Name: Room Number:

# SACRED MUSIC INSTITUTE

# **MATERIALS: TABLE OF CONTENTS**

Welcome, brothers and sisters, to a week of musical challenges and inspiration!

In this binder are the handouts you will need for our general sessions, along with instructions for inserting the five colored tabs within them. You will receive more handouts at breakout sessions.

All materials are available online from http://ww1.antiochian.org/2019-smi-handouts.

#### **Introductory Material**

- Table of Contents / Welcome Letter (this page)
- Course Descriptions / Presenter Biographies (4 sheets)
- 1) YELLOW Tab goes here, before page titled "Confession Handout"
  - Wednesday General Session (4 sheets): Confession
  - Thursday General Session (2 sheets): Unction
  - Thursday Service (22 sheets): Unction Service
- 2) RED Tab goes here, before page titled "Rejouce, O Virgin Theotokos"
  - Thursday General Session (20 sheets): Wedding / Ordination
  - Friday General Session (11 sheets): Baptism / Chrismation
- 3) WHITE Tab goes here, before page titled "Taking the Stress out of Master, Bless!"
  - Friday General Session (2 sheets): Chanting with a Hierarch
  - Friday evening Daily Vespers (5 sheets)
  - Sunday morning Orthros (17 sheets)
- 4) GREEN Tab goes here, before page titled "The Great Litany"
  - Friday and Sunday Divine Liturgies (27 sheets)
- 5) PINK Tab goes here, for use with breakout sessions

If you brought a small binder or folder, you may simply transfer the music for each service from your main binder to the smaller one. Your shoulders will be thanking you by Sunday!

# SACRED MUSIC INSTITUTE JULY 10-14, 2019

Dearest brothers and sisters in Christ:

On Holy Pentecost, as we celebrate the coming of the Holy Spirit, the Synaxarion boldly refutes the popular idea that Pentecost is the birthday of the Church. Instead, it asserts, "the teaching of the holy Fathers is that the Church existed before all other things." From the first time I heard those words, they resonated deeply within my soul; I knew them to be true. Yet the thought is staggering. The institution of the church predates the land on which our houses of worship are built, the musical scales with which we worship inside them, even the sun and moon that mark the hours of our prayer books. Before any of this existed, the Lord knew that it would, just as He knew we would come into being – and He created the Church as a means for communion between us and Himself.

The men and women I have encountered in the church have changed me like no others. They have challenged and encouraged me, provoked and astonished me, opened new worlds for me and given me the means to explore them. They are not like family – they *are* family, as we share something much deeper than chromosomes. We share a spiritual bond that was formed before time itself, when Christ created the Church in a love so great he would one day give Himself up for her.

If all of these things are true for our church family, they are even more true for the community of church musicians. We come from all over the Archdiocese, from large cities on the plains and tiny towns on the coast. We have attended classes overseas and in our own parish halls and living rooms. We sing with great voices and humble ones. But what separates us pales in comparison to what unites us: a shared vision of Orthodox worship and a calling to pursue it even at great cost.

Although our goals are lofty, the details of our lives as church musicians are often quite tedious. We spend countless hours typesetting and copying and arranging music. We prepare for rehearsals even when our singers arrive late or don't show at all. We plan family and professional obligations around the church calendar. We stay up late watching online videos of great musicians, and we take every opportunity to improve our craft and broaden our perspective so that we may better serve the Lord and His Church with our whole selves.

The Sacred Music Institute is such an opportunity. Each of you is among people who have walked where you have walked, experiencing the joys and hardships and growth that come from a deep dedication to the Divine Services. They understand what you are struggling with and they, like you, want to do better – for the sake of their choirs, their parishes and their own salvation. St. Luke writes, "Every one to whom much is given, of him will much be required." (12:48) And as we all know, there is no greater gift than to praise God in song.

I am so glad you are with us this weekend, and I pray you will be as inspired and refreshed as I am every time I leave this holy gathering. If there is any way I can serve you, please let me know.

Emily Lowe Coordinator, Sacred Music Institute

# **COURSE DESCRIPTIONS**

# FIND OUT MORE ABOUT EACH SESSION HERE.

# GENERAL SESSIONS

#### SACRAMENTS AND SONG (WEDNESDAY THROUGH SATURDAY)

At the heart of this year's Sacred Music Institute is a study of the seven Sacraments of the Church. What do they mean for us as church musicians and worshipers of the One True God? How does our spiritual knowledge about these mysteries affect our musical and artistic vocation? Practically speaking, how can we use our experience and expertise to draw our congregations closer to Truth in our Divine Services? You will get a chance to hear from a number of different presenters about these and other related questions throughout the weekend.

# CHORAL REHEARSAL (WEDNESDAY THROUGH SATURDAY)

Regular rehearsals help us to grow as musicians, and in these sessions, Paul and Zhanna will do much more than teach us the music for the Divine Liturgy services on Friday and Sunday mornings. They will explain how, why and to what extent they have prepared for leading us; share the rationale behind each piece and the circumstances under which it could change; and as we sing and encounter the inevitable difficulties, they will offer strategies for handling these challenges with grace and good humor. Rehearsal is the heart of the Sacred Music Institute, and you will come away from each one with new ideas to try with your choir.

VOCAL TECHNIQUE (WEDNESDAY THROUGH SATURDAY)

VARIETY SHOW (SATURDAY 8-10)

# **BREAKOUT SESSIONS**

# BEGINNING CHORAL CONDUCTING (ALL BREAKOUTS)

This class is designed to meet the needs and abilities of participants who are learning conducting or would like to improve their fundamental conducting skills. The complex of practical exercises will lead participants to develop and master basic conducting techniques that include elementary patterns (2/4, 3/4, 4/4), conducting planes, preparatory gestures, various cutoffs, breathing marks, conducting articulations (legato and staccato), tempo, dynamics and etc. Participants also will be given recommendations on how to interpret styles of choral liturgical music. A discussion of rehearsal strategies and vocal techniques, score study, and choral methods will be explored. Part of the sessions will focus on the selective pieces of music presented during the SMI, which will provide conductors with necessary knowledge of how to introduce this music to their choirs and how to conduct it. There will be practical opportunities for all participants to ask and get consultation with their individual needs.

## INTERMEDIATE CHORAL CONDUCTING (ALL BREAKOUTS)

This comprehensive and immersive choral conducting workshop is designed to serve and educate individuals as conductors, teachers, singers and servants. These sessions are for those with good musicianship skills, a fair amount of training, and who are experienced in working with choirs. This level further develops the foundations of conducting technique and vocal training, using more challenging music and score analysis, with increased attention to style, interpretation and rehearsal technique.

#### BEGINNING BYZANTINE NOTATION I (THURSDAY AND SATURDAY)

Students will briefly be introduced to the types of symbols used in Byzantine notation in order to understand how the overall system functions. Most of the class will be spent mastering basic interval and rhythm symbols. Students will play interactive games, read phrases on parallage (the Greek version of solfege), and write simple phrases in Byzantine notation.

## **BEGINNING BYZANTINE NOTATION II (FRIDAY)**

Students will continue their study of interval and rhythm symbols and learn some qualitative symbols. Students will play interactive games, read phrases on parallage (the Greek version of solfege), and write simple phrases in Byzantine notation. By the end of the class, students will be able to chant a short hymn from Byzantine notation!

# Intermediate Byzantine Notation

(ALL BREAKOUT SESSIONS)

Attendees will learn about complex rhythms, basic interpretation, scale changes, and the characteristics of the tones.

Intermediate Byzantine Notation will consist of three 2-hour sessions. Each session will build upon the prior lesson, and the skills acquired there. We will begin by discussing the key prerequisites for a chanter, along with advanced rhythms and interpretation using hymn examples from the services of the sacraments (specifically, baptism, unction, and marriage). We will also look at scale changes and tetrachordal shading. Finally, we will discuss the basic characteristics of the tones in the Byzantine style. **Prerequisites:** A fluent knowledge of the byzantine note names (Ni, Pa, Vou...), basic up and down symbols, and simple rhythms is essential to begin this course. If you can read and chant an heirmologic / brief hymn from Vespers by yourself and at the appropriate tempo, you should be equipped to begin going deeper. For example, if you can chant this hymn by sight, you should be able to join the course: https://bit.ly/2IIXDqk

#### MUSIC THEORY (ALL BREAKOUTS)

These sessions will provide a foundation in the various elements of music that are most vital to Orthodox musicians, as determined from past assessments of SMI participants. Please select the session(s) that would be most beneficial for you: Thursday we will cover Staff, Clefs, Notes, Duration, and Time Signatures; Friday, Scales and Keys; and Saturday, Intervals, Triads and Chords.

# PRESENTER BIOGRAPHIES

KEYNOTE SPEAKER: HIS GRACE, BISHOP JOHN ABDALAH holds a Doctor of Ministry degree in Pastoral Care from Pittsburgh Theological School, a Master of Divinity from St. Vladimir's Seminary, a Master's equivalency certificate in Pastoral Counseling from Pittsburgh Pastoral Institute, and a Bachelor of Science in Business Administration from Suffolk University in Boston, Massachusetts. Throughout Seminary and following his studies, he also studied Arabic.

Bishop John is a clinical member of the American Association of Pastoral Counselors. He taught Pastoral Counseling in the graduate program at the St. John of Damascus Institute at the Balamand in Lebanon. For 33 years, he served as a priest of the Antiochian Archdiocese of North America; he has been Dean of St. George Cathedral in Pittsburgh, Pennsylvania for the past 16 of those years. Before that, he served 16 years in New Kensington, and one year in Little Falls.

Additionally, Bishop John has also edited The Word magazine, has been the Spiritual Advisor for the Antiochian Women, and has served as Dean of the Western Pennsylvania clergy and churches for many years. Bishop John also served for nearly ten years as NAC Spiritual Advisor for the Fellowship of St. John the Divine, and he teaches Priestly Formation for the Antiochian House of Studies, while mentoring the full-time seminarians in the Antiochian House of Studies programs.

Married to Joanne Josephs until her repose on May 25, 2008, Bishop John is the father of Gregory (wife Diana) of Phoenix, Arizona, Joseph of Pittsburgh, Pennsylvania and Maria of Westboro, Massachusetts. He grew up at St. George Orthodox Church in Boston and has two siblings, Ernest of Westwood, Massachusetts and Khouria Janet Shadid of Johnstown, Pennsylvania.

On Sunday, December 11, 2011, Bishop John was consecrated as Auxiliary of the Diocese of Worcester and New England, for the Self-Ruled Antiochian Orthodox Christian Archdiocese of North America. The consecration took place at the Church of the Dormition of the Theotokos in the Patriarchal Monastery of Our Lady of Balamand, Balamand, Lebanon. Bishop John's namesday is September 26 (St. John the Theologian).

MAREENA BOOSAMRA BALL, originally from Ottawa, Canada, received both a Bachelor of Music Education and a Master's degree in vocal performance from the University of Arizona. An established singer, engagements include numerous performances with the Arizona Opera Company, the University of Arizona Opera Theatre, and the Stewart Hall Singers of Montreal. Since 2000, Mareena has been the Director of Choral Activities at Rincon/University High School in Tucson. Her award-winning choirs have traveled to New York City and have appeared at both Carnegie Hall and Riverside Church. Mareena took 90 students and chaperones on a 9-day tour to Ireland, Wales and England where they performed at Killkenny Castle, Stonehenge and the beautiful St. Paul's Cathedral. In July 2018 Mareena was invited as the Guest Conductor for the 14th Annual International Festival of the Aegean on the Island of Syros, as well as Athens Greece. In Spring 2020 Maestra Boosamra Ball will debut as a Guest Conductor in Carnegie Hall, where she will conduct Schubert's Mass in G. As a veteran of choral music in the Antiochian Orthodox Church, Mareena has been the Sacred Music Coordinator for the Western Region since 1989 as well as choral director at Holy Resurrection Antiochian Orthodox Church since 1979. This past December she celebrated 40 years of service with a beautiful Gala Concert featuring soloists from across the Archdiocese. She directed and produced two recordings done by the Western Region, "There is Joy in Bethlehem" and "Liturgy of the Presanctified Gifts." Mrs. Boosamra Ball is married to Bill Ball and frequently performs with his band, Still Cruisin' and the Shear DeLites. All three of her children have sung in her various choirs.

DEACON JOHN (RASSEM) EL MASSIH was born and raised in Anfeh, Lebanon, where he studied Byzantine chant under the renowned teacher Fr. Nicholas Malek. He received his certification at 18. After immigrating to the United States, he enrolled in the Hellenic College of Holy Cross, where he earned a Bachelor of Arts in Religious Studies and a Masters in Divinity. During his time at there, Deacon John continued to study Byzantine Chant under Photios Ketzetzis and Dr. Grammenos Karanos. He was a key member of the school's Saint Romanos the Melodist Choir, the Antiochian Archdiocesan Choir, the Greek Orthodox Archdiocesan Choir, and the Choir of St. Mark. He served as a guest lecturer at the Crossroads Program for Hellenic College from 2007 to 2012. In 2009, he directed a CD project entitled "The Voice of the Lord: Selected Hymns from the Feast of Theophany." He served as the protopsalti of St. George Antiochian Orthodox Church in Boston, Massachusetts until being assigned as an assistant and chanter for His Eminence Metropolitan PHILIP in June of 2013. In March 2017, he was ordained to the Diaconate and currently serves Metropolitan JOSEPH, an assignment that includes leading and directing the Antiochian Archdiocesan Choir and teaching Byzantine music at Saint Vladimir's Seminary. In addition to his teaching at St. Vladimir's, Deacon John teaches classes on Byzantine music for the Antiochian Village summer camp in Pennsylvania.

CHRIS FARHA has directed the St. George Cathedral choir in Wichita, Kansas since 1985. She is also the Sacred Music Coordinator for the Diocese of Wichita and has served in that role since 1994. She is a member of the Sacred Music Committee for the Antiochian Archdiocese. She was co-editor of the "Liturgy of the Presanctified Gifts" music book and sang on 2 recordings done by the Western Region, "There is Joy in Bethlehem" and "Liturgy of the Presanctified Gifts". As a choir director, the pinnacle of her career was directing a 60-voice choir at the Consecration of Bishop Basil in 1992. Chris has done workshops both in her Diocese and throughout the Archdiocese. She has given several general session talks at Sacred Music Institutes, one of which was published in its entirety in the Word Magazine. She also had the honor of developing two presentations with Master Iconographer, Kh. Erin Mary Kimmett on "Iconography and Hymnography; the Language of Our Prayer" on the topics of Holy Week and Great and Holy Pascha. Since 2012 she has been the administrator of the Youth Music Ministry Program and from 2013-16 the Coordinator for the West Coast Sacred Music Institute. Chris has a bachelor's degree in Business Administration and is Food Service Director for the Catholic Diocese of Wichita. Her "music education" is a composite of thirty plus years attending Sacred Music Institutes and studying the technique, styles and passion of those teachers, directors and mentors. She is married to Warren Farha, owner of Eighth Day Books and they have 3 married children and 4 grandchildren.

AMY HOGG chants at St. George Antiochian Cathedral in Pittsburgh, PA. In 2011, after a varied teaching career in which she taught bilingual kindergarten, Spanish reading, first grade, and Suzuki Piano, she began an indepth study of Byzantine chant. Amy has been guided in her study of Byzantine chant by Dr. Stephen Esper, Richard Barrett, Samuel Herron and Dr. Nicholas Giannoukakis. Amy chants with the Byzantine Choir of the Greek Orthodox Metropolis of Pittsburgh and studies voice with Dr. Kimberly Steinhauer, president of Estill Voice International. Amy has a performer's certificate in Byzantine music from Holy Cross Greek Orthodox School of Theology, is a member of the board of the St. John of Damascus Society, and is the co-host of the AFM podcast, A Sacrifice of Praise. Amy is the founder of Byzantine Beginnings, a chant curriculum that blends the best practices from other fields of education with the theory and praxis of Byzantine chant by using visual and concrete models, cooperative games, and ear training exercises. She loves teaching people who have struggled to learn to chant through other methods and offers two eight-week online courses, with plans to expand to more courses in the coming year.

CHRISTOPHER HOLWEY has been playing the piano since 1964 and chanting in the Church since 1981, and is always ready to learn in both areas. He graduated from St. Vladimir's Orthodox Theological Seminary in 1984 and served as a priest of this Archdiocese for over 18 years. During that time, he composed and arranged various types of Orthodox music for our liturgical services. He also served as Chairman of the Sacred Music Department for the Antiochian Archdiocese from 2006-2015 and as Midwest Regional Choir Director in the early 1980's. He recently completed the massive task of typesetting, proofing and updating Kazan's *Matins* and *Menaion* Byzantine Projects, and continues to typeset and organize the online library and coordinate with the Liturgics Department to produce the Online Liturgical Guide.

PAUL JABARA has served as Chairman of the Sacred Music Department for the Antiochian Archdiocese since his appointment by Metropolitan JOSEPH in 2015. He was born in Montreal and is a graduate of McGill University. Originally a trombonist, he obtained his undergraduate degree in voice and piano and a Master's degree in choral conducting, and presently divides his time between conducting and teaching. He has been music director at St-George Antiochian Orthodox Church in Montréal for over thirty years. He is co-founder of the period instrument ensemble l'Orchestre de la Nouvelle France and is the founder of the Saint Cecilia Chamber Choir. Past engagements include performances with the Vancouver Symphony, Orchestra Metropolitan de Montreal, Montreal Sinfonietta, Vancouver Bach Choir, the Stewart Hall Singers and the McGill Choral Society. He was also the artistic administrator and assistant conductor of the International Opera Festival, performing Verdi's AIDA in Montreal, Vancouver, Tokyo and Sydney.

In addition to being the Chairman of the Department of Sacred Music, Paul is the founder and director of the Sacred Music Chamber Choir and was instrumental in establishing the Youth Music Ministry, the Sacred Music Byzantine Choir and the Young Conductor's Apprentice Program. He is also invited regularly as a guest conductor/clinician for choral workshops throughout the Archdiocese. Deeply passionate about choral music, his love of both Orthodox Slavonic Music and Byzantine music is strong. He was among the first to introduce Canadian audiences to the Orthodox music of Rachmaninov, Tchaikovsky, Chesnokov, Bortniansky, Grechanninov and Kastalsky. A dynamic conductor, he brings out the very best in his singers and inspires them to achieve new levels of performance standards.

DR. NICHOLAS J. JONES is a Subdeacon of the OCA and currently leads the Byzantine and Slavic chanting at the Protection of the Mother of God Orthodox Church in Falls Church, VA (in the OCA-ROEA), where he is also the choir director. He was one of the lead chanters of the Byzantine Choir at St. George Antiochian Orthodox Cathedral in Pittsburgh, PA. He has a BS, MS, and PhD in Materials Science and Engineering from Carnegie Mellon University (CMU), a BA in Chanting from Aigaleo Conservatory in Athens, Greece, and currently works for the Naval Surface Warfare Center, Carderock Division in Bethesda, MD as a Materials Engineer. He has taken extensive courses on Western Music theory, and, in the area of Byzantine Music, he has taken lessons from George Theodoridis of Washington, DC. He has also been guided by Dr. Stephen Esper, Protopsaltis Peter Papadakos and Dr. Nicholas Giannoukakis from Pittsburgh, Dn. Niphon of Iveron Monastery on Mount Athos, as well as various internet resources. He has been teaching Byzantine Notation and Theory in the Pittsburgh and Northern Virginia areas for 10 years, and is the webmaster of ByzantineChant.org. He is currently on two CD's with the Byzantine Choir of St. George Cathedral, with more to come, God willing.

DR. ZHANNA LEHMANN has been working with choirs for over 20 years. She started her musical career after graduation from the Kazan State Conservatory in Russia (the city where St. Raphael of Brooklyn worked and taught Arabic at the Kazan Theological Academy). Upon completion of her education at the Conservatory, Zhanna was an instructor and assistant principal for a Music School in her hometown of Dimitrovgrad, Russia. She holds a Doctor of Musical Arts degree in Choral Conducting from the University of Illinois and teaches at the Music Academy of the University. She is the founder and director of the Illinois Orthodox Choir, a choral group open to singers of all faiths in Champaign-Urbana, IL. The Illinois Orthodox Choir is committed to spreading the beauty of Orthodox music to the general public and has performed in a variety of settings. She is a choir director and chanter at St. Nicholas Orthodox Church in Urbana, IL. Dr. Lehmann offers choral and conducting workshops for church choirs and choir directors.

KH. NANCY HANNA LONG has been directing choirs and chanting in Orthodox churches for over 35 years. After graduating from The Ohio State University with Bachelor degrees in Voice Performance and Music Education, she moved to Pittsburgh and sang for many years in the Pittsburgh Opera Chorus and the professional core of the Mendelssohn Choir, performing multiple solos with Pittsburgh Opera, the Pittsburgh Symphony, and other local organizations. Kh. Nancy is now the assistant director of the Pan-Orthodox Choir of Pittsburgh and chants at her home parish of St. Elias in New Castle, PA, where her husband, Father Gregory, is pastor. She especially enjoys mentoring aspiring Orthodox choir directors, helping them to become independent and confident. At the Sacred Music Institute, Kh. Nancy has taught many classes, including Pitch-Giving, Vocal Technique, and Western Music Theory.

EMILY LOWE holds a BA in Classical Civilizations from the Catholic University of America and an MAT in Secondary English from Loyola University Maryland. She teaches English and French at Mount de Sales Academy in Catonsville, Maryland, but her first love is music, which she has studied in some form for most of her life. She studied and performed piano throughout grade school and began singing in the church choir as a catechumen. The music of Orthodoxy helped bring her family into the church twenty years ago, and shortly thereafter she began studying Byzantine chant, where she found her deepest passion. She has been protopsalti of Holy Cross in Linthicum, Maryland for over ten years, has sung on several albums, and was featured in an episode of Religion and Ethics Newsweekly focusing on Byzantine chant. She is exceedingly grateful for the encouragement, inspiration and challenges offered by her mentors over the years, many of whom are here this weekend!

CHARLES MARGE has been the Head Chanter at St. Mary's Orthodox Church in Cambridge, MA for over 20 years and has taught Byzantine chant at the parish and diocesan level. He served for over 10 years as the Assistant Conductor of the MIT Concert Band. Charlie began studying music at an early age from his father, a well-known New York City studio musician. While studying Mathematics, Operations Research, and Management at MIT, Mr. Marge minored in Music and studied conducting from John Corley. During these years, he also studied Byzantine Chant from Bishop BASIL Essey, Rev. Alexis Kouri, the Reverend Fathers John Namie and Gregory Phelan of blessed memory. Charles founded the Boston Byzantine Choir in 1993 with the goal of making Byzantine music accessible to the English-speaking world. The choir, under his direction, has recorded several CD's. In 2012, Charles was appointed Sacred Music Director for the Diocese of Worcester and New England.

DANIELLE PRONTKA received a Bachelor of Arts in music performance from Northwestern State University of Louisiana. Her love of music began with the violin at the age of five, and by seven years old she was already singing with the St. George Choir. She continues to be an active member of St. George Orthodox Church, Houston where she is the choir director and has been the Events Chairperson for the 2013 Archdiocese Convention, and numerous galas. Her professional engagements include performances with the South Arkansas and Shreveport Symphonies, conductor of the Memorial Orchestras, the Highlands Orchestra and the Virtuosi of Houston. She has conducted the musicals and has toured with A Night of Opera. She is the recipient of numerous awards and accolades including conducting at Carnegie Hall and Chicago's Symphony Hall. Danielle is a guest clinician and conductor across Texas. She is a recipient of the PTA Lifetime Achievement Award and the SBISD Teacher Appreciation Award. Most recently, Danielle won the Memorial High School Teacher of the year and the SBISD District Teacher of the Year.

THE VERY REV. FR. MARK SAHADY graduated from Westminster Choir College in Princeton, New Jersey with a Bachelor of Music Education, and later earned a Masters of Divinity and a Master of Arts in Liturgical Music from St. Vladimir's Seminary. He earned a third Master's in Military Arts at Maxwell Air Force Base in Montgomery, Alabama. He directed choirs at St. Vladimir's Seminary; St. Nicholas Cathedral, Brooklyn, New York; St. Stephen Church, South Plainfield, New Jersey; and Holy Ghost OCA Church, Ambridge, Pennsylvania and then became a priest. As an Air Force Chaplain, Fr. Mark served at Orthodox churches and missions all over the USA and in Europe, Middle East and Japan. After serving the Life-Giving Font Greek Orthodox Convent in Dunlap, CA, he was asked by Metropolitan Philip to retire from the Air Force and serve St. Thekla Convent in Arabic, English and Greek. Fr. Mark produced a weekly radio broadcast called "Orthodoxy Speaks" in the Brownsville-Pittsburgh area, published an Orthodox music book for Vespers, Matins & Liturgy and also compiled the service music booklet for the Paraklesis to the Theotokos used throughout North America. He has delivered numerous lectures and taught workshops on Orthodox chant and choral music and beginning Arabic. He is presently the Assistant Pastor at St George Antiochian Orthodox Church in Cicero, IL

#### **Confession Handout**

#### The word Confession has come to include four different events:

- 1. Repentence (Self-examination of Sinfulness)
- 2. Sharing of Thoughts (Confessing to Confessor-Elder)
- 3. Spiritual Counseling-Penance (Confessor-Elder Direction)
- 4. Absolution (Priestly Sacrament of Forgiveness)

#### **Confessee says:**

O Father, Lord of heaven and earth, I confess to Thee all the hidden and manifest sins of my heart and mind, which I have committed to this day. Therefore, I beseech Thee, the righteous and compassionate Judge, grant me forgiveness and grace to sin no more.

#### **Confession spoken:**

**First**, the Truth must be confessed. We must admit our sinfulness plainly and without excuse. We must examine ourselves ahead of time and say how we have not shown Love to God and our neighbor.

We must say: O Lord, I am sorry for my sin.

**Second**, we must seek to heal the damage we have done, both to ourselves and to others. Ask for guidance (penance) on how, through God, to heal the hurts we caused.

We must say: O Lord, forgive me a sinner.

**Third**, we must plan to live a new life in Christ and ask God and the priest for help to change our ways in order to live in Christ daily. We must choose the chance to change.

We must say: O Lord, help me to sin no more.

#### **Confessor says:**

May God our Savior, Who pardoned David through Nathan the prophet when he confessed his sins, accepted Manassas' Prayer of Repentance, forgave Peter who wept bitterly for his denial, the Harlot weeping at His feet, the Publican and the Prodigal, forgive thee all things, through me a sinner, and set thee uncondemned before His Fearful Judgment Seat. For Thou desirest not the death of a sinner, but rather that he should turn from the sin and live; and that even unto seventy times seven sins ought to be forgiven. For if Thou shouldest mark iniquity, O Lord, who could stand? But with Thee there is forgiveness, for Thou art the God of the penitent, and unto Thee do we ascribe glory: to the Father and to the Son, and to the Holy Spirit; now and ever and unto ages of ages. Amen.

Now, having no further care for the sins which thou hast confessed, depart in peace.

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#### Forgiveness of Sins Background Information

Jesus Christ spoke twice of the Mystery (Sacrament) of Repentance. The first time He said to the Apostle Peter that He will give him the keys of the kingdom of heaven so that whatever he will bind on earth will be bound in heaven and whatever he will loose on earth will be loosed in heaven (Matthew 16:19). Sometime later He gave the authority to forgive and to retain sins to all the apostles. This was done in conjunction with their task to resolve problems among the members of the Church: "If your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother. But if he will not hear, take with you one or two more, that by the mouth of two or three witnesses every word may be established. And if he refuses to hear them, tell it to the Church. But if he refuses even to hear the Church, let him be to you like a heathen and a tax collector. Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven" (Matthew 18:15-18). The Lord solemnly established the Sacrament of Confession soon after His Resurrection. He appeared to His disciples and said to them, "Peace unto you! As the Father has sent Me, I also send you.' And when He had said this, He breathed on them and said: 'Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are

retained" (John 20:21-23). The apostles transmitted this power to absolve and to retain sins to their disciples — bishops and priests — who were to continue their task of saving human souls.

St. John Chrysostom, commenting on the authority given to the pastors of the Church "to bind and loose," wrote, "What the priests determine on earth, God affirms on high in Heaven. Here the Master conciliates with the opinion of His servants." However, the priest-confessor does not absolve sins by his own power, and there is nothing mechanical in the prayers of absolution. The priest-confessor is only a witness of one's repentance and a mediator of Divine Grace. God appointed him to be an instrument of His mercy. Ultimately it is up to the repentant to make his soul receptive to the healing Grace.

By its wide magnitude and power, the invisible work of Grace in the Sacrament of Repentance covers all of man's lawlessness. There is no sin which is beyond forgiveness. What is crucial here is to have sincere regret for committed sins and to decide to become a better Christian. Our Lord Jesus Christ said, "I did not come to call the righteous, but sinners to repentance" (Matthew 9:13). New Testament Scriptures are full of examples of God's mercy to sinners. Great was the Apostle Peter's sin of denial, but when he repented, Jesus forgave him and reinstated him as an Apostle. After Pentecost, when the Apostle Peter started to preach the Gospel, he called to repentance even those Jews who crucified the Messiah (Acts 2:38), and later he called to repentance Simon, who was a sorcerer and at the end became a heretic (Acts 8:22). Saint Paul, before becoming an apostle, hated the Christian faith, persecuted the Church and took part in the death of the first martyr, the deacon Stephen. Later he was forgiven by God and received from Him abundant grace. Remembering God's infinite mercy, St. Paul once absolved a person guilty of incest, subjecting him first to temporary excommunication (2 Corinthians 2:7).

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# John of Kronstadt: Saint of Communion, Saint of Confession by Bishop Kallistos Ware

(Sermon at St. John of Kronstadt parish in Bath, England. From the September 1998 issue of *In Communion*, quarterly journal of the Orthodox Peace Fellowship.)

In the Epistle (1 John 4:7-11) and the Gospel (Luke 6:31-36) that are read in honor of St. John of Kronstadt, we notice the emphasis upon love. Our Holy Father St. John of Kronstadt, Wonderworker of all Russia, is an example to us of loving compassion, of pastoral love. In the Gospel in particular, the Lord emphasizes that our love should not simply be towards the people that we find congenial, not just towards those who show love towards us. It is to be far wider, we are to love our enemies, we are to love all our fellow humans, our love is to be without limits. It is very clear that when St. John in his Epistle and our Savior in the Gospel speak about love they do not just mean something sentimental, something emotional, they mean something far more profound. The kind of love that they envisage, a universal allembracing love, a love without limits, can only be a result of prayer, of ascetic effort. Such love is something for which we must struggle and suffer. Such love cannot be based just upon our emotions or feelings, it has got to have a deeper basis. What is this deeper basis? It is precisely the service that we are celebrating together now, the service of the Holy Eucharist, which is indeed a sacrament of mutual love. Our love has its foundation and inspiration in the Divine Liturgy. If we are to show more vividly the kind of love of which the apostle John and our Lord speak, that can only come first and foremost through a deeper experience of Holy Communion, through frequent Communion received after profound and searching preparation. St. John of Kronstadt was above all a Eucharistic Priest. He put The Holy Liturgy at the center of his life, and this was the source that enabled him to show such a dynamic and universal love. Our receiving of Holy Communion, while it is with the blessing of our spiritual father to be frequent, should never be mechanical or automatic. We are to prepare. And how should we do it? We are to prepare above all through the use of the sacrament of Confession. There are different disciplines. Some have been brought up to go to confession before every Communion, others have a blessing from their spiritual father to go more frequently to Communion without confession every time. But

undoubtedly in our Eucharistic experience the sacrament of healing which we call *Confession* or *The Sacrament of Repentance* plays a central part.

Why do we need to go to confession? Is it not enough to confess our sins with sincerity in our private prayers each evening, will not God forgive us from the very moment that we confess our sins? Yes, as soon as we turn to God in true repentance, He forgives us. God is always more ready to forgive than we to repent. Even the slightest turning of our heart will be blessed by God. Why then are we taught also to go to the sacrament of confession? I can think of three reasons, perhaps you can think of more.

First of all there are no private sins, all sins affect our brothers and sisters in Christ. All of our sins, however secret, have an effect on the community. If I feel in my heart anger towards someone else, even if I do not show it by word or action, that evil disposition in my heart has a destructive effect on others around me. Every sin is a sin against the community; every sin however secret is a stumbling block for others and makes it harder for them to serve Christ. In the early Church confession was public. After the fourth century, with the growth of the Christian community, that gave scandal and so confession assumed its present form, as an opening of the heart before the priest alone, under conditions of secrecy. But let us remember that during confession the priest is there, among other things, as the representative of the community, of the people. The fact that we confess not just to God, but in the presence of a fellow man, shows that we acknowledge the communal social dimension of all our sins. In confessing in his presence, we are also asking forgiveness from the community. I heard a story once told about St. John Maximovitch of Shanghai and San Francisco. I have also heard it told of others, but the same thing can happen more than once. Once before the Divine Liturgy he was hearing the confession of a man, and the man said: "Yes I know that what I have done is a sin, I ask God's forgiveness, but my heart is like a stone, I do not feel any sorrow for my sin, it is all just in my brain." So, St. John said to him: "Go out into the center of the church in front of the people and make a prostration before them and then come back to me." As the man did this and knelt to ask forgiveness from the people before him, something broke inside his heart and it came alive again. Suddenly he felt real compunction for what he had done. He said: "now it is different," and the Archbishop gave him forgiveness. That was the moment of turning for him because he acknowledged that his sin was a sin against the community, and he asked their forgiveness. So, in our confession let us first of all recall that dimension. We are also asking for forgiveness of our brothers and sisters for what we have done. That is one reason to go to confession, because sin is social.

**There is a second reason**. The spoken word, the uttered word has great force. This applies in two ways. First of all, we listen to the spoken word of the priest, the council that he gives, and it may be that what he says if written down and put in a book would not seem so striking. It may be that it wouldn't seem so remarkable. But in confession the priest is praying, and we are praying for the light of the Holy Spirit, and he is addressing those words under the guidance of the Holy Spirit to each one of us, to each penitent personally. The words which looked at in the abstract might seem obvious, common place, can prove to be words of fire when we realize that they are being said to me personally here and now under the inspiration of the Holy Spirit. I can remember at the Russian convent in London many years ago there was a priest, Fr. John, who didn't much like hearing confessions; he didn't much like giving sermons either. He was a person of few words and very humble and didn't feel he really had the authority to offer counsel in confession, but he was blessed by the bishop to hear confessions, so he did so. On one occasion a woman was telling him at immense length of her quarrels with her husband: "I said this and he said this and I told him he was wrong and told him this" and so it went on "and I told him this and this." When she had finally stopped, all Fr. John did was to turn to her and say, "And did it help?" and then he gave her absolution. That came as a sudden revelation to her, the futility of the endless arguments she had with her husband, of her endless desire to prove that she was right and that he was wrong. Suddenly she saw that there was no point to all this, it was quite simply unnecessary, and she stopped from that moment. So the uttered word can have great power and that applies also to what you or I utter when we make our confession. Yes, we can confess our sins secretly in our evening prayers and we should do so,

but when we come before the holy icons in church, when we have listened to the prayers and speak in the presence of the priest, when we have to say these things aloud, often then it becomes powerful, immediate, personally significant in a way it was not before. The uttered word has great force and we find ourselves in confession, by God's grace, saying things that we never said in our private prayers. Suddenly we are able to understand more deeply and to express it more openly. Therein lies much of the grace of confession. The desert fathers say that a thought which is concealed has great power over us, but if we can find a way to bring it into the open and to speak of it, it loses its power. That is also what the modern psychiatrists tell us, but the desert fathers said it first! So, the uttered word that we bring in confession can have a sacramental force and a healing grace which will surprise us.

But then there is a third thing, not just what the priest does when he offers advice, not just what we do when we try to speak the truth in Christ. There is also what Christ does. Confession is a mystery of the Church that confers sacramental grace, there is power within it, Divine power. When the priest lays his hand upon our head in Confession, it is Christ who lays his hand upon us, Christ who forgives and that is certainly the deepest and most profound reason why we should go to Confession. When such grace and such healing is offered to us, who among us dare refuse to accept such an opportunity.

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# The Relationship Between Confession and Communion

There is a (common) misunderstanding of the relationship between the mysteries of Holy Confession and Holy Communion. There often seems to be a predominant idea that the link between these two is somehow a legal concrete thing - that there must be a 1:1 correspondence or some specific ratio and that any deviation from that ratio constitutes an abrogation of tradition or requires some kind of formal "dispensation". But this is not the relationship that really exists. While it is true that there is often a functional relationship that appears as though a formal ratio exists, this is actually a coincidental observation. These two mysteries actually form part of a larger whole of the spiritual life and both form a closely connected, but not dependent link in producing a spiritual life. There are of course other components such as fasting, prayer, self-denial, obedience, righteous deeds, etc. to living a spiritual life which are also a part of this picture, but in this case, I wish to confine myself only to the issue at hand confession and communion. These two mysteries are not part of the same process, but rather are themselves parallel and often intertwined processes. Holy Communion is not dependent on Holy Confession, nor is Holy Confession dependent upon Holy Communion. Each is independent but at the same time they work together toward the same goal. Just as a physician might see you and diagnose an illness and then prescribe therapy that includes many components, (for example medication, diet, physical therapy & counseling) which all are targeted toward the goal of recovery so also the spiritual condition might be diagnosed in confession, and various spiritual remedies prescribed by the confessor. And one of those spiritual remedies may be to refrain from receiving Holy Communion for a time (just as a physician might temporarily restrict your diet for a particular purpose) or perhaps the remedy prescribed might be to receive Holy Communion (like taking medication - or to stay with the diet analogy, to eat the proper nutritional foods). The frequency that one goes to the Dr is determined by the severity and course of the illness and the various restrictions on the diet are governed again by the patient's condition and improvement. So also, the "ratio" of confession to communion is determined by the spiritual physician (your confessor) and corresponds to the severity of your spiritual condition, your relative spiritual health, your particular spiritual needs, etc. There are times when you cannot receive Holy Communion (such as during a period of epitimia ( $\epsilon \pi \iota \tau \iota \mu \iota \alpha$ ) - penance - following a divorce for example) but then you should receive the mystery of Holy Confession regularly. On the other hand, there may be times when the priest may permit one to receive Holy Communion weekly but only require confession on a biweekly or longer basis. And just because you develop a particular rhythm at one time doesn't mean that it is constant - just as your frequency of seeking medical help is not constant. Holy Confession in and of itself is not a prerequisite to Holy Communion. To take this position is to subordinate the one mystery to the other and so lessen its importance. Rather both mysteries are

necessary and often they are combined for the health of the soul. The "prerequisite" for Holy Communion is not a completely pure soul, but rather one that is "healthy" (growing towards God) and prepared (repentant). And most frequently the way to guarantee that state is through receiving the mystery of Holy Confession. Also, in the Divine Liturgy after the Prayers for Catechumens and before the Prayers for the Faithful, there is the Prayer for Penitents, usually skipped, as below:

# Prayer for Penitents (Can be used at other times)

*Priest:* Hear our Petitions, O Christ, and let not the mercy of Thy compassion be far from this Thy servant(s) (N.); heal his(her/their) wounds and forgive his(her/their) sins so that no longer kept away from Thee by iniquity Thy servant(s) (N.) may always be strong enough to cling to Thee as Lord:

For Thou art a merciful God and lovest mankind and unto Thee do we ascribe glory: to the Father, and to the Son, and to the Holy Spirit: Both now and ever, and to the Age of ages. *Amen*.

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#### **Self-Examination before Confession with the Ten Commandments**

(from the Antiochian Little Red Prayer Book)

#### First Commandment

Have I believed in God the Father, the Son, and the Holy Spirit? Have I failed to trust in God and his mercy? Have I complained against God in adversity? Have I been thankful for God's blessings? Have I doubted the Christian faith and the teachings of the Church? Have I tried to serve God and keep His Commandments? Have I given way to superstition? Have I frequented the religious meetings of heretics and schismatics? Have I neglected my duties to God through fear of ridicule or persecution? Have I failed to pray to God faithfully? Have I put myself before God?

#### **Second Commandment**

Have I made an idol of any person or thing? Have I given to anyone or anything the worship that is due to God alone? Have I set before myself the holy life of Jesus and tried to imitate Him? Have I read the Holy Scriptures regularly? Have I been irreverent during Church Services, let my attention wander, or been insincere? Have I neglected to receive Holy Communion regularly or without due preparation?

#### **Third Commandment**

Have I profaned the holy name of God in any way? Have I cursed anyone or anything, or sworn a false oath? Have I failed to give proper reverence to holy persons and things? Have I had due respect for the clergy of the Church, or hindered them in performing God's work? Have I broken any solemn vow or promise? Have I entered into any unlawful contract or made an unlawful promise?

#### **Fourth Commandment**

Have I stayed away from Church on Sundays or prevented others from going? Have I done unnecessary work on Sundays? Have I spent the day in unwholesome fashion or profaned it by improper conduct? If I could not go to Church because of illness or other grave cause, have I prayed at home? Have I caused anyone else to profane the Lord's Day? Have I kept the Fasts and Festivals prescribed by the Church?

# **Fifth Commandment**

Have I respected my parents and been obedient to them? Have I been guilty of deception, or caused them pain by my words or actions? Have I neglected them or failed to help them? Have I done my duty towards my family? Have I been wanting in love or kindness towards my husband (or wife), or harmed him (or her) in any way? Have I set my children a good example and tried to bring them up properly? Have I corrected their faults with patience and not with anger? Have I over-indulged or spoiled them? Have I neglected my god-children and failed in my obligations towards them? Have I worked for my employers honestly and diligently? Have I treated fairly all those who have worked for me? Have I honored God as my Heavenly Father by treating others as my brothers, and have I honored the Church as my spiritual Mother by honoring and practicing my religion in accordance with her teachings?

#### **Sixth Commandment**

Have I caused the injury or death of any one, or wished that I were dead? Have I done anything to shorten my own life or that of someone else by injuring health, or through evil and intemperate living? Have I given way to anger, or harmed others with words or actions? Have I defamed others who needed help, or failed to stand up for those unjustly treated? Have I been cruel to anyone? Have I mistreated animals or destroyed any life unnecessarily? Have I failed to forgive anyone or harbored evil thoughts against them?

#### **Seventh Commandment**

Have I given way to impure thoughts, words, or deeds? Have I committed any unworthy actions alone or with others? Have I degraded myself in any way, or forgotten human dignity? Have I read immoral books or magazines, or delighted in obscenity of any kind? Have I associated with bad companions or frequented unsavory places? Have I eaten or drunk or smoked too much? Have I been lazy, idle, or wasted my time? Have I led others to commit sinful acts? Have I been unfaithful to any trust confided in me?

#### **Eighth Commandment**

Have I stolen anything or wished to do so? Have I kept anything that did not belong to me? Have I tried honestly to find owners of lost articles I have found? Have I paid my debts? Have I lived within my income, and not wastefully and extravagantly? Have I given to charitable causes in proportion to my means? Have I been honest and upright?

#### **Ninth Commandment**

Have I told lies, or added to or subtracted from the truth? Have I made careless statements or spoken evil of anyone? Have I told any secrets entrusted to me, or betrayed anyone? Have I gossiped about anyone or harmed their reputation? Have I concealed the truth, assisted in carrying out a lie, or pretended to commit a sin of which I was not guilty? Have I tried to see the good in others rather than their shortcomings?

#### **Tenth Commandment**

Have I envied anything good that has come to others? Have I been jealous of another's good fortune? Have I wished for anything that was another's? Have I damaged or destroyed the property of others? Have I wished for things God has not given me, or been discontented with my lot? Have I been stingy? Have I held back anything due another? Have I hoped for the downfall of anyone so that I might gain by it? Have I failed to be gracious and generous to anyone? Have I expected God to give me that which I would refuse one of my fellow men?

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#### **Self-Examination before Confession with the Beatitudes**

#### Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Have I truly recognized my complete dependence on God? Have I been proud arrogant and self-righteous in my ways? Have I been selfish, possessive and self-seeking? Have I sought after status power and wealth?

#### Blessed are those who mourn, for they shall be comforted.

Have I endured difficulties and afflictions with faith and patience? Have I felt sadness for the sufferings of the poor, the hungry, and addicted; the sick, the lonely and the sinful of the world? Have I truly been sorrowful for my sins and faults?

#### Blessed are the meek, for they shall inherit the earth.

Have I tried to serve or rather to dominate others at home, school, work, office, Church and elsewhere? Have I nursed against anyone? Have I been resentful, bitter, unforgiving or insulting and abusive to others? Have I loved my enemies?

## Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Have I truly yearned for God's will to be done in all things? Have I worked for justice in my family, society and the world in ways with in my reach? Have I tried to cultivate a righteous life through prayer, fasting, worship, receiving Holy Communion and deeds of love toward others?

## Blessed are the merciful, for they shall obtain mercy.

Have I shown compassion and help toward the poor, hungry, lonely and needy around me? Have I tried to understand and forgive others? Have I been indifferent judgmental or legalistic?

### Blessed are the pure in heart, for they shall see God.

Have I loved goodness, purity and holiness? Have I succumbed to evil motives and intentions? Have I given way to impure thoughts, words or deeds? Have I been guilty of bias and prejudice? Have I been hypocritical, pretentious or self-indulgent to sinful passions?

#### Blessed are the peacemakers, for they shall be called sons of God.

Do I have God's peace in my heart? Have I been unfairly angry, aggressive or impatient? Have I worked for peace at home, work, Church and in society? Have I been irritable, polemical, or divisive?

Blessed are those who are persecuted for righteousness sake, for theirs is the kingdom of heaven. Have I complained when persecuted for God's sake? Have I prayed for my persecutors? Have I failed to defend anyone in the truth for fear of humiliation or persecution? Have I had the courage to stand up for what is right despite criticism, ridicule or persecution?

# Blessed are you when they revile you and persecute you on my account; rejoice and be glad, for your reward is great in heaven

Is the joy of Christ in my heart even in trying moments? Have I been pessimistic despondent or despairing? Have I truly delighted in the promise of God's treasures in heaven?

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#### **Personal Prayer of Repentance**

O Master Christ God, Who hast healed my passions through Thy Passion, and hast cured my wounds through Thy wounds, grant me, who have sinned greatly against Thee, tears of compunction. Transform my body with the fragrance of Thy life-giving Body, and sweeten my soul with Thy precious Blood from the bitterness with which the foe has fed me. Lift up my down-cast mind to Thee, and take it out of the pit of perdition, for I have no repentance, I have no compunction, I have no consoling tears, which uplift children to their heritage. My mind has been darkened through earthly passions, I cannot look up to Thee in pain. I cannot warm myself with tears of love for Thee. But, O Sovereign Lord Jesus Christ, Treasury of good things, give me thorough repentance and a diligent heart to seek Thee; grant me Thy grace, and renew in me the likeness of Thine image. I have forsaken Thee – do then not forsake me! Come out to seek me; lead me up to Thy pasturage and number me among the lambs of Thy chosen flock. Nourish me with them on the grass of Thy Holy Mysteries, through the intercessions of Thy most pure Mother and all Thy saints. Amen.

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Also, attached separately for your personal prayer life to soften the heart towards repentance are the two Canons of Repentance: one to our Lord and one to the Theotokos *(both are in Tone 6)*. And there is the Kontakion **ON REPENTANCE (For the fourth day of the fourth week of Lent)** O. 52 (K. 84) by Romanos the Melodist in Tone 1 with the refrain:

# Sacred Music Institute, July 10-14, 2019, Antiochian Village The Sacrament of Holy Unction

Christopher Holwey

This is a sacrament for the anointing of the sick, or for anyone who needs forgiveness, healing and wholeness of life at some point in his/her life.

First, what is a sacrament: It is a mystery (the word in Greek is *mysterion*.) It is one of the 7 Sacraments in the Orthodox Church, but really, everything we do in the Church is to be considered as "sacramental" or mystical (Fr. Thomas Hopko). Briefly stated, a **sacrament** is where something earthly and temporary, through the resurrection of Christ and the grace and descent of the Holy Spirit, is transformed/transfigured/revealed to be something heavenly and eternal. The sacraments transform us into a deeper awareness of the presence of God in our lives, with a deeper meaning and a deeper reality than what can simply be seen.

Water for cleansing & nourishment: New Life in Baptism and Spiritual Blessing Bread & Wine for food and drink: The Body and Blood of Christ in Eucharist Oil for healing: Anointing for spiritual healing, and gift of the Holy Spirit Love for one another: Eternal Love united in Christ Fatherhood in a family: Spiritual Father of a community in Christ, as Christ.

# Related to our everyday life:

As one is born into a family, he/she is given a name, welcomed, and fed; taught & educated through the years, taken to the doctor when sick; we ask for forgiveness when we do wrong, and are loved and cared for in a family. Likewise, the same happens to us in the Church. We are born in Baptism, named in Chrismation, sealed and empowered with the gift of the Holy Spirit, fed with the Body & Blood of Christ, healed with Holy Unction, forgiven when we confess our sins ... all to continue this on our own through our own families in love and marriage, becoming the fathers and mothers of our own little church.

So now, **Holy Unction**: The Sacrament of Healing and Forgiveness of Sins.

James 5: <sup>13</sup>Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. <sup>14</sup>Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. <sup>15</sup>And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. <sup>16</sup>Confess *your* trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much. <sup>17</sup>Elijah was a man with a nature like ours, and he prayed earnestly that it would not rain; and it did not rain on the land for three years and six months. <sup>18</sup>And he prayed again, and the heaven gave rain, and the earth produced its fruit. <sup>1</sup>

<sup>&</sup>lt;sup>1</sup> The New King James Version</sup>. (1982). (Jas 5:13–18). Nashville: Thomas Nelson.

"Suffering? Pray." First of all, anytime we are going through trials and tribulations, suffering and in pain, we pray, and ask for God's mercy and healing, strength and comfort.

"Let him call." We must initiate the healing by calling for the presbyters of the Church, as Christ's ministers and priests – His presence – here on earth.

"for the elders of the church." Healing is not something we always try on our own. We don't want to be alone during these times of sickness and trials. It necessitates the presence of God, His priests, the people of the Church. We all come together to offer care, love and support. (Fr Hopko: The power of healing remains in the Church since Christ Himself remains in the Church through the Holy Spirit.)

<u>1 Corinthians 12:26</u>. <sup>26</sup>And if one member suffers, all the members suffer with *it*; or if one member is honored, all the members rejoice with *it*.

"Pray and anoint." Prayer keeps us in communion with God, and anointing with oil is a sign of God's presence and help in times of need.

<u>Philipians 4:6-7</u>. <sup>6</sup>Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup>and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

<u>Luke 10:29ff</u>. <sup>33</sup>But a certain Samaritan, as he journeyed, came where he was. And when he saw him, he had compassion. <sup>34</sup>So he went to *him* and bandaged his wounds, pouring on oil and wine; and he set him on his own animal, brought him to an inn, and took care of him.

"If he has sins, he will be forgiven." There is a connection between our sins and our healing. Not always direct, but evident that because there is sin in the world, there is also sickness, disease, suffering, and ultimately death.

<u>Mark 2:1-12</u>. The healing of the paralytic brought down through the roof. First there is forgiveness of his sins, then healing.

"All holy Trinity, have mercy on us. Lord, <u>cleanse</u> us from our sins. Master, <u>pardon</u> our iniquities. Holy God, visit and <u>heal</u> our infirmities for Thy Name's sake."

So, the purpose of this Sacrament is for healing and forgiveness of sins, which is why we usually offer our confession of sins first, and then come for the anointing of holy unction. "Confession your sins to one another, and pray for one another, that you may be healed." This Sacrament does NOT replace the Sacrament of Penance/Confession.

But, it's also important to remember that while "the prayer of a righteous man has great power in its effects (in Greek: energy)," and the goal and purpose of this sacrament is healing and forgiveness, we must always pray for the will of God to be done. It may not always be the will of God that the person be healed that instant or even shortly thereafter. If he/she is healed, then he/she goes on to live his/her life in Christ, to the glory of God. If not, we must realize that this anointing is also to consecrate the sufferings of the person, so that they might be united to the suffering of Christ, and join Him in His passion, death and resurrection.

Fr. Hopko says: "In this way the wounds of the flesh are consecrated, and strength is given that the suffering of the diseased person may not be unto the death of his soul, but for eternal salvation in the resurrection and life of the Kingdom of God" (Worship, v. 2, pp 40-41).

Yes, healing is important, but it is not the final goal. The goal is our salvation in Christ, and this may be one aspect in our calling and life as to how to attain it.

This is not "last rites," as you may hear about or relate to the Roman Catholics. We have a Service of the Parting of the Soul and Body, but this is not that.

# **The Service Itself**

This may be done at any time throughout the year. But in the Antiochian & Greek practice, it is mostly done on Holy Wednesday night. Overseas, it is done in the afternoon, and the Bridegroom Matins is still done that evening.

It is called to be performed by seven priests, "reflecting an ancient practice of performing in the course of seven days, each day having its own prayers, although, if due to necessity, it can be performed by three or even one Priest" (These Truths We Hold, St. Tikhon's Press, 1986).

It is patterned after Orthros/Matins:

Blessed is our God, Trisagion Prayers, LHM (12x), Glory/Both now, Come let us worship, Psalm 142, Alleluia, Penitential Troparia, Psalm 50. For confession of our sins, asking to renew and purify our hearts.

Canon, Exaposteilarion, Praises. Praying for His mercy, compassion, cleansing and healing of soul and body.

Troparia sung to Christ, Mary and various Saints and persons. Asking for healing and intercession before the throne of God.

Blind man, Paralytic, St. James, the brother of the God, St. Nicholas, St. Demetrius, St. Panteleimon, Holy Unmercenaries, St. John the Theologian, the Theotokos.

Seven Epistles, seven Gospels, Litany, seven Prayers, and (supposed to be) seven anointings after each prayer (but we only do it once at the end).

1) James 5:10-16	Luke 10:25-37
2) Romans 15:1-7	Luke 19:1-10
3) 1 Corinthians 12:27-13:8	Matthew 10:1, 5-8
4) 2 Corinthians 6:16-7:1	Matthew 8:14-23
5) 2 Corinthians 1:8-11	Matthew 25:1-13
6) Galatians 5:22-6:2	Matthew 15:21-28
7) 1 Thessalonians 5:14-23	Matthew 9:9-13

Prayer of the Gospel. *The Gospel Book is opened and turned to face the people*. As this is done by the priests who are there, the main celebrant says the final prayer of Forgiveness, which includes: "*I lay not my sinful hand upon the heads of those who approach thee in sins … but thy strong and mighty hand which is in this Holy Gospel.*" This is remembering the words of Christ to His disciples after His Resurrection in Mark 16:14-18.

14 Afterward he appeared to the eleven themselves as they sat at table; and he upbraided them for their unbelief and hardness of heart, because they had not believed those who saw him after he had risen. <sup>15</sup> And he said to them, "Go into all the world and preach the gospel to the whole creation. <sup>16</sup> He who believes and is baptized will be saved; but he who does not believe will be condemned. <sup>17</sup> And these signs will accompany those who believe: in my name they will cast out demons; they will speak in new tongues; <sup>18</sup> they will pick up serpents, and if they drink any deadly thing, it will not hurt them; they will lay their hands on the sick, and they will recover."

Final Anointing, with chanting of Troparion & Theotokion, Dismissal. On the table was a vessel of pure olive oil and a vessel of wine. Before the anointing, the priest pours the wine into the oil, and then anoints those Orthodox faithful who come forward. This is patterned after the Good Samaritan who poured oil and wine on the wounds of the man who was beaten. Oil is for healing and wine is used as an antiseptic.

In ancient Christian literature one may find indirect testimonies of the Mystery of Unction in Saint Irenaeus of Lyons and in Origen. Later there are clear testimonies of it in Saints Basil the Great and John Chrysostom, who have left prayers for the healing of the infirm which entered later into the rite of Unction; and likewise in Saint Cyril of Alexandria. In the fifth century, Pope Innocent I answered a series of questions concerning the Mystery of Unction, indicating in his answers that a) it should be performed "upon believers who are sick"; b) it may be performed also by a bishop, since one should not see in the words of the Apostle, let him call for the presbyters, any prohibition for a bishop to participate in the sacred action; c) this anointment may not be performed "on those undergoing ecclesiastical penance," because it is a "Mystery," and to those who are forbidden the other Mysteries, how can one allow only one? (Taken from https://www.goarch.org/holyunction)

So, Forgiveness of sins, Healing and Wholeness of soul and body, Salvation in Jesus Christ, Eternal Life in His Eternal Kingdom.

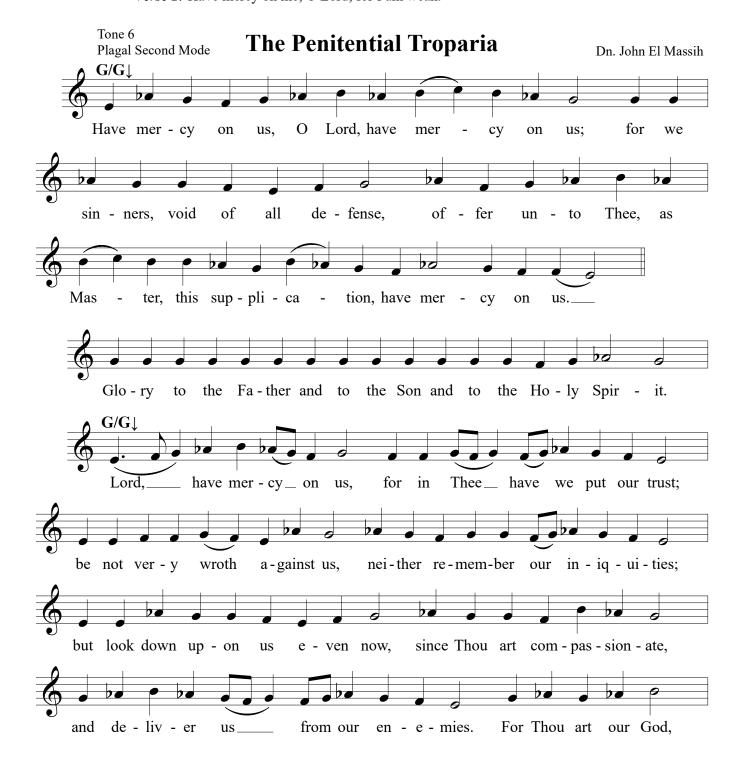
<sup>&</sup>quot;Blessed are the pure in heart, for they shall see God" (Matthew 5:8).

# The Office of Holy Unction

(Version 4, June, 2019)



*Verse 1:* O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. *Verse 2:* Have mercy on me, O Lord, for I am weak.







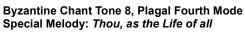


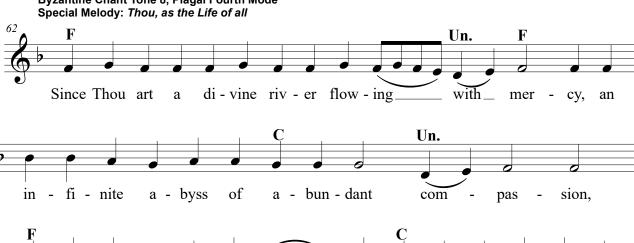






### Kathisma











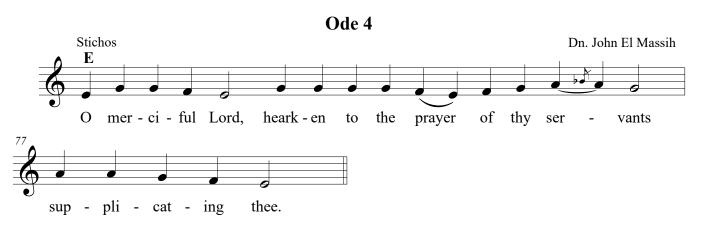


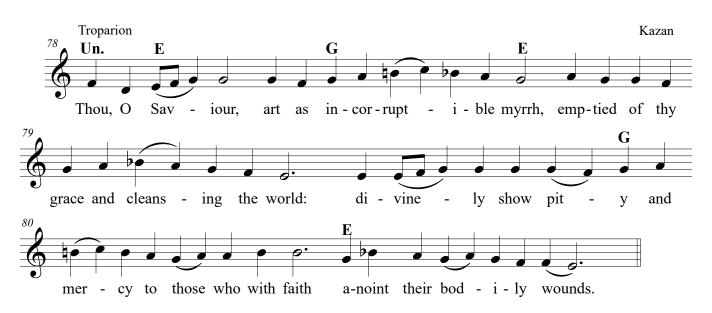


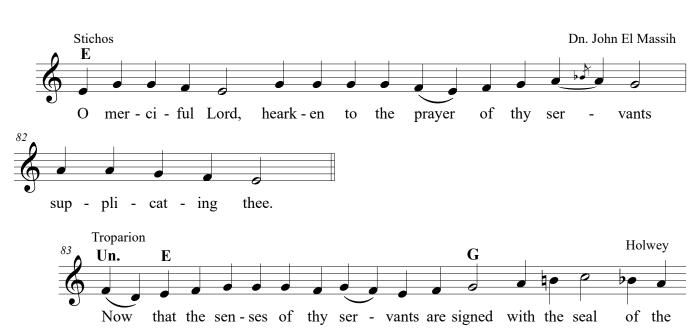
# Kathisma



 $\mathring{B}$ By the law of attraction, the F in these places is only slightly sharped.)







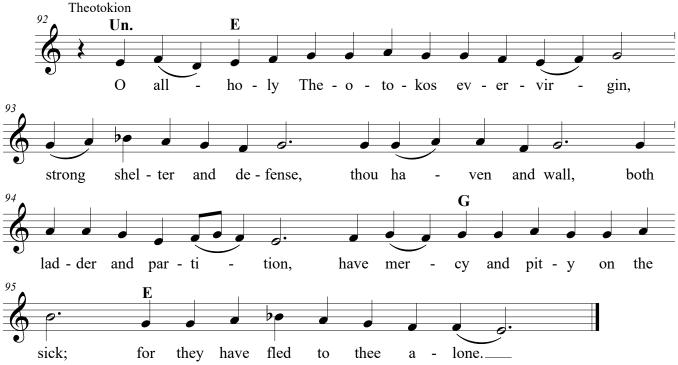


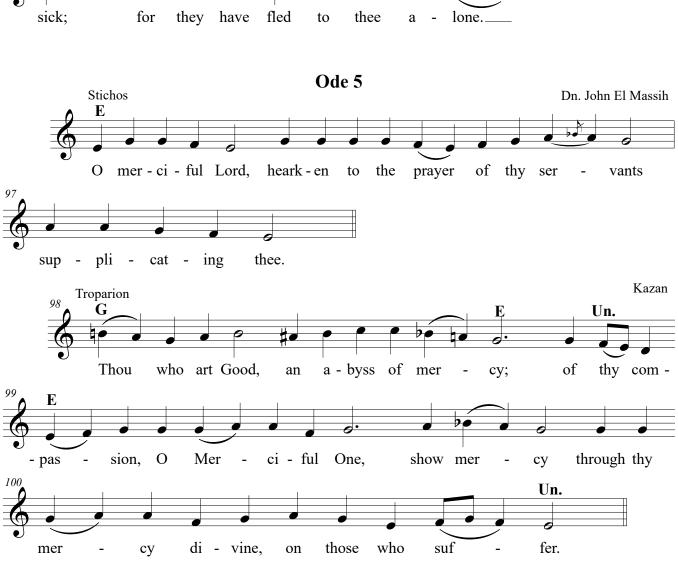
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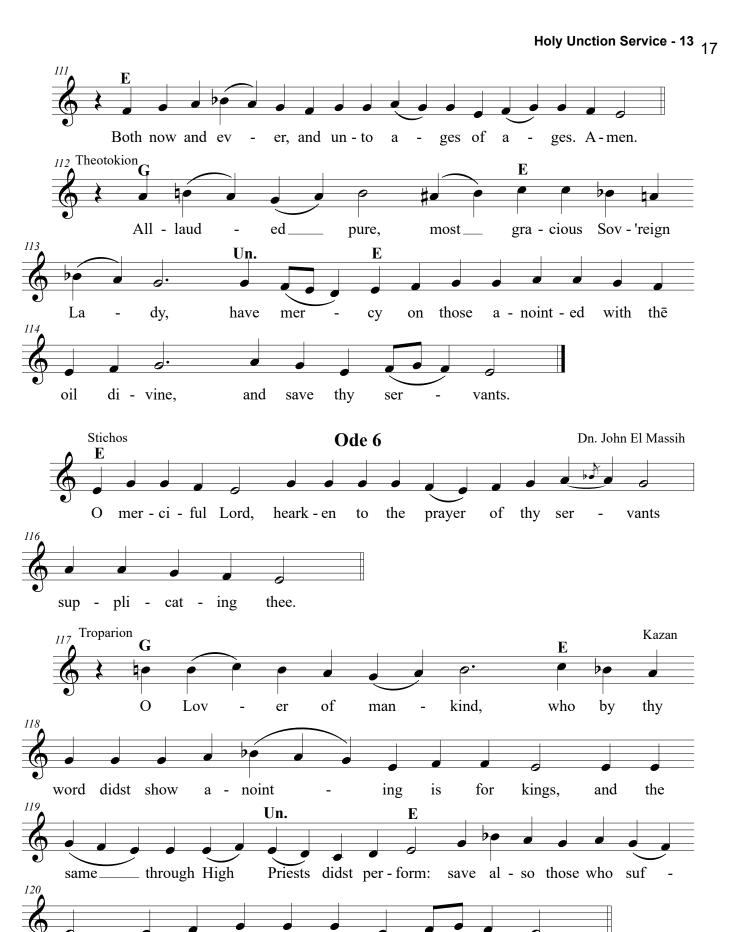
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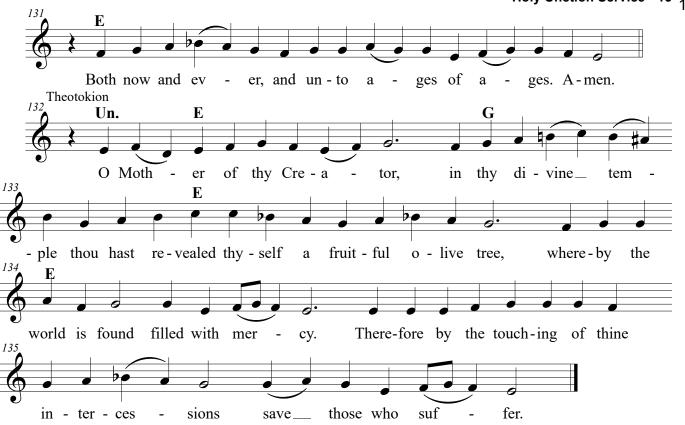
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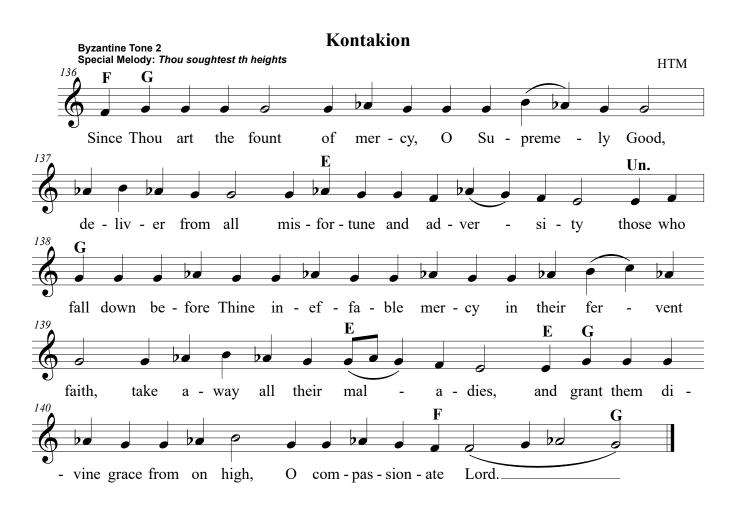
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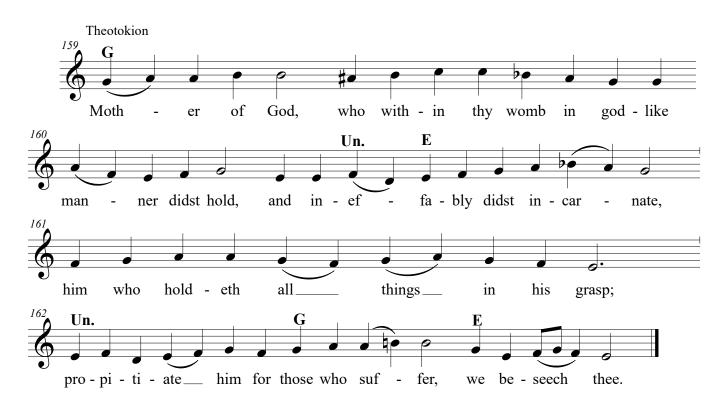


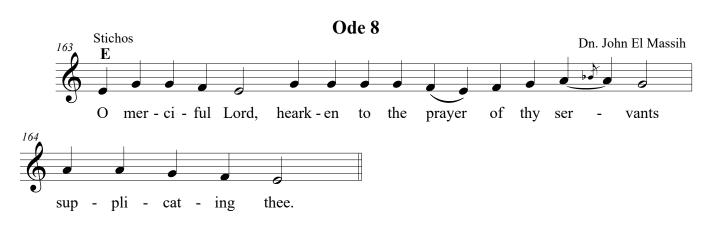




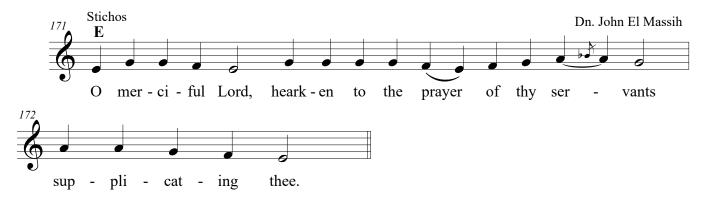




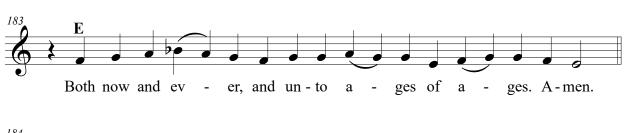


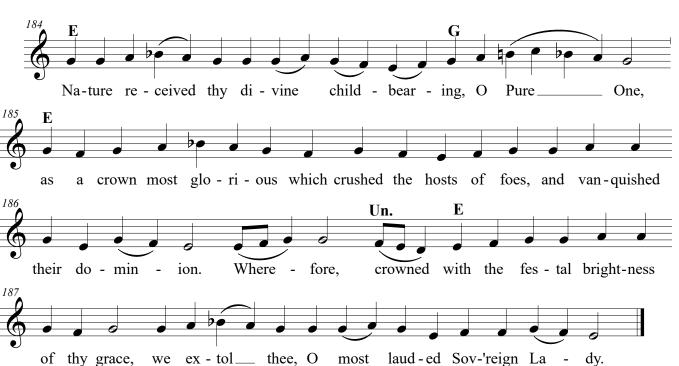


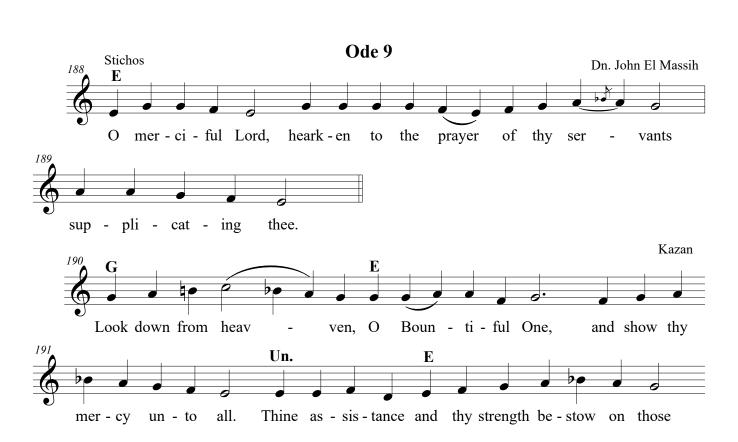








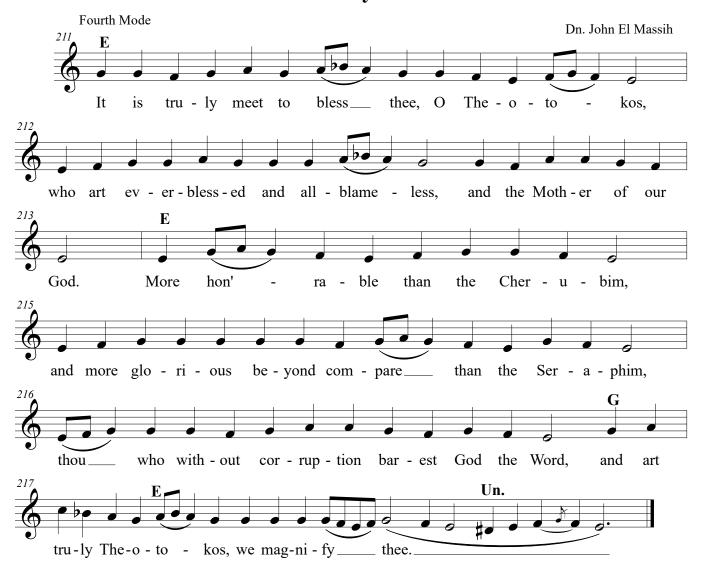




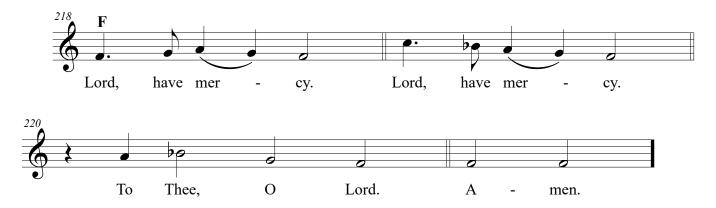




## It Is Truly Meet



## The Little Litany



## The Exaposteilarion



## The Praises









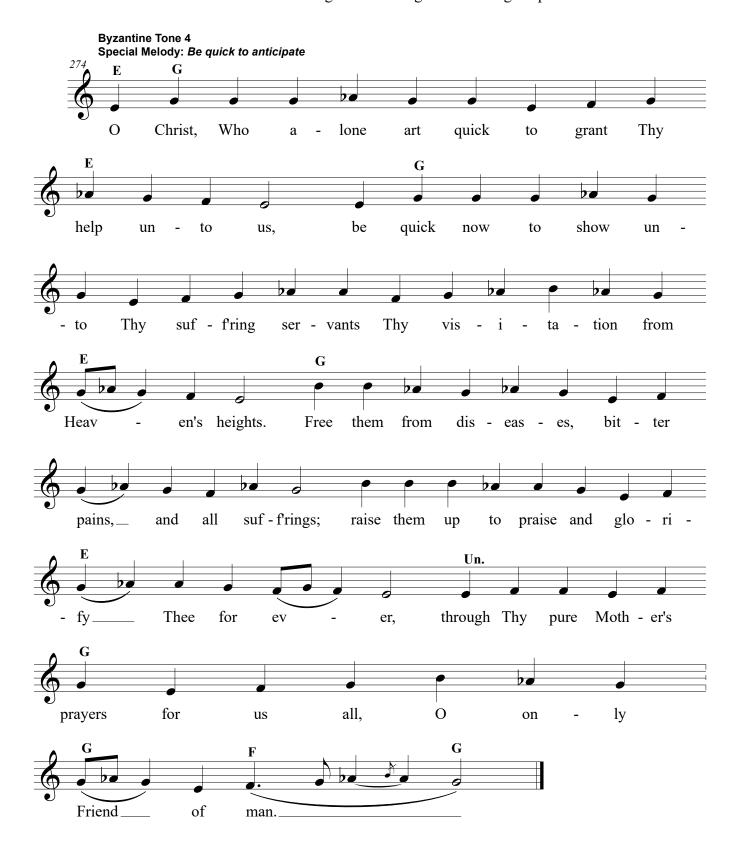
Text & music of stichera used with permission. Copyright, 2005. Holy Transfiguration Monastery, Brookline, MA. Antiochian Orthodox Christian Archdiocese of North America, Rev. 4, 7/1/19, CAH



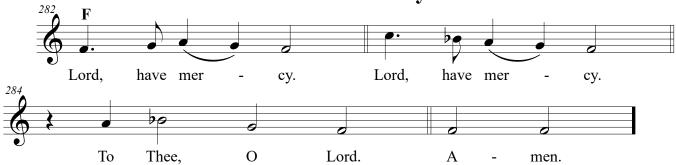


Text & music of stichera used with permission. Copyright, 2005. Holy Transfiguration Monastery, Brookline, MA. Antiochian Orthodox Christian Archdiocese of North America, Rev. 4, 7/1/19, CAH

Then, Holy God. Glory/Both now. All-holy Trinity. Glory/Both now. Our Father. After "For thine is the Kingdom . . . " sing the following Troparion.



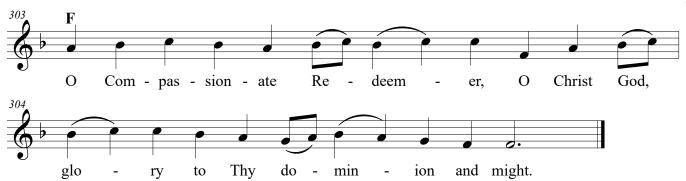
## The Great Litany

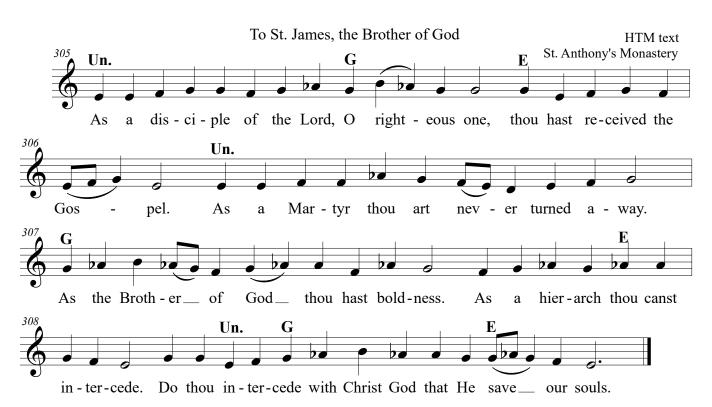


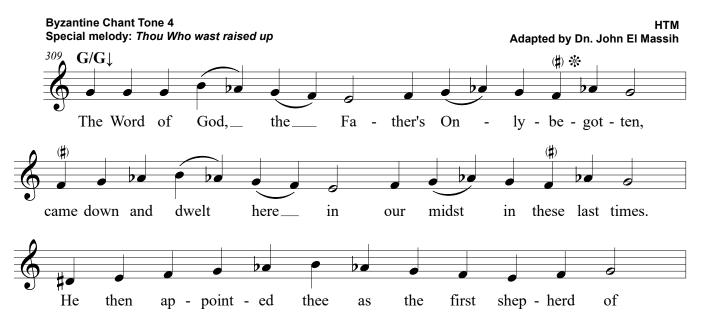
(After the Prayer of Oil is read by the priest, the following troparia are sung. \* Please note: According to the Arabic, Greek, and Slavonic texts, the first troparion to be sung after the Prayer of Oil is the following, without the final ending.)



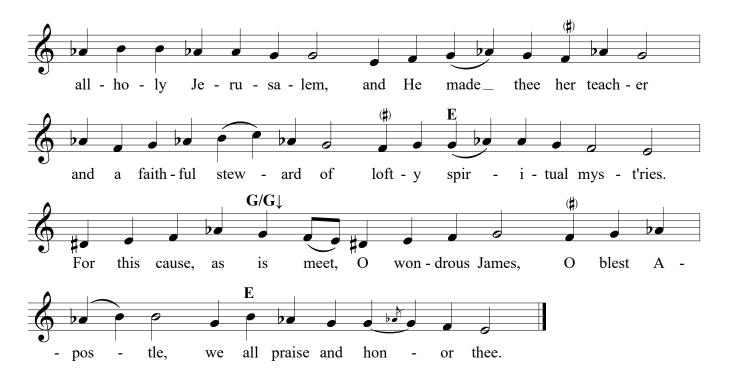




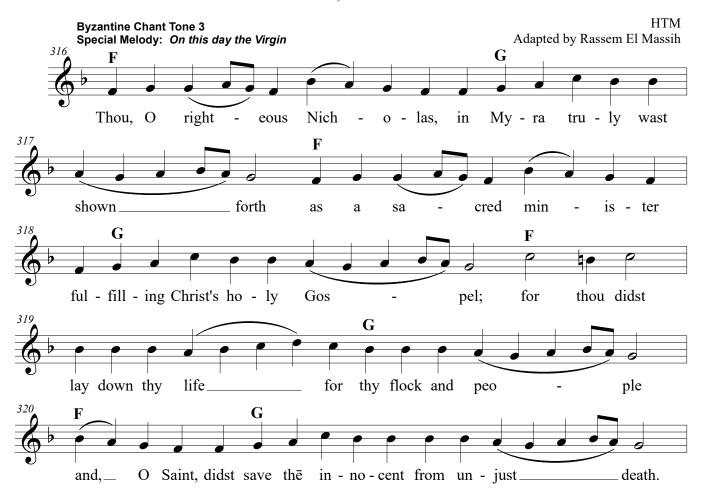


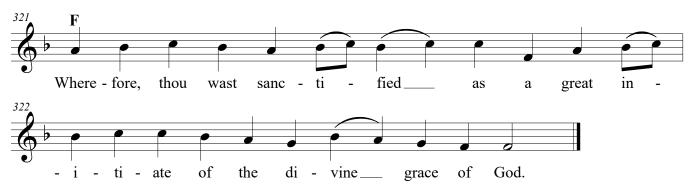


<sup>\* (</sup>By the law of attraction, the F in these places is only slightly sharped.)



To St. Nicholas, the Wonderworker

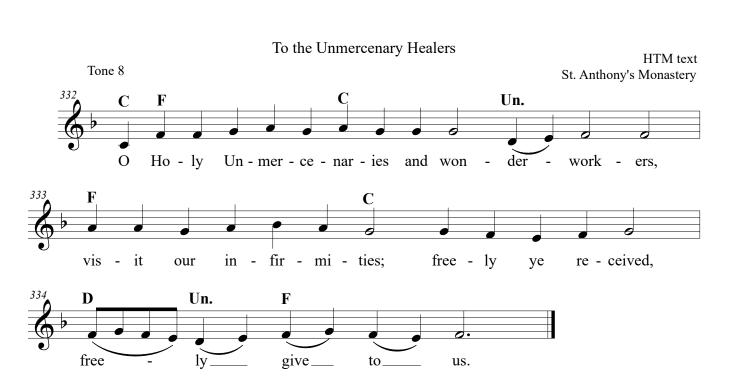














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## Alleluaria for the Epistle Readings

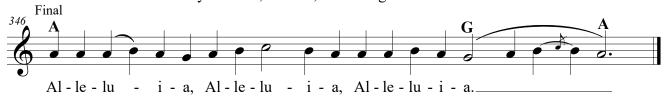


Verse: Of mercy and judgment will I sing unto Thee, O Lord.





Verse: Of Thy mercies, O Lord, will I sing for ever.





Verse: In Thee, O Lord, have I hoped, let me not be put to shame in the age to come.





Verse: With patience I waited patiently for the Lord, and he was attentive unto me.





Verse: Of Thy mercies, O Lord, will I sing for ever. Unto generation and generation will I declare Thy truth with my mouth.



After 6th Epistle, Tone 6



Verse: Blessed is the man that feareth the Lord; in His commandments shall he greatly delight.





Verse: The Lord hear thee in the day of affliction; the Name of the God of Jacob defend Thee.



## **Before and After the Gospel**



## The Litany After Each Gospel



## **Before and After Each Prayer**











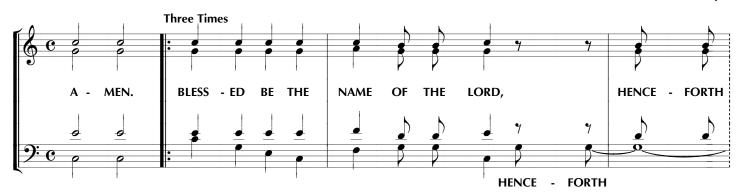


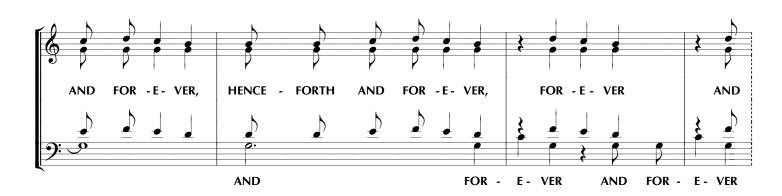


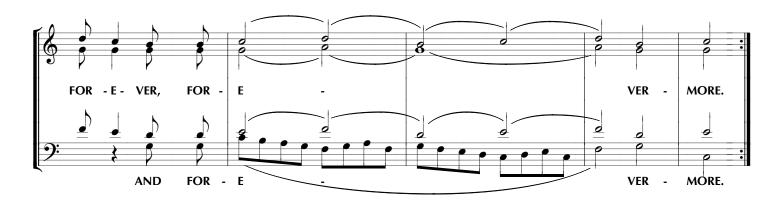


#### Blessed be the Name of the Lord

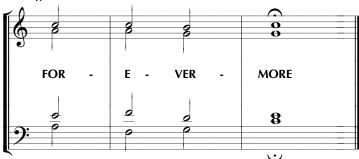
#### D. Bortniansky







#### **Ending for Last Time**



# Communion Hymn

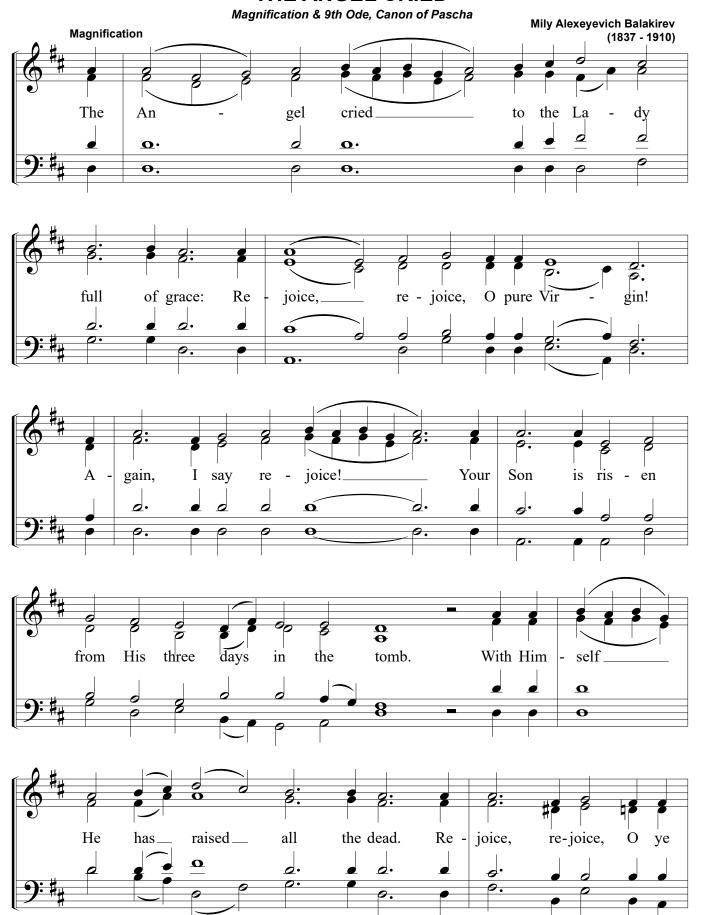


### **Communion Hymn**

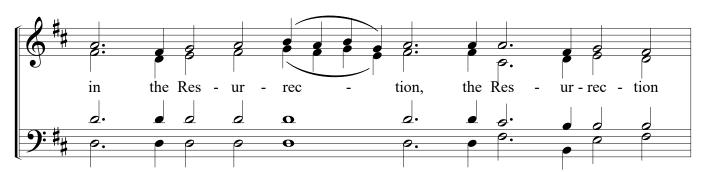


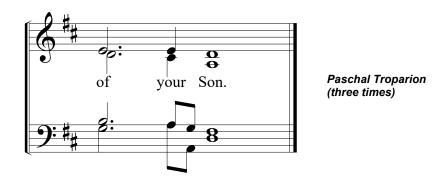
<sup>\*</sup> NOTE: If the Communion Hymn is repeated with verses sung in between, then the Alleluia is sung only after the last time.

#### THE ANGEL CRIED

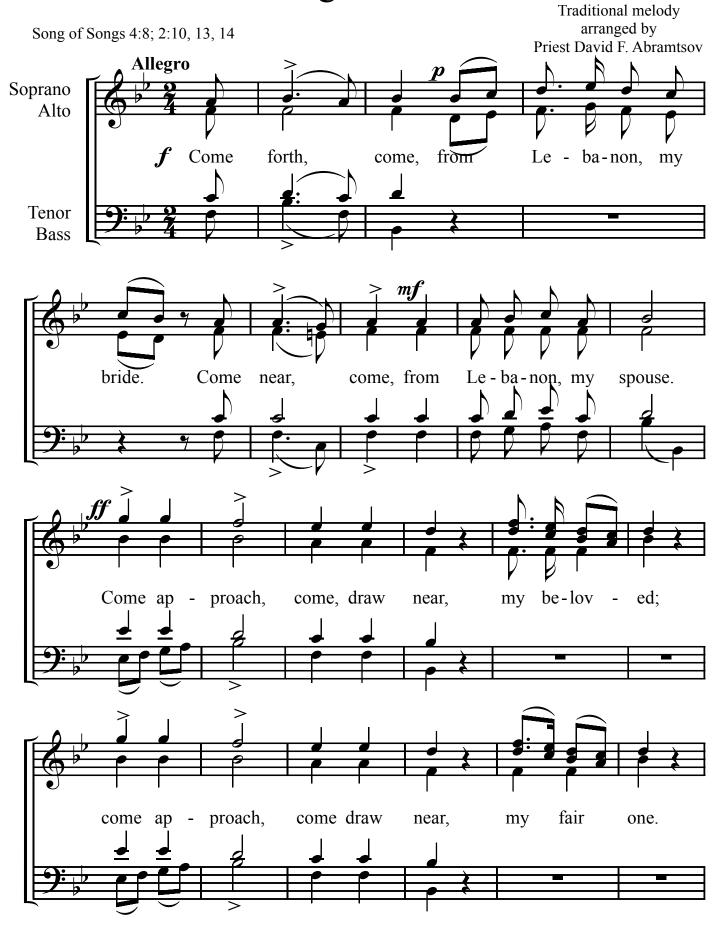








# Wedding Processional



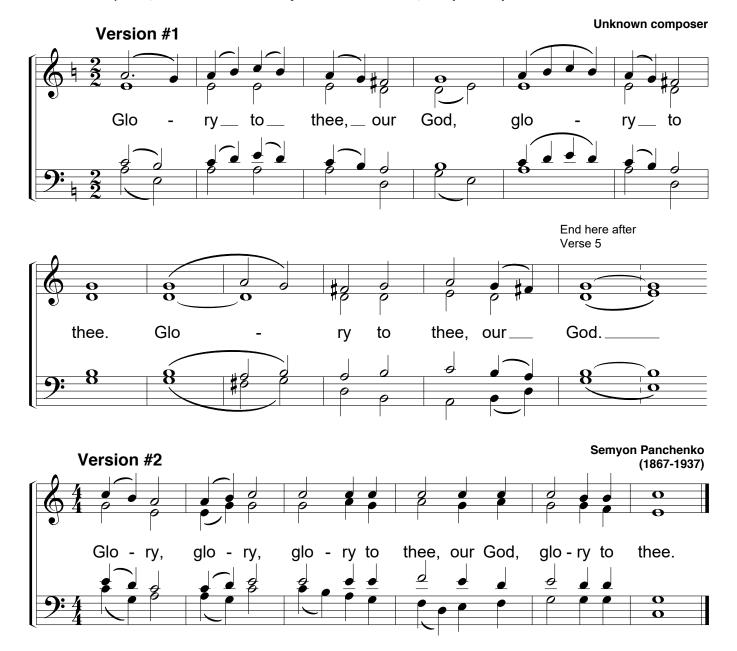


# THE SACRAMENT OF HOLY MATRIMONY The Crowning Service

(NOTE: The choir responds "Glory to thee, our God; glory to thee" after each of the following verses of Psalm 128 is chanted by the Priest. Following verse 5, do the ritard at the end of the Refrain.)

Priest: 1) Blessed are all they that fear the Lord: and walk in his ways.

- 2) Thou shalt eat of the fruit of thy labors: O blessed art thou, and happy shalt thou be.
- 3) Thy wife shall be as a fruitful vine upon the walls of thy house: Thy children like a newly-planted olive-orchard round about thy table.
- 4) Lo, thus shall the man be blessed that feareth the Lord: The Lord in Zion shall so bless thee, that thou shalt see the good things of Jerusalem all the days of thy life.
- 5) Yea, that thou shalt see thy children's children, and peace upon Israel.

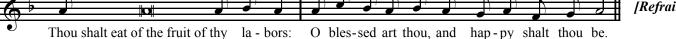


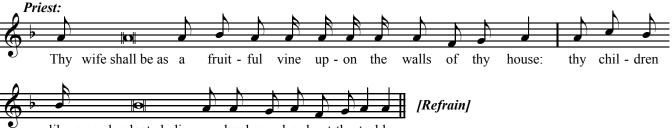
# Wedding Psalm

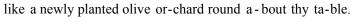
Archpriest James C. Meena (1924-1995)













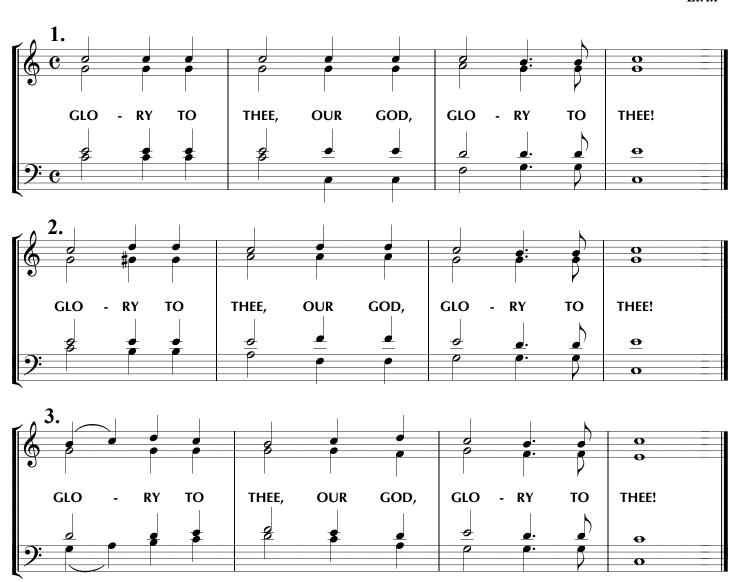


### Glory to Thee, Our God



### Glory to Thee, Our God

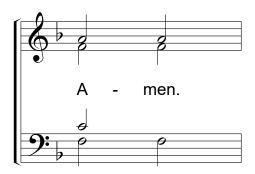
Lirin



English Adaptation W. Shymansky 06/12/90

#### THE CROWNING

NOTE: After the priest blesses the Groom and the Bride each time with the crowns, the choir responds: Amen.



NOTE: As the crowns are exchanged, the following hymn is sung in Tone 7 three times, by the priest and/or the choir.

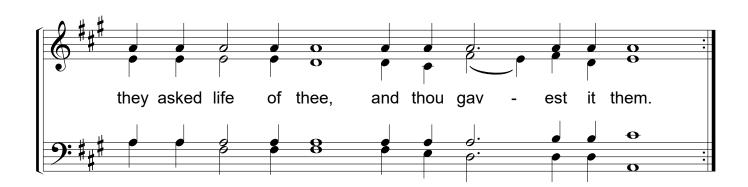


# THE PROKEIMENON Version #1

Priest: Let us attend.

CHANTER: Thou hast set upon their heads crowns of precious stones; They asked life of thee, and thou gavest it them.

Thou hast set up - on their heads crowns of pre-cious stones,



CHANTER: For thou wilt give them thy blessing forever and ever;

thou wilt make them to rejoice with gladness through thy presence.

CHOIR: Thou hast set upon their heads...

#### Third and Final Time:

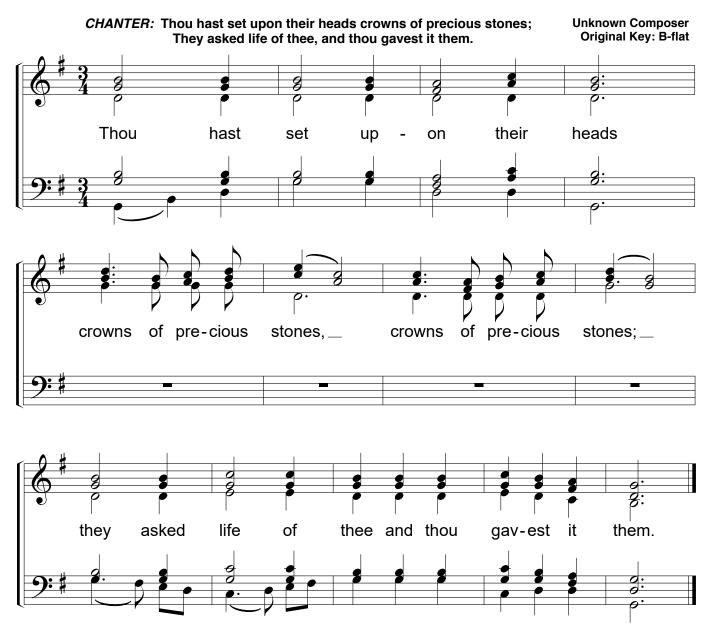
CHANTER: Thou hast set upon their heads crowns of precious stones;

CHOIR: They asked life of thee, and thou gavest it them.



## THE PROKEIMENON Version #2

Priest: Let us attend.



CHANTER: For thou wilt give them thy blessing forever and ever;

thou wilt make them to rejoice with gladness through thy presence.

CHOIR: Thou hast set upon their heads...

Third and Final Time:

CHANTER: Thou hast set upon their heads crowns of precious stones;

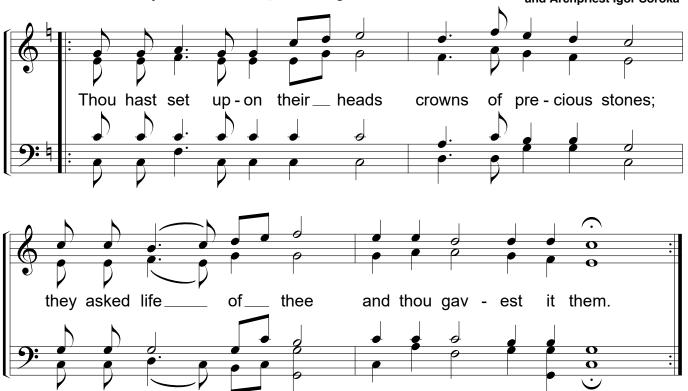
CHOIR: They asked life of thee, and thou gavest it them.

# THE PROKEIMENON Version #3

Priest: Let us attend.

CHANTER: Thou hast set upon their heads crowns of precious stones;
They asked life of thee, and thou gavest it them.

Adapted from the Russian by Archpriest Vladimir Soroka (1922-2005) and Archpriest Igor Soroka



CHANTER: For thou wilt give them thy blessing forever and ever;

thou wilt make them to rejoice with gladness through thy presence.

CHOIR: Thou hast set upon their heads...

#### Third and Final Time:

CHANTER: Thou hast set upon their heads crowns of precious stones;

CHOIR: They asked life of thee, and thou gavest it them.



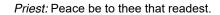
### **Wedding Prokimenon**

B. M. Ledkovsky



#### THE LITURGY OF THE WORD

Adapted into English by Professor Michael Hilko



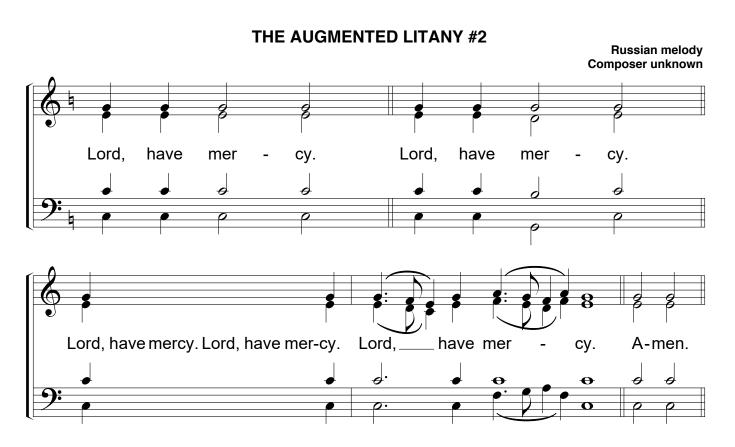


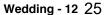




#### **THE AUGMENTED LITANY #1**









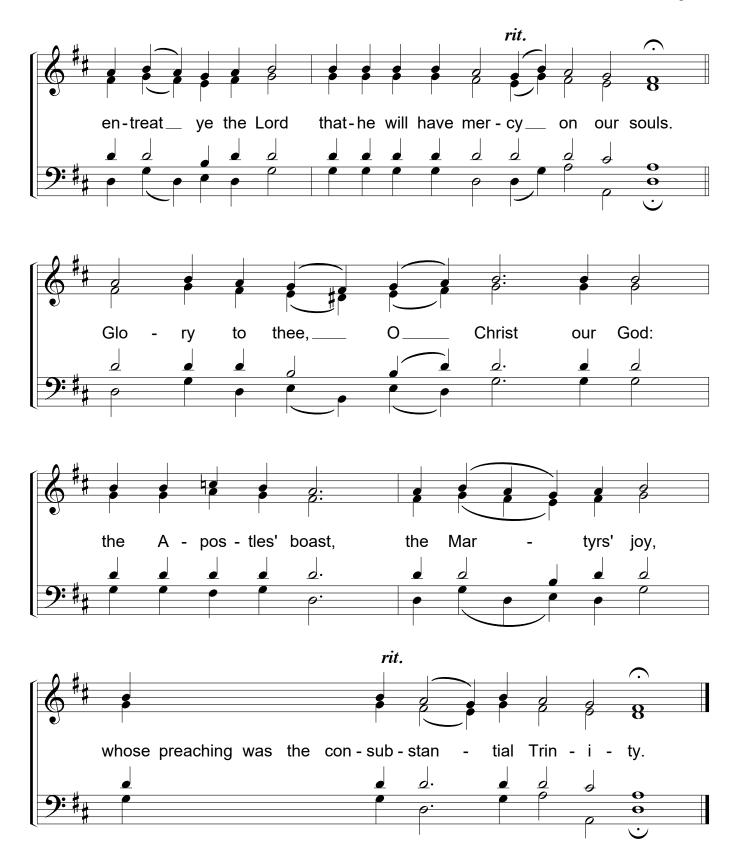




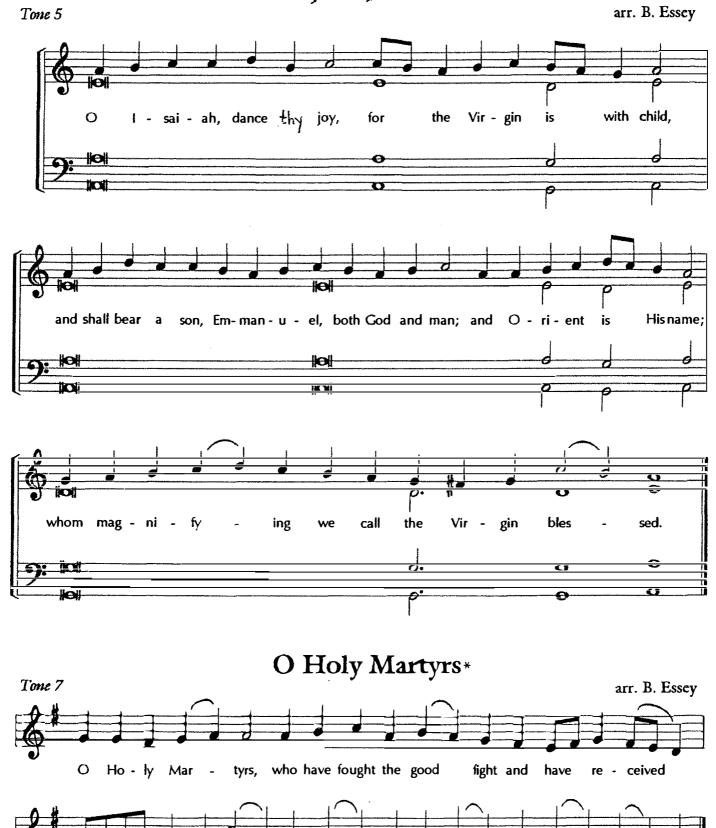


#### O ISAIAH, DANCE THY JOY





### Rejoice, Isaiah



the Lord

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crowns: en-treat

your

<sup>\*</sup> Recommended to be sung T/B or S/A.

### Glory to You

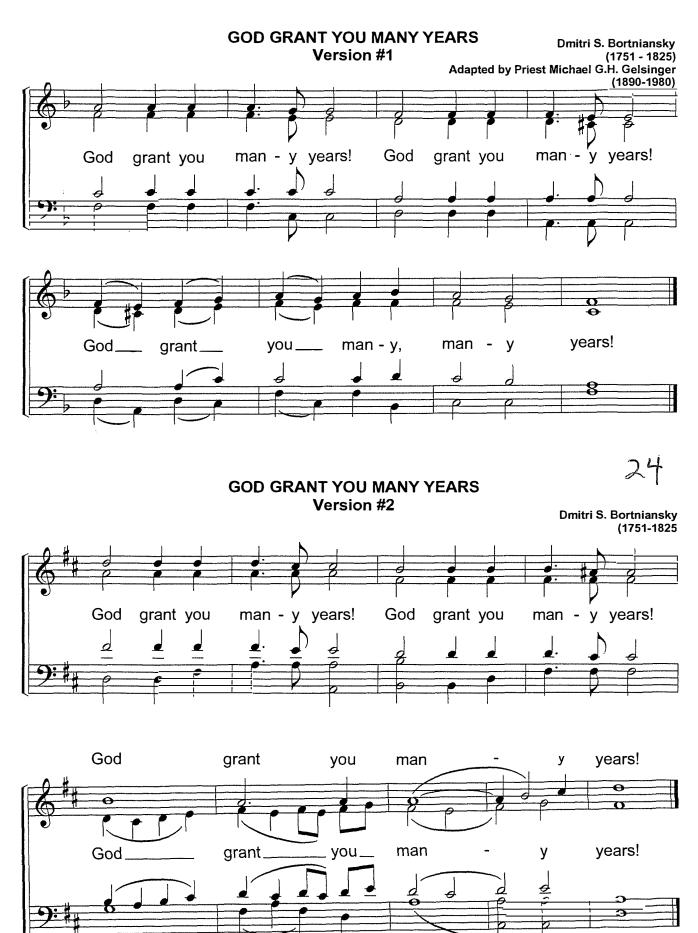


Harmonization by SYYazge/1993

### Rejoice, O Isaiah











#### **Bless O Lord Thy Servants**



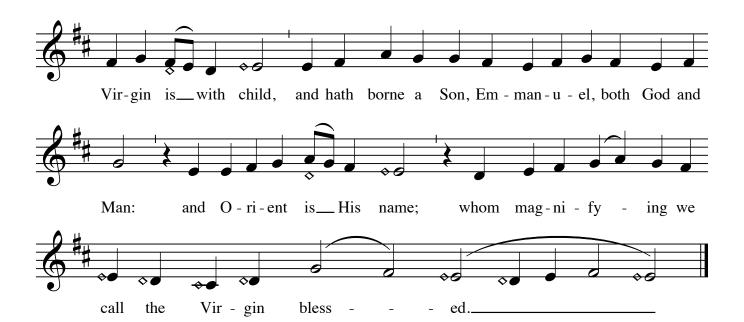
### WEDDING

1812 Motif - Tchaikovsky Adapted by Walter Shymansky Revision #2, October 29, 2006



# **Troparia Sung at Ordinations**





### "Lord, have mercy" for an Ordination

+BB 2005

Chanted slowly and softly.

Repeated until the final "Amen."



### He Is Worthy Sung at Ordinations







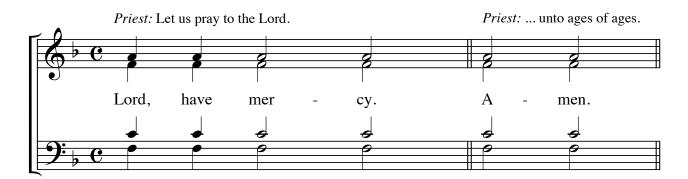


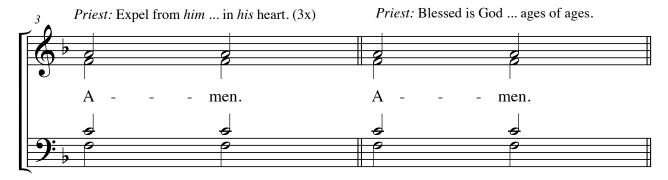


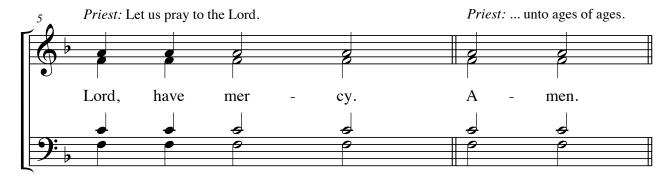


### **Sacrament of Holy Baptism**

#### Prayers at the reception of catechumens









(NOTE: The Troparion of Theophany may be chanted or sung while the priest is censing the church and baptismal font.)

#### Sacrament of Holy Baptism

#### **Troparion of Theophany**



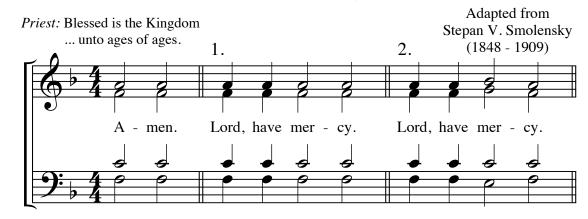


# Sacrament of Holy Baptism Troparion of Theophany



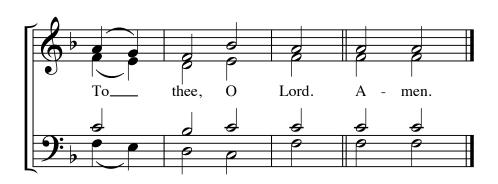
When the bishop is present, sing this

# The Great Litany





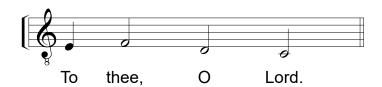




# Sacrament of Holy Baptism The Great Litany

#### Simple Byzantine chant version

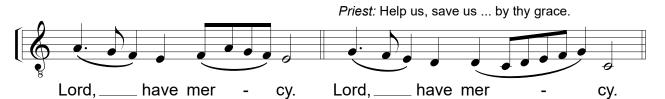


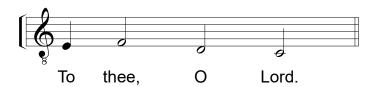


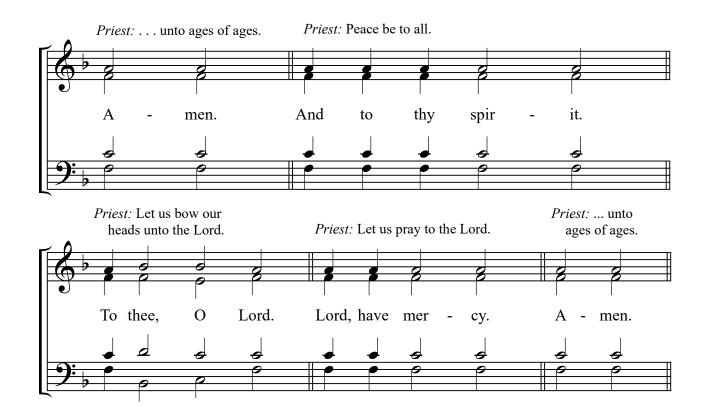
#### Traditional Byzantine chant version - Tone 8











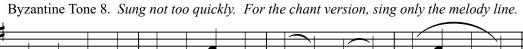
#### Byzantine chant version



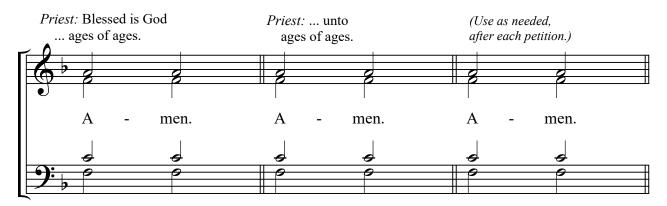


Priest: Let us attend!

Harmonized by Christopher Holwey from the melody of Bishop BASIL







#### Byzantine chant version



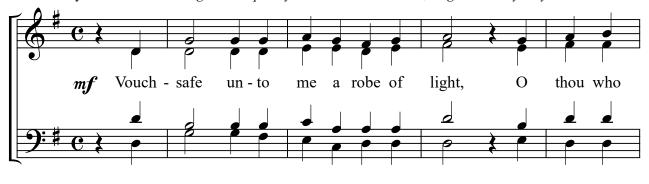
A - - men.

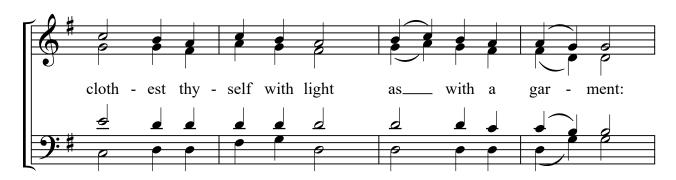
(Revised July, 2019)

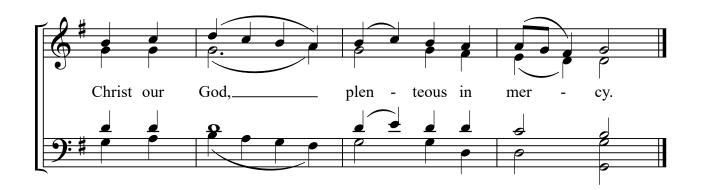
*Priest*: The servant of God N. is clothed ... the Holy Spirit. Amen.

Harmonized by Christopher Holwey from the melody of Bishop BASIL

Byzantine Tone 8. Sung not too quickly. For the chant version, sing the melody only.







Note: Following the singing or chanting of "Vouchsafe unto me...," the Katavasiae of the Cross are chanted for the remainder of the clothing of the newly-baptized.

### The Elevation (Exaltation) of the Cross

#### Katavasiae

(Sung on August 1, August 6-13 & August 24-September 21)







# Sacrament of Holy Baptism As Many As Have Been Baptized



# Sacrament of Holy Baptism As Many As Have Been Baptized



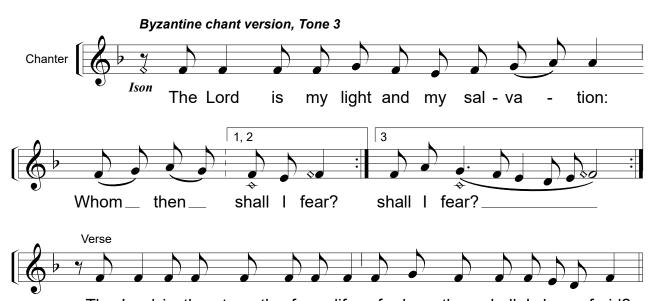
D.C. al Fine

# Sacrament of Holy Baptism The Prokeimenon

**Psalm 26:1** 



The Lord is the strength of my life: of whom then shall I be a-fraid?



The Lord is the strength of my life: of whom then shall I be a-fraid?

NOTE: The Byzantine chant version in Tone 3 is traditionally done antiphonally, as follows:

Chanter A: Chants the Prokeimenon Chanter B: Repeats the Prokeimenon

Chanter A: Chants the Verse, and the first half of the Prokeimenon

Chanter B: Chants the second half of the Prokeimenon with the third ending

# Sacrament of Holy Baptism The Liturgy of the Word

Kievan Chant

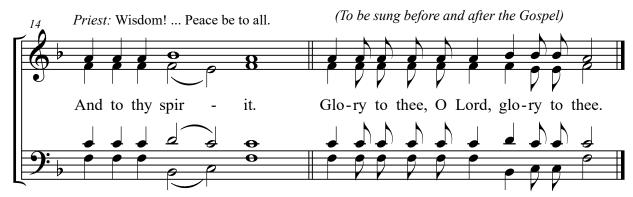


# Sacrament of Holy Baptism The Liturgy of the Word

#### Simple choral version

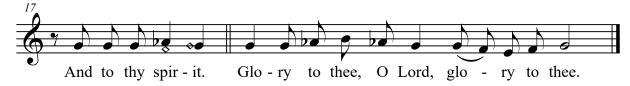
Adapted from the Russian by Professor Michael Hilko (1905-1974)





#### Byzantine chant, version 1









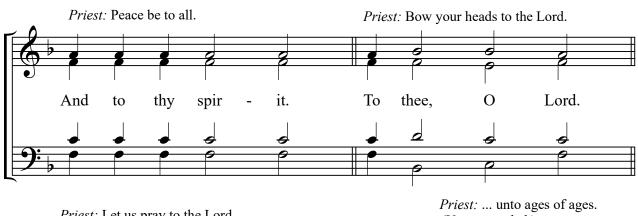
And to thy spir - it. Glo-ry to thee, O Lord, glo-ry to thee.

# Sacrament of Holy Baptism Communion Hymn





# Sacrament of Holy Baptism Ablution & Tonsure



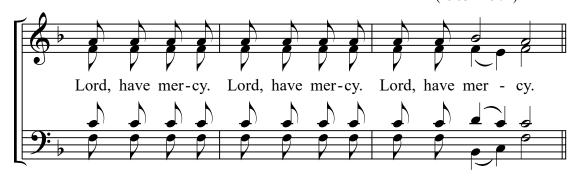


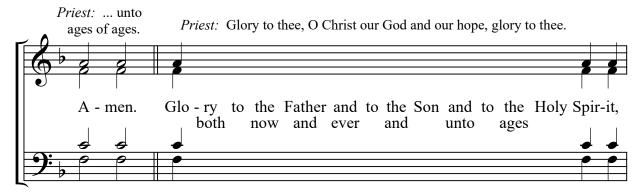


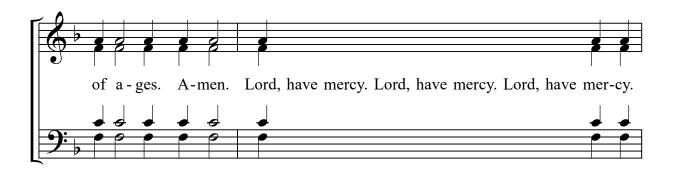


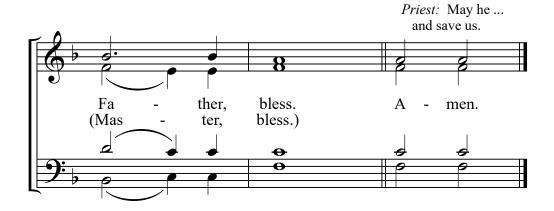
# Sacrament of Holy Baptism Final Litany and Dismissal

Adapted from the Russian by Professor Michael Hilko (1905 - 1974)



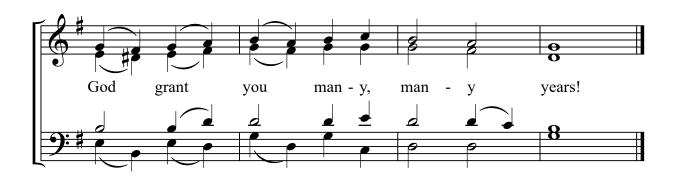






# Sacrament of Holy Baptism God Grant You Many Years





#### Taking the Stress Out of "Master, Bless!"

#### A Handy Guide to Answer all of Your Questions About Chanting with a Hierarch

#### 1. Vespers

- When Met/Bishop arrives at the church, the priest brings the Gospel and intones the litany: "Have mercy on me...", the choir responds with "Lord have mercy" (x3)
- While coming down the aisle, the choir may chant the megalynarion of Palm Sunday, "God the Lord hath appeared...". Usually, this hymn is reserved for major celebrations and festivities. In the Greek tradition, "It is truly meet..." is chanted instead.
- Once the Met/Bishop is on the solea, he raises his hands to bless the people. Once he raises his hand, the choir chants "Many years, Master" once in a slow tempo until all the clergy take his blessing.
- He reads the opening Psalm, Psalm 103, in its entirety, including "Come let us worship..."
- He leads the chanting of "O Gladsome Light..." with the clergy. The Choir picks it up from "Therefore the world glorify Thee."
- He chants the Prokeimenon of the day back and forth with the choir.
- He reads "Vouchsafe O Lord..."
- He reads "Lord, now lettest Thou, Thy servant,..."
- At the Dismissal Prayer, the choir chants "Preserve, O Lord,..." right when he says "...whose memory we commemorate today, and of all Thy Saints..."

p.s.

- Every time the name of the presiding Hierarch is said, the choir chants "many years, Master" in a fast tempo.
- If the Metropolitan is not serving or presiding over the Divine Liturgy, the next day, the choir may chant the "Polychronion", (May the Lord God, grant many years...), instead of "Preserve, O Lord,...".

### 2. Orthros

Traditionally, The Met/Bishop is expected to arrive for the Orthros service right when the Kontakion, the oikos, and the Senaxarion are read. If he presided over the Vespers service, the night before, he walks right to the solea and blesses the people while the choir is chanting "many years, Master". If no, please check above (1.a-1.b).

p.s. If he arrives right at the beginning of Orthros, he decides to chant whatever he wants. He definitely reads "As we beheld the Resurrection of Christ..." right after the Orthros Gospel.

- From the throne, he starts chanting the katavasia back and forth with the choir. Note that he may finish chanting the end of the 3<sup>rd</sup> Ode in order for the choir to start the 4<sup>th</sup> Ode. So, he chants the 1<sup>st</sup>, the ending of the 3<sup>rd</sup>, the 5<sup>th</sup>, and the 7<sup>th</sup> Ode. The choir chats the 3 Ode and he finishes chanting it, the 4<sup>th</sup>, the 6<sup>th</sup>, and the 8<sup>th</sup> Ode.
- He chants "More Honorable..." with its verses, also, back and forth with the choir. He chants the 9<sup>th</sup> Ode.
- He chants once "Holy is the Lord, our God". The choir repeats it, then the he chants "Exalt ye the Lord our God, and worship at His footstool", then the choir chants the rest, "for He is Holy".
- He, then, chants the exapostelaria back and forth with the choir.
- At the Praises, he gets ready to start the prayer of the "Kairon" (preparation to enter the
  altar). After the choir chants "Let everything that hath breath..." and "Praise ye Him...",
  they chant "Preserve, O Lord,..." in a Papadic style, preferably in a low and soft voice. If
  the choir does not know the melody, they may remain silent until the Met/Bishop finishes
  the prayer.
- At the end of the prayer, he will bless the people with the Trikiri while the choir chants "many years, Master..."
- After he blesses, he goes in the altar to vest and the choir chants the verses for the Praises, the Doxastikon, and the Doxology. Note that if he decides to chant the Doxastikon, the choir should repeat the verses of the Praises till he finishes vesting and is ready to chant.
- When he is ready to exit the altar to go to the throne, he stands at the Beautiful Gate and blesses the people while the choir chants "many years, Master" in a fast tempo.

#### 3. <u>Divine Liturgy</u>

- He chants the Isodikon, (the Entrance Hymn). The choir chants "many years, Master" while he is blessing with both the Dikiri and Trikiri and then they finish the Isodikon, "as we chant to Thee. Alleluia"
- The choir repeats chanting "Save us, O Son of God,..."
- He chants the first Apolytikion called for after the Little Entrance.
- The choir chants whatever hymns are called for between the first one and the Kontakion
- He chants the Kontakion but the choir should finish the closing phrase or the last word.
- Below is the order of the Trisagion:
  - 1) Choir
  - 2) Choir
  - 3) Met/Bishop with clergy

- 4) Choir
- 5) Met/Bishop with clergy
- 6) Choir: Glory. Both now. Holy Immortal...
- 7) Choir will only chant: "Many years Master" when his eminence is blessing with the Dikiri and Trikiri while intoning "O Lord, O Lord, come down from heaven..."
- 8) Deacon: Dynamis
- 9) Choir: Holy God, Holy mighty, holy immortal..."
- 10) Deacon intones "O Lord save the faithful", then the Met/Bishop with the clergy chant it
- 11) Deacon intones the same phrase as above again, the choir responds with "O Lord save the faithful"
- 12) Deacon intones "O Lord save those of true worship", then the choir chants it.
- 13) Deacon intones "and hear us" then the Met/Bishop with the clergy chant it.
- 14) The deacon then intones the Phimi (declaration), "Joseph, the most devout,..." of his eminence. The clergy will chant it then the choir chants again.
- The Choir should respond to the "Among the first, be mindful..." with "Amen" both when the Met/Bishop says it and the clergy repeat it. The response "and of all mankind" is said in response to the Deacon, whose line also ends in "and of all mankind" acting as your cue.
- At the Dismissal Prayer, the choir chants "Preserve, O Lord,..." or the "Polychronion" in case of the presiding Hierarch is the Metropolitan, right when he says "...whose memory we commemorate today, and of all Thy Saints..."

Phimi: JOSEPH, the most devout, the most reverend, chosen by God Archbishop of New York and Metropolitan of all North America. Our father and chief shepherd, may God grant him many years.

Preserve, O God, our Master and Chief Shepherd, and grant him many years, Master, many years, Master, many years, Master.

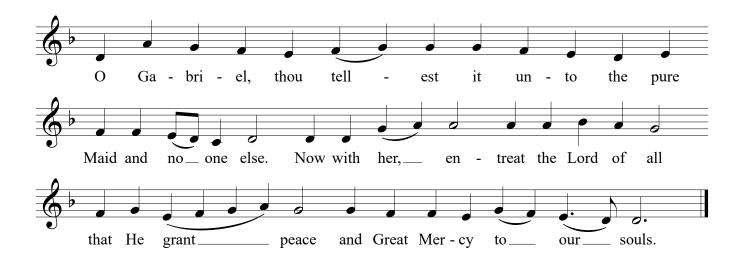
Polychronion: May the Lord, God, grant many years, the most Reverend Chief and Master, and elect of God: Archbishop of New York and Metropolitan of all North America. Kyrios, Kyrios, JOSEPH. O Lord, preserve him for many years, for many years, for many years.

#### March 26th & July 13th

### Synaxis of the Holy Archangel Gabriel

Stichera at "O Lord, I have cried"



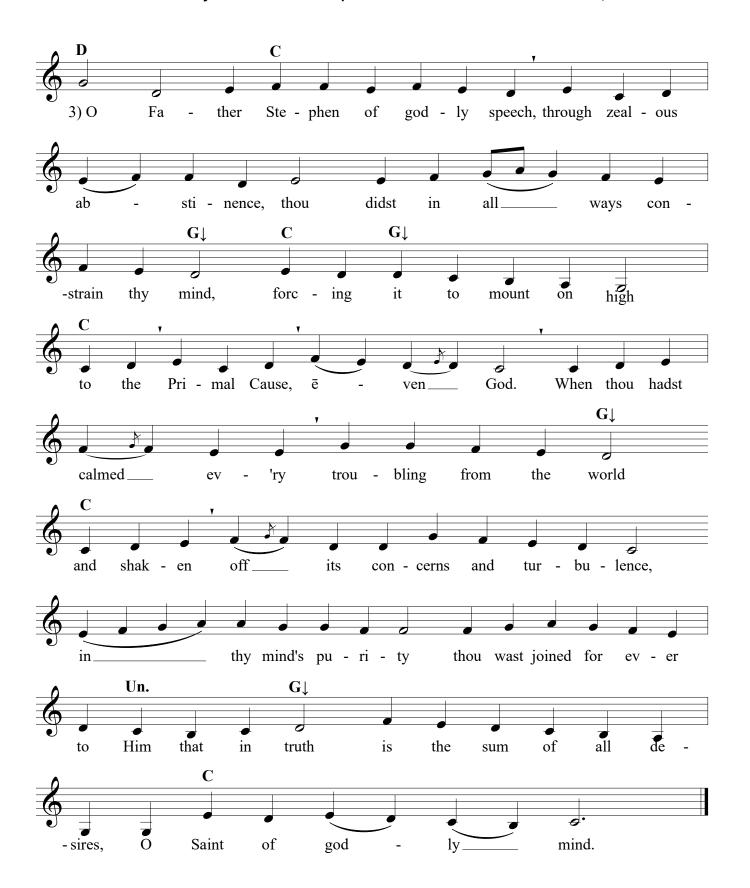




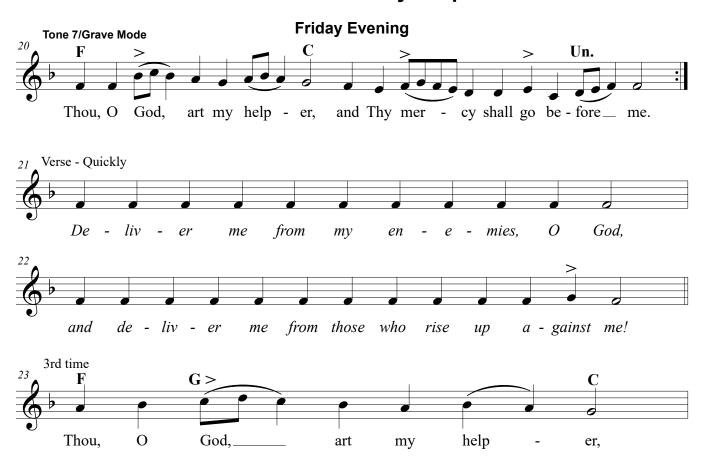
## **Venerable Stephen of Mar Sabbas Monastery**







## **Prokeimena at Daily Vespers**



#### July 13th

## Synaxis of the Holy Archangel Gabriel

#### Stichera at the Aposticha at Vespers



Verse: He maketh His angels spirits and His ministers a flame of fire.



Verse: Bless the Lord, O my soul; O Lord my God, Thou hast been magnified exceedingly.



#### July 13th

## The Synaxis of the Archangel Gabriel

#### **Apolytikion**





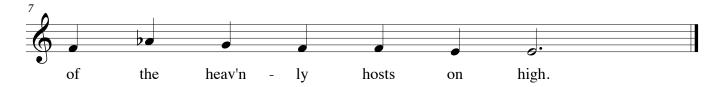










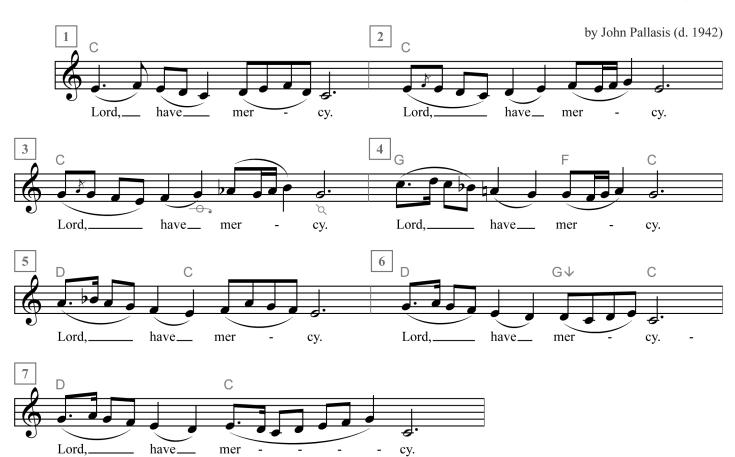


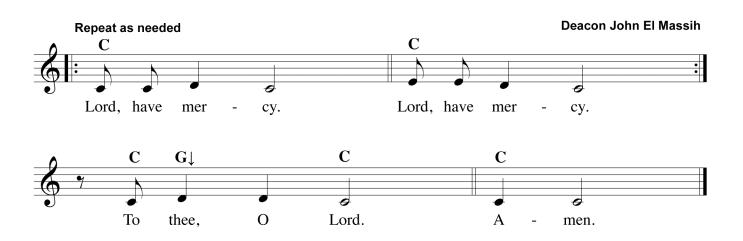
# LORD HAVE MERCY

Petitions are intoned at G and/or C

### **Plagal Fourth Mode**

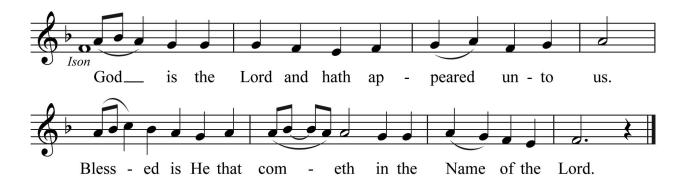
English Adaptations by Hieromonk Ephraim





#### God is the Lord: Tone 3

Rassem El Massih



#### Verses:

O give thanks unto the Lord and call upon His holy name.

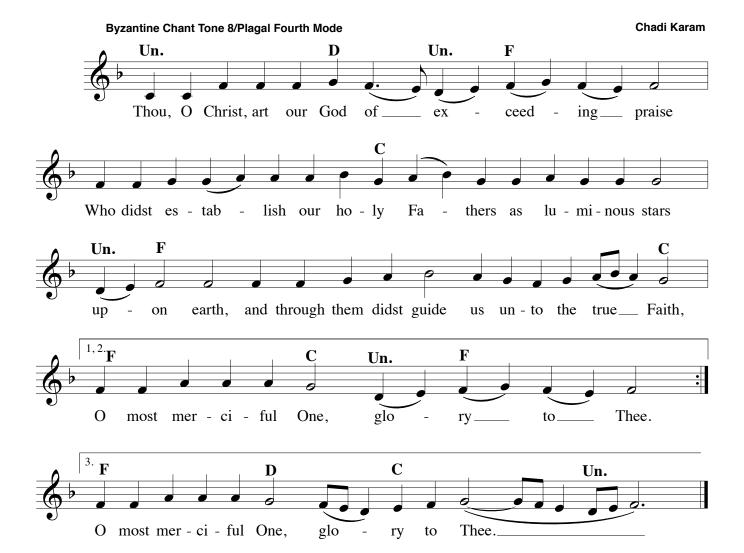
All nations compassed me about, but in the name of the Lord will I destroy them.

This is the Lord's doing; it is marvelous in our eyes.



# The Sunday of the Holy Fathers

#### **Apolytikion**



### **Resurrectional Theotokion: Tone 8**



### **Tone Three**

### First Kathisma

Christ is risen from the dead as the first-fruits of them that slept. The firstborn of creation, and the Creator of all things that have come into being, hath renewed in Himself the corrupted nature of our race; no longer, O Death, art thou lord; for the Master of all hath destroyed thy dominion.

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

Having tasted of death in the flesh, O Lord, Thou hast banished the bitterness of death by Thy rising; and Thou hast strengthened man against it by revoking the defeat of the ancient curse. O Defender of our life, Lord, glory be to Thee.

Both now and ever, and unto the ages of ages. Amen.

Awed by the beauty of thy virginity and the exceeding radiance of thy purity, Gabriel called out unto thee, O Theotokos: What worthy hymn of praise can I offer unto thee? And what shall I name thee? I am in doubt and stand in awe. Wherefore, as commanded, I cry to thee: Rejoice, O Full of Grace.

(OR – Theotokion of the Resurrectional Apolytikion)

We praise thee, the Mediatress, for the salvation of our race, O Virgin Theotokos; for in the flesh taken from thee, thy Son and our God hath deigned to endure the passion through the Cross, and hath redeemed us from corruption, since He is the Friend of man.

#### Second Kathisma

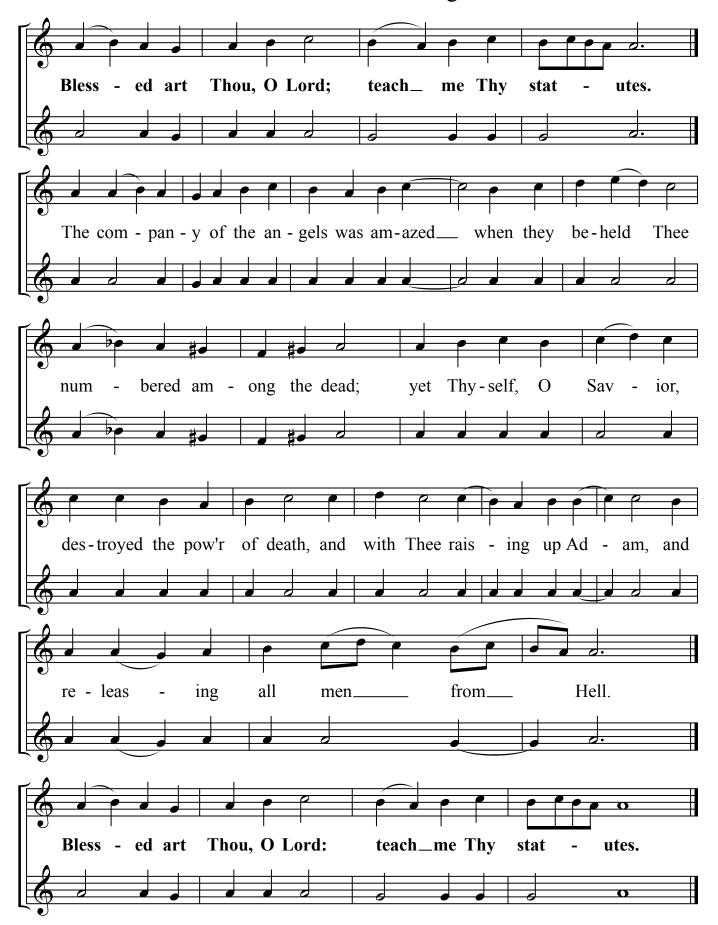
At Thy Divinity's immutability and the dread Passion Thou didst freely will, O Lord, Hades was terror-struck and he bewailed himself: Now I tremble at His body's uncorrupt substance tainted by no decay; I see Him Whom none can see waging war on me secretly. And all my captives cry out exulting: O Christ, glory to Thy Resurrection.

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

We praise as works of God the inexpressible, incomprehensible, and inexplicable mystery, O Lord, of Thy dread Crucifixion and Resurrection. On this day is death despoiled; stripped is Hades of all his goods; Adam's race hath now put on incorruption as fair array. We faithful therefore cry with thanksgiving: O Christ, glory to Thy Resurrection.

Both now and ever, and unto the ages of ages. Amen.

Incomprehensible, uncircumscribable, Him one in essence with Father and Comforter hast thou in mystery held within thy womb, as God's Virgin Mother. Through thy bringing forth, we learned to give glory throughout the world to the one and unconfused operation of the Trinity. We therefore cry to thee in thanksgiving: Rejoice, O Full of Grace.













### **Tone Three**

### Hypakoe

Causing astonishment by his appearance and refreshment by his speech, the radiant Angel said unto the myrrh-bearers: Why seek ye the Living One in the tomb? Risen is He that hath emptied the tombs. Know Him as the immutable Changer of corruption; say unto God: How awesome are Thy works! For Thou hast saved the race of man.

### **First Antiphon**

The captivity of Zion hast Thou brought forth out of Babylon. Draw me also from the passions unto life, O Word.

In the south, they that sow with godly tears shall reap sheaves of wheat in the joy of life everlasting.

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

By the Holy Spirit, there is every good gift. For He doth shine forth together with the Father and the Son; in Him all things live and move.

### **Second Antiphon**

Except the Lord build the house of virtues, in vain do we labor; and so long as He protecteth the soul, no one shall take our city.

Made by the Spirit to be sons, the reward of the fruit of the womb, the Saints are ever with Thee, O Christ, as with the Father.

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

In the Holy Spirit, all sanctity and wisdom are discerned; for He giveth being to all creation. Let us worship Him, for He is God, with the Father and the Word.

### **Third Antiphon**

They that fear the Lord are blessed; they walk in the paths of the commandments, and they shall eat of every life-giving fruit.

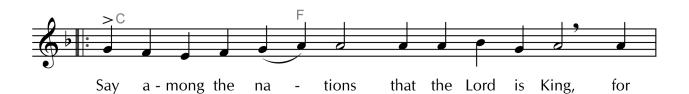
Rejoice, O chief shepherd, as thou beholdest round about thy table thy children's children, bearing branches of good works.

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

In the Holy Spirit is all the wealth of glory; from Him there is grace and life to all creation. For He is praised with the Father and the Word.

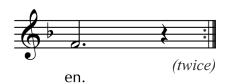
### **Resurrectional Prokeimenon**

### **Tone Three**



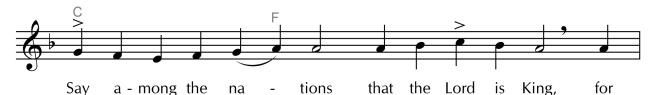


He hath es - tab - lished the world which shall not be shak





O sing un-to the Lord a new song, sing un-to the Lord, all the earth.





He hath es - tab - lished\_ the world which shall not be shak -



## Troparia after Psalm 50

Byzantine Tone 2 Arr. Basil Kazan



### July 16

The Sunday of the Holy Fathers of the Seven Ecumenical Councils.

### **Kontakion** (Plagal of Fourth Tone)

The preaching of the Apostles and the doctrines of the Fathers confirmed the one Faith in the Church. And wearing the garment of truth, woven from the theology on high, she rightly divideth and glorifieth the great mystery of piety.

### **Oikos**

In the lofty preaching of the Church of God, let us hearken as she crieth: He that thirsteth, let him come to me and drink. The cup which I bear is the cup of wisdom. This drink have I mixed with the word of truth. I pour forth the water, not of contention, but of confession. As Israel doth now drink thereof, it beholdeth God, Who saith: See, see, that I am He, and have not changed. I am God, I am first, and I am hereafter, and besides Me there is none other. Hence, they that partake shall be filled, and shall praise the great mystery of piety.

### **Synaxarion**

On the Sunday that falls from the 13th to the 19th of the present month, we chant the Service to the Holy and God-bearing Fathers who came together in the Seven Ecumenical Councils, that is:

- the First Council, of the 318 Fathers who assembled in Nicaea in 325 to condemn Arius, who denied that the Son of God is consubstantial with the Father; the Fathers of the First Council also ordained that the whole Church should celebrate Pascha according to the same reckoning;
- the Second Council, of the 150 Fathers who assembled in Constantinople in 381 to condemn Macedonius, Patriarch of Constantinople, who denied the Divinity of the Holy Spirit;
- the Third Council, of the 200 Fathers who assembled in Ephesus in 431, to condemn Nestorius, Patriarch of Constantinople, who called Christ a mere man and not God incarnate:
- the Fourth Council, of the 630 who assembled in Chalcedon in 451, to condemn Eutyches, who taught that there was only one nature, the divine, in Christ after the Incarnation, and Dioscorus, Patriarch of Alexandria, who illegally received Eutyches back into communion and deposed Saint Flavian, Patriarch of Constantinople, who had excommunicated Eutyches;
- the Fifth Council in 553, of the 165 who assembled in Constantinople for the second time, to condemn Origen and Theodore of Mopsuestia, the teacher of Nestorius;
- the Sixth Council in 680, of the 170 who assembled in Constantinople for the third time, to condemn the Monothelite heresy, which taught that there is in Christ but one will, the divine;
- and the Seventh Council in 787, of the 350 who assembled in Nicaea for the second time to condemn Iconoclasm.

## Canon of the Akathist

Byzantine Tone 4 Arr. Basil Crow Translation, +HTM

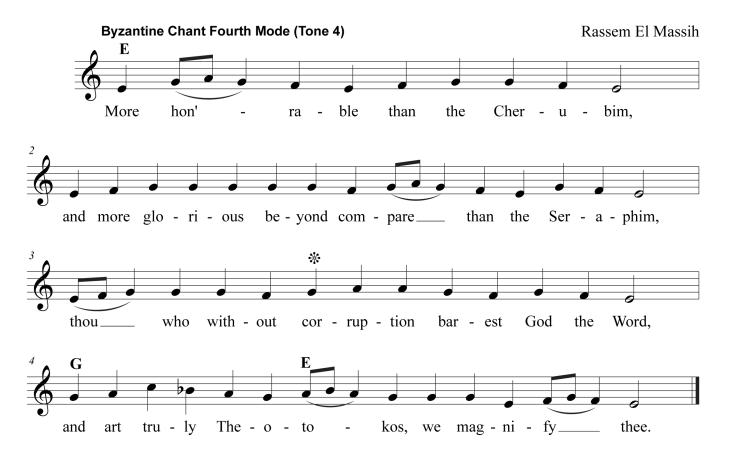








## More Honorable than the Cherubim



- + My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior.
- + For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed.
- + For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations.
- + He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts.
- + He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the empty with good things, and the rich hath He sent empty away.
- + He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever.

## 4th Exaposteilarion of the Resurrection



### July 13-19

# Sunday of the Holy Fathers of the 4th Ecumenical Council Exaposteilarion



# Praises, Verses and Stichera (AINOI)

119



# Praises, Verses and Stichera Tone 3



## **Praises, Verses and Stichera**Tone 3

**121** 

Basil Kazan







### Having Laid Up All Their Hope

Byazntine Tone 6 *Stichera for the Holy Fathers (July 13-19)* Arr. C. Marge Translation, Holy Transfiguration Monastery care - ful vine Spir-it's guid - ance, 1. Mak - ing in - quir - y, with the Di spir-it - ual bright-ness 3. Since Christ's her - alds had re - ceived all of the 4. As ser - vants of Christ God. the god-ly shep-herdsas - sem - bled and join - ing to - geth - er all knowl - edge of things spir - it - ual, the Ho - lv Spir - it's light, and had been in spired of all their wise ex - pe - ri - ence as the shep - herds of the flock; Fa - thers wrote the scribes of God. the au - gust\_\_ the ce - les - tial as won - drous they pro-claimed to all that di - vine\_ or - a - cle filled with and with god - ly stir-ring up\_\_\_\_ right-eous wrath, they wrought right - eous zeal, au - gust\_\_\_\_\_ Creed Sym bol, the of our ho - ly Faith, where - in they which, though few \_\_\_\_\_ in words, is great in breadth. For dom. they who driv - ing off \_\_\_\_\_ dis - eased and griev-ous wolves, when, with the judg ment, that, with His Be - get - ter, the Word of God clear - ly teach is al - so co - be staunch - ly fought for the Gos-pel's doc-trines and for di-vine tra - di - tions clear-ly they ex - pelled them all from the Chur-ch's ranks, Spir - it's sling, fall - en e - ven con-sub-stan-tial with Him in truth. For these god - ly gin - ning - less and is and be - ing en had re - ceived ho - lv rev - e - la - tion from God on high; un - to death, strick-en with a mal - a - dy For the ho - ly past all cure. mind ed. all - glo - ri - ous, and tru - ly bless - ed Saints o - pen-ly light ened, those bless-ed Fa-thers set forth for the world that ho - ly Fa were ven - 'ra - ble in - i - ti - ates and of the dithers seers fol - lowed with fer - vent faith all \_\_\_ that the A - pos - tles taught. (Repeat)

mak - ing known e -

teach - ing

ter

sa - cred mys - ter

- nal\_

truth. \_\_\_\_\_

ies.

Faith which was taught of God,

on high,

vine preach - ing from

### The Sunday of the Holy Fathers

### Doxastikon (Glory) at the Praises











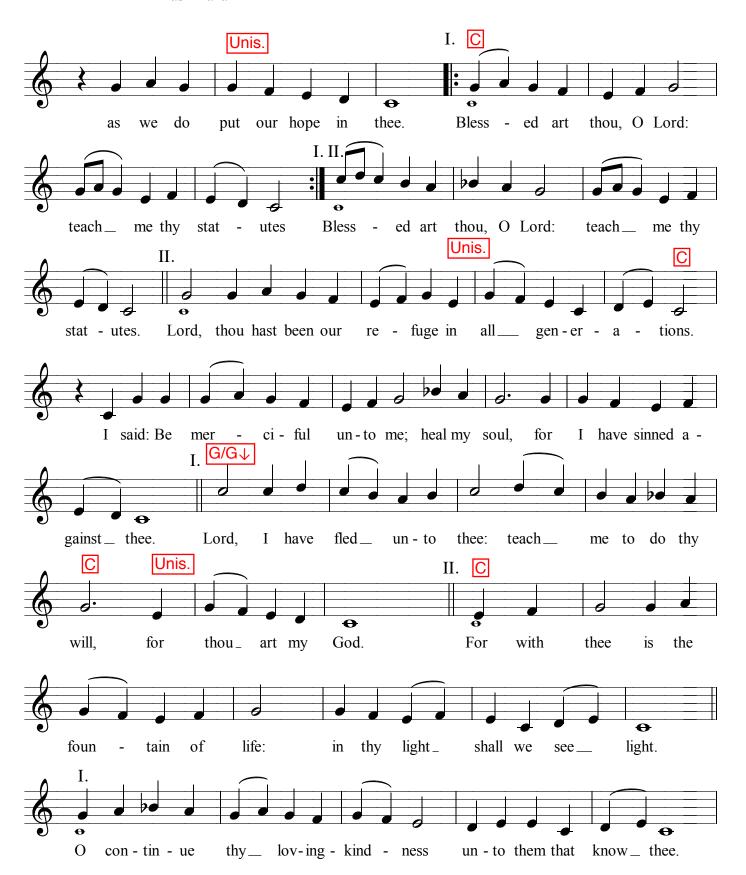
## 235

### The Great Doxology



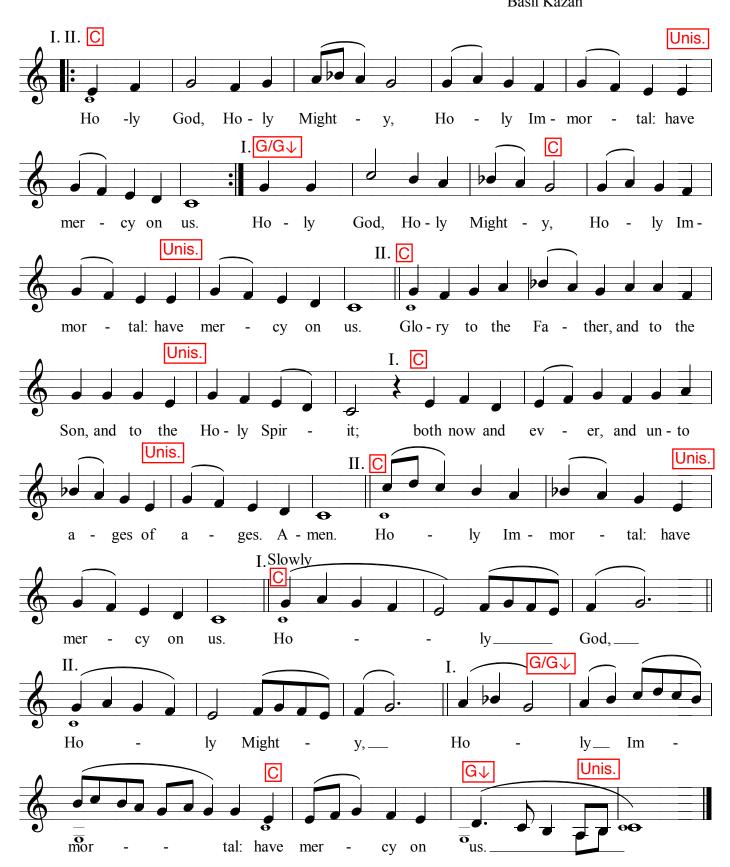


# The Great Doxology Tone 8 Basil Kazan



# The Great Doxology Tone 8 Basil Kazan

238



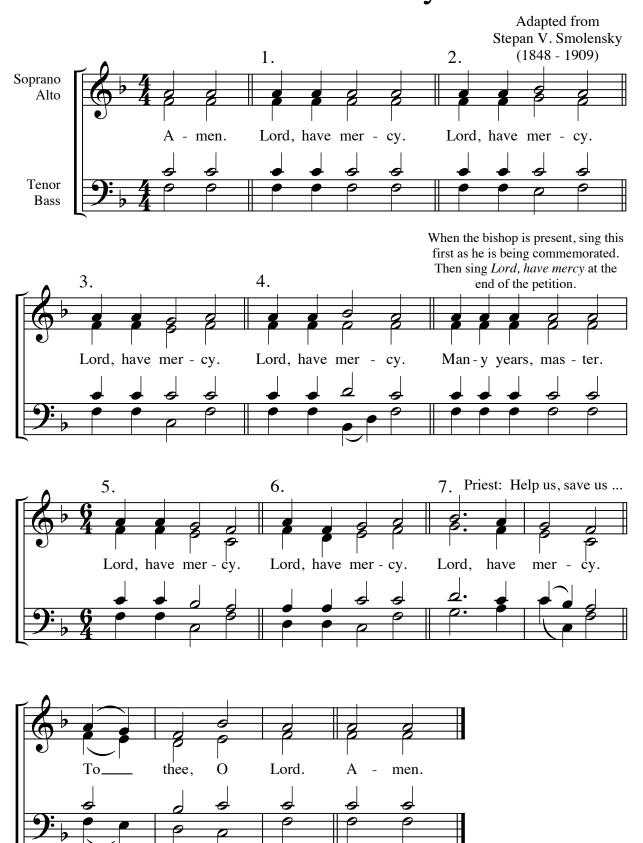
## 219

## Today is Salvation

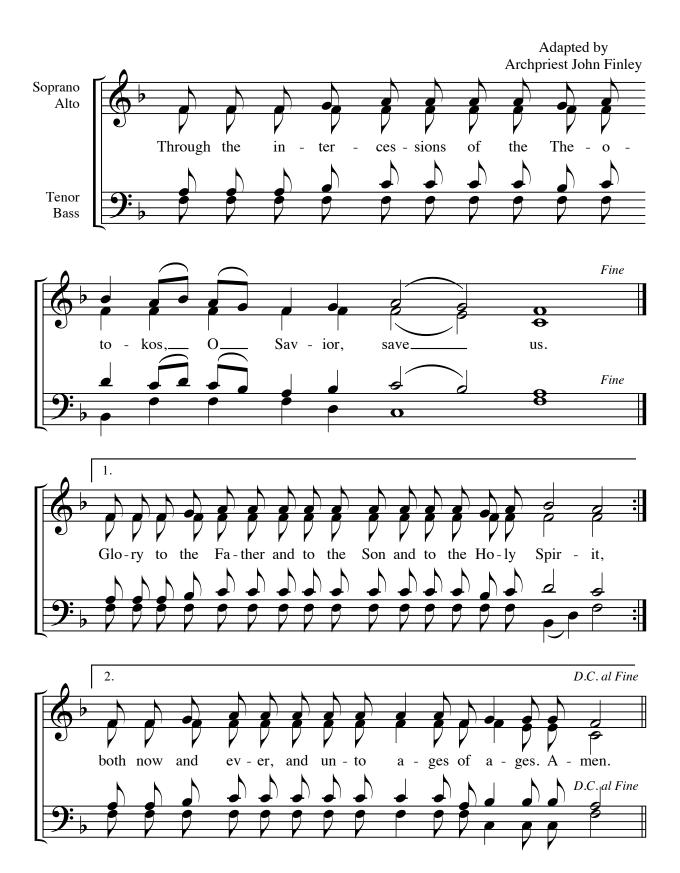


## The Great Litany

1-A



## Refrain of the First Antiphon



## The Little Litany

## 3-A



## Refrain of the Second Antiphon

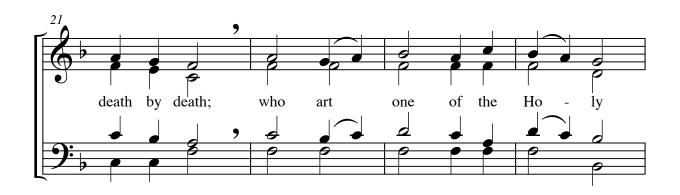


### **4-F** Troparion of the Second Antiphon

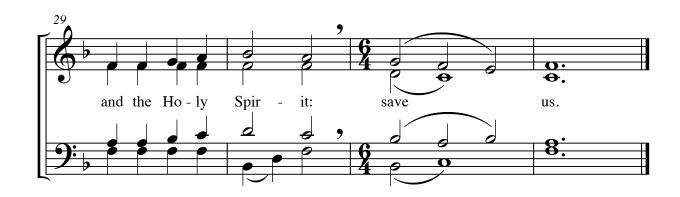
Adapted and arranged by Archpriest John Finley and James Meena









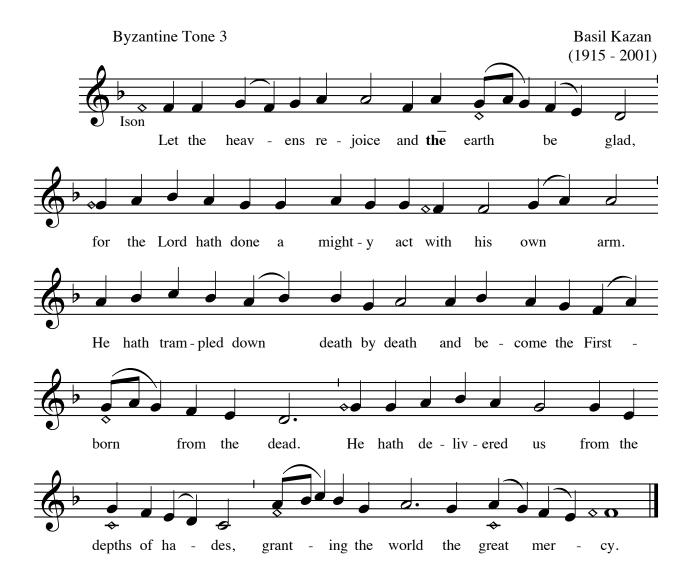


#### 5-A

## The Little Litany



### Troparion of the Resurrection **6.3**

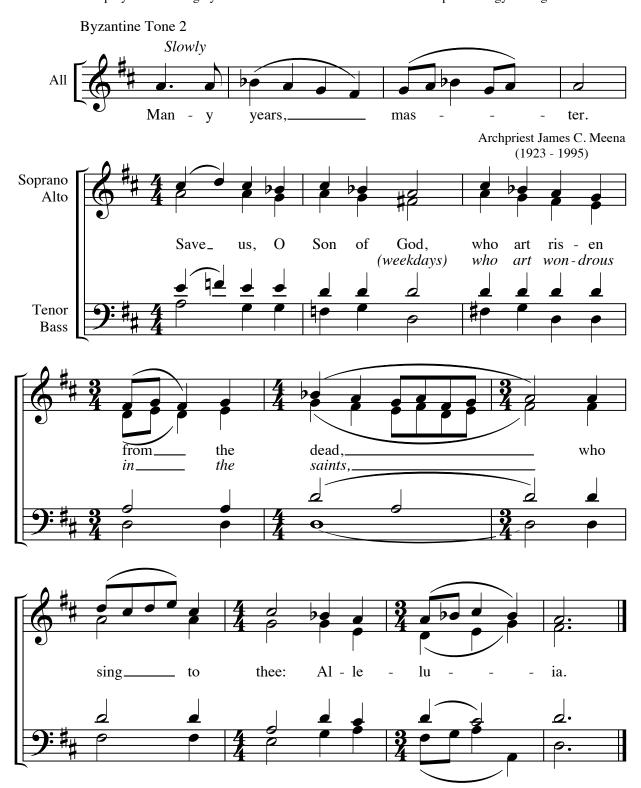


#### Entrance Hymn



#### Entrance Hymn - Hierarchical

During the singing of the entrance hymn (eisodikon) by the bishop and clergy, the choir sings *Many years, master* (once) as the bishop blesses with the dikirion and trikirion. The choir may then repeat the refrain *Save us*, *O Son of God* before the bishop sings the first apolytikion after the Little Entrance. Then all the other apolytikia are sung by the choir/chanter. It is usual for the bishop and clergy to sing the kontakion.



#### July 12th

# **Venerable Paisios the Athonite Apolytikion**



#### The Sunday of the Holy Fathers

#### **Apolytikion**

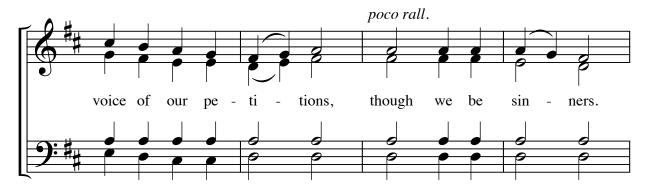


#### Troparion of Ss. Peter and Paul



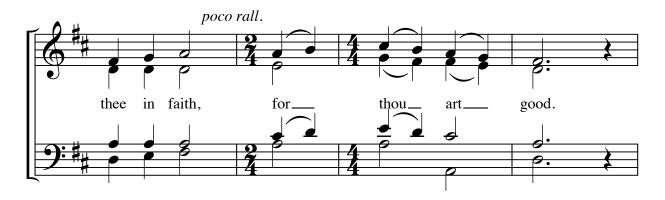
#### Kontakion

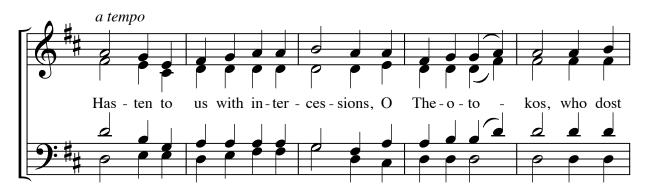










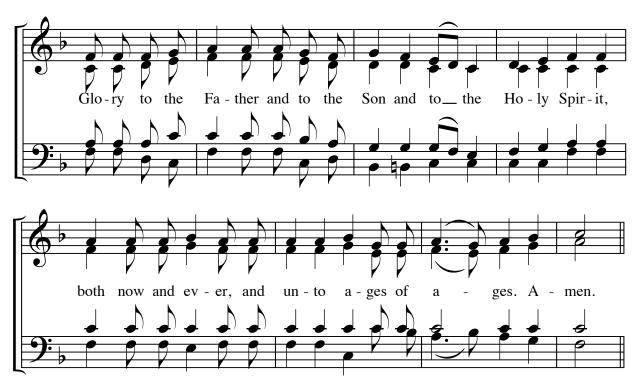




# The Trisagion Hymn 11-C For Hierarchical Divine Liturgy

Professor Michael Hilko Byzantine Tone 3 (1905 - 1974)Adapted into English by Michael G. Farrow J= 100 Smoothly Soprano Alto ly God, mer-cy. Но Но Lord, have A-men. 1y Tenor Bass Ho - ly Im - mor Might - y, tal, have\_mer on\_ us.

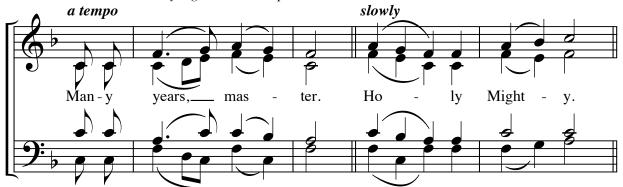
The above is chanted as follows: 1) by the choir; 2) by the clergy; 3) by the choir; 4) by the clergy. Then we continue:



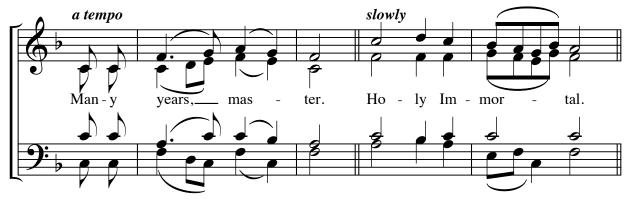




Bishop: O Lord, O Lord: Look down from heaven and behold, and visit this vine, and perfect that which thy right hand hath planted.



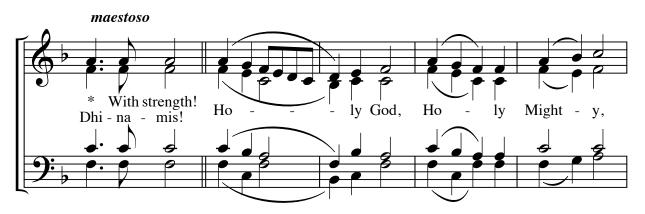
Bishop: O Lord, O Lord: Look down from heaven and behold, and visit this vine, and perfect that which thy right hand hath planted.

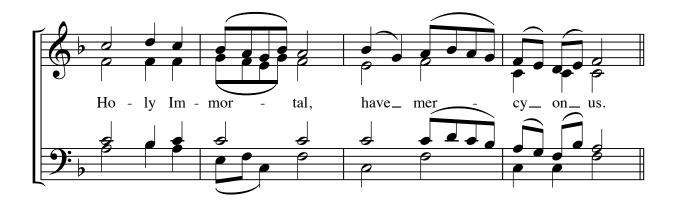


Bishop: O Lord, O Lord: Look down from heaven and behold, and visit this vine, and perfect that which thy right hand hath planted.



Deacon: With strength or Dhinamis!





<sup>\*</sup> Omit this note when singing this verse.

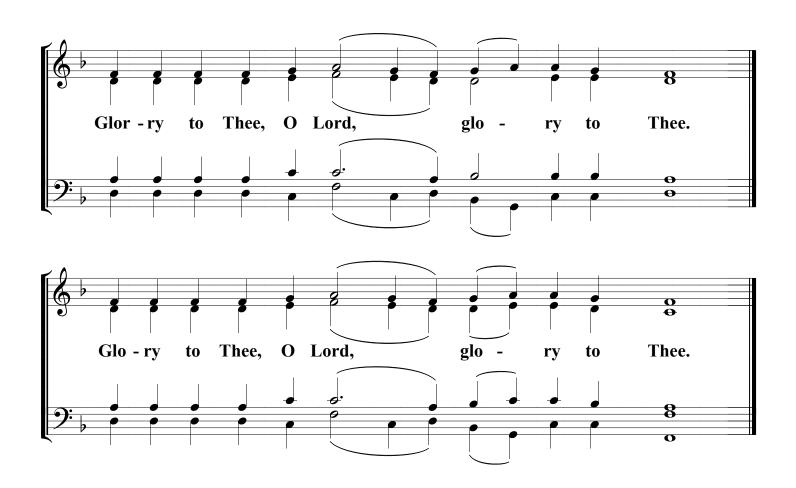




#### Alleluia



#### Glory to Thee, O Lord



#### Cherubic Hymn

Monk Martin





"New Athos"







#### Cherubic Hymn







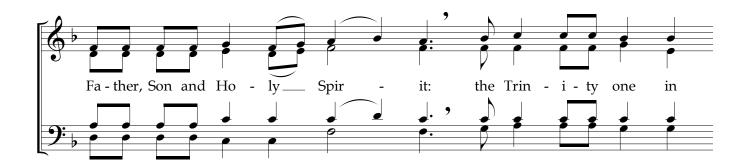


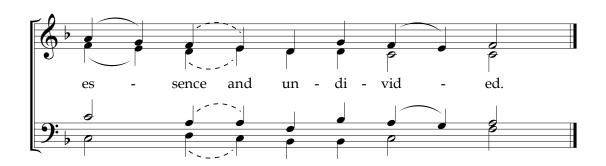
[At the conclusion of the Cherubic Hymn (before the Litany of the Anaphora), the choir sings Many years, master (once) as the bishop blesses the congregation. Sing it straight, using the same note as the "ia" of the final Alleluia.]

#### Litany of Supplication



#### Father, Son, and Holy Spirit





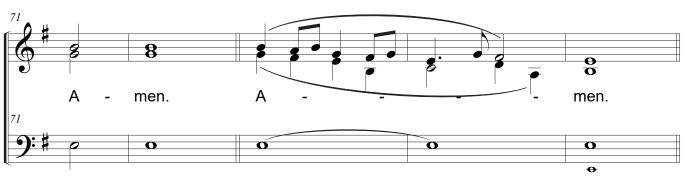
# Litany of the Anaphora I will love thee

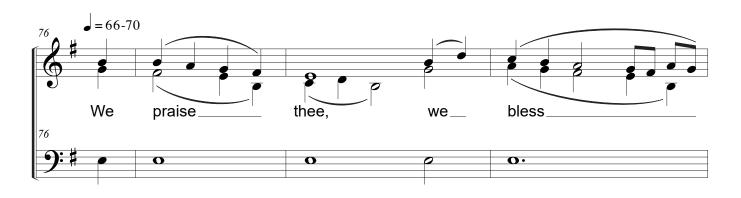
(This replaces "Father, Son and Holy Spirit..." at a concelebrated Divine Liturgy)

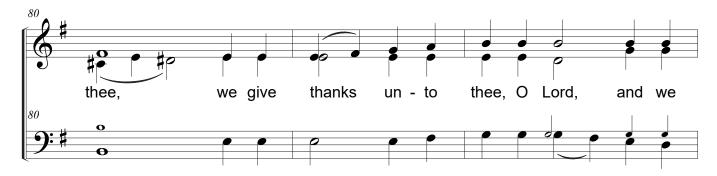


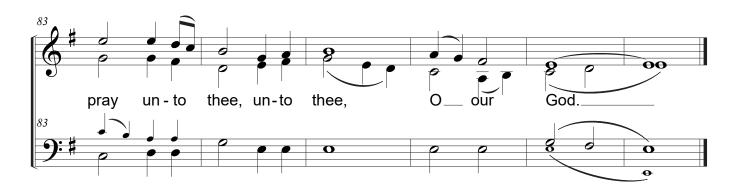










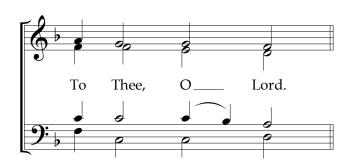






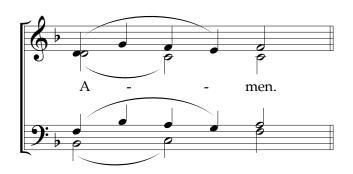
#### Litany Before the Lord's Prayer



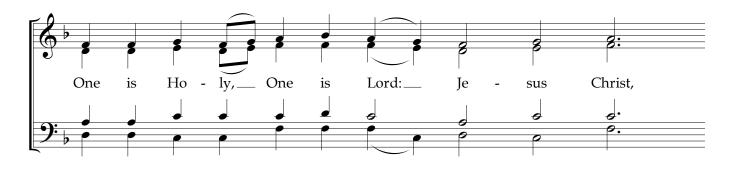


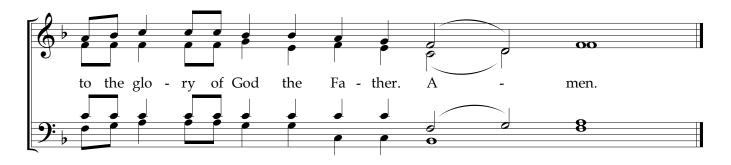
#### After the Lord's Prayer





#### One is Holy





#### The Righteous (Psalm 112)

S. Glagolev



BLESSED IS THE MAN WHO FEARS THE LORD, WHO GREATLY DELIGHTS IN HIS COMMANDMENTS!
HIS DESCENDANTS WILL BE MIGHTY IN THE LAND; THE GENERATION OF THE UPRIGHT WILL BE BLESSED.
WEALTH AND RICHES ARE IN HIS HOUSE; AND HIS RIGHTEOUSNESS ENDURES FOREVER.

LIGHT RISES IN THE DARKNESS FOR THE UPRIGHT; THE LORD IS GRACIOUS, MERCIFUL, AND RIGHTEOUS.

IT IS WELL WITH THE MAN WHO DEALS GENEROUSLY AND LENDS, WHO CONDUCTS HIS AFFAIRS WITH JUSTICE. HE WILL NEVER BE MOVED;

THE RIGHTEOUS SHALL BE IN EVERLASTING REMEMBRANCE; HE SHALL NOT FEAR EVIL TIDINGS;

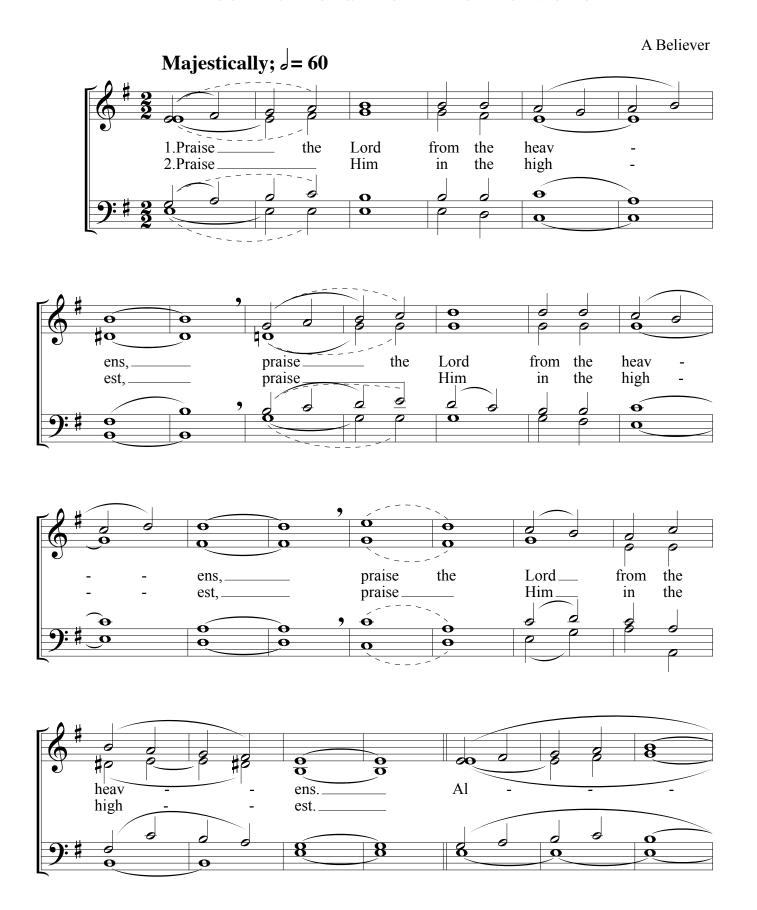
HIS HEART IS FIRM, TRUSTING IN THE LORD. HIS HEART IS STEADY, HE WILL NOT BE AFRAID, UNTIL HE SEES HIS DESIRE ON HIS ADVERSARIES.

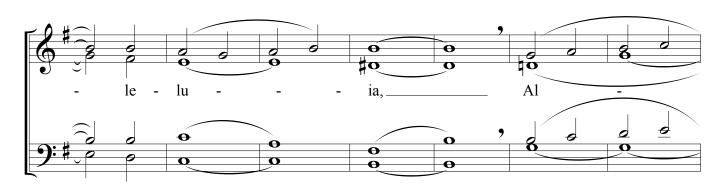
HE HAS DISTRIBUTED FREELY, HE HAS GIVEN TO THE POOR; HIS RIGHTEOUSNESS ENDURES FOREVER; HIS HORN IS EXALTED IN HONOR.

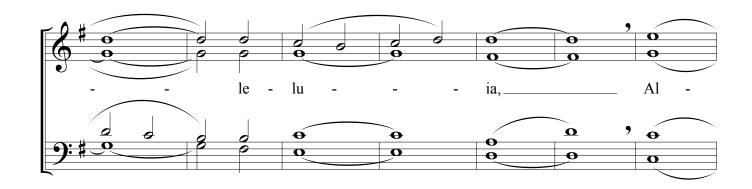
THE WICKED MAN SEES IT AND IS ANGRY; HE GNASHES HIS TEETH AND MELTS AWAY; THE DESIRE OF THE WICKED MAN COMES TO NOUGHT.

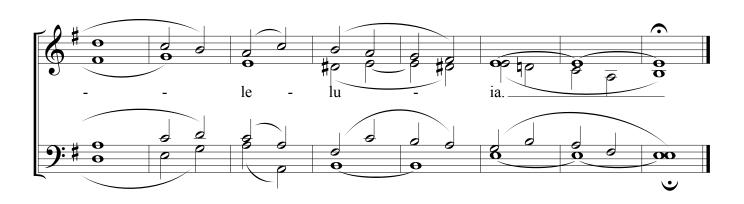


### Praise the Lord from the Heavens





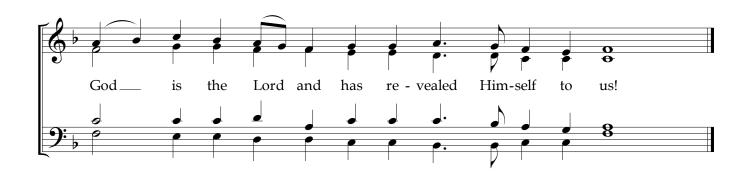




#### Blessed is He

Byzantine Tone 3 Adapted from C. Marge Harmonized by nazo zakkak





# People's Communion Hymn 24-A



# 24-A



## **25-F**

# We Have Seen the True Light

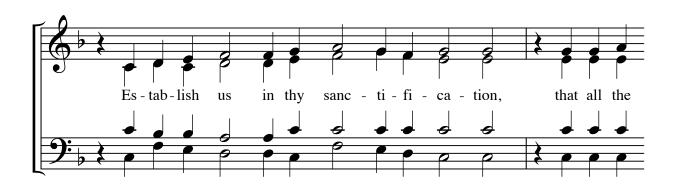


<sup>\*</sup> The key was lowered and other adaptations were made to the original Kedrov setting.

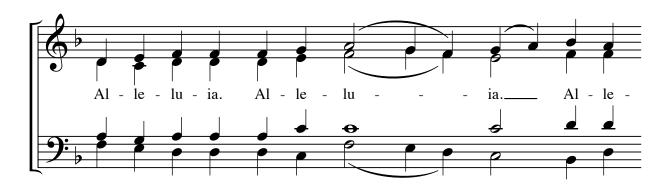
# **26-F**

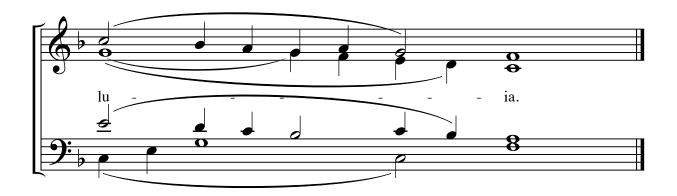
### Let Our Mouths Be Filled









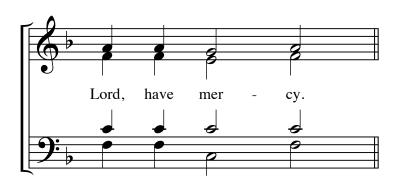


# 27-A

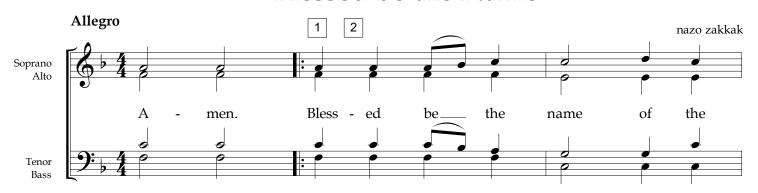
# Litany / In the Name of the Lord

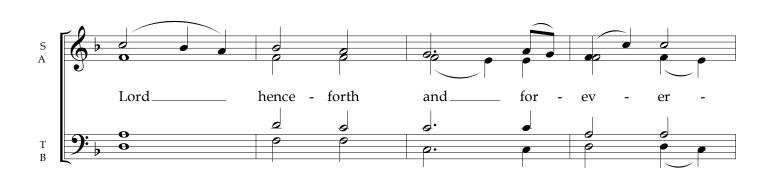
Adapted from the Russian by

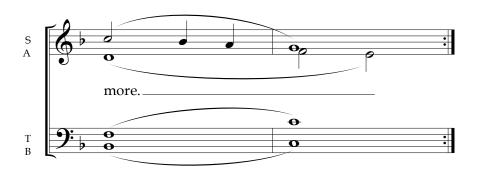


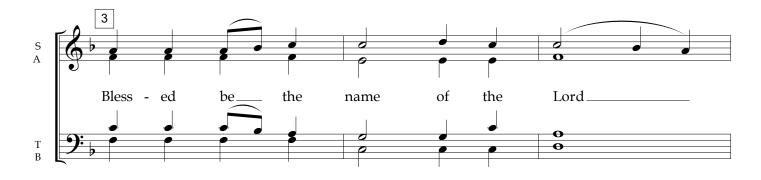


### Blessed be the Name









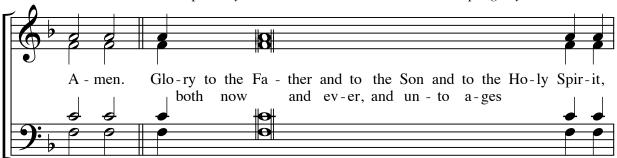
#### **Dismissal**

Adapted from the Russian by Professor Michael Hilko (1905 - 1974)

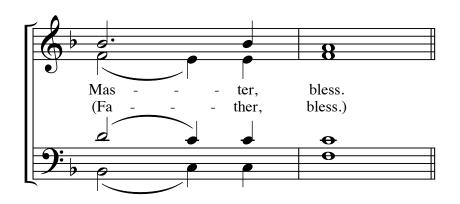


Bishop: The blessing of the Lord and his mercy come upon you through his divine grace and love for mankind, always, now and ever, and unto ages of ages.

Bishop: Glory to thee, O Christ our God and our hope, glory to thee.







**30-A** 

# Preserve O Lord (Ton Dhespotin)



\*This hymn is sung at the end of the service as the bishop is pronouncing the benediction prayer," May Christ our true God ...", and before the priest says the closing phrase, "Through the prayers of our holy master ... and save us." After this, the choir sings the final *Amen*.