

Sunday Ordo

For Sundays after Christmass, Epiphany and Pentecost

Prayers before receiving Holy Communion

A Prayer of St. Ambrose

To the Table of Thy most sweet Feast, O loving Lord Jesus Christ, I, a sinner, presuming nothing on my own merits, but trusting in Thy mercy and goodness, approach with fear and trembling. For my heart and my body are stained with many and grievous sins; my thoughts and lips have not been carefully kept. Wherefore, O gracious God, O awful majesty, I, in my misery, being brought into a great strait, turn to Thee, the Fountain of Mercy; to Thee I hasten to be healed, and flee under Thy protection; and Thee, before whom I cannot stand as my Judge, I long to have as my Savior. To Thee, O Lord, I show my wounds, to Thee I discover my shame. I know my sins, many and great, for which I am afraid, but I hope in Thy mercies, of which there is no end. Look therefore upon me with the eyes of Thy mercy, O Lord Jesus Christ, eternal King, God and Man, crucified for man. Hearken unto me whose trust is in Thee; have mercy upon me who am full of sin and misery, Thou fountain of mercy that will never cease to flow.

Hail, Victim of Salvation, offered for me and all mankind upon the altar of the Cross! Hail, noble and precious Blood, flowing from the wounds of my crucified Lord Jesus Christ, and washing away the sins of the whole world! Remember, O Lord, Thy creature, whom Thou hast redeemed with Thine own Blood. It repents me that I have sinned, and I desire to amend what I have done. Take away therefore from me, O most merciful Father, all my sins and iniquities; that, being purified both in body and soul, I may be made meet worthily to taste the Holy of Holies; and grant that this holy foretaste of Thy Body and Blood, which I, unworthy, purpose to take, may be for the remission of my sins; the perfect cleansing of my faults; the driving away of shameful thoughts, and the renewal of good desires; the healthful performance of works well-pleasing unto Thee; and the most sure protection of soul and body against the wiles of my enemies. Amen

A Prayer of St. Thomas Aquinas

Almighty, everlasting God, lo, I draw nigh to the Sacrament of Thine only-begotten Son, our Lord Jesus Christ. I draw nigh as one sick, to the Physician of life; unclean, to the Fountain of mercy; blind, to the Light of eternal brightness; poor and needy, to the Lord of heaven and earth. I implore, therefore, the abundance of Thine exceeding bounty, that Thou wouldest vouchsafe to heal my sickness, to wash my defilements, to enlighten my blindness, to enrich my poverty, and to clothe my nakedness; and that I may receive the Bread of Angels, the King of kings, and Lord of lords, with such reverence and humility, such contrition and devotion, such purity and faith, and with such purpose and intention, as shall be expedient for the health of my soul.

Grant me, I beseech Thee, that I may receive not only the Sacrament of the Body and Blood of the Lord, but also the substance and virtue of the Sacrament. O most merciful God, grant me to receive the Body of Thine only-begotten Son our Lord Jesus Christ, which He took of the Virgin Mary, that I may be worthy to be incorporated into His mystical Body and accounted among His members. O most loving Father, grant me, that Thy beloved Son, whom I now purpose to receive veiled from sight, I may at length behold forever face to face. Who liveth and reigneth with Thee, in the unity of the Holy Ghost, ever, one God, world without end. Amen.

Holy Mass

According to the Rite of Saint Gregory the Great

Missa de Angelis

Throughout the Mass, it is a laudable custom to bow the head whenever the holy name of Jesus or His Blessed Mother is mentioned, and at those points marked with a diamond (♦).

THE PRAYERS OF PREPARATION

A hymn may be sung while the Celebrant and his servers recite the Prayers of Preparation.

THE INTROIT

While the Introit is sung, please BOW at the name of the Holy Trinity during the Gloria Patri.

During the Introit & Kyrie, the altar is incensed.

THE KYRIE



Ky-ri - e ♦ e - le-i-son. ij. Chri-ste e -



le-i-son. ij. Ky-ri-e e - le-i-son. ij. Ky-ri-e



e - le-i-son.

THE GLORIA IN EXCELSIS

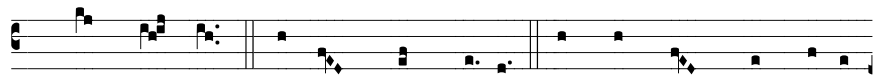
Glory be to God on high:



And on earth peace, to men of good will. We praise thee,



we bless thee, we ♦ worship thee, we glorify thee, we ♦ give



thanks to thee for thy great glory, O Lord God, heavenly



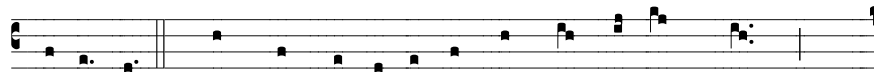
King, God the Father Almighty. O Lord, the only-begotten



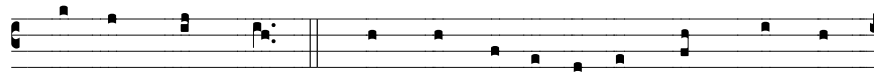
Son, † Jesus Christ; O Lord God, Lamb of God, Son of the



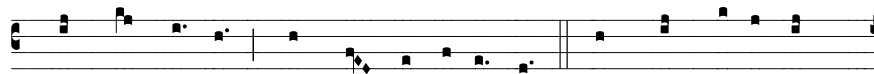
Father, that takest away the sins of the world, have mercy



upon us. Thou that takest away the sins of the world,



† receive our prayer. Thou that sittest at the right hand of



God the Father, have mercy upon us. For thou only art



holy; thou only art the Lord; thou only, O † Jesus Christ,



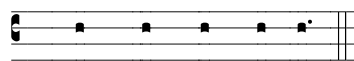
with the Holy Ghost, † art most high in the glory of God



the Father. A - men.

THE COLLECT

The Lord be with you.

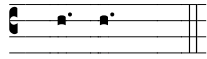


℞ And with thy spirit.

Let us pray.

The Celebrant chants the Collects, ending with the words:

... world without end.



Rx Amen

Please BE SEATED.

THE EPISTLE

The Epistle is chanted.

After the Epistle, the servers answer "Thanks be to God."

THE GRADUAL

The Gradual is chanted.

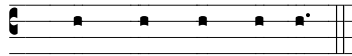
Please STAND.

THE ALLELUIA

The Alleluia is chanted.

THE HOLY GOSPEL

The Lord be with you.



Rx And with thy spirit.

The continuation of the Gospel according to Saint

Make the sign of the cross on the forehead, lips and heart, and sing:



Rx Glory be to Thee, O Lord.

After the Gospel is sung, the Celebrant kisses the Gospel book and says, "By the words of the Gospel may our sins be blotted out."

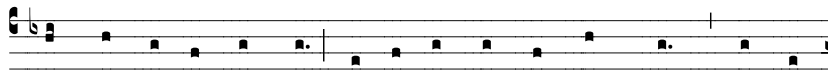
Please BE SEATED.

The sermon may follow the Gospel, and announcements may be made.

THE CREDO

Please STAND.

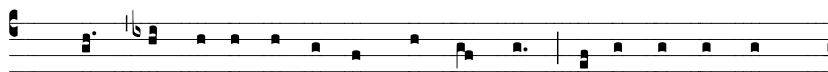
I believe in one God,



the Father Almighty, Maker of heaven and earth, And of



all things visible and invi-sible: And in one Lord ⁺Jesus



Christ, the only-begotten Son of God, Begotten of His



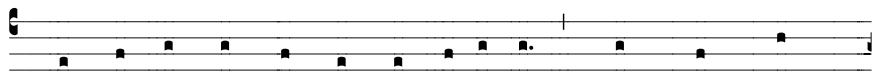
Father before all worlds, God of God, Light of Light, very



God of very God; begotten, not made; Being of one sub-



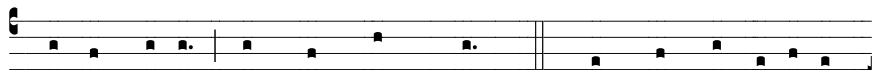
stance with the Father, By whom all things were made:



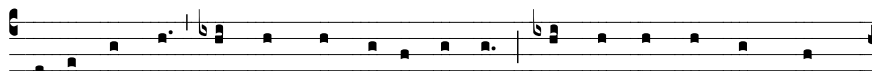
Who for us men and for our salvation came down from



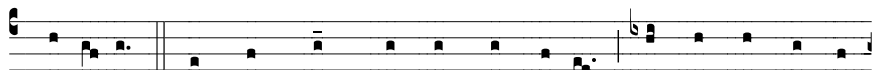
heaven, *genuflect* And was incarnate by the Holy Ghost of the



Virgin Mary: And was made man: *stand* And was cru-ci-fi-ed



also for us under Pon-ti-us Pilate. He suf-fer-ed and was



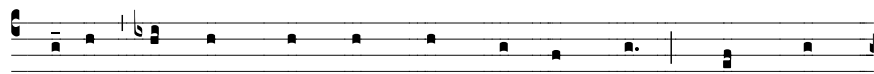
bu-ri-ed: And the third day He rose again according to the



Scriptures: And ascended into heaven, And sitteth on the



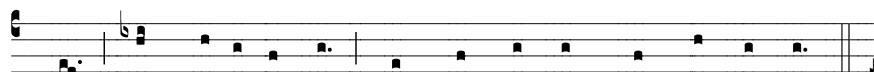
right hand of the Father: And He shall come again, with



glory, to judge both the quick and the dead; Whose king-



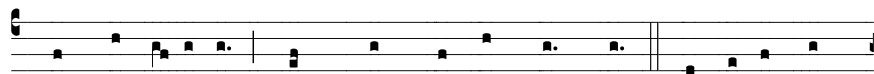
dom shall have no end. And I believe in the Holy Ghost The



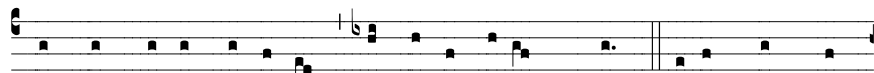
Lord, and Giver of Life, Who proceedeth from the Father;



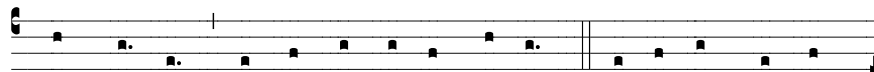
Who with the Father and the Son together is ^{*}worshipp'd



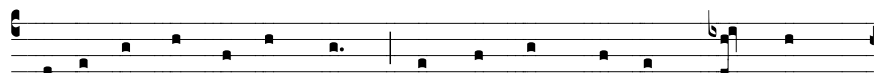
and glo-ri-fi-ed; Who spake by the Prophets: And I believe



in one Holy Catholic and Apostolic Church: I acknowledge



one Baptism for the remission of sins: And I look for the



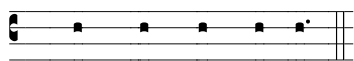
resurrection of the dead: And the life ^{*} of the world to



come. A - men

THE OFFERTORIUM

The Lord be with you.



℟. And with thy spirit.

Let us pray.

Please BE SEATED.

The Celebrant blesses the panis benedictus or pain bénit while the Offertorium is chanted.

One or more hymns may be sung.

During the Offertory, the Altar is prepared by the Celebrant, concluding with the incensing of the Holy Oblation. Then the ministers and Faithful are incensed.

Please STAND when signaled and BOW when being incensed.

After washing his hands and saying the prayer to the Most Holy Trinity, the priest turns toward the people and says, "Pray, brethren, that this my sacrifice and yours may be acceptable to God the Father Almighty." The servers respond: "May the Lord receive this sacrifice at thy hands, to the praise and glory of his Name, both to our benefit and that of all his holy Church."

The Celebrant prays the proper Secret(s), ending the final one with these words aloud:

...throughout all ages of ages.



℟. Amen.

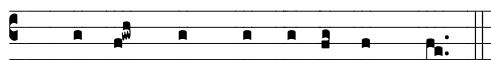
THE PREFACE

The Lord be with you.



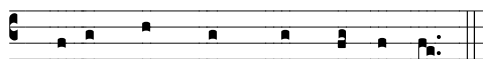
℟. And with thy spirit.

Lift up your hearts.



℟. We lift them up unto the Lord.

Let us give thanks unto our Lord God.



℟. It is meet and right so to do.

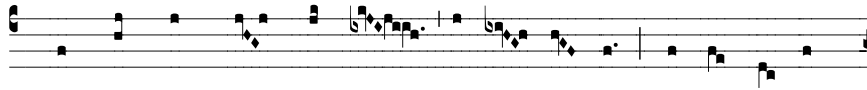
The Celebrant chants the Proper Preface ending with the word:

... saying:

THE SANCTUS



Ho - ly * **Ho-ly Ho - ly Lord God of hosts.**



Hea-ven and earth are full of thy glo-ry. Ho-san-na in



the high-est. Bless-ed ☩ is he that com-eth in the name of



the Lord. Ho-san- na in the high - est.

Please KNEEL.

THE CANON OF THE MASS

After consecrating the bread, the bell is rung three times while the Celebrant genuflects, elevates the Sacred Host, and then genuflects again. During the elevation, it is laudable for the faithful to adore the Sacred Host while saying inaudibly, "My Lord and my God." This ceremony is repeated when the chalice is consecrated.

The Epiclesis is said, ending with these words:

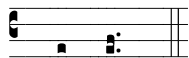
...transmuting them by thy Holy Spirit.

℟. Amen. Amen. Amen.

The bell is rung three times.

The Canon of the Mass ends with these words:

...throughout all ages of ages.



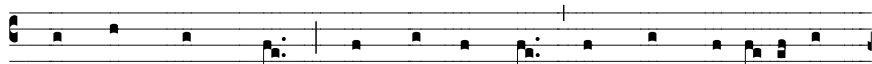
℟. Amen.

THE PATER NOSTER

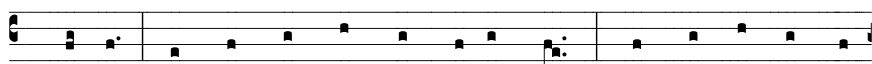
Let us pray. Instructed by saving precepts and following thy divine institution, we presume to say:



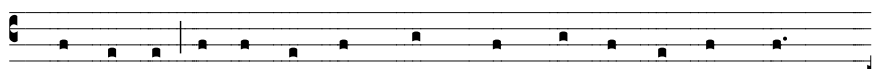
Our Father who art in heaven, Hallowed be Thy Name.



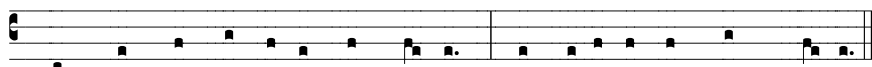
Thy kingdom come. Thy will be done on earth, as it is in



heaven. Give us this day our daily bread. And forgive us our



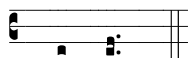
trespasses, as we forgive those who trespass against us.



And lead us not into temptation. But deliver us from ✠ e-vil.

The Celebrant quietly says the Libera Nos, ending with these words:

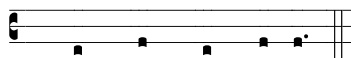
... world without end.



✠ Amen.

THE PAX DOMINI

The peace ✠ of the Lord be ✠ always with ✠ you.



✠ And with thy spirit.

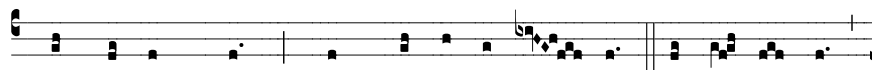
THE AGNUS DEI



*O Lamb of God** that ta-kest a-way the sins of the world, have



mer-cy up-on us. *O Lamb of God** that ta-kest a-way the



sins of the world, have mer-cy up-on us. *O Lamb of God**



that ta-kest a-way the sins of the world, grant us thy peace.

THE PREPARATION PRAYERS

After communing himself, facing the faithful, the Celebrant says the following invitation:

✠ Behold the Lamb of God; behold him that takest away the sins of the world.

The faithful respond, saying three times:

Lord, I am not worthy that thou shouldest enter under my roof, but only say the word and my soul shall be healed.

The faithful say this prayer of preparation before receiving the Sacrament:

**I believe, O Lord, and I confess
that thou art truly the Christ,
the Son of the living God,
who didst come into the world to save sinners,
of whom I am chief.
And I believe that this is truly thine own immaculate Body,
and that this is truly thine own precious Blood.
Wherefore I pray thee,
have mercy upon me
and forgive my transgressions,
both voluntary and involuntary,
of word and of deed,
of knowledge and of ignorance;
and make me worthy to partake without condemnation
of thine immaculate Mysteries,
unto remission of my sins
and unto life everlasting. Amen.**

**[Of thy Mystic Supper, O Son of God,
accept me today as a communicant;
for I will not speak of thy Mystery to thine enemies,
neither will I give thee a kiss as did Judas;
but like the thief will I confess thee:
Remember me, O Lord, in thy Kingdom.
Not unto judgment nor unto condemnation
be my partaking of thy Holy Mysteries, O Lord,
but unto the healing of soul and body.]**

Communicants may approach the altar when the single bell is rung.

Please REMAIN KNEELING before and after receiving Holy Communion. Non-communicants are asked to remain kneeling during the distribution of Holy Communion.

THE DISTRIBUTION OF HOLY COMMUNION

A Note Regarding Reception of Holy Communion

Since we understand Communion to mean that we have all things in common, sharing an identical Faith, only those who are members of the Orthodox Church and who have prepared themselves through prayer, fasting and recent confession may partake of Holy Communion. We invite all, however, to partake of the panis benedictus or pain bénit (blessed bread) as it is distributed by communicants or after the dismissal.

The Body & Blood of Christ are distributed separately.

When receiving the Body of Christ, communicants place their tongue on the lower lip of their mouth. When receiving the Blood of Christ, communicants take the purificator (white cloth) and place it under their chin.

During the distribution of the Blessed Sacrament, the Communion is sung.

Hymns may be sung during distribution of the Holy Eucharist.

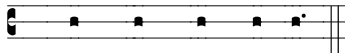
The hymns "Draw Nigh" and "O Give Thanks" are located at the end of this Ordo. Prayers during & after Holy Communion are also located at the end of this Ordo.

After the altar is cleared, please STAND.

THE POST-COMMUNION COLLECT

The Celebrant turns to the people and says:

The Lord be with you.

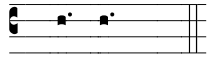


℟: And with thy spirit.

Let us pray.

The Celebrant chants the Collects, ending with the words:

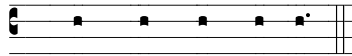
... world without end.



R: Amen

THE DISMISSAL

The Lord be with you.



R: And with thy spirit.

Ite missa est.



R: De- o gra-ti-as.

Please KNEEL.

After the priest says a silent prayer, he then turns and gives this blessing:

The blessing of God Almighty, the ☩ Father, the Son, and the Holy Spirit descend upon you, and remain with you always.

R: Amen

Please STAND.

THE RETIRING PROCESSIONAL HYMN

*While the hymn is sung,
the Celebrant and servers conduct the devotion of the Last Gospel.*

Please BOW when the processional crucifix passes.

Please depart in silence, and leave this Ordo at the door.

Prayers during Holy Communion

Before Approaching the Altar

O Lord Jesus Christ, who didst say to thine Apostles, peace I leave with you, my peace I give unto you, regard not our sins, but the faith of thy Church; and grant her that peace and unity which are agreeable to thy will. Who livest and reignest for ever and ever. Amen.

O Lord Jesus Christ, Son of the living God, who by the will of the Father and the cooperation of the Holy Ghost hast, by thy death, given life to the world, deliver me, I beseech thee, by this thy most holy Body and Blood, from all iniquities and from every evil. Make me ever obedient to thy commandments, and suffer me not to be ever separated from thee, who livest and reignest with God the Father, in the unity of the same Spirit, God, throughout all ages of ages. Amen.

Let not the participation of thy Body, O Lord Jesus Christ, which I albeit unworthy, receive, be to me for judgement and condemnation; but by thy goodness may it be a safeguard and remedy both to soul and body, who with God the Father, in the unity of the Holy Spirit, livest and reignest, God, throughout all ages of ages. Amen.

Before Receiving the Body of Christ

I will take the bread of heaven and call upon the Name of the Lord.

Lord, I am not worthy: that thou shouldest enter under my roof, but only say the word and my soul shall be healed.

✠ May the Body of our Lord Jesus Christ preserve my soul unto everlasting life. Amen.

Before Receiving the Blood of Christ

What reward shall I give unto the Lord for all the benefits that he hath done unto me? I will receive the cup of salvation and call upon the Name of the Lord. I will call upon the Lord, which is worthy to be praised, so shall I be safe from mine enemies.

✠ May the Blood of our Lord Jesus Christ preserve my soul unto everlasting life. Amen.

After Returning from the Altar

What we have partaken with our mouth, O Lord, may we receive with a pure heart, and of a temporal gift, may it become to us an eternal remedy.

May thy Body and Blood which I have received, cleave unto my heart, O Lord; and grant that no stain of sin may remain in me, having been fed with this pure and holy Sacrament. Who livest and reignest in the unity of the Holy Ghost, God, throughout all ages of ages. Amen.

Prayer after receiving Holy Communion

A Prayer of St. Thomas Aquinas

I render Thee thanks, O holy Lord, Father almighty, Everlasting God, who hast vouchsafed, not for any deserts of mine, but only out of the condescension of Thy mercy, to feed me a sinner, Thine unworthy servant, with the precious Body and Blood of Thy Son our Lord Jesus Christ. I pray that this Holy Communion may not bring guilt upon me to condemnation, but may intercede for me to my pardon and salvation. Let it be to me an armor of faith, and a shield of good purpose; a riddance of all vices; an extermination of evil desires and longings; an increase of love and patience, of humility and obedience, and of all virtues; a firm defense against the wiles of my enemies, visible and invisible; a perfect quieting of all my impulses, fleshy and spiritual; a firm adherence to Thee, the one true God; and a blessed consummation of my end. And I also pray Thee, that Thou wouldest vouchsafe to bring me a sinner to that ineffable feast where Thou, with Thy Son and the Holy Spirit, art to Thy holy ones true light, full satiety, everlasting joy, pleasure consummated, and perfect happiness. Through the same Jesus Christ our Lord. Amen.

Communion Hymns

Draw nigh and take the Body of the Lord

St. Ambrose Hymnal, #154; Tune: Lamma



Draw nigh and take the bod-y of the Lord;



And drink the ho-ly blood for you out - pour'd.

Saved by that body and that holy blood,
With souls refresh'd, we render thanks to God.

Salvation's Giver, Christ, the only Son,
By His dear cross and blood the vict'ry won.

Offered was He for greatest and for least,
Himself the Victim, and Himself the Priest.

Victims were offered by the law of old,
Which in a type this heav'nly myst'ry told.

He, Lord of life, and Savior of our race,
Hath giv-en to His saints a wondrous grace.

Approach ye then with faithful hearts sincere,
And take the safeguard of salvation here.

He, that His saints in this world rules and shields,
To all believers life eternal yields.

He feeds the hungry with the Bread of Heav'n,
And living streams to those who thirst are giv'n.

Alpha and O-me-ga, to Whom we bow
Savior and judge of all be with us now.

O Give Thanks

St. Ambrose Hymnal, #154; Tune: Lammass



O give thanks un-to the Lord, for He is good:



Al-le-lu-i-a.

Refrain



For His mer-cy endureth for ev-er and ev-er:



Al-le-lu-i-a.



All the na-tions sur-round-ed me; by the Name of the



Lord I cut them off: Al-le-lu-i-a. **Refrain**



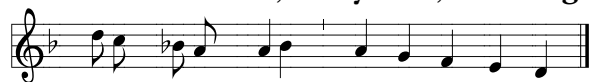
My help com-eth from the Lord, who hath made the



heav-ens and the earth: Al-le-lu-i-a. **Refrain**



Bless the Lord, O my soul, and for-get not all He hath



done for Thee: Al-le-lu-i-a. **Refrain**



Thou hast pre-pared a ta-ble for me in the pre-sence



of mine en - e - mies. Al- le- lu - i - a. **Refrain**



I will take the cup of sal-va - tion and call up-on the



Name of the Lord: Al- le- lu - i - a. **Refrain**



What shall I ren-der to the Lord for all that He hath



giv - en me: Al- le- lu - i - a. **Refrain**



The Lord is my help-er; I will not fear what man shall



do to me: Al- le- lu - i - a. **Refrain**



O give thanks un-to the Lord, for He is good:



Al- le- lu - i - a. **Refrain**