

VARIABLES FOR THE LITURGY OF THE PRESANCTIFIED GIFTS

Fourth Wednesday of the Great Fast † March 30, 2022 (for March 31st)

Innocent of Alaska, Enlightener of the Aleuts and Apostle to the Americas

Lord I have cried ... (Tone 4) See pages 13-14 in the bilingual service book

10. Bring my soul out of prison, that I may give thanks to Your name! The Fast, the source of blessings, now has brought us midway through its course. Having pleased God with the days that have passed, we look forward to making good use of the days to come, for growth in blessings brings forth even greater achievements. While pleasing Christ, the Giver of all blessings, we cry: *“O Lord, Who fasted and endured the Cross for our sake, make us worthy to share blamelessly in Your paschal victory, by living in peace and rightly giving glory to You and to the Father and the Holy Spirit!”*

أَخْرِجْ مِنْ الْحَبْسِ نَفْسِي لِكَيْ أَشْكُرَ اسْمَكَ. أَنْ الصَّوْمِ مُبْعَثِ الصَّالِحَاتِ قَدْ بَلَغَ الْآنَ انْتِصَافَهُ رَاضِياً عَنِ الْأَيَّامِ السَّالِفَةِ وَمَعْدَاً الْمَنَافِعَ لِلْأَيَّامِ الْقَادِمَةِ. فَان تَكَاتُرِ عَمَلِ الصَّالِحَاتِ يَجْعَلُ الْمَوَاهِبَ تَتَكَاتُرُ أَيْضاً. وَلِذَلِكَ إِذْ نَجْتَهِدُ فِي أَنْ نَرْضِيَ الْمَسِيحَ وَاهِبِ الصَّالِحَاتِ كُلِّهَا نَصْرُخُ نَحْوَهُ: يَا مَنْ صَامَ لِأَجْلِنَا وَاحْتَمَلِ الصَّلْبَ عَنَّا أَهْلُنَا بِلَا دِينُونَةٍ أَنْ نَسَاهِمَ فَصْحَكَ الْإِلَهِيِّ سَائِرِينَ نَحْوَهُ بِسَلَامٍ فَمَجِّدْكَ مَعَ الْآبِ وَالرُّوحِ.

Tone 5

9. The righteous will surround me; for You will deal bountifully with me. Those who thirst for spiritual blessings practice their good deeds in secret, not announcing them in the streets and marketplace, but keeping them hidden deep within their hearts; and He Who sees all that is done in secret, will reward us for our abstinence. Let us complete the fast without wearing gloomy faces! Let us pray without ceasing in the inner chamber of our souls: *Our Father, Who art in heaven, lead us not into temptation, but deliver us from the Evil One!*

إِيَّاي يَنْتَظِرُ الصِّدِّيقُونَ حَتَّى تُجَازِينِي. أَنْ الصَّانِعِينَ الْفَضَائِلَ سَرِيّاً وَالْمَتَوَقِّعِينَ الْمَكَافَأَةَ الرُّوحِيَّةَ. لَا يَشْهَرُونَهَا فِي وَسْطِ الشُّوَارِعِ. لَكِنَّهُمْ يَكْتُمُونَ ذَلِكَ دَاخِلَ قُلُوبِهِمْ. وَالنَّازِرُ مَا يَصِيرُ سَرِيّاً مِنْ الْجَمِيعِ. يَمْنَحُنَا جِزَاءَ الْإِمْسَاكِ. فَلْنَتَمَّ الصِّيَامَ إِذَا غَيْرَ مَعْبُسِينَ وَجُوهَ نَا. بَلْ مَصْلِينَ فِي دَاخِلِ نَفُوسِنَا صَارْخِينَ بِغَيْرِ فِتْوَرٍ: يَا أَبَانَا الَّذِي فِي السَّمَاوَاتِ. نَتَوَسَّلُ إِلَيْكَ أَنْ لَا تَدْخُلْنَا فِي التَّجَارِبِ لَكِن نَجِّنَا مِنَ الشَّرِيرِ.

8. Out of the depths I cry to You, O Lord. Lord, hear my voice! With souls filled with boundless love, O holy Martyrs, you endured terrible sufferings without ever denying Christ, laying low the arrogance of those who tortured you. By keeping the faith unshaken and whole, you have been lifted up to heaven. And now, since you have boldness before Him, entreat Him to grant peace to the world and to our souls great mercy!

مِنَ الْأَعْمَاقِ صَرَخْتُ إِلَيْكَ يَا رَبِّ اسْتَمِعْ صَوْتِي. أَيُّهَا الشُّهَدَاءُ الْقَدِيسُونَ الَّذِينَ صَبَرْتُمْ عَلَى أَنْوَاعِ الْأَلَامِ الْمُبْرِحَةِ وَأَصْنَافِ التَّعْذِيبَاتِ الْمُؤَلِّمَةِ، وَبِعَزْمِ نَفْسٍ وَطِيْدٍ لَمْ تَجْحَدُوا الْمَسِيحَ، بَلْ دَحَضْتُمْ جَسَارَةَ الْمُغْتَصِبِينَ وَحَفِظْتُمْ الْإِيمَانَ غَيْرَ مُنْتَلِمٍ، وَقَدْ انْتَقَلْتُمْ إِلَى السَّمَاوَاتِ، فَبِمَا أَنَّكُمْ وَجَدْتُمْ الدَّالَّةَ عِنْدَ الْمُخْلِصِ التَّمَسَّوْا مِنْهُ السَّلَامَ لِلْعَالَمِ وَلِنَفُوسِنَا الرَّحْمَةَ الْعَظْمَى.

Tone 1 for the Holy Cross

7. Let Your ears be attentive to the voice of my supplications! Let us cleanse our souls in the waters of the fast! Let us approach the precious and most pure Cross of the Lord, venerating it in faith and drawing forth divine enlightenment, reaping even now the rich harvest: eternal salvation, peace, and great mercy!

لَتَكُنْ أذُنَاكَ مُصْغِيَّتَيْنِ إِلَى صَوْتِ تَضَرُّعِي: هَيَّا بِنَا جَمِيعاً لِنُنَاقِ نَفُوسِنَا بِحَمِيمِ الصِّيَامِ، وَلِنُبَادِرَ وَنَسْجُدَ بِإِيمَانٍ لِصَلِيبِ الرَّبِّ الْكَرِيمِ الْكَلِيِّ وَقَارِهِ، مُسْتَمِدِّينَ الْإِسْتِنَارَةَ الْإِلَهِيَّةَ وَثَمَارَ الْخَلَاصِ الْأَبَدِيِّ وَالسَّلَامِ وَعَظِيمِ الرَّحْمَةِ.

<p>6. If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You. O Cross, boast of the Apostles, surrounded by Archangels, Powers, and Principalities: save us from all harm who bow down before you! Enable us to fulfill the divine course of abstinence and to reach the day of salvation, by which we are saved!</p>	<p>إِنْ كُنْتَ لِلآثَامِ رَاصِداً يَا رَبُّ، فَمَنْ يَنْبُتُ، فَإِنَّ مَنْ عِنْدَكَ هُوَ الْاِغْتِفَارُ. أَيُّهَا الصَّلِيبُ فَخْرُ الرُّسُلِ، الَّذِي تَخْفُ بِهِ الرِّئَاسَاتُ وَالقَوَّاتُ ورُؤَسَاءُ المَلَائِكَةِ، خَلِّصِ الَّذِينَ يَسْجُدُونَ لَكَ مِنْ كُلِّ الْأَضْرَارِ، وَأَهْلِنَا أَنْ نَجُوزَ مِيدَانَ الصِّيَامِ الْإِلَهِيِّ بِسَلامٍ، وَأَنْ نَبْلُغَ إِلَى النِّهَارِ الْخَلَّاصِيِّ وَنَنَالَ بِهِ النِّجَاةَ.</p>
<p>Tone 7 for the Holy Cross</p>	
<p>5. For Your Name's sake I wait for You, O Lord. My soul has waited for Your word; my soul has hoped on the Lord. Today, as we bow before the Cross of the Lord, we cry: <i>“Rejoice, O Tree of life, the destroyer of hell! Rejoice, O joy of the world, the slayer of corruption! Rejoice, O power that scatters demons! O invincible weapon, confirmation of the faithful, protect and sanctify those who kiss you!”</i></p>	<p>مِنْ أَجْلِ إِسْمِكَ صَبَرْتُ لَكَ يَا رَبِّ، صَبَرْتُ نَفْسِي فِي أَقْوَالِكَ تَوَكَّلْتُ نَفْسِي عَلَى فَلَنَسْجُدِ الْيَوْمَ لِصَلِيبِ الرَّبِّ هَاتِفِينَ: إِفْرَحْ يَا عَوْدَ الْحَيَاةِ الْمُبِيدِ الْجَحِيمِ، إِفْرَحْ يَا سُورَ الْعَالَمِ وَمُبِيدِ الْفَسَادِ، إِفْرَحْ يَا مَنْ بِقَوَّتِهِ يَنْفَرُ شَمْلُ الشَّيَاطِينِ، أَيُّهَا السِّلَاحُ الَّذِي لَا يُغْلَبُ وَثَبَاتُ الْمُؤْمِنِينَ، نَبْتَهُلْ إِلَيْكَ أَنْ تَقَدِّسَ وَتَصُونَ الَّذِينَ يُصَافِحُونَكَ.</p>
<p>For St. Innocent of Alaska (Tone 2)</p>	
<p>4. From the morning watch until night, from the morning watch, let Israel hope on the Lord! O Holy Father Innocent, like the Apostles long ago, you accepted the Lord's command to baptize all peoples in His name; you left your homeland to proclaim His truth to an island people sitting in darkness. With them lead us down the path to the Kingdom of Heaven!</p>	<p>مِنْ انْفِجَارِ الصُّبْحِ إِلَى اللَّيْلِ، مِنْ انْفِجَارِ الصُّبْحِ فَلْيَتَكَلَّمْ إِسْرَائِيلُ عَلَى الرَّبِّ.</p>
<p>3. For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities. Like the betrothed of the Theotokos, you worked with your hands in humility; and through you, like Constantine, churches blossomed throughout the land, built for the feeding of the flock that you gathered and led into the Kingdom of Heaven.</p>	<p>لَأَنَّ مِنَ الرَّبِّ الرَّحْمَةَ وَمِنْهُ النِّجَاةُ الْكَثِيرَةُ وَهُوَ يُنْجِي إِسْرَائِيلَ مِنْ كُلِّ آثَامِهِ.</p>
<p>2. Praise the Lord, all nations! Praise Him, all peoples! Like the Holy Brothers¹ from Thessalonica, who brought illumination to your forefathers, you labored to bring this same inheritance to untaught peoples placed in your care; that, worshipping the One True God in words of many tongues, they might, by the Word, be led into the Kingdom of Heaven.</p>	<p>سَبِّحُوا الرَّبَّ يَا جَمِيعَ الْأُمَمِ وَامْدَحُوهُ يَا سَائِرَ الشُّعُوبِ.</p>
<p>1. For His mercy is confirmed on us; and the truth of the Lord endures forever. With what crowns of praise shall we adorn the wise Apostle of our land? With the radiant Gospel of salvation he came bodily to enlighten an island people, who sat in darkness and ignorance; by planting there the Orthodox Faith, he brought to them great mercy from Christ our God.</p>	<p>لَأَنَّ رَحْمَتَهُ قَدْ قَوِيَتْ عَلَيْنَا وَحَقُّ الرَّبِّ يَدُومُ إِلَى الدَّهْرِ.</p>
<p>Doxasticon for St. Innocent (Tone 2)</p>	
<p>Glory to the Father and to the Son and the Holy Spirit. Truly the Lord guided you along paths of many labors, through many lands, to many peoples, to enlighten a multitude of hearts, and to guide and counsel an army of souls down the narrow path that alone leads into the Kingdom of Heaven.</p>	<p>المَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ،</p>

¹ Sts. Cyril and Methodius

Theotokion for the Fourth Wednesday of Great Lent (Tone 8)

Now and ever and unto ages of ages. Amen.
 Today He Who by nature is unapproachable approaches me. He Who freed me from my passions endures the Passion. The Light of the blind is spat upon by lawless lips. For the sake of captives, He gives His back to scourging. When His pure Virgin Mother beheld Him on the Cross, she cried in pain: *“Woe is me, O my Child! What have You done? Your beauty was fairer than that of any man, yet now You appear lifeless, without form or comeliness. Woe is me, O my Light! I cannot bear to see You sleeping. My soul is wounded, for a sword has pierced my heart, and yet I praise Your passion. I bow down before Your compassion. O long-suffering Lord, glory to You!”*

أَلآنَ وَكُلَّ آتٍ وَإِلَى دَهْرِ الدَّاهِرِينَ آمِينَ. الَّذِي لَا يُدْنِي مِنْهُ بِحَسَبِ الجَوْهَرِ دَنَى إِلَيَّ، وَقَدْ احْتَمَلَ الأَلَامَ لِكَي يُعْتِقَنِي مِنَ الأَهْوَاءِ. إِنَّ الوَاهِبَ النَّصَرَ لِلْعَمِيَانِ، تَبْصُقُ عَلَيْهِ شِفَاهُ مُتَجَاوِزِي النَّامُوسِ، وَيَبْذُلُ ظَهْرَهُ لِلسَّيَاطِ، لِكَي يَفْتَدِيَ المَأسُورِينَ. هَذَا لَمَّا رَأَتْهُ أُمُّهُ النَّقِيَّةُ مُعَلَّقًا عَلَى الصَّلِيبِ هَتَفَتْ مُتَوَجِّعَةً: وَيَلِي لِمَ صَنَعْتَ هَذَا يَا وَلَدِي؟ أَنْتَ الأَجْمَلُ مِنْ كُلِّ البَشَرِ، قَدْ غَدَوْتَ لَا شَكْلَ لَكَ وَلَا نَسَمَةَ وَلَا صُورَةَ وَلَا جَمَالَ. وَيَحِي يَا ضِيَائِي، إِنَّنِي لَا أَسْتَطِيعُ أَنْ أَرَكَ نَائِمًا عَلَى هَذَا المِثَالِ. إِنَّ أَحْشَائِي تَتَفَقَّتُ وَتَنْفُذُ حَرْبَةَ الحُزَنِ فِي قَلْبِي، فَاسْبِخِ الأَمَلَ وَأَمَجِّدْ حُنُوكَ أَيُّهَا الرَّبُّ الطَّوِيلُ الأَنَاةِ المَجْدُ لَكَ.

Priest or Deacon: Let us be attentive!

Priest: Peace be to all!

Priest or Deacon: Wisdom!

Reader: Blessed be the Lord, the God of Israel,
 Who alone doeth wondrous things! (Ps 71/72:18)

Verse: Give the king Your justice, O God, and Your righteousness to the royal son! (Ps 71/72:1)

Priest or Deacon: Wisdom!

Reader: The Reading is from the Book of Genesis
 (9:18-10:1)

Priest or Deacon: Let us attend!

Reader: The sons of Noah who went forth from the ark were Shem, Ham, and Japheth. Ham was the father of Canaan. These three were the sons of Noah; and from these the whole earth was peopled. Noah was the first tiller of the soil. He planted a vineyard; and he drank of the wine, and became drunk, and lay uncovered in his tent. And Ham, the father of Canaan, saw the nakedness of his father, and told his two brothers outside. Then Shem and Japheth took a garment, laid it upon both their shoulders, and walked backward and covered the nakedness of their father; their faces were turned away, and they did not see their father's nakedness. When Noah awoke from his wine and knew what his youngest son had done to him, he said, "Cursed be Canaan; a slave of slaves shall he be to his brothers." He also said, "Blessed by the Lord my God be Shem; and let Canaan be his slave. God enlarge Japheth, and let him dwell in the tents of Shem; and let Canaan be his slave." After the flood Noah lived 350 years. All the days of Noah were 950 years; and he died. These are the generations of the sons of Noah, Shem, Ham, and Japheth; sons were born to them after the flood.

الكاهن: إسْبِيرَاسُ (المساء)

القارئ: مبارك الرب، إله إسرائيل، الصانع المعجزات وحده. اللهم أعط أحكامك للملك.

الكاهن: الحكمة.

القارئ: قراءة من سفر التكوين

الكاهن: لنصغ.

القارئ: وَكَانَ بَنُو نُوحٍ، الَّذِينَ خَرَجُوا مِنَ التَّابُوتِ.

سَامًا وَحَامًا وَيَافَثَ. وَحَامٌ هُوَ أَبُو كَنْعَانَ. هَؤُلَاءِ

الثَّلَاثَةُ هُمُ بَنُو نُوحٍ. وَمِنْ هَؤُلَاءِ تَفَرَّقُوا عَلَى كُلِّ

الأَرْضِ. وَأَبْتَدَأَ نُوحٌ يَكُونُ فَلَاحًا لِلأَرْضِ وَعَرَسَ

كَرْمًا وَشَرِبَ مِنَ الحَمْرِ فَسَكِرَ. وَتَعَرَّى دَاخِلَ خَبَائِثِهِ.

فَأَبْصَرَ حَامٌ أَبُو كَنْعَانَ عَوْرَةَ أَبِيهِ وَخَرَجَ فَأَخْبَرَ

أَخْوَاهُ خَارِجًا. فَأَخَذَ سَامٌ وَيَافَثُ الرِّدَاءَ وَوَضَعَاهُ

عَلَى أَكْتَافِهِمَا وَمَشَى إِلَى الوَرَاءِ وَسَتَرَ عَوْرَةَ أَبِيهِمَا

وَوَجَّهَاهُمَا إِلَى الوَرَاءِ. فَلَمْ يُبْصِرَا عَوْرَةَ أَبِيهِمَا. فَلَمَّا

اسْتَيْقَظَ نُوحٌ مِنَ الحَمْرِ وَعَلِمَ مَا صَنَعَ بِهِ ابْنُهُ

الصَّغِيرُ. فَقَالَ: مَلْعُونٌ كَنْعَانُ بَنُ حَامٍ. عَبْدًا خَادِمًا

يَكُونُ لِأَخْوَتِهِ. وَقَالَ مُبَارِكُ الرَّبِّ إله سَامٍ. وَلِيَكُنْ

كَنْعَانُ عَبْدًا لَهُ. وَعَاشَ نُوحٌ بَعْدَ الطُّوفَانِ ثَلَاثَ مِئَةٍ

وَخَمْسِينَ سَنَةً. فَكَانَتْ أَيَّامُ نُوحٍ تِسْعَ مِئَةٍ وَخَمْسِينَ

سَنَةً، وَمَاتَ. وَهَذِهِ مَوَالِيدُ بَنِي نُوحٍ: سَامٌ وَحَامٌ

وَيَافَثُ. وَوُلِدَ لَهُمْ بَنُونَ بَعْدَ الطُّوفَانِ

Priest or Deacon: Wisdom!

Reader: It is good for me to be near my God.
(Ps 72/73:28) *verse:* Truly God is good to Israel,
to those who are pure in heart. (Ps 72/73:1)

Everyone kneels.

Priest or Deacon: Command!

Priest: Wisdom! Stand Upright! The Light of
Christ illumines all!

Deacon: Wisdom!

Everyone sits.

Reader: The Reading is from the Proverbs of
Solomon (12:23-13:9)

Priest: Let us attend!

Reader: A prudent man conceals his knowledge,
but fools proclaim their folly. The hand of the
diligent will rule, while the slothful will be put to
forced labor. Anxiety in a man's heart weighs
him down, but a good word makes him glad. A
righteous man turns away from evil, but the way
of the wicked leads them astray. A slothful man
will not catch his prey, but the diligent man will
get precious wealth. In the path of righteousness
is life, but the way of error leads to death. A wise
son hears his father's instruction, but a scoffer
does not listen to rebuke. From the fruit of his
mouth a good man eats good, but the desire of the
treacherous is for violence. He who guards his
mouth preserves his life; he who opens wide his
lips comes to ruin. The soul of the sluggard
craves, and gets nothing, while the soul of the
diligent is richly supplied. A righteous man hates
falsehood, but a wicked man acts shamefully and
disgracefully. Righteousness guards him whose
way is upright, but sin overthrows the wicked.
One man pretends to be rich, yet has nothing;
another pretends to be poor, yet has great wealth.
The ransom of a man's life is his wealth, but a
poor man has no means of redemption. The light
of the righteous rejoices, but the lamp of the
wicked will be put out.

الكاهن: إِسْبِيْرَاس (المساء)

القارِء: خَيْرٌ لِي الْإِلْتِصَاقُ بِاللَّهِ. مَا أَصْلَحَ اللَّهُ
لِإِسْرَائِيلَ لِلْمُسْتَقِيمَةِ قُلُوبِهِمْ.

أُومِر (كَلْفُسُن)

الكاهن: الْحِكْمَةُ لِنَنْتَصِبَ. نُورُ الْمَسِيحِ مُضِيءٌ لِلْجَمِيعِ

القارِء: قَرَأْتُ مِنْ سَفَرِ الْأَمْثَالِ

الكاهن: لَنْصَنِّحَ

القارِء: الرَّجُلُ الْفَهِيمُ كَرَسِيُّ الْحَسِّ تَلْتَقِيهِ اللَّعْنَاتُ. يَدُ

الْمُخْتَارِينَ تُضَبِّطُ بِسَهْوَةٍ. وَالْغَاشُونَ يَكُونُونَ لِلْإِرْتِعَاءِ.

الْقَوْلُ الْمُرْبِعُ يُرْجَفُ قَلْبَ الرَّجُلِ الصِّدِّيقِ وَالْبِشَارَةُ

الصَّالِحَةِ نَسْرَةٌ. الصِّدِّيقُ الْمَحَافِظُ يَكُونُ وَاذًا لِنَفْسِهِ.

وَعَزَائِمُ الْمُلْحِدِينَ قَدْ عَدِمَتْ إِنْ تَكُونُ وَدِيْعَةً الْإِسْوَاءِ

تُدَاهِمُ الَّذِينَ يَخْطِئُونَ. وَطَرِيقُ الْمُلْحِدِينَ تُضِلُّهُمْ. الْغَاشُ

مَا يَنْتَقِ لَهُ صَيْدٌ وَالرَّجُلُ الطَّاهِرُ قَنِيئَةٌ كَرِيمَةٌ. الْحَيَاةُ فِي

طُرُقِ الْعَدْلِ وَطُرُقِ الْحَقُودِينَ إِلَى الْمَوْتِ.

الْأَبْنُ الْحَكِيمُ يُطِيعُ أَبَاهُ وَالْأَبْنُ الْعَاصِي فِي هَلَاكٍ.

الصَّالِحُ يَأْكُلُ مِنْ ثَمَرَاتِ الْعَدْلِ وَنُفُوسُ الْمُتَجَاوِزِي

الشَّرِيعَةَ تَهْلِكُ فِي غَيْرِ وَقْتِهَا. مَنْ يَصْنُ فَمَهُ يَحْفَظُ

نَفْسَهُ وَالْمُتَهَجِّمُ بِشَفْتَيْهِ يُذْهِلُ ذَاتَهُ. كُلُّ بَطَّالٍ مِنَ الْعَمَلِ

فِي الشَّهَوَاتِ هُوَ وَأَيَادِي الشُّجْعَانِ فِي الْإِهْتِمَامِ.

الصِّدِّيقُ يَمَقْتُ قَوْلًا جَائِرًا وَالْمُلْحَدُ يَخْجَلُ وَلَيْسَتْ لَهُ دَالَّةٌ.

الْعَدْلُ يَحْفَظُ الْعَادِمِينَ الشَّرِّ. وَالْخَطِيئَةُ تَجْعَلُ الْمُلْحِدِينَ

أَشْرَارًا. يُوْجَدُ قَوْمٌ يُغْنَوْنَ أَنْفُسَهُمْ وَلَا شَيْءَ لَهُمْ. وَيَكُونُ

قَوْمٌ يُوَضَعُونَ أَنْفُسَهُمْ وَهُمْ فِي ثَوْرَةٍ جَزِيلَةٍ. فِدَاءُ نَفْسِ

الرَّجُلِ ثَرَوَتُهُ وَالْفَقِيرُ لَا يَحْتَمِلُ تَهْوِيلًا. نُورُ الصِّدِّيقِينَ

فِي كُلِّ حِينٍ لَامِعٌ. وَنُورُ الْمُلْحِدِينَ يَنْطَفِئُ. النَّفُوسُ

الْغَاشَةُ تَضِلُّ بِالْخَطَايَا. وَالصِّدِّيقُونَ يَتَرَاءَوْنَ

وَيَرْحَمُونَ.

During “*Let my prayer Arise*” — **Everyone Kneels.**

For the *Prayer of St. Ephraim*, please come out into the aisles for the **prostrations**
which accompany the prayer.

During the *Entrance with the Presanctified Gifts*—**Everyone Kneels.**

When saying the *Lord's Prayer* from Monday through Friday—**Everyone Kneels.**