

**2022 CAMP ST. NICHOLAS
CAMPER / PARENT HANDBOOK**

The Official Camper and Parent Handbook for Camp St Nicholas of the Antiochian Orthodox Christian Diocese of Los Angeles.

Campers and parents should familiarize themselves with the content of this handbook prior to packing and traveling to Camp St. Nicholas.

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Dear Parents and Guardians of our 2022 Campers,

Christ is in our midst.

On behalf of the Diocese of Los Angeles Camping Program, I want to thank you for choosing to send your camper to St. Nicholas Summer Camp. We take seriously the great privilege and responsibility you have entrusted to us in the care for your campers during their camping session.

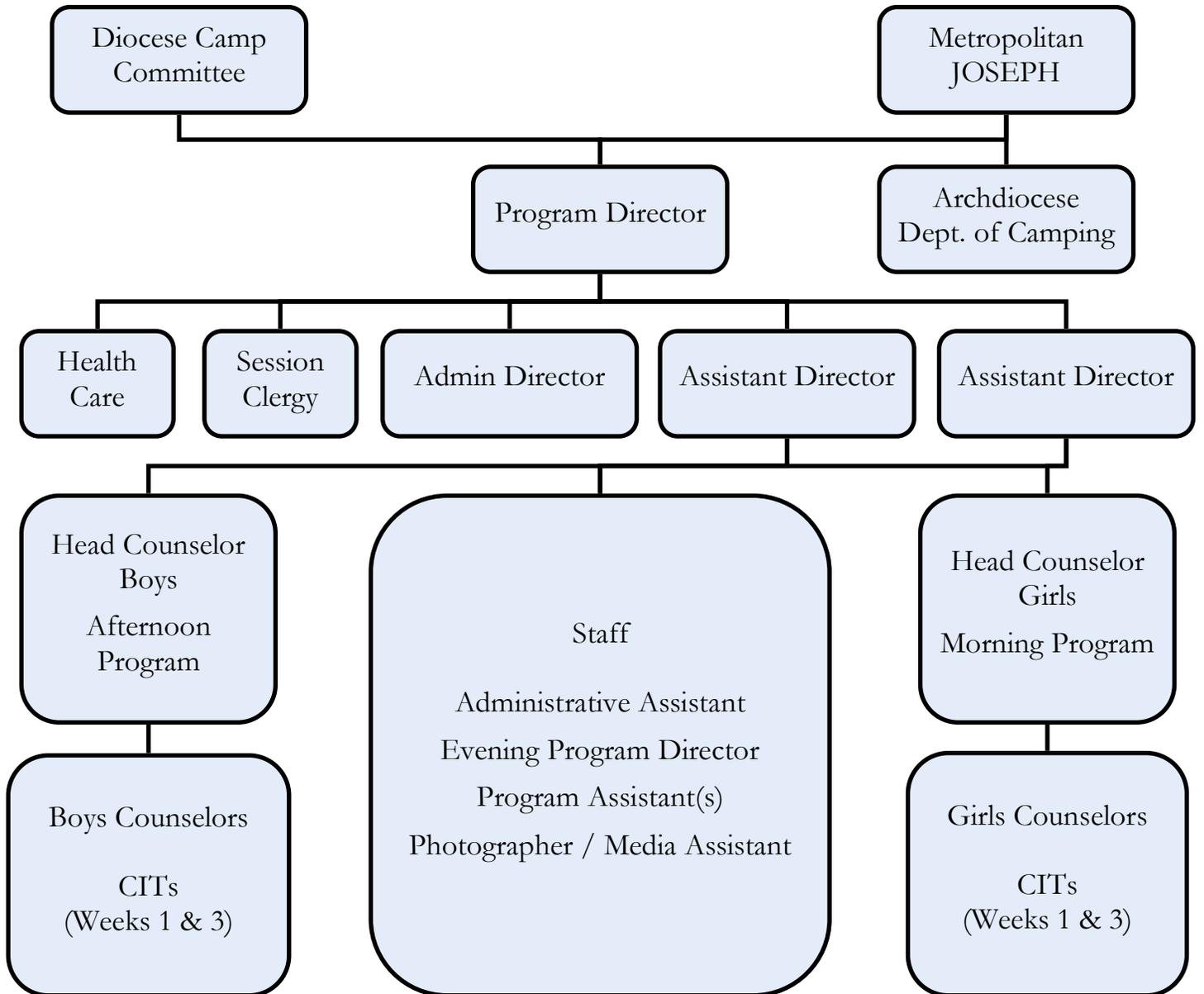
This booklet contains information you and your camper will need to know so that you and they are prepared for Summer Camp and understand how our program works. We take the safety and well-being of your camper as our first priority, and therefore we ask and expect that you will read each section carefully so that your camper is prepared for their experience at St. Nicholas Summer Camp.

As we prepare for this summer's program, we ask you to keep us in your prayers, as they are vital to our ability to care properly for our campers and staff. We look forward to seeing your camper this summer at St. Nicholas Summer Camp!

In Christ,

Fr Andrew Andrews
Director, Camp St Nicholas
Assistant Pastor, St Nicholas Orthodox Cathedral

Camp St Nicholas Organizational Chart



Camp St Nicholas

Mission Statement

Camp St. Nicholas transforms lives and nurtures faith in Jesus Christ through Orthodox Christian community living, worship, education, fellowship, and love. To realize this mission, we will:

- Die to ourselves daily for the sake of Christ and our neighbor
- Be willing to repent and forgive
- Aim to be our authentic self, created in the image and likeness of God, and see the image of God in each person we encounter
- Model our faith in our actions and words
- Experience God's creation and our role as its steward
- Embrace every person's role as an integral part of the community; we are one body of many parts
- Be a servant leader
- Work together as a community that demonstrates what it means to be IN the world but not OF the world

The Good Counselor

I am the good shepherd; and I know My sheep, and am known by My own.

As the Father knows Me, even so I know the Father; and I lay down My life for the sheep.

And other sheep I have which are not of this fold; them also I must bring, and they will hear My voice; and there will be one flock and one shepherd.

Therefore My Father loves Me, because I lay down My life that I may take it again.

No one takes it from Me, but I lay it down of Myself. I have power to lay it down, and I have power to take it again. This command I have received from My Father.

—John 10:14-18

Though there can be no complete list of attributes of the “Good Counselor,” our selection and training processes are intended to provide a staff that both understands and exhibits the attributes of the “Good Counselor”. We are proud of our staff and their commitment to your children. We look forward to serving you and them this Summer.



Preparing for Camp

CABIN ASSIGNMENTS

Campers are grouped according to grade, age and gender. If your camper has special circumstances necessitating specific rooming assignments, please either make that request known using the “Roommate” function in the Registration System or notify the Camp Administrative Director via email at office@campstnicholas.com. We cannot guarantee these types of requests, but will do our best to honor them.

REGISTRATION AND FEES

To secure a registration, the registration form must be completed online and a \$75 deposit must be made. During this registration process, families may also select to be included in the bus service that transports campers to and from either St Nicholas Cathedral (LA) or St Luke Church (Garden Grove). There is a \$40 each way additional fee to use the bus, which is paid at the time the reservation is made. Any scholarships received from local parishes, or from the Order of St Ignatius will be credited directly into camper accounts and parents will see those credits when they view their camper’s registration online. Final payments are due by June 10, 2022. Any registration not paid in full by June 25, 2022 is subject to release to a wait listed camper.

MEDICAL FORMS

Basic medical information is collected at the time of registration, but campers must also provide a medical release signed by their physician by June 10. The form for this is available on the registration site and once completed can be scanned back in on the same website. Please note that the system can only upload one document per camper, so if your document is multiple pages, please scan it into a single PDF for uploading. If a family has difficulty getting the forms to upload, email them to office@campstnicholas.com and we will upload them for you. Please note that whether directly uploaded or sent to our email, these files must be in our possession no later than June 10 or a late fee of \$50 will be assessed to your account. If you are having difficulty securing an appointment to get your medical form signed, please let our office know in advance of the deadline and we will do what we can to accommodate your timeline.

SCHOLARSHIPS

In addition to scholarships offered by various parishes for their campers, the Antiochian Archdiocese offers scholarships through the Order of St Ignatius of Antioch. Speak to your priest about these scholarships. The Camp has additional sources of funding for those in need of tuition support. Any family who would like to request these funds can do so by filling out the “Additional Tuition Assistance Request Form” which is also downloadable from the registration system. We will do our best, by accessing multiple funding sources, to assist all requests for tuition support.

CANCELLATIONS AND REFUNDS

We understand that sometimes plans need to change. We will honor cancellations with refund of the deposit if the cancellation is made before June 10, 2022. After this date a cancellation request will be processed but the deposit will be forfeited.

HEALTH CARE

Each week we will have on-site medical staff. Campers will check in at the medical table where we will confirm the information on their health forms, validate that we know of any dietary restrictions or food allergies, and receive all medications brought to camp. Medications will be dispensed throughout the camp session by our medical staff at twice daily medication calls (note that those with unique dispensing requirements should notify the medical staff at check in so we can accommodate your camper’s dosing schedule). In addition to our on-site medical staff, many of the counselors are trained in basic First Aid and in CPR. We also have a physician on call (unless the medical professional on site your week is also a physician) to provide consultation in the event of any emergent issues. Please be sure your emergency contacts are correct on your registration forms as these are the contacts we will use should we need to contact you from camp. Also, please be sure your health insurance information is provided with your registration. If your family is not covered by insurance, you must sign the release waiver on the Medical Form.

Guidelines for What to Pack

Updated by the Archdiocese Camping Program - April 2022

Enjoying everything camp has to offer begins with packing the proper attire. Our program contains a variety of experiences, and we want you to be ready for them all! **We will often be sitting on the floor, walking long distances, and participating in athletic activities.** This packing list should provide the details you need to prepare for an incredible time at camp!

Bottoms

- Shorts
 - Camp is meant for running, jumping, climbing, etc., so be sure your shorts fit those activities
 - Be mindful of the length and fit
 - Spandex/biker shorts are not permissible
- Pants
 - The mornings and evenings tend to be cool, so some long pants are ideal
 - Sagging and see-through pants are not permissible
 - Long pants are a must for the evenings, as it gets cold on the mountain

Shirts (*enough for at least 7 days- maybe more... we tend to sweat a lot*)

- Shirts should meet your waistline and cover your chest. Your midriff should be covered while arms are raised, allowing you to participate in athletic activities.
- Active wear and tank tops with thicker straps are great for afternoon program
- Low cut arm holes and spaghetti strap tanks are not permissible
- We recommend long sleeve shirts and pants during sunset hours when mosquitoes are most active

Daily Services in the Chapel (*some morning services, vespers each night and one Divine Liturgy per week*):

- Long pants as well as shirts that cover your shoulders are required for daily services in the Chapel.
- Nicer attire is recommended for the Divine Liturgy
 - Guys: Collared shirt, and pants that are not jeans
 - Gals: Dress, skirt, or pants that are not jeans with a blouse (skirts and dresses should be near the knee or lower)
- We sit on the floor for homilies so please be mindful of length and ensure your outfit will allow you to remain covered in the front and the back.
- Cabin photos are taken after the Divine Liturgy, so look your best.

Shoes

- Closed-toed shoes with backs are a must to keep our feet safe
- Flip Flops/open toed shoes are acceptable only for use in the shower and at the swimming pool
- Athletic shoes must be worn during the afternoon program
- Heels are not safe on camp terrain and should not be packed and worn at camp

Pool Attire

- Guys: Swim trunks that fit well at the waist (be mindful of length and fit). Speedos are not permissible.
- Gals: One-piece swimsuits, tankinis, or swim shorts that cover the midriff. Bikinis and front cutouts are not permissible.
- Be sure to bring goggles (if you want them) and a towel (this should be different than your shower towel).

Piercings/Tattoos

- Because we are very active at camp, girls with pierced ears should consider studs rather than hoops.
- Body and facial piercings are not permissible. Earrings on guys are not permissible
- Tattoos should remain covered (with the possible exception of at the pool)

Other Garments

- Underwear – enough for an entire week.
- Socks – up to two pairs a day (they get dirty really fast)
- Jacket/Sweater/sweatshirt – for early morning and evenings.
- Theme nights and Color Wars – More information will be provided as we approach camp about any theme nights scheduled so you can prepare some items to bring to dress in the theme.

Toiletries

- Towels – Bring two towels (one for the pool and one for the shower). A washcloth is also helpful.
- Sunscreen, Deodorant, Shampoo, Body Wash or Soap, Chap Stick, Hand Lotion, Bug Repellent
- Hairbrush / Comb
- Toothpaste and Toothbrush
- Feminine products

Other Items

- Reusable water bottle
- Pillow, sleeping bag or twin sheets, and a blanket
- Flashlight
- Stuffed animal
- Laundry bag for dirty clothes (marked with your name)
- Any medicine you take must be in its original container and given to the nurse at check in
- Bible and/or Pocket Prayer Book

Leave at Home (*any of these items will be confiscated upon arrival to camp*)

- Food
- Electronics (cell phones, ipods, electronic games, ipads/tablets, etc.)
- All alcohol and tobacco products (including Juuls, e-cigs, dab pens, etc.)
- Dangerous implements (knives, axes, fireworks, etc.)
- Any illegal substances (campers found with any will be sent home immediately)
- Jewelry and other valuables
- Immodest apparel/Clothing with inappropriate writing
- High heels
- Open-toed shoes (besides shower/pool shoes)
- Pets
- Money

Camp is not responsible for any lost, damaged, or stolen items. Please be sure to label every item with your camper's name for easy identification.

What To Expect At Camp

SNACKS AND CARE PACKAGES

No snacks should be sent with campers as they will receive full meals and opportunities for snacks when appropriate during the camping day. To ensure the safe distribution of food, all food and snacks will be handled by the kitchen staff. There is no place at camp to store and distribution personal snacks. Likewise, any care packages from home should not contain any food.

NOTE: There are exceptions for campers with dietary restrictions (by this we mean medical conditions stated on their physician signed health form, not just food preferences). Please be sure to notify the medical staff of any needs and present these foods at check. We will store them safely.

LAUNDRY AND MISSING CLOTHING

There are no camper laundry facilities at Camp St Nicholas. Pack enough clothing to last the entire camping session. All campers should bring a laundry bag to store their dirty cloths. It is recommended that your camper's name be written on clothing with a permanent marker or a name label to minimize loss as many campers' cloths look alike. Upon returning home, please check your camper's luggage and notify us at office@campstnicholas.com should you find that you have lost items or perhaps have taken home someone else's item.

Clothing left behind at camp will be held for two weeks after the end of the final week of camp (so approximately August 15), after which all unclaimed items will be donated to local families in need.

CONTACT WITH YOUR CAMPER

The active camp schedule prevents regular contact from our camper. Outgoing calls may be allowed only at the discretion of the Camp Director, and only for urgent matters. Receiving or placing phone calls during the session disrupts the program and often makes homesickness worse, so we do not allow them except for emergency circumstances. You therefore will probably not hear from the camp and you should assume that "no news is good news!" If your camper suffers serious injury or illness, you will be promptly notified.

To give you an opportunity to peek in on them, parents and others are invited to check the camp website at www.campstnicholas.com where we will post photos each night of the day's activities. Should a serious need to communicate with your camper arise, please call the camp at (661) 245-3571. We encourage letter writing both to and from camp, with mail being delivered daily. Sending a letter before

your camper leaves home is a good idea, as the mail will be waiting for your camper on their first full day at camp.

REQUIREMENTS BEFORE ARRIVAL

In order to reduce the risk that a camper comes to camp sick, please minimize to the extent possible participation in large group activities in the week prior to your arrival at camp. Campers may consider masking when in large groups during the week prior to camp as an added protection from getting sick right before camp.

All campers and staff must present a negative CoViD-19 test when they arrive at camp taken within 48 hours of arrival at camp. Any form of test, including home tests, are sufficient to meet this requirement.

Vaccination is recommended for all camp participants, but it is not a requirement. Of course, and hopefully it goes without saying, if your camper is sick please do not send them to camp.

VISITS TO CAMP

Visitors are not allowed at Camp while it is in session.

ARRIVAL DAY

Drop off time on the Sunday your session begins is between the hours of 1PM and 4PM. We will be checking in over 100 campers each session, so please be sure to arrive within the check-in window. As you drive up to the camp, please take instructions from our staff who will guide you to the drop off spot.

We will not be allowing families to stay at camp after drop off. This is intended both to allow our staff to focus on the arriving campers, and also to minimize the number of people on the property. Please say all your "Goodbyes" as you're driving up the hill so that you can help your camper unload, get them to the check-in station, and give them one last hug.

All bags will be dropped into a "drop pile" and our camp vehicles will take all the bags up to the quad by the camper cabins. Please stay with your children until we've checked them in and received any medications they may have with them. Also, please be sure to let us know if someone else will be responsible for picking your campers up at the end of the session. After that, you are clear to depart.

We encourage you to retain your camper's phones and other electronics. If they insist on holding onto their phone, we will be taking it from them at check-in, placing it in a bag, and returning it to them on departure day.

DEPARTURE DAY

Pickup time is between 9AM – 11AM. Please be on time. Follow the staff instructions for bringing your vehicle up to the dining hall building. Identify yourself to our check-out staff and we will call your campers to come to collect their baggage and head to your car. Our staff will assist your campers in bringing their bags to your car. Once you have collected your camper, please depart the mountain.

DRIVING DIRECTIONS

Camp St. Nicholas is located at 11770 Frontier Road, Frazier Park, CA 93225. From Interstate 5, take the Frazier Park exit into Frazier Park.

If you were going South on I-5, you will want to turn Right off the exit. If you were going North on I-5, you will want to turn Left.

Keep going straight for just a about 12 miles (the road will become Cuddy Valley Road). You will come up to a split in the road around 12 miles in. Slow down and turn right at the split onto Mil Portero Highway.

As you make that right, turn your LEFT blinker on. Just about 75-100 feet after you hit the split, turn left onto the dirt road and follow it up the hill to Camp St Nicholas (which will be on your left).

Follow our camp road up to the dining hall, following the instructions of our staff.

Both Google Maps and Waze do a good job of finding the camp based upon our street address.

CAMP STANDARDS

Campers are to stay with their assigned counselors at all times and remain at their scheduled events.

All food will be stored and consumed in the mess hall eating area.

Girls and boys will remain in their respective areas of the quad. Girls will only go inside girls cabins and boys only inside boys cabins. Porches are considered part of a cabin.

All camp and personal property will be respected and treated as part of the community. As active participants in this community, raiding and any other mistreatment of camp and personal property will not occur.

Caution will be used when playing outside or inside cabins.

Campers and staff are not permitted in the pool area without a lifeguard on duty. Campers and staff are not permitted in the Archery Range without a qualified instructor.

Alcohol, tobacco, weapons, and any flammable substances will be kept at home.

Each member of the community will participate in all church services, wearing appropriate attire.

Closed-toed shoes will be worn at all times when outside to avoid injury (except in the shower or at the pool).

Conflicts that arise between campers and/or counselors will be approached and addressed in a Christian manner, with love and understanding from all sides. Just as fighting, swearing, and other such behavior is unnecessary and brings down the community, discipline must also be based upon Christian love and a need to redirect inappropriate or unsafe behavior.

Cell phones should be left at home. If not, they will be collected at the beginning of the week. They will be kept in a safe place and returned to the camper at the end of the week. Staff with cell phones will never use them unless on break and outside the presence of campers.

Map of the Camp



Prayers

MORNING PRAYERS

Having awakened, arise from your bed without laziness and, having gathered your thoughts, make the Sign of the Cross, saying:

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

Afterwards, stand in silence for a few moments until all your senses are calmed. At that point, make three prostrations, saying:

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Then, begin the Morning Prayers with these words:

Lord Jesus Christ, Son of God, through the prayers of Thy most pure Mother and all the saints, have mercy on us. Amen.

Glory to Thee, our God, glory to Thee! O Heavenly King, the Comforter, the Spirit of Truth; who art everywhere and fillest all things; Treasury of blessings, and giver of life: come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us! (Thrice)

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

All holy Trinity: have mercy on us. O Lord: cleanse us from our sins. O Master: pardon our iniquities. O Holy One: visit and heal our infirmities, for Thy name's sake.

Lord have mercy. (Thrice)

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

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 evil.

Troparia to the Holy Trinity

Having arisen from sleep, we fall down before Thee, O blessed One, and sing to Thee, O Mighty One, the angelic hymn: Holy! Holy! Holy! art Thou, O God; through the Theotokos, have mercy on us.

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

Having raised me from my bed and from sleep, O Lord, enlighten my mind and heart, and open my lips that I may praise Thee, O Holy Trinity: Holy! Holy! Holy! art Thou, O God; through the Theotokos, have mercy on us.

Now and ever and unto ages of ages. Amen.

The Judge will come suddenly and the acts of every man will be revealed; but in the middle of the night we cry in fear: Holy! Holy! Holy! art Thou, O God; through the Theotokos, have mercy on us.

Lord have mercy. (12 times)

A Prayer to the Holy Trinity

Having risen from sleep, I thank Thee, the Holy Trinity. In the abundance of Thy kindness and long patience, Thou hast not been angry with me for my laziness and sinfulness, nor hast Thou destroyed me in my lawlessness. Instead, in Thy usual love for mankind, Thou hast raised me as I lay in despair, that I might rise early and glorify Thy Reign. Enlighten now the eyes of my mind and open my lips, that I might learn of Thy words, understand Thy commandments, accomplish Thy will, hymn Thee in heartfelt confession and praise Thine all-holy name, the Father and the Son, and the Holy Spirit, now and ever and unto ages of ages. Amen.

Come, let us worship God, our King! Come, let us worship and fall down before Christ, our King and our God! Come, let us worship and fall down before Christ Himself, our King and our God!

Psalm 50 (51)

Have mercy on me, O God, according to Thy steadfast love; according to Thy abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin! For I know my transgressions, and my sin is ever before me. Against Thee, Thee only, have I sinned, and done that which is evil in Thy sight, so that thou art justified in Thy sentence and blameless in Thy judgment. Behold, I was brought forth in iniquity, and in sin did my mother bear me. Behold, thou desirest truth in the inward being; therefore teach me wisdom in my secret heart. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Fill me with joy and gladness; let the bones which thou hast broken rejoice. Hide Thy face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and put a new and right spirit within me. Cast me not away from Thy presence, and take not Thy holy Spirit from me. Restore to me the joy of Thy salvation, and uphold me with a willing spirit. Then I will teach transgressors Thy ways, and sinners will return to Thee. Deliver me from bloodguiltiness, O God, thou God of my salvation, and my tongue will sing aloud of Thy deliverance.

O Lord, open thou my lips, and my mouth shall show forth Thy praise. For thou hast no delight in sacrifice; were I to give a burnt offering, thou wouldst not be pleased. The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, thou wilt not despise. Do good to Zion in Thy good pleasure; rebuild the walls of Jerusalem, then wilt thou delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on Thy altar.

The Creed

I believe in one God, the Father almighty, Maker of heaven and earth and of all things visible and invisible; And in one Lord, Jesus Christ, the Son of God, the only-begotten, begotten of the Father before all ages. Light of Light; very God of true God; begotten not made; of one essence with the Father, by whom all things were made; Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man. And He was crucified for us under Pontius Pilate, and suffered, and was buried. And the third day He rose again, according to the Scriptures, And ascended into heaven, and sits at the right hand of the Father; And He shall come again with glory to judge the living and the dead; whose Kingdom shall have no end. And in the Holy Spirit, the Lord, the Giver of Life, who proceeds from the Father; who with the Father and the Son together is worshipped and glorified; who spoke by the prophets. In I believe in one Holy, Catholic, and Apostolic Church. I acknowledge one baptism for the remission of sins. I look for the resurrection of the dead, and the life of the world to come. Amen

First Prayer, by St. Macarius the Great

O God, cleanse me a sinner, for I have done nothing good before Thee. Deliver me from the evil one, and may Thy will be in me, that I might open my unworthy lips without condemnation and praise Thy holy name, Father, Son, and Holy Spirit, now and ever and unto ages of ages. Amen.

Second Prayer, by St. Macarius the Great

Having risen from sleep, I offer Thee, Savior, the midnight song. Falling down, I cry to Thee: let me not fall asleep in the death of sin. Be gracious to me, Thou Who wast willingly crucified. Raise me quickly as I lie in laziness, and save me as I stand in prayer. After the night's sleep, O Christ God, shine a sinless day on me and save me.

Third Prayer, by St. Macarius the Great

Having risen from sleep, I run to Thee, O Master, for Thou lovest mankind, and I rush to accomplish Thy work. Help me, I pray Thee, at all times and in all things. Deliver me from every evil thing of this world and from works of the devil. Save me, and lead me into Thine eternal Kingdom.

Thou art my Maker, the Provider and Giver of everything good. All my hope is in Thee and I glorify Thee, now and ever and unto ages of ages. Amen.

Fourth Prayer, by St. Macarius the Great

O Lord, through Thy abundant goodness and great generosity, Thou hast allowed me, Thy servant, to pass through the hours of this night untempted by any evil of the enemy. Grant also, O Master and Creator of all, that I might accomplish Thy will in Thy true light and with an illumined heart, now and ever and unto ages of ages. Amen.

Fifth Prayer, by St. Macarius the Great

O Lord, the Almighty God, Who acceptest the thrice-holy hymn from Thy heavenly hosts: accept this song of the night even from me. Thine unworthy servant. Grant that at every year and hour of my life I might glorify Thee, the Father, the Son and the Holy Spirit, now and ever and unto ages of ages. Amen.

Sixth Prayer, by St. Basil the Great

Almighty Lord, the God of hosts and of all flesh, Thou livest in the heights, yet lookest down on the humble, proving the hearts and emotions, clearly foreknowing the secrets of men. Thou art the Light without beginning, in Whom there is no variation nor shadow of change. Immortal King, accept the prayers which we now offer Thee from defiled lips. Free us from the sins we have committed in deed, word or thought, knowingly and unknowingly. Cleanse us from all defilement of flesh and spirit. Grant us to pass through the entire night of this present life with a watchful heart and a sober mind, awaiting the coming of the bright and manifest day of Thine only-begotten Son, our Lord, God and Savior Jesus Christ, when the Judge of all will come with glory to reward each according to his deeds. May we not be found fallen and lazy, but alert and roused to action, prepared to enter into His joy and the divine chamber of His glory, where the voice of those who feast is unceasing and indescribable is the delight of those who behold the inexpressible beauty of Thy countenance. For Thou art the true Light which enlightens and sanctifies all, and all creation hymns Thee unto ages of ages. Amen.

Seventh Prayer, also by St. Basil

We bless Thee, most high God and Lord of mercies, Whoever doest great and unfathomable things for us - glorious and awesome things without number. Thou givest us sleep for the repose of our frailty, relieving the labors of our overburdened flesh. We thank Thee for not destroying us in our lawlessness. Instead, Thou hast shown Thy usual love for mankind, and raised us, as we lay in despair, to glorify Thy Reign. Therefore, we implore Thy boundless goodness: enlighten our thoughts and eyes, and awaken our

minds from the heavy sleep of laziness. Open our lips and fill them with Thy praise, that we may unwaveringly hymn and confess Thee, the God glorified in all and by all, Father without beginning, with Thine only-begotten Son and Thine all-holy, and lifegiving Spirit, now and ever and unto ages of ages. Amen.

Eighth Prayer, to the Most Holy Theotokos

I hymn your Grace, O Lady, and pray that you grace my mind. Teach me to walk correctly on the path of Christ's commandments. Strengthen me to watch in song, dispelling the despair of sleep. I am bound by fetters of sin, free me by your prayers, O Bride of God! Keep me in the night and in the day, delivering me from warring enemies. As you bore the life-giving God, give life to me, who am wounded by passions. As you bore the unsetting Light, enlighten my blinded soul. O wondrous palace of the Master, make me a home of the divine Spirit. As you bore the Physician, heal my soul of its passion-filled years. I am tossed in the tempest of life: direct me to the path of repentance. Deliver me from the eternal flame, from the evil worm, and from hell. Make me not a joy for demons, though I am guilty of many sins. Make me new, most undefiled one, for I am aged by senseless sins. Estrange me from all torments, and pray for me to the Master of all. Grant that, with all the saints, I may inherit the joys of heaven. Hear, most holy Virgin, the voice of your useless servant. Grant me a torrent of tears, most pure one, to wash the filth of my soul. The groans of my heart I bring you unceasingly: open your heart, O Lady! Accept my prayerful service, and take it to the compassionate God. You who are far higher than the angels, raise me above this world's confusion. light-bearing heavenly cloud, direct spiritual grace into me. I raise in praise, all undefiled one, hands and lips defiled by sin. Deliver me from soul-corrupting harm, praying fervently to Christ, to Whom glory and worship are due, now and ever and unto ages of ages. Amen.

Ninth Prayer, to Our Lord Jesus Christ

My most merciful and all-merciful God, Lord Jesus Christ! In Thy great love. Thou didst come down and become flesh in order to save all. Again, I pray Thee, save me by Grace! If Thou shouldst save me because of my deeds, it would not be a gift, but merely a duty. Truly, Thou aboundest in graciousness and art inexpressibly merciful! Thou hast said, O my Christ: "He who believes in me shall live and never see death." If faith in Thee saves the desperate, behold: I believe! Save me, for Thou art my God and my Maker. May my faith replace my deeds, O my God, for Thou wilt find no deeds to justify me. May my faith be sufficient for all. May it answer for me; may it justify me; may it make me a partaker of Thine eternal glory; and may Satan not seize me, O Word, and boast that He has torn me from Thy hand and

fold. O Christ my Savior: save me whether I want it or not! Come quickly, hurry, for I perish! Thou art my God from my mother's womb. Grant, O Lord, that I may now love Thee as once I loved sin, and that I may labor for Thee without laziness as once I labored for Satan the deceiver. Even more, I will labor for Thee, my Lord and God Jesus Christ, all the days of my life, now and ever and unto ages of ages. Amen.

Tenth Prayer, to the Guardian Angel

O Holy Angel, who stand by my wretched soul and my passionate life: do not abandon me, a sinner, neither depart from me because of my lack of self-control. Leave no room for the evil demon to gain control of me through the violence of this mortal body. Strengthen my weak and feeble hand, and instruct me in the path of salvation. O holy Angel of God, the guardian and protector of my wretched soul and body: forgive all the sorrows I have caused you, every day of my life. If I have sinned in this past night, protect me during this day. Keep me from every adverse temptation, that I may not anger God by any sin. Pray to the Lord for me, that He may establish me in His fear and make me. His servant, worthy of His goodness. Amen.

Eleventh Prayer, to the Most Holy Theotokos.

O Most Holy Theotokos, my Lady: through your holy and all-powerful prayers, turn away from me, your humble and unworthy servant, despair, forgetfulness, unreasonableness, indifference, and all unclean, evil and blasphemous thoughts from my wretched heart and darkened mind. Extinguish the flame of my passions, for I am poor and wretched. Deliver me from my numerous and wicked memories and fantasies. Free me from all evil acts, for you are blessed by all generations, and your most honorable name is glorified unto ages of ages. Amen.

Rejoice, O Virgin Theotokos! 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 Savior of our souls!

O most glorious Ever-Virgin Mother of Christ our God, bear our prayer to your Son and our God, that through you He may save our souls.

O heavenly hosts of holy Angels and Archangels, pray for us sinners. O glorious Apostles, Prophets, Martyrs, and all Saints, pray for us sinners. Pray to God for me holy (your Patron Saint), for with fervor I run to you, swift helper and intercessor for my soul.

O Lord, save Thy people, and bless Thine inheritance. Grant victories to the Orthodox Christians over their adversaries; and by virtue of Thy Cross, preserve Thy habitation.

It is truly meet to bless you, O Theotokos, everblessed and most pure, and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim: without defilement you gave birth to God the Word: true Theotokos, we magnify you.

O Lord, grant that I may meet all that this coming day brings to me with spiritual tranquility. Grant that I may fully surrender myself to Thy holy Will.

At every hour of this day, direct and support me in all things. Whatsoever news may reach me in the course of the day, teach me to accept it with a calm soul and firm conviction that all is subject to Thy holy will.

Direct my thoughts and feelings in all my words and actions. In all unexpected occurrences, do not let me forget that all is sent down from Thee. Grant that I may deal straightforwardly and wisely with every member of my family, neither embarrassing nor saddening anyone.

O Lord, grant me the strength to endure the fatigue of the coming day and all the events that take place during it. Direct my will and teach me to pray, to believe, to hope, to be patient, to forgive, and to love. Amen.

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

Lord, have mercy! (Thrice)

Lord Jesus Christ Son of God, for the sake of Thy most pure Mother, our venerable and God-bearing fathers, and all the saints, save me, a sinner. Amen.

EVENING PRAYERS

Lord Jesus Christ, Son of God, through the prayers of Thy most pure Mother and all the saints, have mercy on us. Amen.

Glory to Thee, our God, glory to Thee! O Heavenly King, the Comforter, the Spirit of Truth; who art everywhere and fillest all things; Treasury of blessings, and giver of life: come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us! (Thrice)

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

All holy Trinity: have mercy on us. O Lord: cleanse us from our sins. O Master: pardon our iniquities. O Holy One: visit and heal our infirmities, for Thy name's sake.

Lord have mercy. (Thrice)

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

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 evil.

O Gladsome Light

O Gladsome Light of the holy glory of the immortal Father, heavenly holy, blessed Jesus Christ, now that we have come to the setting of the sun and behold the Light of Evening, we praise God, Father, Son and Holy Spirit. For meet it is at all time to worship Thee with voices of praise O Son of God and Giver of Life. Therefore all the world doth glorify Thee.

Troparia of Thanksgiving

The day is over; I thank Thee, O Lord! Grant me to pass this evening and this night without sin, and save me, O Savior!

Glory to the Father, and to the Son, and to the Holy Spirit. The day is over; I glorify Thee, O Master! Grant me to pass this evening and this night without giving offence, and save me, O Savior!

Now and ever, and unto ages of ages. Amen. The day is over; I sing to Thee, O Holy One! Grant me to pass this evening and this night free from temptation, and save me, O Savior!

Lord have mercy. (12 times)

A Prayer for Forgiveness

O Lord our God, forgive all the sins I have committed this day in word, deed and thought, for Thou art good and lovest mankind. Grant me a peaceful sleep, free of restlessness. Send Thy Guardian Angel to protect and keep me from all harm. For Thou art the Guardian of our souls and bodies, and to Thee we ascribe glory, to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

The Prayer of the Hours

Thou, who at every season and every hour, in heaven and on earth, art worshipped and glorified, O Christ our God, long-suffering, merciful, and compassionate; who lovest the just and showest mercy upon the sinner; who callest all men to salvation through the promise of blessings to come: O Lord, in this hour receive our supplications and direct our lives according to Thy commandments. Sanctify our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulations, evil and distress. Surround us with Thy holy angels that guided and guarded by their host, we may attain to the unity of the faith, and to the knowledge of Thine unapproachable glory, for Thou art blessed unto ages of ages. Amen.

Beneath Your Compassion

Beneath your compassion we take refuge, Virgin Theotokos. Despise not our prayers in our necessities, but deliver us from harm, O only pure, only blessed One!

You may add your own intercessions, and conclude with this prayer:

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy upon us. Amen.