

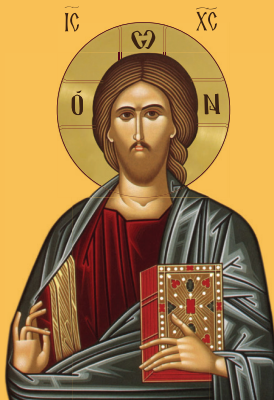
MY FAMILY PRAYER BOOK WITH ORTHODOX TEACHINGS



Mother of Jesus Christ



Jesus Christ our Lord



Saint John the Baptist



Saint Nicholas



ASOCIATIA SOS "SPRIJIN-OCROTIRE-SPERANTA"

MY FAMILY PRAYER BOOK WITH ORTHODOX TEACHINGS

--- for children, teenagers and parents ---

My name is

This is my own prayer to You, Our Lord

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PREFACE

"Let the children come to Me and do not stop them, for the kingdom of God belongs to such as these."(Mark 10,14)

When we talk about children, we inevitably think of tenderness, purity, life unaltered by the passionate thoughts and deeds of those who consider themselves to have passed through life. Children, due to their purity of soul, intuit many of the mysteries that adults strive to penetrate and explain. This state of detachment and, at the same time, of fully experiencing the moment makes children the ideal image of the Kingdom of Heaven. In them, we find fragments of Heaven, of the paradisiacal state, when God was the only reference for human being.

Children find, for a good part of time, their goal and, of course, the model to follow in their parents. Later, this landmark will multiply, bringing the spread of mind. The role of the Christian teacher is to place in the soul of the child, as consciously as possible, the only landmark that does not change: Christ –The God.

It is not an easy goal to achieve, if the three fundamental factors we have: the Church, the Family and the School, do not work together.

We need sincerity, patience and love to be able to penetrate the secret of a child's soul. If we, the parents, bend our knees and pray to God together with our children, we will bind them to heaven and they will know where to find the way out of any problem.



We hope that this bouquet of prayers will be used both by parents and, especially, by children, to teach them to talk to God and His saints. This book was produced within the catechetical project "Christ shared to children".

Father Grigore Marchiş

EDITION NOTE

With God's help, we edited this book to be useful to any child, young or adult person who wants to understand the mysteries of the ancestral Orthodox faith.

Jesus Christ, the Savior, is our best friend who loves us immeasurably at every moment, in good times and in bad times, in childhood and in old age, when we are sad or happy. He is present right next to us, although we do not see Him, but we can feel His help and comfort. And, if we sincerely ask Him, He will enable us to understand that God, the Father is like the Sun, then Jesus Christ, the Son is the Light of the world, and the Holy Spirit it is like the heat of the sun that "warms" our souls with love.

The book is dedicated to Christian people all over the world. In order to preserve the Christian and moral values, we need to orient the young generation towards the ancestral faith through prayer and good deeds, as Father Iustin Pârvu from Petru-Vodă Monastery, Neamţ, said.

Nicoleta Rusu, President of the SOS Assoc.



CHAPTER I

A. CHILDREN'S PRAYERS

1. OUR FATHER

Our Father, who are in heaven
hallowed be Your Name,
Your kingdom come,
Your will be done,
on earth as it is in heaven.
Give us this day our daily bread
And forgive us our debts,
as we forgive our debtors.
And lead us not into temptation,
but deliver us from evil.
For Your is the kingdom,
and the power, and the glory,
for ever
and ever.
Amen.



2. PRAYER OF THE CHILDREN

Lord, Oh, Lord
Heavenly Father,
It is You who we pray to,
Please enlighten us oh, Father,
So just good things we shall do.

Because You are this world's
King
And our loving Father, too!
And the good in everything
Only You can do.



3. PRAYER OF THE SCHOOL CHILDREN

Our Heavenly Father
Holy and enlightened Lord,
Spread Your great kindness
Onto us, your dear children,

Give us strength, protect us
From any wrongful deed,
Eternal help for us
We pray that You will be.



4. PRAYER TO THE GUARDIAN ANGEL

Angel, oh my dear Angel,
Whom by God you have been sent
Please always be by my side,
Teach me how to know what's right.

I am little - Make me great!
I am weak - You give me strength!
Everywhere, you stay with me
Harmed by evil never be.

Father, may your angels be
Guardians always for me.
In the day or in the night,
Up until the day I die.



5. PRAYER BEFORE SLEEP

Angel, come down gracefully
In my sleeping room,
Easy sleep to bring for me
From the heavenly Groom.

Let me fall asleep
On your sweetest arm,
Till I wake in the morning
When I can see the sun.



6. ANOTHER PRAYER TO THE GUARDIAN ANGEL

Oh little angel of mine,
Who came from a sky divine.
You always be with me,
Make me good and happy!

I am small, you make me tall.
I am weak, you make me strong/brick.
All the time with me you stay
And all bad keep it away.

All the angels from the God
May be my guardians for good.
All day and night long,
In all places I belong.



7. MORNING PRAYER

Lord, the night has gone away,
Sweet dreams we have had.
Your sweet Angel with us stayed,
Protecting us from what was bad.

Lord, help us to be good
So we can do Your will,
In all that's good to step our steps
And live in brotherhood!



8. EVENING PRAYER

Lord, this day has ended,
The night is here again.
Today You've given us Your light
Many things we did and learned.

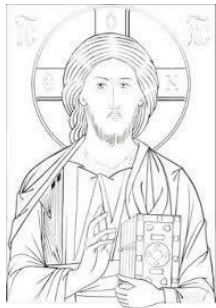
You gave us mind and strength,
For us to learn and gain,
Make everything be better
To praise You yet again.

Help us always, HolyFather
Only good to do,
Be your grateful sons and
daughters,
Always loving you!



9. PRAYER FOR PARENTS

Oh, Good Lord, how great it is
When my mom's beside me.
Oh, my Lord, how sad it is
When my dad is far from me.



Father, mother love me so
It is me that they're working for.
Help them, oh Merciful God
Live happily and be strong.
Keep them safe and always healthy,
So they take good care of family.

Father, bless my dear parents
Give them strength and peace,
Joyful lives for them to have
To be happy, here with me.

Long days may they have
on Earth,
So that live in peace and
health.
Make useful for our
country
And thankful to You,
Almighty.

Amen.



10. PRAYER BEFORE MEAL

Our Father, who are in heaven.....



11. PRAYER AFTER MEAL

Lord, we thank You very much
For giving us this food,
Made from both the land's harvest,
And the spiritual goods. Amen.

12. PRAYER BEFORE GOING TO SCHOOL

Father, today I go to school
I left my toys for good.
Help me learn and read a lot
Keep me straight on my path.

I have a notebook and a bag,
Some pens and pencils
hanged.
Among the others that I took
I have also my spelling book.



Help me learn, my Holy Father,
To become brave child and clever.
To be of help and reliable
And become smarter and wiser. Amen.



13. PRAYER WHEN ENTERING THE CLASSROOM

I don't know if I am wrong
I am responsible all day long.
At school I always behave,
At home I am nice and brave.

So I kindly ask You, Father,
Help me grow up doing good.
Keep my life clean and pure
Virtuous and most secure.



14. PRAYER WHEN STARTING THE LESSONS

Holy Lord, we, who are little
Kindly asking You again
Enlighten our minds and souls
So good knowledge to retain.

Help us read the useful books
And follow only good in schools.



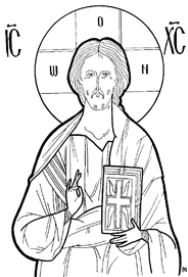
15. PRAYER WHEN LEAVING THE CLASSROOM

From the bottom of our hearts,
Oh, Lord, we gratefully thank You,
For Your light and tenderness,
Help us be more faithful.



Protect us from doing sins,
Our country to serve good
We praise, Lord, give us peace,
Always live in brotherhood.

From the bottom of our hearts,
Oh Lord, we gratefully thank You,
For giving us the strenght we
need
To be good and dutiful.



Stay with us, Oh, Holy Father
From now until forever,
Help us keep away from danger
And always become much better.



16. PRAYER FOR ENTERING THE CHURCH

Good Lord, Oh, my Holy God,
I come to Your church altar.
I deeply feel to worship You
As you are my heavenly
Father.

Come and enlighten me
Help me behave properly.
Forever to keep in my mind
What's good, right and holy.
Amen.



17. PRAYER FOR LEAVING THE CHURCH

Lord, You welcomed me
To Your worshipped altar.
Please take good care of me
Whenever I might wonder.

Come and enlighten me,
Help me behave properly.
Forever to keep in my mind
What's good, right and holy.



18. PRAYER TO LORD JESUS CHRIST

Lord, You have offered Yourself
As the mighty sacrifice
And have given us Your cross,
To help us reach the Heaven.

We bow before Your holy face
And pray to You, faithfully.
Make us Your humble followers
And help us not to live sinfully.



19. PRAYER TO VIRGIN MARY

Mother, forever Virgin Mary
Your great mercy may be upon us!
You were chosen by God, only,
To be the beloved Mother of Jesus.

In Heaven, please ask Mighty Father
For the souls who pray
All to be forgiven,
For the Judgment Day.



20. PRAYERS TO THE MOST HOLY MOTHER OF GOD

Virgin Mother of God, rejoice, Mary, full of grace; the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, for you has borne the Saviour of our souls.

Under your tender compassion we run, O, Mother of God, reject not our prayer in our trouble, but deliver us from harm, only pure, only blessed one.

Most glorious Ever-Virgin, Mother of Christ, our God, carry our prayers to Your Son and our God and pray that, through Him, may be saved our souls.

My most holy Lady, Mother of God, by your holy and all-powerful prayers banish from me, your humble, wretched servant, despondency, forgetfulness, folly, carelessness and all impure, evil and bad thoughts out of my wretched heart and my darkened mind. And quench the flame of my passions, for I am poor and wretched, and deliver me from my many cruel memories and deeds, and free me from all their bad effects; for blessed are you by all generations, and glorified is your most honorable name to the ages of ages. Amen.



21. HEAVENLY KING

Heavenly King, Spirit of Truth, Who are everywhere and fills all, Treasurer of goodness and Giver of life, come and dwell in us and clear us from all impurity and save, Good, our souls. Amen.



22. MY GREAT QUEEN

My great queen and my hope, Mother of God, welcomer of the poor and helper of strangers, joy of the depressed, see my need, see my trouble, help me as a helpless one, feed me as a stranger. You know my trouble, untie it as you will, for I have no other help but you, no other quick and kind helper; but only you, Mother of God, to protect me and cover me forever and ever. Amen.



23. THE CREED (SYMBOL OF FAITH)

I believe in one God, Father, Almighty, Maker of heaven and earth, and of all things visible and invisible;

And in one Lord Jesus Christ, the only-born Son of God; born of the Father before all ages; Light from Light, True God from True God, born, not made, of One Essence with the Father, through Whom all things were made;

Who for us people, and for our salvation, came down from Heaven, and was incarnate by the Holy Spirit and the Virgin Mary, and became Man; And was crucified for us under Pontius Pilate, and suffered and was buried; And He rose on the third day according to the Scriptures; And ascended into Heaven, and sits at the right hand of the Father; And He will come again with glory to judge the living and the dead; And His Kingdom will have no end;

And in the Holy Spirit, the Lord, the Giver of the Life, Who proceeds from the Father, Who, with the Father and the Son is equally worshipped and glorified, Who spoke by the Prophets:

And in One, Holy, Sobornic and Apostolic Church. I confess one Baptism for the forgiveness of sins. I look for the Resurrection of the Dead; And the life of the Age to come. Amen.



CHAPTER II

PRAYER OF TEENAGERS AND ADULTS

1. BEGINING PRAYERS

On rising, kneel before the icon of Lord, light a candle, make the sign of the Cross and say these prayers:

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

Glory to You, our God, glory to You.

Heavenly King, Spirit of Truth, Who are everywhere and fills all, Treasurer of goodness and Giver of life, come and dwell in us, and clear us from all impurity, and save, Good, our souls. Amen!

Holy God, Holy Mighty, Holy Immortal One, have mercy on us. (3 times)

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

Most Holy Trinity, have mercy on us. O Lord, wash away our sins, O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for Your Name's sake. (The Troparia to the Holy Trinity)

Lord, have mercy. (3 times.)



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

Our Father, who are in heaven, hallowed be Your Name, Your kingdom come, Your will be done, on earth as it is in heaven. Give us this day our daily bread and forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil. For Yours is the kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever, and to the ages of ages. Amen!

Virgin Mother of God, rejoice, Mary, full of grace; the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, for you have borne the Saviour of our souls.

2. MORNING PRAYERS

As we rise from sleep we worship You, O good and powerful Lord, and to You we sing the Angel's hymn: Holy, Holy, Holy are You, O God; through Your angels' prayers, have mercy on us.

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

Having raised me from bed and sleep, O Lord, enlighten my mind, and open my heart and lips to praise You, O Holy Trinity: Holy, Holy, Holy are You, O God; through all Your saints' prayers, have mercy on us.

Now and ever, and to the ages of ages. Amen!



Suddenly the Judge will come, and the deeds of each will be laid bare; but at midnight let us cry with fear: Holy, Holy, Holy are You, O God; through the Mother of God, have mercy on us.

Lord, have mercy. (12 times.)

Prayer of St. Basil the Great to the Most Holy Trinity

As I rise from sleep I thank You, O Holy Trinity, for through Your great goodness and patience You were not angry with me, an idler and a sinner, nor have You destroyed me in my sins, but have shown Your merciful love for people, and when I was falling in despair, You have raised me to keep the morning watch and glorify Your power. And now enlighten my mind's eye and open my mouth to learn Your words and understand Your commandments and do Your will and sing to You in heartfelt adoration and praise You Most Holy Name of Father, Son and Holy Spirit, now and ever, and to the ages of ages. Amen!

O, come let us worship God our King. (a bow)

O, come let us worship and fall down before Christ our King and our God. (a bow)

O, come let us worship and fall down before Christ Himself, our King and our God. (a bow)



PSALM 50

Have mercy on me, O God, according to Your great mercy; and according to the multitude of Your compassions, forgive my transgression. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I realize my iniquity, and my sin is before me continually. Against You only have I sinned and I done evil in Your sight, that You may be justified in Your words and win when You will judge.

For, behold, I was conceived in iniquities, and in sins did my mother desire me. That here is the truth you loved; the unseen and hidden things of Your wisdom, You showed me. You will sprinkle me with hyssop, and I shall be cleaned up; You will wash me, and I shall become whiter than snow.

You will make me hear joy and gladness; the bones that have been humbled will rejoice. Turn Your face from my sins, and forgive all my injustice. Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from Your face and take not Your Holy Spirit from me. Restore to me the joy of Your salvation, and confirm me with a prevailing spirit. I shall teach Your ways to the lawless and the godless will return to You.

Deliver me from blood, O God - O God of my salvation - and my tongue will enjoy Your justice.



O Lord, You will open my lips, and my mouth shall proclaim Your praise. For if You desired sacrifice, I would have given it; but burnt offerings do not please You. The sacrifice for God is a broken spirit, a humble heart, God will not despise. Gladden Sion, O Lord, with Your good will let the walls of Jerusalem be built. Then you will accept the sacrifice of righteousness, the gift and the burnt offerings; then they will place calves on Your altar.

And then finish like this...

It is worth praising you, Mother of God, the ever happy and all too innocent and Mother of our God. Because you are more honorable than the cherubim and more magnified, without comparison, than the seraphim, who, without corruption, you gave birth to God the Word, you, the true Mother of God, we worship you.

Glory to the Father and the Son and the Holy Spirit, God have mercy (3 times). For the prayers of our holy fathers, Lord Jesus Christ, Son of God, have mercy on us. Amen!



3. PRAYERS DURING THE DAY

At the Commencement of Any Work...

Bless, O Lord. or:

O Lord Jesus Christ, Only-begotten Son of Our Eternal Father, You said with Your most holy lips: "*Without Me, you can do nothing.*" My Lord and my God, in faith I embrace Your words with my heart and soul, and bow before Your goodness; help me, a sinner, to do in union with You this work which I am about to begin, in the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

After the Completion of Any Work.

Glory to You, O Lord.or:

You, O my Christ, are the sum and fullness of all that is good; fill my soul with joy and gladness, and save me, for You alone are all-merciful. Amen.

Before Lessons.

Most merciful Lord! Send down upon us the power of Your Holy Spirit to give us wisdom and strengthen our soul, that we may apply the teachings, and grow up to glorify You, our Creator, to gladden our parents, and to serve the Church and our people.



After Lessons

We thank You, our Creator, that You has granted us Your power to attend to this classes. Bless our parents and teachers who are leading us to knowledge of good, and grant us energy and strength to improve our skills.

Before Breakfast

Most Holy Trinity, have mercy on us. O Lord, wash away our sins. O Master, forgive our transgressions. O Holy One, visit and heal our infirmities, for Your Name's sake.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen!
Lord, have mercy. (3 times)

Christ God, bless the food and drink of Your servants, for You are holy, always, now and ever, and to the ages of ages. Amen!

After Breakfast

It is worth praising you, Mother of God, the ever happy and all too innocent and Mother of our God. Because you are more honorable than the cherubim and more magnified, without comparison, than the seraphim, who, without corruption, you gave birth to God the Word, you, the true Mother of God, we worship you.



Before the Noon Meal.

Our Father . . .

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

Lord, have mercy. (3 times)

Christ God . . . (See Prayers before Breakfast)

After the Noon Meal

We thank You, Christ our God, that You fed us with Your earthly goodness. We do not lack your heavenly kingdom either, but as you came in the midst of your disciples, Saviour, giving them peace, come to us and save us.

Lord, have mercy. (3 times). Glory . . . now . . .

Before the Evening Meal

The poor shall eat and be satisfied, and those who seek the Lord shall praise Him; their hearts shall live for ever.

Glory . . . now . . . Lord, have mercy. (3 times) ... Christ God . . .

After the Evening Meal

Glory . . . now . . .



Rejoice us, Lord, as Your creatures and of the work of Your hands we are glad. The light of Your face has shone upon us, Lord. You gave joy in our heart from the fruit of wheat, wine and oil, which multiplies. With peace we will lie down and fall asleep, because You, Lord, have placed us in hope.

Lord, have mercy. (3 times)
God is with us by His grace and love for man, always, now and ever, and the ages of ages. Amen.

4. PRAYERS BEFORE SLEEP

Going to bed, say first of all the beginning prayers... In the name of the Father....Heavenly King...Holy God...Glory to the Father...Holy Trinity...God have mercy...Our Father.
Then continue with these tropes of humility.

Troparia

Have mercy on us, O Lord, have mercy on us. For we do not know any response, we, sinners, offer You, our Master, this prayer: Have mercy on us!

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

Lord, have mercy on us, for our trust is in You. Be not very angry with us, remember not our sins; but even now regard us in Your tender compassion, and deliver us from our enemies.



For You are our God, and we are Your people; we are all the work of Your Hands, and we call on Your Name.

Now and ever, and to the ages of ages. Amen.

Open the door of your loving kindness, O blessed Mother of God, that we who put our hope in you may not vanish. Through you, may we be delivered from troubles, for you are the salvation of Christian people.

Lord, have mercy. (12 times)

Then the following prayers in order, with attention and compunction.

We thank you, Holy God, for protecting us in this day. We thank you and praise you for allowing us to live this day in health and peace. And we still kindly ask you to send us a guardian angel to protect us from all evil. Make us worthy, God, to pass this night well.

Lord Jesus Christ, we know that when you were on earth, you received with great love the children who came to you, comforted and blessed them. Please receive us, Your children, at this hour and listen to this evening prayer.

Protect us with Your almighty care so that, without fear and in peace, we should pass this night well.



And make us worthy to get up healthy in the morning to thank you from the bottom of our hearts and to magnify your holy name. Because You are our good Lord, Who protects and loves us. Amen.

We are still begging you, Lord, to love and protect our whole family. Help us to be good and righteous. Enlighten us to love our relatives, colleagues, neighbors and all people and help the poor. Amen.

Make us worthy to guard ourselves without sins this evening. You are our true God, in whom our ancestors also believed, and that is why we also worship You from the bottom of our souls. Worthy to be glorified always is Your name, day and night, at any hour. Send us, Lord, Your grace and love. Blessed are you, Lord, teach me to do Your will always and to fulfill the commandments of Your law. Enlighten me so that I can understand Your commands and diligently fulfill Your will. Let Your love always be with us. We are all Your creatures, do not forget us and never leave us. We sing to You with joy and glorify Your name, of the Father and of the Son and of the Holy Spirit. Amen.

Then kiss your cross and make the sign of the Holy Cross on the bed where you will sleep.



5. PRAYERS TO HEAVENLY FATHER

Dear Father, we thank you for guarding us together with your holy angels. Please grant us an angel of peace, guide, faithful and guardian of our souls and bodies. Amen.

Heavenly Father, You are the only true God. Everything you teach us is true and what you promise us is impossible not to fulfill. Please enlighten us to always ask for Your protection and to live our lives according to Your commands. Amen.

Our Father, the One from heaven, You are our Creator, our guardian and our benefactor. Enlighten us so that we may always honor and bless Your Holy name. Amen.

Heavenly Father, please enlighten us and strengthen us to always love and help our brothers to behave like Your children, because you are merciful and loving to people, our God. Amen.



6. PRAYERS TO OUR LORD JESUS CHRIST

Lord Jesus Christ, You are the almighty Son of God. We beg you, protect us from the devils and sins and strengthen us to always fulfill your will. Amen.

Dear God, You, Who gave us the commandment of love, give us Your grace to love all people and help them in need. Amen.

Lord Jesus Christ, You, Who are the Son of God, Holy and without sin, we beg you to keep us from bad deeds and give us a clean heart. Amen.

Lord Jesus Christ, who blessed the work of the Apostle Peter, also bless the work of our parents and of all the family so that they gain what is necessary to take care of us. Amen.

Lord Jesus Christ, You came into the world to save our souls and taught us that the soul has priceless value. We pray to You, cleanse our souls of sin and give us your grace and strength so that we no longer sin, but accustom our soul to good deeds. Amen.

Lord Jesus Christ, You who taught the humble, grant us this great virtue. Help us to get rid of all pride and vain glory and have Your love and protection. Amen.



7. PRAYER FOR PARENTS

Our heavenly Father, we thank You for giving us parents who love us so much, work hard and take care of us for our good. We ask You, Lord, to always protect them and be merciful to them, to give them health, happiness and all the goodness of your love. Enlighten us to be able to honor them, to listen to them, not to grieve them, to help them as much as we can, not to do anything in secret. Help us to be good in the family and to love You, to always glorify Your holy name. Amen.

Holy Lord, King of heaven and earth, seek from the height of Your Holy place with mercy and compassion on our house. Give health and all the good to our father and mother, so that they can take care of us and everyone in our house and help us all to do what is good and pleasing to You. Amen.



8. PRAYER FOR BROTHERS AND SISTERS

Lord, please keep my brothers and sisters giving them health, long life and Your holy gift, so that they may walk in Your ways and do what is according to Your holy will. Grant us, Lord, from now until the end of our lives to love and honor each other, because what is better and more beautiful than the life of brothers together! So, Lord, listen to our prayer and be merciful to us, for You are kind and loving to people and we praise You, the Father, the Son and the Holy Spirit, now and always and to the ages of ages. Amen.

We thank You, Heavenly Father, for the life You have given us, parents and brothers. Lord God, let love, peace and joy prevail in our home. Help us to live in harmony, not to envy one another, not to quarrel, let each one not take care only of himself, but help us to support one another. Enable us to thank You always and to glorify Your name with joy. Amen.

9. PRAYER FOR FRIENDS

Protect us, Lord, from bad and fake friends, who do not follow the good. Protect us from any circumstance harmful to the soul and from any thought to do bad.

Enlighten us to always choose good, faithful friends, who will be Your children, love Your Church and have good behavior. Please, God, protect all my good friends, enlighten them for good, give them peace and wellness. Amen.



10. PRAYERS FOR OUR PROTECTORS

We thank You, heavenly Father, for giving us, in addition to parents, other people who love us and work hard for us. We thank You for the benefactors who protect us, for our teachers, for the priests of our Church and for all those who love us.

We beg You, Lord, to grant them all Your blessing, to reward their love and effort with the gift of Your love. And make us worthy so that, when we grow up, we too become benefactors of all, to show our Christian love through deeds in order to make us worthy to glorify Your holy name. Amen.

11. PRAYER FOR TEACHERS

Lord, our God, we thank You for giving Your great blessing to the teachers of our school. At school we hear Your words, we are taught how to behave good at home, at school, in the world and in the church.

We ask You, Lord, to fill with Your goodness all the teachers who are struggling to teach us. We ask You to enlighten us so that we can be polite and attentive, to fulfill all the good that we learn and to tell it to others. Thus, we will be Your beloved children and we will glorify Your holy name with joy. Amen.



12. PRAYER OF THE STUDENTS

Lord Jesus Christ, we know that You sent Your Holy Spirit to the Apostles. With this You enlightened them and made them wise teachers for the whole world. We ask You to enlighten us with Your Holy Spirit, to give us diligence and increase in learning.

Enlighten us to value those who teach us, to love our colleagues, to be careful what we say, to behave well to always magnify Your holy name. Amen.

13. PRAYER OF THE SICK PEOPLE

Lord Jesus Christ, behold, my body is sick. Please give me patience to get through this trial that You have sent me. I know that You are close to all those who suffer and therefore I am asking you to give me good hope of healing. Prepare for me the necessary things for recovery and do not overlook me, because You can heal even only with the word.

Enlighten me with Your gift and give health to my soul and body. Rejoice the souls of all children and people who are in pain, in sickness and in other sufferings. Comfort all those who take such care of me.

Lord Jesus Christ, send Your help to me because only You are the doctor of our souls and bodies. Glorified be Your name, together with that of the Father and the Holy Spirit, forever and ever. Amen.



14. PRAYERS FOR HEALTH

Lord Jesus Christ, You Who can heal any disease with your word, We ask You to protect us from any harm and grant us health. Amen

Dear Lord Jesus Christ, You are our good Creator. You gave us life. You gave us soul and body. You are the protector of our life and health. That's why we ask You, Lord, save us from illness and protect our health. When we get sick, give us comfort, relief, courage, hope and speedy recovery. Because You are the Almighty doctor of our souls and bodies, lover of people and our benefactor. In You we put our hope and glorify Your name, which we will glorify forever, day and night. Amen.

15. PRAYER AT THE BEGINNING OF WORK

Lord Jesus Christ, Son of God, Who said through the mouth of the prophet David: "*Man goes to work and toils until evening*". Through the mouth of the blessed apostle Paul, you said: "*He who does not work will not eat.*" And with Your too pure mouth You said: "*Without Me you can do nothing.*"

Save us from carelessness and laziness. Give us goodwill and diligence in our endeavour. Strengthen us to work with sincerity, justice and love. We ask You to always bless our works, to win what we need and to help others. Amen.



16. PRAYER FOR THE JOURNEY

Lord Jesus Christ, our God, You are the Way, the Truth and the Life and you traveled together with Your servant Joseph, as well as with the two disciples who were going to Emmaus. Lord, please travel with me, your servant, blessing my journey.

Send me like Tobias, the Guardian Angel, to be my guide and protector and to keep me away from all bad events, so that in peace and health I may return to my home and all my life I may glorify Your name, of the Father, the Son and the Holy Spirit. Amen

17. PRAYER IN TIMES OF TROUBLE

Our Father from heaven, You brought us into the world from Your great love and You do not stop loving us and taking care of all Your creatures. That is why we kindly ask for Your protection. Every day, we are tempted by many dangers and many troubles can happen to us if You do not protect us. That's why we beg You, Lord, Lover of people, to never leave us, but to always be with us, helper, defender and protector.

Please protect us and deliver us from dangers, so that we can always thank You and glorify You from the bottom of our hearts. Amen.



18. PRAYER FOR OUR COUNTRY

Heavenly God and our Father, we kindly ask You to listen to this prayer of ours that we bring to You for our beloved country.

We thank You for protecting our people so far. We are grateful to You for delivering us from fearsome enemies and tyrannical rules. Please, God, do not leave our country without help. Please protect it and protect her from enemies, wars and all bad situations.

Enlighten us all to have goodness, peace and love. Make us worthy to be Your people and, thus, all in one soul and with one heart to thank You always and glorify Your holy and glorious name. Amen.

19. PRAYER FOR THE DEADS

Have mercy, Lord Jesus Christ, on our relatives, benefactors and friends gone away from this world. Give them Your heavenly kingdom and eternal life. Because You are the life and the resurrection and the rest of Your dead servants, and to You we raise glory, as well as to Your eternal Father and the Holy Spirit. Amen.



20. PRAYER FOR SORROW

Lord Jesus Christ, Lover of people, we know that You are full of merciful love and that You became a man and shed your blood on the cross to save sinners.

And I confess with sorrow that I was wrong, that I sin countless times and defile my soul with sins. Before You, I now decide that from today I will straighten up my life, change my behavior and stop doing harm.

Please, Lord, do not condemn me, but show Your great love for me and forgive me for every mistake. Strengthen me to be Your child, to do Your will and to always glorify Your holy name. Amen.

21. PRAYER BEFORE CONFESSION MYSTERY

Lord Jesus Christ, our God and Savior, we want to clean up our souls of sins. Therefore, we beg You, strengthen us to confess our mistakes to the priest with sincerity and true repentance. Forgive us, Lord, and help us to avoid harm. And make us worthy to be Your holy and blessed children from now on. Amen.



22. PRAYERS BEFORE HOLY EUCHARIST

We thank You, Lord Jesus Christ, that from Your great love you entitle us to eat your Holy Body and Blood. We deeply ask you, God, to forgive us the sins we have committed so far. Allow us to joyfully take part of Your Holy Mysteries. We beg You to strengthen our souls with this Holy Eucharist, to cleanse us of every sin and to deliver us from the evil one. Amen.

Lord Jesus Christ, we know that You are the food of our souls and You want us to receive Your Holy Body and Blood. We praise You for this great gift through which You show Your love for us.

Please cleanse us and protect us from sin. And allow us with dignity to receive the forgiveness of sins and the eternal life. Amen.

23. PRAYERS AFTER HOLY EUCHARIST

Glory to You, Lord Jesus Christ, our God. We thank you, our Savior, for making us worthy to receive Your Holy Body and Your Precious Blood.

Our souls are filled with joy and gratitude for your great gift. We sing to you, we bless you and we ask you, God, to bless us and stay forever in our souls. We beg You to always enlighten us and strengthen us so that we avoid any evil and do Your will. Make us worthy to become Your children and to inherit Your heavenly kingdom in the last day. Amen.



24. PRAYERS OF THANKSGIVING

We thank You, Lord, that in addition to Your goodness, you also gave us other benefits, You also gave us a guardian angel of our souls and bodies. Please help us not to sadden our good angel with our deeds. Enable us to have a protector angel until our last breath, so that he may guard us in this life and lead our soul before You when we leave this world.

Please, Lord, enlighten us and help us to have not only faith in You, but also good deeds. And enable us to prepare to enter Your Kingdom and live with You forever. We kindly thank you for the gifts and goodness You have given us and please enlighten us to understand that all these are from You. Strengthen us to use them according to Your will to win the gifts of Your heavenly Kingdom. Amen.



25. THE MORNING PRAYER OF FATHER JEROMONAH ARSENIIE BOCA (Romania)

Lord Jesus Christ, help me so that today, all day, I take care to renounce myself, because who knows what great dissension I will make and, thus, holding on to myself, I lose You.



Lord Jesus Christ, help me so that the prayer to Your Most Holy Name works in my mind faster than the lightning in the sky, so that not even the shadow of bad thoughts darkens me, because I lie all the time.

Lord, You who come in secret among people, have mercy on us, for we walk stumbling through the darkness. The passions have clouded the mind's eye, forgetting has hardened in us like a wall, petrifying our hearts and all together have made the prison where we keep You, sick, hungry and without clothes, and so we waste our days in vain, humiliated and bored.

Lord, You, who come in secret among people, have mercy on us. Set fire to the prison where we keep You, light up Your love in our hearts, burn the thorns of passions and give light to our souls.

Lord, You who come in secret among people, have mercy on us. Come and dwell in us, together with the Father and the Holy Spirit, that your Holy Spirit prays for us with unspeakable sighs, when our speech and mind remain powerless on the ground.

Lord, You, who come in secret among people, have mercy on us, because we do not realize how imperfect we are, how close You are to our souls and how far we banish You through our little things, but shine Your light on us so that we can see the world through Your eyes, let us live forever through Your life, Lord, our light and joy, glory to You. Amen.



26. THE MORNING PRAYER OF THE ABBOTS FROM OPTINA MONASTERY (Russia)

Holy God, allow me to receive in peace of mind everything that this day will bring to me. Lord, help me to fully surrender myself to Your Holy will. Throughout all this day guide me and help me in everything. All that I will hear and all that will happen to me this day, teach me to receive with a calm soul and with strong faith, because above all is Your Holy will. In all my words and deeds guide my good thoughts and feelings. In all unforeseen events, help me not to forget that everything is sent by You.

Lord, teach me to behave justly and wisely with all my brothers, not to trouble or upset anyone. Lord, give me strength to bear the burden of the day and everything that will happen to me this day to receive with peace in my soul. Lord, guide my will and teach me to pray, to believe, to hope, to be patient, to forgive and to love. Amen.



27. THE PRAYER OF SAINT EPHREM THE SYRIAN

Lord and God of my life, do not give to me the spirit of laziness, of caring for many, of love of possession and of speaking without common sense. (a metania)

And the spirit of purity, humble thought, patience and love, give it to me, Your servant. (a metania)

So, Lord, grant me to see my sins and not blame my brother, for blessed are You forever and ever. Amen. (a metania)

God, be merciful to me, the sinner.

God, cleanse me the sinner.

You who created me, O God, save me.

I have done many wrongs, Lord, forgive me.
(a bow after each verse)

28. PRAYER OF SAINT SILUAN THE ATHONITE FOR THE WORLD (Athos Mountain - Greece)

Lord, guide us, as a tender mother straightens her little children. Give every soul to know the joy of Your salvation and the power of Your help.

Give relief to the tormented souls of Your people and teach us all through the Holy Spirit to know You. The human soul is struggling on earth, Lord, and cannot strengthen its mind in You, because it does not know You, nor Your goodness.



Our minds are clouded by worldly cares and we cannot understand the goodness of Your love. You enlighten us. All Your mercies are possible for us. You said in the Holy Gospel, that the dead will hear the voice of the Son of God and will rise from death. So, allow our dead souls to hear Your voice and to revive, in joy. Amen.

29. PRAYER FOR THE SPIRITUAL FATHER

Lord Jesus Christ, Son of God, who received the harlot and the robber, also receive my prayer for your servant, my spiritual father, priest (name) chosen by You to bear the burden of my sins before You, as You bear the burden of the whole world before the Heavenly Father. Forgive him and all his mistakes for his persistent love and sacrifice so that I, the lost sheep, can make a good start of repentance. Investigate him quickly and see his needs. Heal him from all sickness and defilement of body and soul and from the weakness of the fallen nature.

Deliver him from all enemies seen and unseen, from all the evil and temptations that came to him for my sins. Increase his wisdom, long patience, tranquility, peace and contentment of soul. Increase his strength, increase his gentleness and care and fulfill all that is useful to him. Give him an enlightened mind and holy wisdom that come from You, King of Light. Bless him, Lord, and give him health, long days, just learning the word of Your truth. Amen.



Heavenly King, open the floodgates of heaven and rain upon my spiritual father (name) abundant grace and rich mercy. Come down upon him, rest in him forever and pour out upon him the multitude of Your mercies. Amen.

Mother of God, cover with your Almighty Covering your servant, (name), and pray to the Good God to have mercy on him for your prayers. Deliver him from all physical and mental temptation, cleanse him, heal him, strengthen him and give him complete health. Amen.

Saint Father Siluane, pray to the Lord to have mercy and save my spiritual father, priest (name), for your prayers.

Saint Arsenius the Great, pray to the Good God to have mercy and save (name), for your prayers. The nine Heavenly Powers, martyrs saints, pious saints and the saints whose celebration is made today, together with all the saints from everywhere, pray to God to have mercy and save my spiritual father (name). Amen. Amen.



CHAPTER III

ORTHODOX TEACHINGS

1. THE TEN COMMANDMENTS

1. You shall have no other gods before Me.
2. You shall make no idols.
3. You shall not take the name of the Lord, your God, in vain.
4. Keep the God's Day in holyness.
5. Honor your father and your mother.
6. You shall not murder.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness against your neighbor.
10. You shall not desire anything that belongs to your neighbor.

2. THE DEEDS OF BODY KINDNESS MERCY

1. To feed the hungry.
2. To give drink to the thirsty.
3. To clothe the naked.
4. To examine the sick.
5. To host foreigners.
6. To bury the dead.



3. THE NINE CHURCH COMMANDMENTS

1. Let us reverently participate to the Holy Liturgy every Sunday and holiday.
2. Let's keep all the fasts from over the year.
3. Let's honor the church servants.
4. Let's confess and receive Holy Eucharist in each of the four great fasts over the year, or, if we can't in every fast, at least once a year, in the Easter Fast/Lent.
5. Let us pray for our leaders.
6. Let's keep the fasts that the local bishop or metropolitan would order, in times of danger, illness or troubles.
7. Let's not read heretical or sectarian books.
8. Let us not alienate, nor use, for foreign purposes, the Church's belongings or property.
9. Let's not have weddings and celebrations or other parties during fasting.

4. THE DEEDS OF SOUL KINDNESS MERCY

1. To correct the one who is wrong.
2. To teach the ignorant.
3. To give good advice to those who need it.
4. To pray to God for our neighbor.
5. To comfort the sad one.
6. To forgive those who have wronged us.



5. THE SEVEN HOLY MYSTERIES (SACRAMENTS) OF THE ORTHODOX CHURCH

1. The Sacrament of The Holy Baptism is performed by immersion in holy water and the invocation of the Holy Trinity. Baptism opens the Kingdom of Heaven for the baptized person (baby, child or adult)

2. The Mystery of The Holy Chrismation, through which the newly baptized are given the gifts of the Holy Spirit, through anointing each body part with The Great and Holy Myrrh.

3. The Mystery of The Holy Confession (Repentance) through which the orthodox Christian receives from God himself the forgiveness of the sins confessed to the priest.

4. The Mystery of The Holy Eucharist through which the confessed Christians receive the Holy Body and Blood of the Jesus Lord, which preserve the form of bread and wine.

5. The Mystery of The Holy Orders in which, through the laying on of the bishop's hands, the grace of the Holy Spirit is shared over those called to be clergy (bishop, presbyter/priest, and deacon). Only a bishop may ordain a priest, deacon or, normally together with at least two other bishops, another bishop.



6. The Sacrament of the Holy Marriage in which a man and woman are united by the Holy Trinity. Their conjugal union is blessed by our Lord Jesus Christ through the Church. God's grace and blessing is imparted to them to live together in His love, mutually fulfilling and perfecting each other. The Mystery of marriage is steeped in ritual and symbolism. Each of the acts has special meaning and significance.

7. The Sacrament of the Holy Unction. The sacrament is performed by a gathering of priests, seven or less, being offered for the healing of soul and body and for the forgiveness of sins. The body (forehead and hands) is anointed with holy oil, and the grace of God, which heals infirmities of soul and body, is called down upon each person, through prayers.

6. THE HAPPINESS - THE SERMON ON THE MOUNT (Matthew 5, 3-12)

1. "Blessed are the poor in spirit, for theirs is the Kingdom of Heaven."

Because our ancestor Adam fell from heaven through pride, we must be corrected through humility, as the foundation of our lives, having thus humility in our hearts and our thoughts.



2. "Blessed are they that weep, for they shall be comforted." Those who cry for acquiring earthly things are not blessed by God, but only those who always cry for their mistakes and sins (and also for those of their neighbors), because, thus, they receive healing and blessing from God.

3. "Blessed are the meek, for they shall inherit the earth."

Meek are not those without anger, for these are unfeeling. But meek are those who have anger, but control it and become angry only against their mistakes and sins.

4. "Blessed are those who hunger and thirst for justice, for they shall be satisfied."

We must struggle for justice, so that our souls hunger and thirst for it. Let's be fair and not do charity offering what we've acquired doing injustice to others.

5. "Blessed are the merciful, for they shall have mercy." Charity is done through money or material things, but also through supporting the helpless, advising those in trouble, protecting the young or elderly and praying for all the neighbors in need.

6. "Blessed are the pure in heart, for they shall see God." The pure in heart are those who refrain themselves from any kind of sins or mistakes, or run away from their bad thoughts.



7. "Blessed are the peacemakers, for those "sons of God" shall be called."

Happy are those who are peaceful towards all people, but also those who reconcile those who argue; and especially those who make their neighbours believe in God through good and holy teachings.

8. "Blessed are those who are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven."

Those persecuted for righteousness' sake are people who love to live correctly according to the deep faith and law of God, who suffer and endure for this justice all kinds of persecution, deprivation, and hardship but not give up their faith because of them. For these, they will receive the Kingdom of Heaven.

9. "Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of Me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.."

Here the Lord says that, if they defame you (scoff at you, attack you, disgrace you), oppress you, and falsely speak against you (slander or unjustly accuse you), and you endure all this because of your faith in Him, then do not grieve but rejoice and be glad because the greatest reward awaits you in Heaven, that is, the highest degree of eternal blessedness.



7. DAYLY SPIRITUAL PROGRAM - for body and soul

"The grace of our Lord Jesus Christ, the love of God the Father and the fellowship of the Holy Spirit, be with you all!" (II Corinthians 13,13)

We prepared some spiritual advices. Receive them all as some „**medicines**” for the soul and body that will help us a lot every day and in every problem we shall face. There is no promise for remarkable results because it is not in anyone's power to do that, but by accomplishing these below, there is a guarantee that our lives will change for the better and better according to God's will and especially according to the effort that everyone will show to fulfill Orthodox Christian commandments and teachings.

We pray to our Lord Jesus Christ and His Mother, virgin Mary to protect us, to bless us with health and many graces and to enlighten our minds and souls.

1) THE ANTIDORON. The Prosphora is the white wheat bread cooked with yeast and blessed water, its upper part being stamped with a four-pointed cross. The remaining pieces of the Lamb Prosphoron used during the Divine Liturgy are called "**Antidoron**". Let's take a small piece of dry Antidoron every morning, on empty stomach, before eating, after saying Our Father prayer and making a holy cross. This blessed bread is to be kept in a clean container separately from other foods.



2) THE HOLY WATER (can be multiplied with clean water to last the whole year) - drink 3 swallows every morning, immediately after Antidoron or separately. We can sprinkle with it (putting a little in a plate and using a basil branch) indoor and around the house, the yard and upon the animals at least once a month. If necessary, when there is disturbance in the family, illness or agitation, It can be sprinkled while saying/singing the troparion of the Holy Cross "**Lord, save Your people and bless Your heritage. Grant victory to the Orthodox Christians over the enemy and by virtue of Your Cross preserve Your people**". Between January 6th-14th, the Epiphany Holy Water is drunk in every morning for seven days after Epiphany.

3) THE MYRRH (holy oil) - let's anoint everyday or after prayers our foreheads and the backs of our hands in the sign of the cross saying "**Help from the Lord, the One Who made the heaven and the earth**". When we are ill, we must anoint on the painful parts of the body. When it is half empty, we can refill the bottle with holy oil from Holy Unction.



4) THE CROSS, regardless of the material it is made of (plastic, wood, metal, gold), is the symbol of the Christian faith and is the only protection people have against the devil. Let us all wear a small cross around our neck and sign ourselves correctly and with great hope and respectfully with the sign of the Holy Cross on our bodies as many times a day as possible saying:

"God help me!" or **"God save me!"** or **"God have mercy on me!"**. Whenever we see any danger or have any fear or fright, we make the cross sign and say these short but very powerful prayers. The sign of the cross is done correctly as follows: we hold up the first 3 fingers of the right hand together and the other 2 folded in the palm and we sign first on the forehead saying **"In the name of the Father.."** then on the chest **"..and the Son.."** then on the right shoulder and on the left **"..and to the Holy Spirit, now and forever and ever, Amen"**.

5) PRAYER - it is a ladder to heaven and a way to talk to God. People cannot live without communicating with those around them. God comes and lives in our soul only if we call him and speak to Him through prayer and listen to Him when He speaks to us or when He gently scolds us through the voice of conscience. Without our desire, He does not enter our soul, nor our life. He does NOT enlighten us, He does NOT give us wisdom, He does NOT save us.



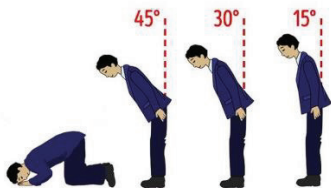
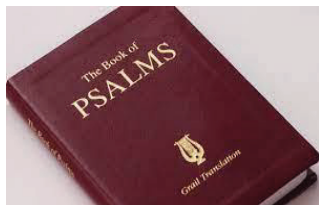
And because "God is love", He stays within our lives and keeps knocking on our soul door, asking us to receive Him, to take Him into account and to start to love Him. Let's surrender ourselves completely to His will in order to make our lives easier. "Pray as you can, so that you can pray properly!"

In order to strengthen ourselves in faith and hope, we must say daily at least the morning prayers, evening prayers and before and after meals prayers. We find them in the prayer book and they each last around 15 minutes. Let's say the prayers in front of an icon, with a lit candle. In time, we will learn them by heart. At first we will read them, then we will begin to understand the words and after a while we will feel that we are saying the prayer from our heart, sensing a slight pain in the chest and heaving tears. And so, slowly, we enter into communion with God the Father, with Jesus the Son Who died on the cross for our sins but rose again on the third day and ascended to heaven so that the Holy Spirit, the Comforter, would descend to the earth. They are the Holy Trinity of one Being and Inseparable.

It is of great benefit to say the **Prayer of the Heart** daily, as often as possible: **"Lord, Jesus Christ, Son of God, have mercy on me, the sinner."** It protects us from evil, from the temptations of the devil, from sinful thoughts, unites us with Christ.



There is also useful to do **METANIA** (full bow, down to the earth) daily to have physical and mental health. We can start with 5-10 metanias per day and gradually increase their number as much as we can. It is useful to say the prayer of the heart after each metania and to make the sign of the cross. Metania is medicine for headaches, bone pain, wrist and joint pain, back and spine pain and many others. Metania is done correctly as follows: from the vertical position we bow down by bending our knees to the chest, put our hands and knees on the floor and bend our body until our forehead touches the floor, after which we push into our hands and stand up straight on our feet.



Let us pray and honor the Most Holy Mother of God, the only one among people who sits at the right hand of the Son, Jesus Christ and prays for us all and brings us great comfort and peace. Let us read **"The Paraklesis to the Mother of God (the Most Holy Theotokos)"** every Friday or Sunday or at any trouble, sadness or sorrow and we will find great relief.



We may say daily from time to time **"Holy Mother of God, have mercy on us"** and other Akathist Hymns of the Mother of God for different needs (enlightenment of the mind, healing of diseases...)

Let's honor the Holy Saint Fathers and celebrate their holidays from calendar by going to church or, if we cannot, say the prayer **"Saint (name) have mercy on me with your prayers"** several times that day.

We can read **"The David's Psalter = The Book of Psalms"** every day, a few psalms or a kathisma having great benefit because it has even been scientifically proven that certain psalms have a healing effect in many physical and mental diseases.

It is important **to bless our children** in the morning and in the evening by making the sign of the cross on their heads and saying in our thoughts **"Please God bless my son/daughter (name) with Your gifts and graces and may Saint (whose name they have) guide him on the right path with increased wisdom, faith and good deeds"**. The blessing of the parents has a great influence on their children, as does the curse. So let's be very careful what thoughts and words we address to them, even when we are upset.

6) GOING TO CHURCH. We have to go to church every Sunday and Feasts. During the Holy Liturgy, prayers are said for all of us, Mysteries beyond our understanding take place there.



Blessings are upon us only if we attend to Divine Liturgy. Heaven descends to earth and angels surround the altar where the miracle of the transformation of bread and wine into the Holy Body and Blood of the Savior Jesus Christ, present in the Holy Communion, takes place. When we cannot go to church, let's listen to the Liturgy on the radio or TV or read it.

7) LENT / FAST . It is indicated to fast every Wednesday and Friday and in the four grand fasts over the year as much as we can. Fasting gives us health, strengthens us physically and mentally and helps us fight against the desires of the body.

8) THE HOLY MYSTERY OF CONFESSION AND EUCHARIST. Starting to do little by little then more and more of what is presented here, we first cleanse our body, then our mind of evils and sins. So that we come to understand that everything we have done wrong in our life with thought, word and deed hides in the soul, burdens it, weighs it down and darkens it. And being so dark, the soul sickens the body. Then, we can no longer be good and gentle, just because the enemy, the devil, puts his hands on our soul and becomes our master. In order to be able to clean the garment of the soul and recover it from misery, we must understand that we have made a mistake, feel sorry for having offended and driven God away, and ask for forgiveness by confessing to the spiritual father (priest).



This enable us to receive our Lord back through the Holy Eucharist and be enlightened; then, our life will be easier. Communion is the Holy Sacrament in which orthodox Christians partake, in the form of bread and wine, with the very Body and Blood of our Lord Jesus Christ. It is a very important Mystery because our eternal life depends on it. Christ said: **"He who eats My Body and drinks My Blood has eternal life, and I will raise him up on the last day"** (John VI, 54). It is good to confess and get Holy Eucharist in each of the four fasts of the year and whenever we feel the need, even every 30-40 days.

9) GOOD DEEDS - to perform acts of charity, to help, to advise, to encourage to become good, gentle, just, merciful, to understand and to love our neighbor.

10) HOLY UNCTION - Let's participate once a month or during fasts in the Sacrament of the Holy Unction which is a medicine for the diseases of the body and soul. In serious cases of illness and disorder in family, Holy Unction can also be performed at home.



11) HOME BLESSINGS - It is very useful to kindly ask the priest to perform the blessing of our houses once a year (apart from the Theophany House Blessing). We can be released of curses, charms, oaths. On request, the priest may say prayers for reconciliation, for help and for the physical and mental health of those who live in the house. When a new house is built, the blessing of the new house must be performed by a priest.

By using each of these holy elements as often as possible, participating in the holy Mysteries and prayers, many viruses, bacteria, harmful genes, harmful substances ingested through food, poisons... will be neutralized from our body, preventing or curing us from unknown diseases. We will be protected from the effects of curses, spells, the evil eye or other destructive occult forces because the Lord is with us.

May the good God strengthen us in faith, in hope, in love and enlighten our lives.

Our hope is the Father, our salvation is the Son, our protection is the Holy Spirit, Holy Trinity glory to You. Amen.



8. THE GREAT FEAST DAYS OF THE ORTHODOX CHURCH (1st sept – 31st aug)

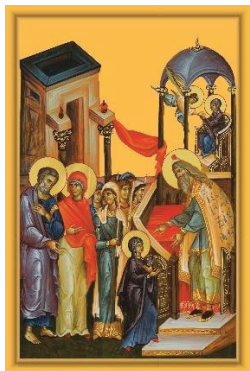
Nativity of the Theotokos
(Mother of God) (8th sept)



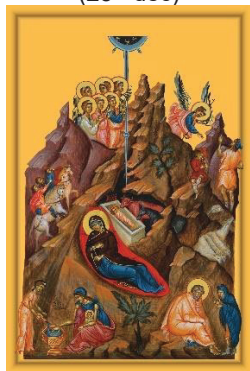
Elevation of the Holy Cross
(14th sept)



Presentation of the Theotokos in
the Temple (21st nov)



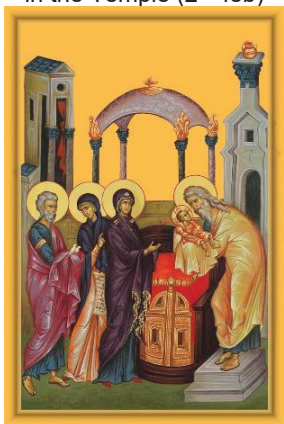
Nativity of Jesus Christ
(25th dec)



Theophany
(Baptism of our Lord) (6th ian)



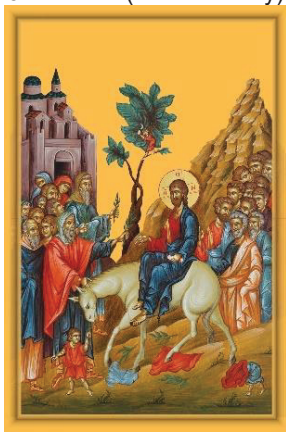
Presentation of Christ
in the Temple (2nd feb)



Annunciation (25th mart)



Entrance of our Lord into
Jerusalem (Palm Sunday)



Pascha
(Resurrection or Easter)



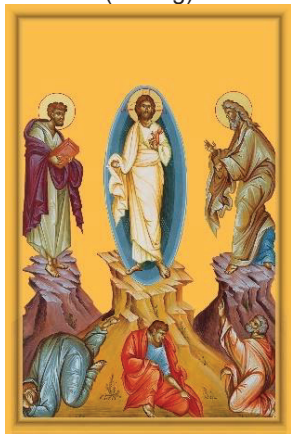
Ascension of our Lord



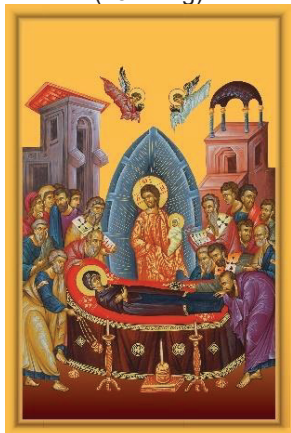
Pentecost
(Descent of the Holy Spirit)



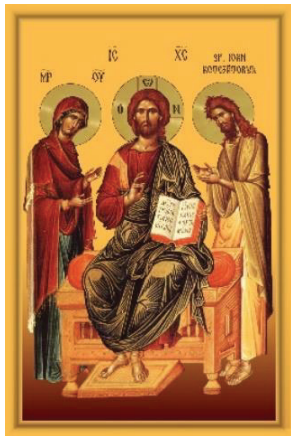
Transfiguration of the Lord
(6th aug)



Dormition of the Theotokos
(15th aug)



Icon of Deësis or Deisis



The Protection / Intercession
of the Theotokos (1st oct)



Holy Trinity



**The Three Holy Hierarchs
Basil, Gregory and John**



**Saint Emperors
Constantine and Helen**



**Saints Peter and Paul
Apostles of Christ**



**Saint Archangels
Michael and Gabriel**





THE BOOKLET IS FREE OF CHARGE