

Sung Mass

Missa Penitentialis

For Sundays in Advent & Lent

Rite of St Gregory

**St Michael Orthodox Christian Church
3333 Workman Mill Road
Whittier, California 90601**

www.StMichaelWhittier.org

The Asperges

Immediately before the principal Sunday Mass, the celebrant, wearing a cope and accompanied by his ministers, intones "Thou shalt purge me" (Asperges me, in Latin). He then sprinkles the altar, the clergy and the people while the full chant is sung as below.

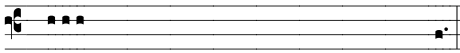
STAND while the Asperges is intoned.

*Holy Water is a sacramental;
therefore, each person should bow and makes the sign of the cross when sprinkled.*

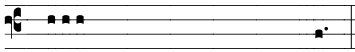
THOU shalt purge me, * O Lord with hyssop, and I shall be clean: thou shalt wash me and I shall be whiter than snow. **Ps. 50** Have mercy upon me, O God, * after thy great goodness. Glory be to the Father and to the Son and to the Holy Ghost. *

As it was in the beginning, is now, and ever shall be, world without end. Amen. Thou shalt purge me, O Lord with hyssop, and I shall be clean: thou shalt wash me and I shall be whiter than snow.

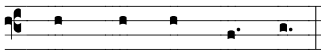
After the celebrant has returned to the altar, the following is said:



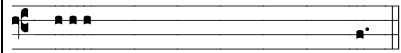
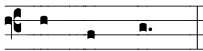
∇ O Lord, show thy mercy upon us.



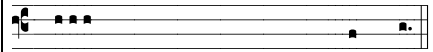
∇ O Lord, hear my prayer.



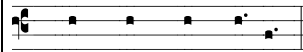
∇ The Lord be with you.



℞ And grant us thy salvation.

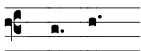


℞ And let my cry come unto thee.



℞ And with thy spirit.

Let us pray. Graciously hear us, O Lord, holy Father, almighty everlasting Gôd: and vouchsafe to send thy holy Angêl from heaven; to guard and cherish, protect and visit, and to defend all who dwell in this holy habitation. Through Christ ôur Lord.



℞ Amen.

*After the Celebrant changes from cope to chasuble,
he then goes to the altar to begin the Mass.*

Ordinary of the Mass

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

STAND during the opening hymn while the clergy say that Prayers at the Foot of the Altar.

INTROIT

STAND while the Introit is sung and **bow** at the name of the Holy Trinity during the Glory be. While the Introit is sung, the Celebrant and servers quietly recite the Prayers at the Foot of the Altar.

The priest blesses the incense, saying: Be thou blessed by him in whose honour thou shalt be burnt. Amen. He then censes the altar.

KYRIE

When the Introit is finished, the Kyrie is sung.



Ky-ri - e ♦ e - le - i-son. *ijj.*



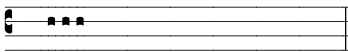
Chri-ste e - le - i-son. *ijj.*



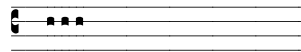
Ky-ri - e ♦ e - le - i-son. *ij.* Ky-ri - e ♦ e - - le - i-son.

COLLECTS

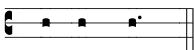
One or more Collects are prayed as the order of the Office requires.



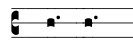
∇ The Lord be with you.



∇ And with thy spirit.



The collect is prayed, ending with the words:



Let us pray.

...world without end.

∇ Amen

SIT after the final Collect.

EPISTLE

The Lesson from ...

At the conclusion of the Epistle:

℟. Thanks be to God.

STAND while the Gradual is sung.

GRADUAL & ALLELUIA (OR TRACT)

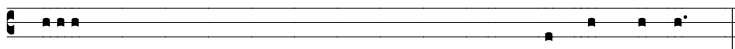
GOSPEL



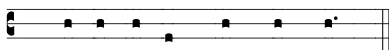
℣. The Lord be with you.

℟. And with thy spirit.

Sign yourself on the forehead, lips and heart while the deacon (or priest) says:



The continuation of the holy Gospel according to



℟. Glory be to Thee, O Lord.

At the conclusion of the Gospel, say quietly:

℟. Praise be to thee, O Christ.

The priest kisses the Gospel, saying:

Through the words of the Gospel may our sins be blotted out.

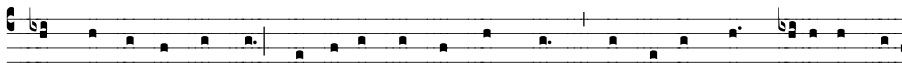
The homily is preached.

STAND at the conclusion of the homily.

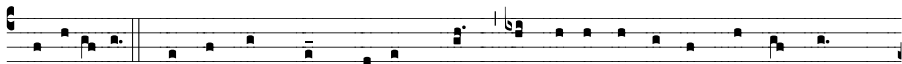
CREED



I believe in one God:



the Father Almighty, Maker of heaven and earth, And of all things visible and

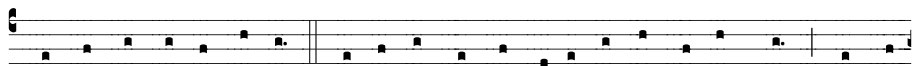


invisible: And in one Lord ♦ Jesus Christ, the only-begotten Son of God,

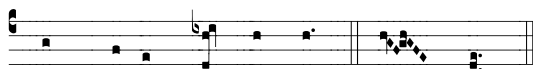
Begotten of His Father before all worlds, God of God, Light of Light, very
 God of very God; begotten, not made; Being of one substance with the Father,
 By whom all things were made: Who for us men and for our salvation came down
 from heaven, *genuflect* And was incarnate by the Holy Ghost of the Virgin Mary:
 And was made man: *stand* And was cru-ci-fi-ed also for us under Pon-ti-us Pilate.
 He suf-fer-ed and was bu-ri-ed: And the third day He rose again according to the
 Scriptures: And ascended into heaven, And sitteth on the right hand of the Father:
 And He shall come again, with glory, to judge both the quick and the dead;
 Whose kingdom shall have no end. And I believe in the Holy Ghost The Lord
 and Giver of Life, Who proceedeth from the Father; Who with the Father and the
 Son together is ♦worshipp'd and glo-ri-fi-ed; Who spake by the Prophets: And



I believe one Holy Catholic and Apostolic Church: I acknowledge one Baptism

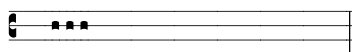


for the remission of sins: And I look for the resurrection of the dead: And the

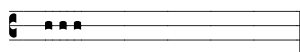


life ✠ of the world to come. A - men

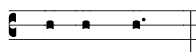
OFFERTORY



✠ The Lord be with you.



✠ And with thy spirit.



Let us pray.

SIT while the Offertorium is chanted.

The Offertory hymn is sung while the Celebrant prepares the Altar.

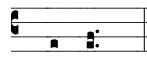
During the Offertory, the Altar is prepared by the Celebrant, concluding with the incensing of the Holy Oblation. Then the ministers and Faithful are incensed.

STAND when signaled and **bow** when being incensed.

SECRET



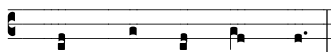
...throughout all ages of a-ges.



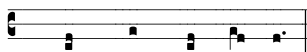
✠ Amen

STAND for the Preface.

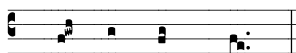
PREFACE TO THE CANON



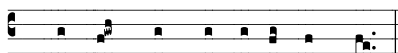
∇ The Lord be with you.



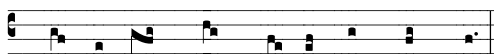
⊗ And with thy spirit.



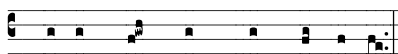
∇ Lift up your hearts.



⊗ We lift them up unto the Lord.



∇ Let us give thanks unto our Lord God. ⊗ It is meet and right so to do.



The priest then sings the preface proper to the Mass.

SANCTUS

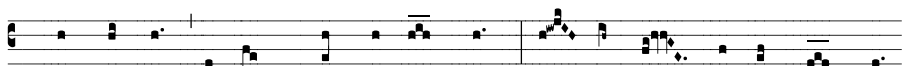
KNEEL when the Sanctus bells are rung.



♦ Ho - ly * Ho-ly, Ho-ly, Lord God of hosts, Heaven and earth are



full of thy glo-ry. Ho- sanna in the high-est! Bless-ed † is He



that cometh in the Name of the Lord! Ho- sanna in the high-est!

The Canon of the Mass

*Bowing profoundly before the altar,
the Celebrant says:*

THEREFORE, most merciful Father, we humbly pray and beseech thee through Jesus Christ, thy Son, our Lord, that thou accept and bless these † gifts, these † offerings, these † holy spotless sacrifices, which we offer thee in the first place for thy holy Catholic Church, that thou vouchsafe to keep her in peace,

to guard, unite and govern her throughout the whole world: together with thy servant **N.** our Metropolitan Archbishop, and **N.** our Bishop, and all the Orthodox who uphold the Catholic and Apostolic Faith.

Remember, O Lord, thy servants and handmaids **N.** and **N.**, (*the priest prays the intentions for the living*) and all here present, whose faith and devotion are known and manifest unto thee, for

whom we offer, or who themselves offer to thee, this sacrifice of praise for themselves and those belonging to them, for the redemption of their souls, for the hope of their health and welfare, and who pay their vows to thee, the eternal, living and true God.

In communion with, and venerating first, the memory of the glorious and Ever Virgin Mary, Mother of our God and Lord Jesus Christ: and also of thy blessed apostles and martyrs Peter and Paul, Andrew, James, John, Thomas, James, Philip, Bartholomew, Matthew, Simon and Thaddæus; Linus, Cletus, Clement, Xystus, Cornelius, Cyprian, Lawrence, Chrysogonus, John and Paul, Cosmas and Damian, and of all thy saints, through whose merits and prayers grant that in all things we may be guarded by the help of thy protection. Through the same Christ our Lord. Amen.

We therefore pray thee, O Lord, mercifully to accept this offering of our service and that of all thy family: order our days in thy peace, and bid us to be delivered from eternal damnation and to be numbered in the flock of thine elect. Through Christ our Lord. Amen.

Which offering, we beseech thee, O God, to bless, ✠ approve, ✠ ratify, ✠ make reasonable and acceptable in every way; that it may become for us the Body ✠ and Blood ✠ of thy most beloved Son, our Lord Jesus Christ.

Who, the day before he suffered, took bread into his holy and venerable hands and with his eyes lifted up to heaven unto thee, God, his almighty Father, giving thanks unto thee, he blessed, ✠ brake and gave it to his disciples, saying: Take and eat, ye all, of this,

FOR THIS IS MY BODY.

The bells are rung when the priest genuflects, when he elevates the Holy Body of Christ, and when he genuflects.

As the priest elevates the Holy Body of Christ, bless yourself and quietly say, "My Lord and My God."

In like manner after he had supped, taking also this excellent chalice into his holy and venerable hands, again giving thanks unto thee, he blessed ✠ it, and gave it to his disciples saying: Take and drink, ye all, of this,

FOR THIS IS THE CUP OF MY BLOOD OF THE NEW AND ETERNAL TESTAMENT, THE MYSTERY OF FAITH, WHICH SHALL BE SHED FOR YOU AND FOR MANY UNTO THE REMISSION OF SINS.

As oft as ye shall do these things, ye shall do them in remembrance of me.

The bells are rung when the priest genuflects, when he elevates the Holy Blood of Christ, and when he genuflects.

As the priest elevates the Holy Blood of Christ, bless yourself and quietly say, "My Lord and My God."

Wherefore, O Lord, we thy servants, as also thy holy people, calling to mind the blessed Passion of the same Christ, thy Son our Lord, his Resurrection from the dead and glorious Ascension into heaven, offer unto thy most excellent majesty of thy gifts bestowed upon us a pure ✠ Victim, a holy ✠ Victim, a spotless ✠ Victim, the holy ✠ bread of eternal life, and the chalice ✠ of everlasting salvation.

Upon which vouchsafe to look with a favorable and serene countenance, and to accept them as thou wert graciously pleased to accept the gifts of thy just servant Abel, and the sacrifice of our patriarch Abraham, and that which

thy high priest Melchisedech offered unto thee, a holy sacrifice, a spotless Victim.

And we beseech thee, O Lord, to send down thy Holy Spirit upon us and upon these offerings, that he would make this bread the precious Body ✠ of thy Christ, and that which is in this cup the precious Blood ✠ of thy Son our Lord Jesus Christ, changing ✠ them by thy Holy Spirit.

We humbly beseech thee, almighty God, to command that these things be borne by the hands of thy holy Angel to thine altar on high, into the presence of thy divine majesty, that so many of us as shall partake at this altar of the most sacred Body ✠ and Blood ✠ of thy Son, may be filled with all heavenly benediction and grace. Through the same Christ our Lord. Amen.

Be mindful also, O Lord, of thy servants and handmaids N. and N., who are gone before us with the sign of faith, and who rest in the sleep of peace. *(The priest prays the intentions for the departed.)* To them, O Lord, and to all who rest in Christ, grant we pray thee

a place of refreshment, light and peace. Through the same Christ our Lord. Amen.

He strikes his breast with the right hand, saying:

To us sinners also, thy servants, confiding in the multitude of thy mercies, grant some lot and fellowship with thy holy apostles and martyrs; with John, Stephen, Matthias, Barnabas, Ignatius, Alexander, Marcellinus, Peter, Felicitas, Perpetua, Agatha, Lucia, Agnes, Cecilia, Anastasia, and with all thy saints, into whose company we pray thee of thy mercy to admit us, not weighing our merits, but granting us forgiveness. Through Christ our Lord.

By whom O Lord, thou dost ever create, sanctify, ✠ quicken, ✠ bless ✠ and bestow upon us all these good things.

He uncovers the Chalice, genuflects, and blesses the Chalice with the Host saying:

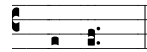
For by ✠ him, and with ✠ him, and in ✠ him is to thee, God the Father ✠ almighty, in the unity of the Holy ✠ Ghost,

Elevating the Chalice a little with the Host, he says:

all honor and glory:



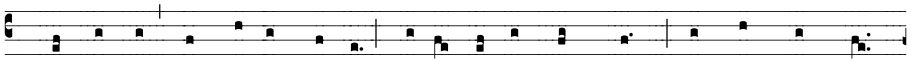
...throughout all ages of a-ges.



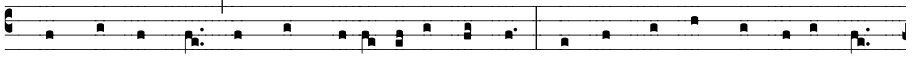
✠ Amen

OUR FATHER

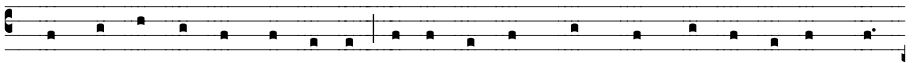
Let us pray. Instructed by saving precepts and following thy divine institution, we presume to say:



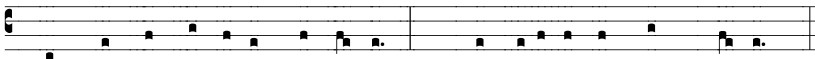
Our Father who art in heaven, Hallowed be Thy Name. Thy kingdom come.



Thy will be done on earth, as it is in heaven. Give us this day our daily bread.



And forgive us our trespasses, as we forgive those who trespass against us.



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

The priest says in the secret voice: Amen.

Deliver us, we beseech thee, O Lord, from all evils, past, present, and to come; and at the intercession of the blessed and glorious Ever Virgin Mary, Mother of God, with thy blessed Apostles Peter and Paul, and with Andrew and all thy Saints, graciously give peace

in our days, that aided by the help of thy loving-kindness, we may both be ever free from sin and safe from all disquietude. Through the same Jesus Christ, thy Son our Lord, who with thee in the unity of the Holy Ghost, liveth and reigneth, God



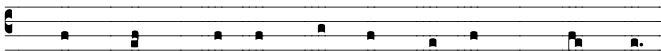
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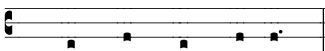
R. Amen

FRACTION OF THE HOST

With the particle of the Holy Body, the priest signs thrice over the chalice saying:



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



R. And with thy spirit.

Putting the particle of the Holy Body into the Chalice, the priest says quietly:

May this comixture and consecration of the Body and Blood of our Lord Jesus Christ be for us who receive it unto life eternal. Amen.

AGNUS DEI



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



up-on us. O Lamb of God * that ta-kest a-way the sins of the world,



have mercy up-on us. O Lamb of God * that ta-kest a-way the sins



of the world, grant us thy peace.

COMMUNION OF THE FAITHFUL

Led by a server, the Faithful say:

I CONFESS to Almighty God, to Blessed Mary Ever-Virgin, to blessed Michael the Archangel, to blessed John (the) Baptist, to the holy Apostles Peter and Paul, to all the Saints, and to thee, father, that I have sinned exceedingly in thought, word and deed, (*strike the chest three times saying*) by my fault, by my own fault, by my own most grievous fault. Wherefore I beg blessed Mary Ever-Virgin, blessed Michael the Archangel, blessed John the Baptist,

the holy Apostles Peter and Paul, all the Saints, and thee, father, to pray for me to the Lord our God.

Turning to the faithful, the priest says:

Almighty God have mercy upon you, forgive you your sins, and bring you to everlasting life.

℟ Amen.

The almighty and merciful Lord ✠ grant unto us pardon, absolution and remission of our sins.

℟ Amen.

The Celebrant holds the Blessed Sacrament before the faithful, and says:

Behold the Lamb of God;
behold Him who taketh away the sins of the world.

The Faithful then recite the following thrice:

Lord, I am not worthy: *(strike the chest saying)* that thou shouldest come under my roof, but speak the word only and my soul shall be healed. *(3 times)*

The following prayers may also be said:

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

maculate Mysteries, unto remission of my sins and unto life everlasting. Amen.

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

DISTRIBUTION OF HOLY COMMUNION

A Note Regarding Reception of Holy Communion

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

REMAIN KNEELING before and after receiving Holy Communion.

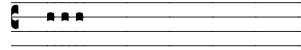
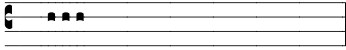
Communicants may approach the altar when the bell is rung.

The Communion antiphon is sung, and a hymn may be sung.

STAND after the altar is cleared.

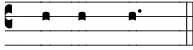
POSTCOMMUNION COLLECTS

One or more Collects are prayed as the order of the Office requires.



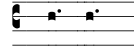
∇ The Lord be with you.

℞ And with thy spirit.



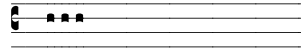
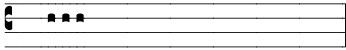
Let us pray.

*The collect is prayed, ending
with the words:*



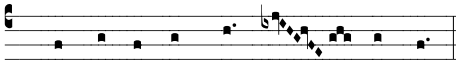
...world without end. ℞ Amen

DISMISSAL & BLESSING



∇ The Lord be with you.

℞ And with thy spirit.



∇ Be-ne-di-ca-mus Do - mi-no. ℞ De - o gra-ti-as.

KNEEL for the Blessing.

Almighty God bless you: the Father, the Son ✠ and the Holy Ghost.

℞ Amen

LAST GOSPEL

STAND for the devotion of the Last Gospel.

∇ The Lord be with you.

℞ And with thy spirit.

*Sign yourself on the forehead, lips and
heart while the priest says:*

The beginning of the holy Gospel
according to St John.

℞ Glory be to Thee, O Lord.

IN the beginning was the Word,
and the Word was with
God, and the Word was God. The
same was in the beginning with
God. All things were made by him;
and without him was not anything
made that was made; in him was

life, and the life was the light of
men; and the light shineth in
darkness, and the darkness com-
prehended it not. There was a
man sent from God, whose name
was John. The same came for a
witness, to bear witness of the
light, that all men through him
might believe. He was not that
light, but was sent to bear witness
of that light. That was the true
light, which lighteth every man
that cometh into the world. He
was in the world, and the world
was made by him, and the world

knew him not. He came unto his own, and his own received him not. But as many as received him, to them gave he power to become the sons of God, even to them that believe on his Name; which were born, not of blood, nor of the will of the flesh, nor of the will of man,

but of God. (**Genuflect**) AND THE WORD WAS MADE FLESH, AND DWELT AMONG US; (**Stand**) and we beheld his glory, the glory as of the Only-begotten of the Father, full of grace and truth.

℟. Thanks be to God.

A hymn may be sung.

*After the hymn, **kneel** to give thanks for assisting at this Holy Mass.*