother of God and the Quqilion of the Saints are chanted after the Profession of Faith. After Compline of Friday, the Quqilion of the Holy Cross is chanted, and after Compline of Saturday, the Quqilion of the Departed Priests is chanted. In place of the Quqilion, the following supplication may be prayed.]*

### Supplication

☩ True God, save us from all evils and wickedness, from all malicious and adulterous thoughts, from all enemies and deceitful companions, from temptations of the devil and the wickedness of men; from unholy passions and foul lust; from devilish thoughts and evil dreams, from hidden snares and betrayals, from idle and revengeful words, and from all worldly temptations.

From divine wrath and sudden death, from anger and hatred, from lightning and thunder, from plagues and hell-fire, from hard-hearted and wicked deeds, from undying worms and unquenchable fire, from the gnashing of teeth and lamentation, from unbearable consequences, from evil hours, tormenting powers, and all sudden afflictions, save us.

Save us also from famine and fears, from sudden shocks and all unbearable punishments, from your uttering, "Depart from me, I know you not" and from all that shall separate us from you. Amen.

### Huthomo

*Kurie-eleison. Kurie-eleison. Kurie-eleison.*

Have mercy upon us, O Lord. Have pity and mercy upon us, O Lord. Answer us and have mercy upon us, O Lord. Glory to you, our Lord. Glory to you, our Lord. Glory to you, our Hope forever.

*Barekmor.*

### Canticle of Praise

*[Composed by Archbishop Mar Ivanios, this prayer is recited by one person. All kneel.]*

### Praise

Bless us, O God, that we may offer you with thankful hearts, acceptable praise and honor.

O God the Father, we praise you, for you are our Creator and Protector. O God the Son, we praise you, for you are our Savior. O Holy Spirit, we praise you, for you are the Sanctifier and the one who sustains us. O Holy Trinity, we praise you, for revealing yourself to the Holy Catholic Church and for making us her children.

For bringing us to this life, we praise you. For the good examples and wise teachings of your saints, we praise you. For giving us the grace to know, love, and serve you, we praise You. For all the blessings we received from you today, we praise you.



### Intercession

**B**less our parents, brothers, sisters, relatives, teachers, friends, and benefactors. Bless our nation, its leaders and all its people.

Enlighten all the people of the world so that they may approach your true faith and salvation. Welcome into your kingdom all those who have not known you. Bless all peoples of the world, and bring together O Lord, into the unity of the true Catholic Communion, all those who are separated from us. Bless the Holy Church throughout the world.

Bless the Head of the Universal Church, the Holy Father Pope (N.); the Head and Father of our Church, Moran Mor Baselios (N.) Catholicos. Bless our shepherd and bishop, Aboon Mor (N.), and all the bishops of the true faith.

Bless all our eparchies, parishes, missions, priests, seminarians, and the men and women religious of our Church.

Heal all those who are ill and bless the orphans, homeless, unemployed and destitute. Bless all schools, colleges and institutions and all who are associated with them. Lord, bless all families and the whole world, and in your grace and plentitude, bless us all.

### Dedication

**I**n your compassion, forgive the offenses we committed today. Protect us this night. Preserve us in your grace and holiness, today and all the days of our life. We dedicate to you the rest of our life; graciously accept our offerings.

Let the love of God the Father and the grace of the Only-begotten Son and the communion and abiding presence of the Holy Spirit be upon us now and always.

May the prayers and blessings of Mary, the Mother of God and all the saints be with us now and always. **Amen.**

O Holy Mother! Guard us in divine grace and holiness throughout this night. **Amen.**

Our guardian angels, guard us in divine grace and holiness throughout this night. **Amen.**

**All:**

☩ my soul, praise the Lord;  
all that is in me, bless His holy name.

☩ my soul, praise the Lord;  
do not forget His blessings.



رحمك وحما

*Lilyo*

[Night Prayer]

Initial Prayers and Qaumo

### Supplication

☉ God, I raise my hands to you.

Like a servant to his master, I raised my eyes to you.  
O God, you are the Creator and I am your creature.  
O God, you are the King and I am your servant. O  
God, you are great, and I, lowly. You are mighty  
and I, weak. You are the One who forgives, and I,  
the sinner. You are wise, and I, ignorant and foolish.  
You are the One who gives, and I, the one who begs  
from you. You are eternal, and, I am fleeting.

By your holy will, you created me and taught me  
your holy name. In accordance with your instruc-  
tion I call upon you. Grave sinner though I am, I  
call upon you. Answer me, O Lord, and bless me.

O God, remove from me the sleep of evil and, on  
account of your perfect and just commandments,  
grant me the grace to meditate upon your holy name  
and vigilantly offer thanksgiving to you. O lover of  
mankind, I entreat you: allow me not to sleep the  
sleep of evil, but purify my heart and lead me away  
from evil dreams.

Grant me the grace to follow your commandments,  
to meditate on your just decrees during the day, and  
to fulfill your will.

Rescue me from sinful and dark deeds and deliver  
me from the grip of the evil one. Grant me a portion  
with your saints and make me a child of the light.  
Purify and adorn my soul that I might praise and  
honor you always.

I knock at the door of your mercy, O Lord, who  
dwell in a glorious mansion of light upon which the  
myriads of the heavenly host cannot look. Open the  
gate of your mercy to my petitions and receive my  
prayer in your bountiful presence. O Lord Jesus  
Christ, ocean of love and mercy who enrich the  
poor, pour forth upon me, your grace in abundance.

O Lord, answer my petition. Remove my blindness  
and allow me to see. Make me worthy to rejoice in  
the wonderful knowledge of the economy of salva-  
tion of my Lord and God, Jesus Christ. O God the  
Father, the Good One, who bless, sanctify and bring  
everything to completion, make me worthy to praise  
you unceasingly, and your Only-begotten Son, and  
Holy Spirit, now and always and forever. **Amen.**

رحمنا برحمتك

*Sapro*

[Morning Prayer]

### Initial Prayers and Qaumo

#### Opening Prayer

ⲉ Vigilant Lord, who do not sleep, awaken us from the slumber of sin that we may praise your watchfulness. O Immortal and Living One, give us life from the sleep of corruption and death that we may adore your mercy. O God, who are praised and blessed in heaven and on earth, make us worthy to praise and glorify you with the heavenly choirs of angels, our Lord and God forever. **Amen.**

#### Supplication

ⲉ Lord, bless us through the intercession of those who have pleased you. May the prophets who spoke of you by the Holy Spirit, the apostles who announced your revelation, and the martyrs who died for love of you, be intercessors on our behalf.

O holy ones, pray for and with us to Him whose will you performed, that He may remove from us all chastisements and the rod of wrath. O Lord, by the prayers and intercession of your holy ones, have mercy upon us. **Amen.**

#### Supplication

ⲉ Lord, who show compassion to sinners, have mercy upon us on the day of your judgment. In the abundance of your mercy, forgive our sins and trespasses. O Gracious One, the distressed knock at the door of your mercy; answer our petitions.

O Heavenly Father, we entreat you: accept our service and bless us. O Lord of the heavenly ones and hope of those on earth, accept our service and bless us. **Amen.**

+ Halleluiah, halleluiah, halleluiah!  
Glory to you, O God.

+ Halleluiah, halleluiah, halleluiah!  
Glory to you, O God.

+ Halleluiah, halleluiah, halleluiah!  
Glory to you, O God.

ⲉ Merciful God, in your great mercy, have mercy upon us. In our sacrifices and our prayers, let us remember our fathers who taught us, while they were alive, to be the children of God. The Son of God will grant them rest in the kingdom of heaven with the just and the righteous in the world which does not pass. O Lord, have mercy upon us and help us.



Glory to the Holy Trinity! Glory to the Holy Trinity!  
We praise the glorious Trinity, eternal and everlasting. O God, praise is due to you at all times forever.

**M`anito of Mor Athanasius:  
The Canticle of the Angels**

**A**s the angels and archangels on high in heaven sing praise, so we, weak and humble children of earth, sing praise and say:

At all times and at all seasons, glory to God in the highest, and on earth peace and tranquility, and good hope for everyone.

We praise you, we bless you, we adore you, and we glorify you with songs of praise.

We thank you for your great glory, Lord God, Heavenly King, O God, Almighty Father, with our Lord Jesus Christ, the Only-begotten Son, and with the Holy Spirit.

O Lord God, Lamb of God, Only-begotten Son and Word of the Father, who take away and have taken away the sin of the world, have mercy on us.

O Lord God, who take away and have taken away the sin of the world, hearken to us and accept our prayer.

You who sit in glory at the right hand of the Father, have compassion and mercy on us.

For you alone are holy, you alone, O Lord Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

At all times and at all seasons, and in all the days of our life, we will bless and praise your eternal name, which is holy and blessed forever.

O God of our fathers, O Lord Almighty, you are blessed and your name is blessed and glorified forever.

To you belong glory, to you belong praise, to you belong honor, O God of all, O Father of truth, with the Only-begotten Son and the living Holy Spirit, now and always and forever. Amen.

**M`anito**

**A**loran Yeśu M`šihol

Do not shut the door of your mercy on our faces.  
Lord, we confess that we are sinners.  
Have mercy on us.

Your love made you descend from your place to us.  
Lord, by your death, our death has been destroyed.  
Have mercy on us. Amen.



Psalm 51

Have mercy on me, O God,  
according to your merciful love;  
according to your abundant mercy  
blot out my transgressions.

Wash me thoroughly from my iniquity,  
and cleanse me from my sin!

For I know my transgressions,  
and my sin is ever before me.

Against you, you only, have I sinned,  
and done that which is evil in your sight,  
so that you are justified in your sentence  
and blameless in your judgment.

Behold, I was brought forth in iniquity,  
and in sin did my mother conceive me.

Behold, you desire truth in the inward being;  
therefore teach me wisdom in my secret heart.

Purge me with hyssop, and I shall be clean;  
wash me, and I shall be whiter than snow.

Make me hear joy and gladness;  
let the bones which you have broken rejoice.

Hide your face from my sins,  
and blot out all my iniquities.

Create in me a clean heart, O God,  
and put a new and right spirit within me.

Cast me not away from your presence,  
and take not your holy Spirit from me.

Restore to me the joy of your salvation,  
and uphold me with a willing spirit.

Then I will teach transgressors your ways,  
and sinners will return to you.

Deliver me from bloodguilt, O God,  
O God of my salvation,  
and my tongue will sing aloud of your deliver-  
ance.

O Lord, open my lips,  
and my mouth shall show forth your praise.

For you take no delight in sacrifice;  
were I to give a burnt offering,  
you would not be pleased.

The sacrifice acceptable to God is a broken spirit;  
a broken and contrite heart, O God,  
you will not despise.

Do good to Zion in your good pleasure;  
rebuild the walls of Jerusalem,

Then will you delight in right sacrifices,  
in burnt offerings and whole burnt offerings;  
then bulls will be offered on your altar.

Praise is due to you, O God. *Barekmor.*

**Priest:** *Šub'ho ...*  
**Faithful:** *Men'olam ...*

*[During the Fast of the Apostles (13 Day Fast) or the Fast of the Assumption (15 Day Fast) or the Yaldo Fast (25 Day Fast), the prayers of the Fast are recited here.]*

### Supplication

(Ps 92:1, 2)

It is good to give thanks to the LORD,  
to sing praises to your name, O Most High;  
to declare your steadfast love in the morning,  
and your faithfulness by night.

(Ps 5:4) Lord, at dawn you will hear my cry;  
at dawn I will plead before you and wait.

Lord, have mercy on your people.  
O Lord, pardon and forgive our sins.

O Holy One, overshadow your right hand upon  
us, and heal all our infirmities for the sake of  
your holy name.

### Profession of Faith

#### Dedication of the Day

*[Composed by Archbishop Mar Ivanios, this prayer is recited by one person at the conclusion of the Morning Office.]*

☉ Merciful God, to you we dedicate this day. We offer you the holy Eucharistic celebrations, prayers, and all the good works performed today in the churches throughout the world. We also offer you our petitions, and sorrows, and all our endeavors.

Guide us today along your path.  
May your power and grace sustain us today.

Grant that all our thoughts, words,  
and actions bring honor to you.

O Lord, keep us away from the delusions of the evil one and from temptations to sin.

O Merciful Lord, abide in front and behind us, to our right and to our left, above us and below us, within us and around us. Be our protection and sanctify us.

May the prayers and blessings of the Mother of God and all the saints be with us now and forever. **Amen.**

*All:*

- ① Blessed Trinity,  
assist us with your eternal grace and power.
- ① Gracious Lord,  
may your salvation be with us forever.



رَكْعَاتُ الْوُجُوهِ  
[Prayer of the Third Hour]

Initial Prayer and Qaumo

### Supplication

① Lord, in your great mercy, have mercy upon me. Make me holy, O my God, and in your goodness, forgive my iniquities. O my Lord, make me worthy of your blessings and your forgiveness. Wipe away all wicked and evil thoughts and deeds. Save me from the deceits of Satan. Grant me your grace that I may be yours and be pleasing to you. Draw me into the haven of life and give me a repentant heart. Grant me humble and patient thoughts, O Lord, and whatever else is pleasing to you. O Lord, in your abundant blessing, grant what is necessary for my salvation. Fill me with knowledge, wisdom, and forbearance. Remove from me all vain thoughts and fill me with fear and reverence for you. O Lord, perfect in me the virtues of love, mercy, and charity. Have mercy on me, a sinner. O Christ, have mercy on me, a sinner. **Amen.**



### Supplication

☩ Almighty Lord God, who are without beginning and end, who fulfill the promises made to those who love you, who saved us from sin through your Son, Jesus Christ, and who are the protection of those who take refuge in you, grant us the same Holy Spirit you sent upon the apostles at the third hour in the form of fiery tongues. By Him, may we be blessed. By Him, may we be cleansed of all our sins, known and unknown, and from our evil thoughts. We praise you for the many blessings you have given us and entreat you to make us worthy to stand before you with pure hearts and blameless souls, now and always and forever. **Amen.**

### Supplication

☩ Lord Jesus Christ, bestow on us the same Spirit of sonship, power, and wisdom, whom you bestowed on your apostles. May He abide with us always and may we not be excluded from His abiding presence. O Heavenly King, who comfort us with the all-pervading and perfecting true Spirit, the Treasure House of goodness and the Giver of Life, hearken to us and abide in us. Purify us of all our iniquities and save our souls. O Lord Jesus Christ, as you came to your apostles and gave them peace, so too, be with us, your servants and grant us your salvation. **Amen.**

### Profession of Faith

رَكْعَةُ السَّاعَةِ  
[Prayer of the Sixth Hour]

### Initial Prayer and Qaumo

### Supplication

☩ Lord, who were crucified for us on the sixth day at the sixth hour, save us from the condemnation brought about by our sins, for you are our Savior. Lord, who willingly accepted the Cross and crucified our sins on the Cross, who gave life to Adam who was under death, by your life-giving Passion and by the nails with which you were fastened to the Cross, destroy all the evil thoughts in us. Since you are merciful, O God, enlighten our minds to remember your incomprehensible judgment. Our Lord Jesus Christ, we, your unworthy servants, praise you and, by your mercy, we entreat you. O Gracious Lord, who were nailed to the Cross at the sixth hour on account of our sins, nail our bodies, souls, and minds on love and reverence for you. O Lord, who took upon yourself blame, reproach, and curse, for our sake, take away from us all sinful thoughts and bodily passions. By the mantle of your grace, deliver us from the grip of sin and tribulation.

The soldiers divided your garment among themselves by casting lot. Lord, we repent about our sins; kindly grant us the portion reserved for those who do not turn again toward sin. Lord, who prayed, "Forgive them, Father, for they know not what they do," forgive the sins we committed before you, knowingly or unknowingly, willingly or unwillingly. Lord, deliver us from all our past and future iniquities. O Lord, who brought darkness on the earth at the time of your death on the Cross, bring darkness to the eyes of the enemy as he attacks us and shelter us from his wickedness. O Lord, who enlightened the mind of the thief at your right side, who confessed you as the Lord and King of the universe, enlighten our hearts to walk in your commandments and to confess your divinity until our last breath.

O Lord, who sent your angel to Philip to make the eunuch your disciple, send us your angel to teach us your ways and to guard us from the attacks of Satan and all wicked people. O Lord, who heard the prayer of Saint Peter and showed him the vision of a large sheet descending in order to teach him that all who believe in your name will be cleansed from their sins, hear our prayers and cleanse us from our sins, both public and private, known and unknown. O Lord, who appeared to Paul on his journey from Jerusalem to Damascus and converted him, in your

mercy bring us back from our evil ways. And as you did with St. Paul, enlighten our hearts to follow you in faith and actions and make us worthy to preach your life-giving Cross. Since you are blessed, O Lord, make us worthy to offer praise and thanksgiving to you, and to your Father, and to your Holy Spirit, now and forever. **Amen.**

### Supplication

☪ Lord of all, we praise you. O Lord Almighty, we adore you, for you have made the time of your Only-begotten Son's Passion a time of prayer and consolation. O Lord, at this time, accept our prayers and petitions. As at the hour of the crucifixion of your Only-begotten Son, you absolved our sins and rooted out the power of sin, now, wipe away our transgressions and make our lives virtuous and pure that we may praise your holy and worshipful name. Make us worthy to stand blamelessly before the awesome throne of your Only-begotten Son, praising you, O God the Father, who are without beginning and end, and your Only-begotten Son, and your Holy Spirit, now and always and forever. **Amen.**



### Bo`utho of Mor Balai

1. By the prayers of your Mother and all saints,  
Have pity on us and the faithful de-parted
2. Remembrance of Mary, shall be a blessing  
And her prayers, a stronghold – for our souls.
3. Prophets, apostles, and holy martyrs:  
Intercede and beg for mercy for us all.
4. On our faithful dead, who sleep in your hope,  
O Lord, sprinkle the dew of – your gladness.
5. Praise to the Lord God Who exalts His Mother  
And the saints, and who raises the departed.
6. By the prayers of your Mother and all saints,  
Have pity on us and the faithful de-parted

### Profession of Faith

رحمة الله وبركاته

[Prayer of the Ninth Hour]

### Initial Prayer and Qaumo

### Supplication

O Lord our God, the Word and Only Son of the Father, who destroyed our bondage to sin by your life-giving Passion, who destroyed the power of death by your life-giving Death, who convicted the wisdom of the wise and the learning of the learned by your mysterious and incomprehensible knowledge, and who delivered Adam and his descendants from the depths of hell by the power of your salvific Cross, we entreat you to grant us the grace of your Holy Spirit.

Clothe us with your holy Cross that we may extinguish the burning bows of the evil one and serve you in truth and justice all the days of our life. O Lord, on account of our weakness, bless and purify us in your mercy. Deliver us, Lord, from all injustice and grant us fear of you that we might do your will faithfully.



Remember us, O Lord, when you come into your kingdom and be merciful to us as once you were merciful toward the thief at your right hand. Make us worthy of your blessings and the forgiveness of sins. Deliver us from the evil one and all his temptations and save us from all wars. Since you are merciful and full of blessings, compassionate toward sinners, and answer their prayers and petitions, we will offer praise and thanksgiving to you, and to your Father, and to your Holy Spirit, now and forever. Amen.

#### Bo`utho of Mor Balai

1. Renew your creatures by the resurrection,  
O Lord, full of mercy and - compassion.
2. Grant rest and pardon to the departed  
Who have slept in the hope of - your coming.
3. Grant them rest O Lord in the bosom  
Of Abraham, Isaac, - and Jacob.
4. May their bodies and souls together sing:  
"Blessed is He who came, will come, and  
- raise the dead!"

#### Profession of Faith

## Appendix I: Quqilions

### I. Service of the Blessed Virgin Mary, Mother of God (Teśmešto d'bas Malko)

#### Quqilion (Psalm 45:9-11)

Praising stood the king's daughter  
Halleluiah-oo-Halleluiah  
And the queen on your right side

The king shall ever covet your beauty  
Halleluiah-oo-Halleluiah  
Forget your father's home and clan.

Šub'ho ... Men'olam ...

*Barekmor*

#### Egbo

O glorious intercessor!  
Plead for us your devotees  
To your Only-Begotten Son  
That He has pity on us  
*Staumenkalos Kurie-eleison*

#### Qolo

"Peace be upon you, O Princess!"  
Archangel greeted thus.  
"With you Mary is my Lord and  
He is born of you".

Šub'ho ...

*Barekmor*

Like a ship carries its captain  
You bore the King of Kings  
Paying due honor, O Mary  
In your blessed womb.

*Moriyo rahem alayn oo-adarayn.*

### Alternate Qolo

Remembrance of Mary, shall be a blessing  
And her prayers, a stronghold – for our souls.

*Barekmor.*

*Sub'ho ...*

To the Virgin Mary, Mother of God, Jesus  
Fragrant curl of smoke rises into the sky.

*Moriyo rahem alayn oo-adarayn.*

### Bo`utho

By your Cross, O Lord Jesus  
And your Mother's petitions  
Chastisements and rod of wrath  
Shall be wiped out entirely.

### Alternate Bo`utho

Your prayer for our sake  
Withhold not, Holy Mother,  
Plead for us to your Only Son  
That He have pity on us.

## II. Service of the Saints (*Teśmeśto d'sadeeqo*)

### Quqilion

(Psalm 92:12-14)

The just shall flourish like oil palms

Halleluiah

Like cedars of Lebanon they shall grow

They shall sprout up in advanced age and grow

Halleluiah

Joy and wealth shall prosper through their lives.

*Barekmor*

*Sub'ho ...*

*Men'olam ...*

### Eqbo

Good remembrance, O Mor (N.)

On earth as well as in heaven

Let your prayers benefit those

Who celebrate your feast on earth.

*Staumenkalos Kurie-eleison*

### Qolo

Opportune time for prayer O Mor (N.)

Plead as shepherd of your flock, it is pro-per

Raise your right hand like Moses and bless your sheep

Who were pleased always in your sweet canticles.

*Barekmor*

*Sub'ho ...*

Praise to the Father who upheld you O Mor (N.)  
Likewise to the Son who honored your remembrance  
And to the Spirit who crowns you, adoration.  
May your prayers be a source of grace to us.  
*Moriyo rahem alayn oo-adarayn.*

### Alternate Qolo

Blessings on prophets  
And on apostles  
As well as on martyrs  
On the day of judgment.

*Barekmor.*

*Sub'ho ...*

Martyrs longed to see  
The promised Messiah  
They soared into the sky  
By shedding their blood.  
*Moriyo rahem alayn oo-adarayn.*

### Bo`utho

We entreat you saints, listen  
Plead for us to the Lord God  
Chastisements and rod of wrath  
Shall be wiped out entirely

### III. Service of the Departed Priests (*Teśmeśto d'kohne*)

#### Quqilon (Psalm 132:9-12)

Clothe your priests with saving justice  
And the just with glory  
Halle-luiah – oo – Halle-luiah  
Turn not your anointed's face  
For sake of David, your servant.

If your sons observe my covenant  
Halle-luiah – oo – Halle-luiah  
I will teach them my promise and witness.

*Barekmor.*

*Sub'ho ...      Men'olam ...*

### Eqbo

May those feet which purely trod  
Keeping pure your holy place  
Enter paradise's door  
And dwell among the angels  
*Staumenkalos Kurie-eleison.*



### Qolo

God had created Adam  
In his own divine nature  
And like a close friend of his  
He walked with him in Eden.

Watching closely this friendship  
How they enjoy each other  
Vigilant angels wondered at  
Seeing man's exaltation.

*Barekmor.*

*Sub'ho ...*

Priesthood was handed down to  
Moses along with Aaron  
Moses gave to Zachariah  
Eternal High Priest Jesus  
Ordained the apostles priests  
Priests to save the world through them.

And they, on their part, gave it  
To the four quarters of the earth.

*Men'olam ...*

The faithful, who ate your Body  
And have drunk your precious Blood  
And died, shall be remembered  
In celestial Jerusalem.

When you sit judging all men  
The wicked ones are separated  
Let them stand with bright faces  
On your right hand side, O Lord.

*Moriyo rahem alayn oo-adarayn*

### Bo`utho

Crowns of immense beauty are  
Placed on God's holy *Thronos*  
They will be crowned on the heads  
Of priests, who diligently served.

### Alternate Bo`utho

We sing praises and plead you Me-ssiah High Priest,  
Grant your grace to priests who offered your sacra-ments.

### IV. Service of the Faithful Departed (*Teśmeśto d'aneede*)

### Quqilion

(Psalm 103:13-15)

The father pities his children      Halleluiah  
Likewise God, his devotees

Man's life like grass withers away      Halleluiah  
And like lilies, it blossoms.

*Barekmor*

*Sub'ho ...*

*Men'olam ...*

### Eqbo

Trusting in your grace, O Lord  
Your servants who departed  
Let them be raised by your call  
To paradise from their graves  
*Staumenkalos Kurie-eleison*

### Qolo

The King who is to give life  
Descended from heaven above  
And imparts life  
To all those who departed;  
And each one from his grave  
Rises up with a new life  
Giving praises  
To Him who vivifies.

*Barekmor*

*Sub'ho ...*

"He who eats my Body  
And who drinks my precious Blood  
Never shall I  
Leave him go to Sheol,  
For I came there and died  
That he might live forever"  
Glory to the  
Saying of our Savior.

*Moriyo rahem alayn oo-adarayn.*

### Bo`utho

On the Cross, O Gracious Lord  
Your boon which the good thief got  
Grant them who died praising you  
The Father, Son and Holy Spirit.

## Appendix II: Prayers for the Fasts

### The Fast of the Apostles (13 Day Fast)

#### Evening Prayer

Ⓛ Lord, when ignorant and foolish fishermen became your followers and disciples, they became so skilled and wise that not even the wise of the world could defeat them. By our fasting, prayer, and acts of charity, may your grace strengthen us to draw closer to you, to live for you, and to accomplish your holy will.

O Lord, for love of you, the Apostle Peter suffered martyrdom by being crucified upside down and the Apostle Paul was beheaded; like them, may we truly love you and bear any suffering and trial for the sake of your holy name, and may your grace strengthen us to never be separated from you by any temptation or by death. By the prayers of Peter and Paul, rescue us from all enemies.

O Lord, by the prayers of your holy apostles, may we triumph over this world and its fleeting desires and, like them, may we instead desire the everlasting joy of eternal life in the world to come and be made worthy of an inheritance with them in heaven. May your grace help us not to fear those who kill the body but not the soul, but rather to fear you who can destroy

both soul and body in *Gehenna*. May your grace strengthen us to purify and sanctify our souls through asceticism and to live in a Christian manner.

### Morning Prayer

☉ Lord, as once you were pleased by the fasting of the apostles, be pleased with our fast. Help us to live not for the world, but for you, and like the apostles, to live in you.

Grant that we excel in this world not as Christians in name only, but as true Christians. Grant, also, we become a model by our fasting, prayer, and acts of charity.

O Lord, as the holy apostles worked for the salvation of the world and became instruments for the salvation of thousands of souls, by true love for you and adorned by acts of charity, may we too become instruments for the salvation of many souls.

Grant that our neighbors and fellow citizens see our good example and your love for us and witness the miracles you work in our midst and be added to your sheepfold. May your holy name be honored and glorified in all parts of the world and may the evil one be shamed.

## The Fast of the Assumption (15 Day Fast)

### Evening Prayer

After Our Lady was chosen to be the Mother of God, she renounced all worldly delights, lived in holiness, and was adorned with many blessings. O Lord, make us worthy to renounce all worldly delights and through prayer and fasting to become adorned with many blessings. Make us holy habitations of your indwelling.

O Lord, by the prayers of Our Lady, the Blessed Ever-Virgin Mary, whom you chose to remedy the destruction caused by Eve, accept our prayers, fast, and service. As at the wedding at Cana, where you miraculously remedied the shortage of wine by her intercession, by her prayers, remedy the shortcomings of our prayers, fast, and service.

O Lord, accept our fast and prayers as once you received the body and soul of your Mother in heaven at the time of her death, accompanied by the angels, prophets, apostles, martyrs, ancient patriarchs, and all the holy ones. May the evil one and his powers, who unceasingly attempt to separate us from you, run away in shame.



### Morning Prayer

☉ Lord, with enlightened fasting and purity of body and soul, make us worthy to celebrate the feast of your Mother's death and assumption into heaven at the end of this fast.

O Merciful Father, accept our prayers and fast. Grant us the grace to reject sinful desires and let our minds and thoughts be raised to contemplate Christ our God, who sits at the right hand of the Father.

Make us worthy, Almighty God, to contemplate not the things of this world but the things of the heavenly heights, and to join the heavenly hosts on high in singing your praises in memory of Our Lady's Assumption. Let not our fasts and prayers be for our condemnation on the great day when you will render unto each one according to his deeds, but let them be for an outpouring of your grace and assistance and for the forgiveness of sins. Amen.

### The Yaldo Fast (25 Day Fast)

#### Evening Prayer

☉ God, in your mercy you sent your Only-begotten Son to ransom humanity from the misfortune that had befallen mankind when our father Adam ate the forbidden fruit. For the honor and celebration of that salvific birth, may our fast be acceptable to you like the offerings of the Magi who arrived from the East.

We approach the feast of the salvific birth of our Savior with the great weapon of fasting, which your Only-Begotten Son handed over to us as means of defeating the evil one, since we had become subject to him through food. In your mercy, rescue us from the evil one who wages war with us in order to cause us to fall. Rescue us from this adversary and his powers.

O God, since we are weak, our fasts and prayers are also weak and imperfect. Yet, since we are created in your image and are your handicraft, accept our fasts and prayers in your mercy. If, in your mercy toward us, you sent your Only-begotten Son to become incarnate, there is nothing that can obstruct your great mercy from removing the imperfections of our service and from forgiving our sins.

Before your great mercy, our sins are like a small stain in a large ocean. Having received your mercy and the forgiveness of sins, make us worthy, O God, to praise

and glorify you with the angels on the feast of our Savior's birth and to witness the miracle with the shepherds. Grant, O Lord, that having recognized your love for us, and with thankful hearts, we praise and glorify you, and your Only-begotten Son, and your Holy Spirit, now and always and forever. Amen.

### Morning Prayer

☩ God, we take refuge in prayer and fasting to drive out our adversary, Satan, since, as your Only-Begotten Son taught us, the evil one is defeated and driven out only through fasting and prayer. May this fast be for us, succor and stronghold.

Though your Only-begotten Son freed us from servitude to Satan, we are again brought under his rule through our wicked deeds. Through fasting and prayer, make us worthy to wholeheartedly delight in the great Feast of our freedom from this captivity.

Since no one is saved by his own righteousness, we take refuge not in our fasting or prayers, but in your grace alone. O God, do not abandon us and do not allow us to languish on the feast of joy.

Remove from us all sinful and wicked thoughts and deeds. Clothed in goodness and spiritual ornaments may we rejoice in the external ornaments, in food and drink, according to your will.

## Appendix III: Glossary and Notes

### Fasts

In addition to Wednesdays and Fridays, the following are the Fasts according to the Syrian tradition:

#### Obligatory Fasts

1. *Saumo d'yaldo*: The Nativity Fast is in preparation for the Feast of Yaldo, commonly called Christmas. The length of this fast varies, as the Western part of the Syrian Patriarchate observed this fast from 10<sup>th</sup> December, the Eastern part of the patriarchate observed it from 1<sup>st</sup> December, and ascetics observed it from 15<sup>th</sup> November. Currently, the practice of the Malankara Church is to observe this fast for twenty-five days, beginning on 1<sup>st</sup> December.
2. *Bo'utho d'Nineveh*: The Fast or Rogation of the Ninevites: This three day period of fasting is the strictest fast. It is also the only fast which does not precede a feast. Rather, the Three-Day Fast is a preparation for the Great Fast.
3. *Saumo rabo*: The Great Fast or Lent: The fifty-day fast is a period of fasting, prayer, and almsgiving in preparation for the Feast of Feasts, Easter.

#### Optional Fasts

1. *Saumo d'sleehae*: The Fast of the Apostles is now observed as a thirteen-day fast in preparation for the Feast of Saints Peter and Paul (June 29), and thus begins on 16<sup>th</sup> June.
2. *Saumo d'sunoyox*: The Assumption Fast is a preparation for the Feast of the Assumption of the Blessed Virgin Mary (August 15). It is fifteen days in duration and begins on 1<sup>st</sup> August. The antiquity of this Fast is witnessed in the similar fast observed by non-Catholic Chaldean Christians, who were estranged from the Catholic communion during the first half of the fifth century.



### *Other Fasts*

1. **Eight Day Fast:** This fast is a purely devotional fast which arose from the devotion and fervor of lay women of and around Kodungalloor. It is thus a purely Malankara fast in that it does not have an origin in the Syrian Christian tradition. It is observed as preparation for the Feast of the Nativity of the Blessed Virgin Mary (September 8) and begins on 1<sup>st</sup> September.
2. **Saumo d'Sleebo:** The Fast of the Cross was a Syrian Christian fast in preparation for the Feast of the Exaltation of the Cross (September 14). It was eight days in duration. However, it is no longer practiced in the Malankara Syrian tradition.

[The eighteen days between the Three-Day Fast and the Great Lent, as well as the fifty days between Easter (*Qyomtho*) and Pentecost are exempt from the rules of abstinence and fasting.]

### Psalms

#### ***Mazmuro* (Psalm)**

Unlike the Divine Office in other traditions, the Syrian tradition does not place as much emphasis on the recitation of the entire Psalter as on the recitation of certain, fixed psalms and hymns.

In the Syrian tradition the Psalms are prayed in three ways:

1. First, the Psalm may be recited simply, that is, without tune; this is called *p'sitoith*.
2. Second, the Psalm may be recited "on the canon". This is called either *qonuno* (canon) or *enyono* (response or antiphon). Psalms of this sort are either recited simply and followed by a hymn or rhythmic antiphons are interspersed with Psalm verses.

3. Finally, Psalms are recited "on the cycle", which is called *quqilion*. The Psalm is sung (i.e. not recited) with "Halleluiah" or "Halleluiah-oo-Halleluiah" in the middle of each verse.

With the exception of the minor Offices (Terce, Sext, None), each Office has its own fixed set of Psalms:

#### **Psalms of Vespers:**

(Psalm 51)

"Psalms of the Evening": 141, 142, 119:105-112, 117

#### **Psalms of Compline:**

Psalm 4

Psalms 91, 121

#### **Psalms of Nocturns:**

"Rouser Psalm" (*m'yrono*):

Psalms 134, 119:169-176, 117

Psalm 133 (or 51)

"Canticles of David": Psalm 148, 149, 150, 117

#### **Psalms of Matins:**

Psalm 51

*Enyonos* of "Sing Ye":

Psalms 63, 19; Isaiah 42: 10-13, 45:8

"Canticles of Praise": Psalms 113, 148, 149, 150, 117

Beatitudes: Matthew 5:3-12

### Hymns

#### ***Bo`utho* (Supplication; Petition)**

The *bo`utho* is a metrical hymn of either seven, twelve, or five syllables. A *bo`utho* of seven syllables is attributed to Mor Ephrem of Edessa (d. 373); a *bo`utho* of twelve syllables is attributed to Mor James of Sarugh (d. 521); and, a *bo`utho* of five syllables is attributed to the chorepiscopus Mor Balai of Aleppo (fl. 4<sup>th</sup> century). Each set has eight modes or tones and several melodies.



### ***'Enyono* (Response; Antiphon)**

The *'enyono* is sung on the eight modes, though every mode has several melodies. There are various types of *'enyono*:

1. *zumoro* (an antiphon before the lessons or Scripture readings);
2. *hulolo* (a *zumoro* preceding the Gospel reading with Halleluia);
3. *ma 'nito* (a chant or antiphon for great feasts or special occasions).

### ***Madrošo* (Disputation)**

A didactic hymn divided into sections with a particular theological theme. Hymns of this type originated in the second or third century AD amongst Gnostic groups. To counteract the negative influence of the Gnostic compositions, St. Ephrem, who is known as the 'Harp of the Holy Spirit', organized orthodox versions of these hymns. The Ephremite *madroše* formed the model for the Byzantine *kontakia*, especially those of Romanus the Melodist (d. ca. 555).

### ***Qolo* (Voice; Tune)**

The type of hymn which is known as *qolo* typically follows a passage from Scriptures and is a chant. There are three types of *qolo*. A particular type of *qolo* is the *Qolo Quqoyo* - these are named for Simon the Potter, a famous Syrian composer of hymns from the village of Gesir.

### ***Sebeltho* (Ladder)**

Though similar to the *madroše*, *sebeltho* is a hymn which is a sort of mosaic, as it is composed of pieces taken from other sources. These are often attributed to St. Ephrem.

### ***Soogitho* (Song; Canticle)**

The *soogitho* is a metrical hymn arranged alphabetically; it is thus an acrostic hymn. It is modeled on the *madroše* in terms of meter and melody.

### ***Taksephtho* (Beseeching)**

A hymn of a single section, often attributed to Saint Rabbulas, fourth century bishop of Edessa. They are often lengthy compositions.

### **Prayers**

#### ***Etro***

A prayer of incense

### ***Husoyo* (Atonement; Pardon)**

An invariable prayer for pardon which is addressed to Christ, which was inserted between the Proemion and Sedro in the 16<sup>th</sup> century.

### ***Huthomo* (Conclusion)**

Either a prayer or hymn of conclusion.

### ***Proemion* (Preface; Introduction)**

A *proemion* serves an introduction to the form of prayer known as *sedro*. Each *proemion* is unique to a particular *sedro*.

### ***Eqbo* (Foot; Stanza)**

### ***Sedro* (Row; Line; Order; Series)**

Of uniquely Syrian invention, the form of prayer known as *sedro* is one of the most characteristic units of the Syrian liturgical tradition. The prayer form known as *sedro* was greatly influenced by the ancient liturgical homilies, both the metrical *memre* and the prose *turgome*. Though many of them are addressed to Christ, the *sedre* often conclude with a Trinitarian doxology to maintain the Trinitarian orientation in worship. They have been an integral element of the Syrian liturgy since the ninth century.

### ***Southoro* (Covering; Protection)**

The Office of Compline is referred to as *southoro*, since the Introductory Prayer for this Office in the *shimo* begins with a prayer invoking the Lord's protection and because in this Office, Psalm 91 is recited (refer **Ps 91:1**).

### **Words and Phrases**

#### **Syriac Words and Phrases**

*Abo*: Father

*Aboor*: Our Father

*Aloho*: God

*Barekmor*: Bless, my Lord

*Bro*: Son

*Dukrono*: remembrance

*Eqbo*: foot or stanza

*Enyono*: response; antiphon

*Hailthono*: mighty; strong

*Husoyo*: atonement; pardon

*Huthomo*: conclusion

*Kohano*: Priest

*Ma`nitho*: anthem; chant

*Mazmuro*: Psalm

*Men`olam vadamo l'olam olmeen amen*:

From age to age and forever. Amen.

*Morar*: Our Lord

*Moran esraham alayr*:

Our Lord, have mercy on us.

*Moran hus oo-rahaim alayr*:

Our Lord, have pity and mercy on us.

*Moran aniyin oo-rahem alayr*:

Our Lord, answer us and have mercy on us.

*Moriyo*: Lord

*Moriyo rahem alayn oo-adarayr*:

Lord, have mercy on us and help us.

*Procmion*: preface; introduction

*Qadeeso*: holy

*Qaumox*: standing; station

*Rooho*: Spirit

*Sedro*: order; row; line

*Šainox*: good will; tranquility

*Šlomo*: peace

*Šub`ho*: praise; glory

*Šub`ho l'abo labro val-rooho qadeeso*:

Glory to the Father, and to the Son, and to the Holy Spirit.

*Šub`ho lok Morar*:

Glory to you, O Lord

*Šub`ho lok sabran l'olan*:

Glory to you, our Hope forever.

*Sleebo*: Cross

*Sleecho*: Apostle

#### **Greek Words and Phrases**

*Eucharistia*: Thanksgiving

*Kurie-eleison* (*Kyrie-eleison*): Lord, have mercy upon us.

*Staumenkalos*: Let us stand well

## BOOK II: Devotional Prayers

### Prayers for the Sacrament of Penance

Penance is the Sacrament instituted by Jesus Christ in His love and mercy wherein we meet the loving Jesus who offers sinners forgiveness for offenses committed against God and neighbor. At the same time, the Sacrament permits sinners to reconcile with the Church, which also is wounded by our sins.

The fruits of this Sacrament are:

- Reconciliation with God: the penitent recovers sanctifying grace.
- Reconciliation with the Church.
- Remission of the eternal punishment incurred by mortal sins. Remission, at least in part, of temporal punishments resulting from sin.
- Peace and serenity of conscience, and spiritual consolation.
- An increase of spiritual strength for the Christian battle.

### Preparation Supplication

O God the Holy Spirit, enlighten my conscience and grant me the grace to know my sins, to understand the gravity of them, and to have a sincere conversion of heart. Grant me also the grace to call upon you and to show contrition for my sins.

O Mary, refuge of sinners, intercede on my behalf that I may see the wickedness of my ways and show contrition for my sins.



My beloved guardian angel, pray for me that this confession I will make will be my last and that I will no longer sin against our great and holy God.

### Examination of Conscience

[Adapted from Socias, James. *Handbook of Prayers* (Woodridge: Midwest Theological Forum., 2012)]

Examine your conscience. Recall your sins.  
Calmly ask yourself what you have done with full knowledge  
and full consent against God's Commandments.

#### THE FIRST COMMANDMENT

- Did I perform my duties toward God reluctantly or grudgingly?
- Did I neglect my prayer life? Did I recite my usual prayers?
- Did I receive Holy Communion in the state of mortal sin or without the necessary preparation?
- Did I violate the one-hour Eucharistic fast?
- Did I fail to mention some grave sin in my previous confessions?
- Did I seriously believe in something superstitious or engage in a superstitious practice (palm-reading or fortune telling for instance)?
- Did I seriously doubt a matter of Faith?
- Did I put my faith in danger — without a good reason — by accessing the Internet; reading a book, pamphlet, or magazine; or viewing movies and television programs that contain material contrary to the Catholic Faith or morals?
- Did I endanger my faith by joining or attending meetings of organizations opposed to the Catholic Faith? Did I take part in one of its activities?
- Have I committed the sin of sacrilege (profanation of a sacred person, place, or thing)?

#### THE SECOND COMMANDMENT

- Did I fail to try my best to fulfill the promises and resolutions I made to God?
- Did I take the name of God in vain? Did I make use of God's name mockingly, jokingly, angrily, or in any other irreverent manner?
- Did I make use of the Blessed Virgin Mary's name or another saint's name mockingly, jokingly, angrily, or in any other irreverent manner?
- Did I tell a lie under oath?
- Did I break (private or public) vows?

#### THE THIRD COMMANDMENT

- Did I miss Mass on a Sunday or a Holy Day of Obligation?
- Did I fail to dress appropriately for Mass?
- Have I, without sufficient reason, arrived at Mass so late that I failed to fulfill the Sunday or Holy Day of Obligation?
- Did I allow myself to be distracted during Mass, by not paying attention, looking around out of curiosity, etc.?
- Did I cause another to be distracted?
- Have I performed any work or business activity that would inhibit the worship due to God, the joy proper to the Lord's Day, or the appropriate relaxation of mind and body, on a Sunday or a Holy Day of Obligation?
- Did I fail to generously help the Church in her necessities to the extent that I am able?
- Did I fail to fast or abstain on a day prescribed by the Church?

#### THE FOURTH COMMANDMENT (FOR PARENTS)

- Have I neglected to teach my children their prayers, send them to church, or give them a Christian education?
- Have I given them bad example?
- Have I neglected to watch over my children, to monitor their companions, the books they read, the movies and TV shows they watch, or their use of the Internet?
- Have I failed to see to it that my children have received the Sacraments of Baptism and Confirmation; that they made First Confession and First Communion?

#### (FOR CHILDREN)

- Was I disobedient toward my parents or others in authority?
- Did I neglect to help my parents when my help was needed?
- Did I treat my parents with little affection or respect?
- Did I react proudly when I was corrected by my parents?
- Did I have a disordered desire for independence?
- Did I do my chores?

#### THE FIFTH COMMANDMENT

- Did I easily get angry or lose my temper?
- Was I envious or jealous of others?
- Did I injure or take the life of anyone? Was I ever reckless in driving?
- Was I an occasion of sin for others by way of conversation; the telling of jokes religiously, racially, or sexually offensive; my way of dressing; inviting somebody to attend certain shows; recommending inappropriate or immoral Web sites on the Internet; lending harmful books or magazines; helping someone to steal, etc.? Did I give scan-

dal to others? Did I try to repair the damage done by the scandal I gave?

- Did I lead others to sin? What sin or sins were involved?
- Did I fail to maintain a healthy lifestyle to the detriment or the neglect of my physical health?
- Did I attempt to take my life?
- Have I mutilated myself or another?
- Did I get drunk or use prohibited drugs?
- Did I eat or drink more than a sufficient amount, allowing myself to get carried away by gluttony?
- Did I participate in any form of physical violence?
- Did I consent to or actively take part in direct sterilization (tubal ligation, vasectomy, etc.)? Do I realize that this will have a permanent effect on my married life and that I will have to answer to God for its consequences?
- Did I consent to, advise, or actively take part in an abortion? Was I aware that the Church punishes with automatic excommunication (*latae sententiae*) those who procure and achieve abortion? Do I realize that this is a very grave crime?
- Did I cause harm to anyone with my words or actions?
- Did I desire revenge or harbor enmity, hatred, or ill-feelings when someone offended me?
- Did I ask pardon whenever I offended anyone?
- Did I insult or offensively tease others?
- Did I quarrel with one of my brothers or sisters?

#### THE SIXTH AND NINTH COMMANDMENTS

- Did I willfully entertain impure thoughts?
- Did I consent to evil desires against the virtue of purity, even though I may not have carried them out? Were there any circumstances that aggravated the sin: affinity (relationship by marriage), consanguinity (blood relationship), either the married state or the consecration to God



of a person involved?

- Did I engage in impure conversations? Did I start them?
- Did I look for fun in forms of entertainment that placed me in proximate occasions of sin, such as certain dances, movies, shows, books, or on the Internet with immoral contents? Did I frequent houses of ill-repute or keep bad company?
- Did I realize that I might already have been committing a sin by placing myself in a proximate occasion of sin, such as sharing a room with a person I find sexually attractive, or being alone with such a person in circumstances that could lead to sin?
- Did I fail to take care of those details of modesty and decency that are the safeguards of purity?
- Did I fail, before going to a show or reading a book, to find out its moral implications, so as not to put myself in immediate danger of sinning and in order to avoid distorting my conscience?
- Did I willfully look at an indecent picture or cast an immodest look upon myself or another? Did I willfully desire to commit such a sin?
- Did I lead others to sins of impurity or immodesty? What sins?
- Did I commit an impure act? By myself, through masturbation? With someone else? With someone of the same or opposite sex? Was there any circumstance of relationship (such as affinity) that could have given the sin special gravity?
- Do I have friendships that are habitual occasions of sexual sins? Am I prepared to end them?
- In courtship, is true love my fundamental reason for wanting to be with the other person? Do I live the constant and cheerful sacrifice of not putting the person I love in danger of sinning? Do I degrade human love by confusing it with selfishness or mere pleasure?

#### (FOR MARRIED PEOPLE)

- Did I, without serious reason, deprive my spouse of the marital right? Did I claim my own rights in a way which showed no concern for my spouse's state of mind or health? Did I betray conjugal fidelity in desire or in deed?
- Did I take "the pill" or use any other artificial birth control device before or after new life had already been conceived?
- Did I suggest to another person the use of birth-control pills or another artificial method of preventing pregnancy (like condoms) ?
- Did I have a hand in contributing to the contraceptive mentality by my advice, jokes, or attitudes?

#### THE SEVENTH AND TENTH COMMANDMENTS

- Did I steal? What object did I steal? How much money, or how much was the object worth? Did I give it back, or at least have the intention of doing so? Did I knowingly accept stolen goods or services (cable television, Internet access) without payment?
- Have I done or caused damage to another person's property? To what extent?
- Did I harm anyone by deception, fraud, or coercion in business contracts or transactions?
- Did I unnecessarily spend beyond my means? Do I spend too much money because of vanity or caprice?
- Do I give alms according to my capacity?
- Was I envious of my neighbor's goods?
- Did I neglect to pay my debts?
- Did I knowingly accept stolen goods?
- Did I desire to steal?
- Did I give in to laziness or love of comfort rather than diligently work or study?



- Was I greedy? Do I have an excessively materialistic view of life?

### THE EIGHTH COMMANDMENT

- Did I tell lies? Did I repair any damage that may have resulted as a consequence of this?
- Have I unjustly or rashly accused others?
- Did I sin by detraction, that is, by telling the faults of another person without necessity?
- Did I sin by calumny, that is, by telling derogatory lies about another person?
- Did I engage in gossip, backbiting, or tale-telling?
- Did I reveal a secret without due cause?

### Prayer of Repentance

Almighty and Eternal God, you are the Divine Master, and, I am but a lowly slave who has sinned against you. In my wickedness, I thought harm against you, the Font of all-goodness. By my sins I nailed you to the Cross, O Lord. Woe to me for I am the cause of your holy wounds and bloodshed! By my sins I have damned my soul and become a slave to Satan, inheriting the eternal fires of Hell. I detest all my sins because I dread the loss of Heaven and the pains of Hell; but most of all because they offend you, O God. With the prodigal I cry, "Father, I have sinned against heaven and against you." Forgive me. "Cast me not away from your presence, and take not your holy Spirit from me." I promise to sin no more. On account of your Most Beloved Son, O Eternal Father, have mercy on me, a sinner.

O my Jesus, the Lamb of God who take away the sin of the world, by the merits of your holy wounds, forgive my sins and bless me. With Mary Magdalene I kiss your feet. Accept this prodigal child, O Lord! Wash my soul with the Holy Blood which flows from your wounds.

Mary Most Sorrowful, grant that I may reach my Lord again through your mediation. All you heavenly angels and saints, pray for me.

Here, the penitent may recite  
and meditate over the Penitential Psalms.

The Penitential Psalms are 6, 32, 38, 51, 102, 130, and 143.

### Confession

*Renouncing sin and intending to live a virtuous life, the penitent kneels before a priest, the representative of Christ to whom the power to bind and to loosen have been granted, and prays the Mawdyoneetho in humility and reverence.*

### Mawdyoneetho

Before God, Father, Son, and Holy Spirit, and before the Blessed Ever-Virgin Mary, Mother of God, and before all the saints and holy angels, and before the noble priesthood by which you loose and bind, O priest of God, I confess my sins. I am sinner! I am a grave sinner!

On account of my sins I mourn. I wholeheartedly renounce my sins and seek refuge in the grace and mercy of Christ Jesus the Lord. I entreat you: Father, grant me absolution of my sins and bless me.

*Here the penitent lists his sins, according to number and kind.  
The penitent ought not hide any sin out of fear but should  
confess all his/her sins openly to the priest.*

And afterwards, the penitent concludes, saying:

For these and all the sins of my past life, especially those I have named here and those I have forgotten, and the sins of my past, especially (...), I ask pardon of God, penance, and absolution from you.

### **Act of Contrition**

O my God, I am heartily sorry for having offended thee, and I detest all my sins, because I dread the loss of heaven, and the pains of hell; but most of all because they offend thee, my God, who are all good and deserving of all my love. I firmly resolve, with the help of thy grace, to confess my sins, to do penance, and to amend my life. Amen.

### **Thanksgiving after Confession**

O Most Compassionate Lord God, my thanksgiving for all that you have done for me is insufficient. Until now I had been enslaved by my sins to the evil one. However, now I am your servant. On account of my sins, I deserved the eternal fires of hell but now by this Sacrament I am made worthy for the eternal joy of the kingdom of heaven.

### **Devotional Prayers**

#### **Prayer to the Holy Spirit**

#### **Veni, Creator Spiritus**

Come, Holy Spirit, Creator, come from thy bright heavenly throne! Come, take possession of our souls, and make them all thine own! Thou who art called the Paraclete, best gift of God above, the living spring, the living fire, sweet unction, and true love! Thou who art sevenfold in thy grace, finger of God's right hand, His promise, teaching little ones to speak and understand! O guide our minds with thy blest light, with love our hearts inflame, and with thy strength which ne'er decays confirm our mortal frame. Far from us drive our hellish foe, true peace unto us bring, and through all perils guide us safe beneath thy sacred wing. Through thee may we the Father know, through thee, the eternal Son, and thee, the Spirit of them both, thrice-blessed three in one. All glory to the Father be, and to the risen Son; the same to thee, O Paraclete, while endless ages run. Amen.

**V.** Send forth thy Spirit, and they shall be created.

#### **Let us pray.**

O God, who hast taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of the same Spirit we may be always truly wise and ever rejoice in his consolation. Through Christ our Lord. **Amen.**



### **The Holy Rosary**

The devotion of the holy Rosary has been treasured in the Church for centuries. It is a summary of Christian faith in language and prayers inspired by the Bible. Although obviously Marian in character, it is Christ-centered in its essentials. It is a meditation on the lives of both our Lord and the Virgin Mary.

It is also important to remember that though these repeated invocations are directed to Mary, our acts of love are ultimately directed to Jesus himself, through her intercession.

In many families, there is a pious custom of reciting daily one part of the Rosary, but it ought to be remembered that the pious recitation of the Rosary should not replace the praying of the Divine Office.

**Make the Sign of the Cross:**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**Introduce the Rosary through  
the recitation of the Apostles' Creed:**

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

**Then, for an increase in the virtues of faith, hope, and charity:  
Our Father. Three Hail Mary. Glory Be.**

**Now, begin the mysteries of the day.**

**Start each decade by announcing the mystery and directing your imagination and attention towards that particular episode in the life of Christ or our Lady.**

### **MYSTERIES OF THE ROSARY**

#### **Joyful (Mondays and Saturdays)**

1. The Annunciation (Lk 1: 26- 38)
2. The Visitation (Lk 1: 39- 56)
3. The Nativity (Lk 2: 1- 20)
4. The Presentation (Lk 2: 22- 38)
5. The Finding of Jesus in the Temple (Lk 2: 41- 51)

#### **Luminous (Thursdays)**

1. The Baptism of Christ in the Jordan (Mk 1: 9- 11)
2. The Manifestation of Christ at the Wedding of Cana (Jn 2: 1- 12)
3. The Proclamation of the Kingdom of God, with His Call to Conversion (Mk 1: 14- 15)
4. The Transfiguration (Mk 9: 2- 8)
5. The Institution of the Eucharist (Mk 14: 22- 26)

#### **Sorrowful (Tuesdays and Fridays)**

1. The Agony in the Garden (Mt 26: 36- 46)
2. The Scourging at the Pillar (Jn 19: 1)
3. The Crowning with Thorns (Mt 27: 29)
4. The Carrying of the Cross (Jn 19: 16- 17)
5. The Crucifixion (Jn 19: 18- 30)



### Glorious (Wednesdays and Sundays)

1. The Resurrection (Mk 16: 1- 8)
2. The Ascension (Lk 24: 50- 52)
3. The Descent of the Holy Spirit (Acts 2: 1- 13)
4. The Assumption (Ps 16: 10)
5. The Coronation of the Blessed Virgin Mary (Rev 12: 1- 2)

Then proceed to the recitation of the decade. On the large bead say the **Our Father**. On each of the ten small beads, say a **Hail Mary**. Then pray the **Glory Be**.

Each decade is a contemplation of the life of our Lord, witnessed by Mary — one aspect of the paschal mystery. In recognition of the connection with Christian life, one should conclude one's contemplation of each of them with a prayer for the fruits specific to that particular mystery. Alternatively, a more general prayer may be said, according to custom, such as the following: **O my Jesus, forgive us our sins, save us from the fire of hell, draw all souls to heaven, especially those who are in most need of your mercy.**

The following prayers are the most common conclusions to the Rosary:

#### HAIL HOLY QUEEN

Hail, holy Queen, mother of mercy, our life, our sweetness, and our hope. To you do we cry, poor, banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this exile show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.  
**V.** Pray for us, O holy Mother of God.

**R.** That we may be made worthy of the promises of Christ.

### LITANY OF THE BLESSED VIRGIN MARY (LITANY OF LORETTO)

Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.  
Christ, hear us.  
Christ, graciously hear us.

God the Father of heaven, **Have mercy on us.**  
God the Son, Redeemer of the world, **Have mercy on us.**  
God the Holy Spirit, **Have mercy on us.**  
Holy Trinity, one God, **Have mercy on us.**

Holy Mary, pray for us.  
Holy Mother of God, . . .  
Holy Virgin of virgins, . . .

Mother of Christ, . . .  
Mother of the Church, . . .  
Mother of divine grace, . . .  
Mother most pure, . . .  
Mother most chaste, . . .  
Mother inviolate, . . .  
Mother undefiled, . . .  
Mother most amiable, . . .  
Mother most admirable, . . .  
Mother of good counsel, . . .  
Mother of our Creator, . . .  
Mother of our Savior, . . .

Virgin most prudent, . . .  
Virgin most venerable, . . .  
Virgin most renowned, . . .  
Virgin most powerful, . . .  
Virgin most merciful, . . .  
Virgin most faithful,

Mirror of justice, . . .  
Seat of wisdom, . . .  
Cause of our joy, . . .  
Spiritual Vessel, . . .  
Vessel of honor, . . .  
Singular vessel of devotion, . . .  
Mystical rose, . . .  
Tower of David, . . .  
Tower of ivory, . . .  
House of gold, . . .  
Ark of the covenant, . . .  
Gate of heaven, . . .  
Morning star, . . .  
Health of the sick, . . .  
Refuge of sinners, . . .  
Comforter of the afflicted, . . .  
Help of Christians, . . .

Queen of angels, . . .  
Queen of patriarchs, . . .  
Queen of prophets, . . .  
Queen of apostles, . . .  
Queen of martyrs, . . .  
Queen of confessors, . . .

Queen of virgins, . . .  
Queen of all saints, . . .  
Queen conceived without original sin, . . .  
Queen assumed into heaven, . . .  
Queen of the most holy Rosary, . . .  
Queen of the family, . . .  
Queen of peace, . . .

**V.** Lamb of God, you take away the sins of the world,  
**R.** Spare us, O Lord.

**V.** Lamb of God, you take away the sins of the world,  
**R.** Graciously hear us, O Lord.

**V.** Lamb of God, you take away the sins of the world,  
**R.** Have mercy on us.

**V.** Pray for us, O holy Mother of God,  
**R.** That we may be made worthy of the promises of Christ.

**Let us pray.**

O God, whose Only-Begotten Son, by His life, death, and resurrection, has purchased for us the rewards of everlasting life; grant, we beseech you, that, we, who meditate on these mysteries of the most holy Rosary of the Blessed Virgin Mary, may imitate what they contain, and obtain what they promise. Through Christ our Lord.  
**R.** Amen.

There is also a custom of ending the Rosary with prayers for the intentions of the Holy Father, the whole Church, the (arch) bishop of the (arch)diocese, and the holy souls in purgatory. The following prayers are suggested:

For the intentions of the Pope and the needs of the Church and of the nation: Our Father. Hail Mary. Glory Be.

For the (arch)bishop of this (arch)diocese and his intentions: Our Father. Hail Mary. Glory Be.

For the holy souls in Purgatory: Our Father. Hail Mary. May they rest in peace.

R. Amen.

#### THE MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired with this confidence, I fly unto you, O Virgin of virgins, my Mother. To you I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me. Amen.



#### **The Stations of the Cross** (According to Saint Alphonsus Liguori)

The Stations of the Cross is a devotion to the Sacred Passion, in which we accompany, in spirit, our Blessed Lord in His sorrowful journey from the house of Pilate to Calvary, and meditate on His sufferings and death.

#### **Preparatory Prayer**

**ALL:** My Lord, Jesus Christ, / You have made this journey to die for me with unspeakable love; / and I have so many times ungratefully abandoned You. / But now I love You with all my heart; / and, because I love You, I am sincerely sorry for ever having offended You. / Pardon me, my God, and permit me to accompany You on this journey. / You go to die for love of me; / I want, my beloved Redeemer, to die for love of You. / My Jesus, I will live and die always united to You.

*At the cross her station keeping  
Stood the mournful Mother weeping  
Close to Jesus to the last*



**The First Station:  
Pilate Condemns Jesus to Die**

**V:** We adore You, O Christ, and we praise You.  
(Genuflect)

**R:** Because, by Your holy cross, You have redeemed the world. (Rise)

**V:** Consider how Jesus Christ, after being scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross. (Kneel)

**R:** My adorable Jesus, /  
it was not Pilate; / no, it was my sins that condemned  
You to die. / I beseech You, by the merits of this sorrow-  
ful journey, / to assist my soul on its journey to eternity. /  
I love You, beloved Jesus; / I love You more than I love  
myself. / With all my heart I repent of ever having of-  
fended You. / Grant that I may love You always; and  
then do with me as You will.

(Our Father, Hail Mary, Glory be.)

*Through her heart, His sorrow sharing  
All His bitter anguish bearing  
Now at length the sword has passed*

**The Second Station:  
Jesus Accepts His Cross**

**V:** We adore You, O Christ, and we praise You.  
(Genuflect)

**R:** Because, by Your holy cross, You have redeemed the world. (Rise)

**V:** Consider Jesus as He walked this road with the cross  
on His shoulders, thinking of us, and offering to His Fa-  
ther in our behalf, the death He was about to suffer.  
(Kneel)

**R:** My most beloved Jesus, /  
I embrace all the sufferings You have destined for me  
until death. /  
I beg You, by all You suffered in carrying Your cross, /  
to help me carry mine with Your perfect peace and resig-  
nation. /  
I love You, Jesus, my love; /  
I repent of ever having offended You. /  
Never let me separate myself from You again. /  
Grant that I may love You always; and then do with me  
as You will.

(Our Father, Hail Mary, Glory be.)

*O, how sad and sore depressed  
Was that Mother highly blessed  
Of the sole Begotten One*

**The Third Station:  
Jesus Falls the First Time**

**V:** We adore You, O Christ, and we praise You.  
(Genuflect)

**R:** Because, by Your holy cross, You have redeemed the world. (Rise)

**V:** Consider the first fall of Jesus. Loss of blood from the scourging and crowing with thorns had so weakened Him that He could hardly walk; and yet He had to carry that great load upon His shoulders. As the soldiers struck Him cruelly, He fell several times under the heavy cross.  
(Kneel)

**R:** My beloved Jesus, /  
it was not the weight of the cross / but the weight of my  
sins which made You suffer so much. / By the merits of  
this first fall, / save me from falling into mortal sin. /  
I love You, O my Jesus, with all my heart; /  
I am sorry that I have offended You. /  
May I never offend You again. /  
Grant that I may love You always;  
and then do with me as You will.

(Our Father, Hail Mary, Glory be.)

*Christ above in torment hangs  
She beneath beholds the pangs  
Of her dying, glorious Son*

**The Fourth Station:  
Jesus Meets His Afflicted Mother**

**V:** We adore You, O Christ, and we praise You.  
(Genuflect)

**R:** Because, by Your holy cross, You have redeemed the world. (Rise)

**V:** Consider how the Son met His Mother on His way to Calvary. Jesus and Mary gazed at each other and their looks became as so many arrows to wound those hearts which loved each other so tenderly (Kneel)

**R:** My most loving Jesus, /  
by the pain You suffered in this meeting / grant me the  
grace of being truly devoted to Your most holy Mother. /  
And You, my Queen, who was overwhelmed with sor-  
row, / obtain for me by Your prayers / a tender and a  
lasting remembrance of the passion of Your divine Son. /  
I love You, Jesus, my Love, above all things. / I repent of  
ever having offended You. / Never allow me to offend  
You again. / Grant that I may love You always; and then  
do with me as You will.

(Our Father, Hail Mary, Glory be.)

*Is there one who would not weep,  
'whelmed in miseries so deep  
Christ's dear Mother to behold.*



**The Fifth Station:  
Simon Helps Jesus Carry the Cross**

**V:** We adore You, O Christ, and we praise You.  
(Genuflect)

**R:** Because, by Your holy cross, You have redeemed the world. (Rise)

**V:** Consider how weak and weary Jesus was. At each step He was at the point of expiring. Fearing that He would die on the way when they wished Him to die the infamous death of the cross, they forced Simon of Cyrene to help carry the cross after Our Lord. (Kneel)

**R:** My beloved Jesus /  
I will not refuse the cross as Simon did: / I accept it and embrace it. / I accept in particular the death that is destined for me / with all the pains that may accompany it. / I unite it to Your death / and I offer it to You. / You have died for love of me; / I will die for love of You and to please You. / Help me by Your grace. / I love You, Jesus, my Love; / I repent of ever having offended You. / Never let me offend You again. / Grant that I may love You always; and then do with me as You will.

(Our Father, Hail Mary, Glory be.)

*Can the human heart refrain  
From partaking in her pain  
In that Mother's pain untold?*

**The Sixth Station:  
Veronica Offers Her Veil to Jesus**

**V:** We adore You, O Christ, and we praise You.  
(Genuflect)

**R:** Because, by Your holy cross, You have redeemed the world. (Rise)

**V:** Consider the compassion of the holy woman, Veronica. Seeing Jesus in such distress, His face bathed in sweat and blood, she presented Him with her veil. Jesus wiped His face, and left upon the cloth the image of his sacred countenance. (Kneel)

**R:** My beloved Jesus, /  
Your face was beautiful before You began this journey; / but, now, it no longer appears beautiful / and is disfigured with wounds and blood. / Alas, my soul also was once beautiful / when it received Your grace in Baptism; / but I have since disfigured it with my sins. / You alone, my Redeemer, can restore it to its former beauty. / Do this by the merits of Your passion; and then do with me as You will.

(Our Father, Hail Mary, Glory be.)

*Bruised, derided, cursed, defiled  
She beheld her tender Child  
All with bloody scourges rent.*



**The Seventh Station:  
Jesus Falls the Second Time**

**V:** We adore You, O Christ, and we praise You.  
(Genuflect)

**R:** Because, by Your holy cross, You have redeemed the world. (Rise)

**V:** Consider how the second fall of Jesus under His cross renews the pain in all the wounds of the head and members of our afflicted Lord. (Kneel)

**R:** My most gentle Jesus, /  
how many times You have forgiven me; / and how many times I have fallen again and begun again to offend You! / By the merits of this second fall, / give me the grace to persevere in Your love until death. / Grant, that in all my temptations, I may always have recourse to You. / I love You, Jesus, my Love with all my heart; / I am sorry that I have offended You. / Never let me offend You again. / Grant that I may love You always; and then do with me as You will.

(Our Father, Hail Mary, Glory be.)

*For the sins of His own nation  
Saw Him hang in desolation  
Till His spirit forth He sent.*

**The Eighth Station:  
Jesus Speaks to the Women**

**V:** We adore You, O Christ, and we praise You.  
(Genuflect)

**R:** Because, by Your holy cross, You have redeemed the world. (Rise)

**V:** Consider how the women wept with compassion seeing Jesus so distressed and dripping with blood as He walked along. Jesus said to them, "Weep not so much for me, but rather for Your children." (Kneel)

**R:** My Jesus, laden with sorrows, /  
I weep for the sins which I have committed against You / because of the punishment I deserve for them; / and, still more, because of the displeasure they have caused You / who have loved me with an infinite love. / It is Your love, more than the fear of hell, / which makes me weep for my sins. / My Jesus, I love You more than myself; / I am sorry that I have offended You. / Never allow me to offend You again. / Grant that I may love You always; and then do with me as You will.

(Our Father, Hail Mary, Glory be.)

*O sweet Mother! Fount of Love,  
Touch my spirit from above  
Make my heart with yours accord.*

**The Ninth Station:  
Jesus Falls the Third Time**

**V:** We adore You, O Christ, and we praise You.  
(Genuflect)

**R:** Because, by Your holy cross, You have redeemed the world. (Rise)

**V:** Consider how Jesus Christ fell for the third time. He was extremely weak and the cruelty of His executioners was excessive; they tried to hasten His steps though He hardly had strength to move. (Kneel)

**R:** My outraged Jesus, /  
by the weakness You suffered in going to Calvary, / give  
me enough strength to overcome all human respect / and  
all my evil passions which have led me to despise Your  
friendship. / I love You, Jesus my Love, with all my  
heart; / I am sorry for ever having offended You. /  
Never permit me to offend You again. / Grant that I may  
love You always; and then do with me as You will.

(Our Father, Hail Mary, Glory be.)

*Make me feel as You have felt  
Make my soul glow and melt  
With the love of Christ, my Lord.*

**The Tenth Station:  
Jesus Is Stripped of His Garments**

**V:** We adore You, O Christ, and we praise You.  
(Genuflect)

**R:** Because, by Your holy cross, You have redeemed the world. (Rise)

**V:** Consider how Jesus was violently stripped of His clothes by His executioners. The inner garments adhered to his lacerated flesh and the soldiers tore them off so roughly that the skin came with them. Have pity for your Savior so cruelly treated and tell Him: (Kneel)

**R:** My innocent Jesus, /  
by the torment You suffered in being stripped of Your  
garments, / help me to strip myself of all attachment for  
the things of earth / that I may place all my love in You  
who are so worthy of my love. / I love You, O Jesus, with  
all my heart; / I am sorry for ever having offended You. /  
Never let me offend You again. / Grant that I may love  
You always; and then do with me as You will.

(Our Father, Hail Mary, Glory be.)

*Holy Mother, pierce me through  
In my heart each wound renew  
Of my Savior crucified.*



**The Eleventh Station:  
Jesus Is Nailed to the Cross**

**V:** We adore You, O Christ, and we praise You.  
(Genuflect)

**R:** Because, by Your holy cross, You have redeemed the world. (Rise)

**V:** Consider Jesus, thrown down upon the cross, He stretched out His arms and offered to His eternal Father the sacrifice of His life for our salvation. They nailed His hands and feet, and then, raising the cross, left Him to die in anguish. (Kneel)

**R:** My despised Jesus, /  
nail my heart to the cross / that it may always remain  
there to love You and never leave You again. / I love  
You more than myself; / I am sorry for ever having of-  
fended You. / Never permit me to offend You again. /  
Grant that I may love You always; and then do with me  
as You will.

(Our Father, Hail Mary, Glory be.)

*Let me share with you His pain,  
Who for all our sins was slain,  
Who for me in torments died.*

**The Twelfth Station:  
Jesus Dies Upon the Cross**

**V:** We adore You, O Christ, and we praise You.  
(Genuflect)

**R:** Because, by Your holy cross, You have redeemed the world. (Rise)

**V:** Consider how Your Jesus, after three hours of agony on the cross, is finally overwhelmed with suffering and, abandoning Himself to the weight of His body, bows His head and dies. (Kneel)

**R:** My dying Jesus, /  
I devoutly kiss the cross on which You would die for love  
of me. / I deserve, because of my sins, to die a terrible  
death; / but Your death is my hope. / By the merits of  
Your death, / give me the grace to die embracing Your  
feet and burning with love of You. / I yield my soul into  
Your hands. / I love You with my whole heart. / I am  
sorry that I have offended You. / Never let me offend  
You again. / Grant that I may love You always; and then  
do with me as You will.

(Our Father, Hail Mary, Glory be.)

*Let me mingle tears with thee  
Mourning Him who mourned for me,  
All the days that I may live.*



**The Thirteenth Station:  
Jesus Is Taken Down from the Cross**

**V:** We adore You, O Christ, and we praise You.  
(Genuflect)

**R:** Because, by Your holy cross, You have redeemed the world. (Rise)

**V:** Consider how, after Our Lord had died, He was taken down from the cross by two of His disciples, Joseph and Nicodemus, and placed in the arms of His afflicted Mother. She received Him with unutterable tenderness and pressed Him close to her bosom. (Kneel)

**R:** O Mother of Sorrows, /  
for the love of Your Son, / accept me as Your servant  
and pray to Him for me, / And You, my Redeemer,  
since you have died for me, / allow me to love You, / for  
I desire only You and nothing more. / I love You, Jesus  
my Love, / and I am sorry that I have offended You. /  
Never let me offend You again. / Grant that I may love  
You always; and then do with me as You will.

(Our Father, Hail Mary, Glory be.)

*By the cross with you to stay  
There with you to weep and pray  
Is all I ask of you to give.*

**The Fourteenth Station:  
Jesus Is Placed in the Sepulcher**

**V:** We adore You, O Christ, and we praise You.  
(Genuflect)

**R:** Because, by Your holy cross, You have redeemed the world. (Rise)

**V:** Consider how the disciples carried the body of Jesus to its burial, while His holy Mother went with them and arranged it in the sepulcher with her own hands. They then closed the tomb and all departed. (Kneel)

**R:** Oh, my buried Jesus, /  
I kiss the stone that closes You in. /  
But You gloriously did rise again on the third day. /  
I beg You by Your resurrection that I may be  
raised gloriously on the last day, /  
to be united with You in heaven,  
to praise You and love You forever. /  
I love You, Jesus, and I repent of ever having offended  
You. / Grant that I may love You always; and then do  
with me as You will.

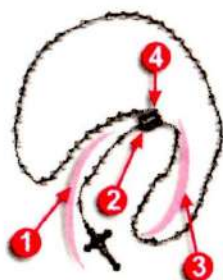
(Our Father, Hail Mary, Glory be.)

*Virgin of all virgins blest!  
Listen to my fond request:  
Let me share your grief divine.*

## The Chaplet of Divine Mercy

From the diary of a young Polish nun, Saint Faustina Kowalska, a special devotion began spreading throughout the world in the 1930s. The message is nothing new, but is a reminder of what the Church has always taught through scripture and tradition: that God is merciful and forgiving and that we, too, must show mercy and forgiveness. But in the Divine Mercy devotion, the message takes on a powerful new focus, calling people to a deeper understanding that God's love is unlimited and available to everyone — especially the greatest sinners.

1. Begin with the **Sign of the Cross**, 1 **Our Father**, 1 **Hail Mary** and **The Apostles Creed**.



2. Then on the **Our Father Beads** say the following:

**Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.**

3. On the 10 **Hail Mary Beads** say the following:

**For the sake of His sorrowful Passion, have mercy on us and on the whole world.**

(Repeat step 2 and 3 for all five decades).

4. **Conclude with: Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world (three times).**

## Dedication of the Family

O most Sacred Heart of Jesus, you revealed to the blessed Margaret Mary your desire to rule over Christian families; behold, in order to please you, we stand before you this day, to proclaim your full sovereignty over our family.\*

We desire henceforth to live your life, we desire that the virtues, to which you have promised peace on earth, may flower in the bosom of our family; we desire to keep far from us the spirit of the world, which you have condemned. You are King of our hearts by our love of you alone, with which our hearts are on fire and whose flame we shall nourish by frequent reception of the Holy Eucharist.

Be pleased, O Sacred Heart, to preside over our gathering together, to bless our spiritual and temporal affairs, to ward off all annoyance from us, to bless our joys and comfort our sorrows. If any of us has ever been so unhappy as to fall into the misery of displeasing you, grant that we may remember, O Heart of Jesus, that you are full of goodness and mercy toward the repentant sinner. And when the hour of separation strikes and death enters our family circle, whether we go or whether we stay, we shall all bow meekly before your eternal decrees.

This shall be our consolation, to remember that the day will come, when our entire family, once more united in heaven, shall be able to sing of your glory and your goodness forever. May the Immaculate Heart of Mary and the glorious Patriarch Saint Joseph vouchsafe to offer you this our act of consecration, and to keep the memory thereof alive in us all the days of our lives.

Glory to the Heart of Jesus, our King and our Father! Amen.



## Prayer for the Canonization of Mar Ivanios



### Prayer for the Canonization of Mar Ivanios

God, our Father, who brought the Syro-Malankara Catholic Church into the fullness of the Catholic communion and appointed Mar Ivanios as her shepherd in your abundant mercy, glorify your servant Mar Ivanios according to your holy will. You formed him to love the Church and to be our model for us in loving you and obtaining eternal life. Grant that the fragrance of his holiness and the warmth of his love may be a model to all humanity and that the Universal Catholic Church and the Syro-Malankara Catholic Church in particular may obtain another intercessor in heaven.

*Then proceed to say one Our Father,  
one Hail Mary and the Glory Be.*