

THE PANIKHIDA (PARASTAS)

(Prayer for the Departed)

PRAYER SERVICE FOR ONE WHO IS NOT AN ORTHODOX CHRISTIAN

We offer this service in the usual place, and with censuring.

Presbyter : Blessed is our God, always now, and ever, and unto the ages of ages.

Response : Amen.

We sing the Trisagion only :

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

(three times) (three metanias)

Reader : O most-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 Your Name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

Our Father, who are in the Heavens, hallowed be Your Name, Your Kingdom come, Your will be done, on earth as it is in Heaven ; give us today our daily bread, and forgive us our debts as we forgive our debtors ; and do not bring us to the test, but rescue us from the evil one.

Presbyter : For Yours are the Kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now, and ever, and unto the ages of ages.

Reader : Amen.

Lord, have mercy. *(twelve times)*

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

O 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. *(three metanias)*

Reader : **Psalm 87**

O LORD God of my salvation, in Your presence I cried out by day, and at night. Let my prayer come before Your Face ; incline Your ear to my supplication ; for my soul has been filled with bad things, and my life has drawn near to Hadēs. I have been reckoned amongst those going down into the pit. I have become just like a helpless Man, free amongst the dead, just like the wounded, lying in the tomb, whom

You no longer remembered ; and they were pushed away from Your hand. They placed me in the lowest pit, in dark places, and in the shadow of death. Upon me has Your fury been fixed, and You brought all Your swells down upon me. You kept my acquaintances far from me ; they made me a loathsome thing to themselves. I have been handed over, and I was not walking away. My eyes became weak from poverty. I cried out to You, O LORD, the whole day long ; I spread out my hands to You. Surely You will not do wonders amongst the dead ? or shall physicians raise them up, and shall they confess You ? Surely no-one shall recount Your mercy in the tomb, and Your truth in Perdition ? Surely Your wonders shall not be known in the darkness, and Your righteousness in a land of oblivion ? As for me, I cried out to You, O LORD ; and in the morning shall my prayer be before You. Why, O LORD, do You push away my soul, and turn Your Face away from me ? I am poor and in labours from my youth ; but although once exalted, I have been humbled, and in great trouble. Your angers came upon me ; Your terrors greatly agitated me. They surrounded me, just as water, the whole day long : at once they encompassed me. You have kept far from me friend and neighbour and my acquaintances, because of my misery.

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

Alleluia. Alleluia. Alleluia. Glory be to You, O God.

(three times)

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

Then the Seventeenth Kathisma (Psalm 118) is read in two portions :

(vv.1-93 ; and vv. 94-176) with sung refrains

Sometimes it is abbreviated as following, or even omitted.

Psalm 118

Part 1

Refrain : ALLELUIA.

Blessed are the blameless in their way, those walking in the law of the Lord. **R.**

Blessed are those searching out His testimonies : with their whole heart, they shall seek Him out. **R.**

If it were not that Your Law is my rumination, then I would have perished in my humiliation. **R.**

Unto the age I shall not forget Your statutes, for in them You have made me live. **R.**

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

Alleluia. Alleluia. Alleluia. Glory be to You, O God.

(three times)

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

Reader : Lord, have mercy (*40 times*).

Part 2

Refrain : ALLELUIA.

I am Yours : save me, for I have sought Your statutes. **R.**

Sinners waited for me, to destroy me ; I understood
Your testimonies. **R.**

My soul shall live, and shall praise You, and Your judgements
shall help me. **R.**

I have gone astray as a lost sheep ; seek Your bond-servant ;
for I did not forget Your commandments. **R.**

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

Alleluia. Alleluia. Alleluia. Glory be to You, O God.

(three times)

Verses on Psalm 118

Tone 5

The presbyter does a great censuring during the verses, beginning at the memorial table. The following refrain and verses are sung :

Refrain : BLESSED ARE YOU, O LORD. TEACH ME YOUR STATUTES.

THE CHOIR OF SAINTS HAVE FOUND THE FOUNTAIN
OF LIFE
AND THE DOOR OF PARADISE.
MAY I ALSO FIND THE WAY THROUGH REPENTANCE.
I AM A LOST SHEEP : CALL ME, O SAVIOUR, AND SAVE ME.

R.

FOR PREACHING THE LAMB OF GOD,
YOU HOLY MARTYRS WERE SLAIN LIKE LAMBS.
YOU HAVE BEEN RECEIVED INTO UNAGEING AND
ETERNAL LIFE.
NOW, ENTREAT THE LORD TO GRANT US REMISSION
OF OUR DEBTS.

GLORY BE TO THE FATHER, AND TO THE SON, AND TO THE
HOLY SPIRIT :
DEVOUTLY, LET US PRAISE THE THREEFOLD SPLENDOUR
OF THE ONE GODHEAD, CRYING OUT :
“HOLY ARE YOU, O UNORIGINATE FATHER,
CO-ETERNAL SON, AND DIVINE SPIRIT”.
ENLIGHTEN US WHO WORSHIP YOU IN FAITH,
AND RESCUE US FROM ETERNAL FIRE.

NOW, AND EVER, AND UNTO THE AGES OF AGES. AMEN.
REJOICE, O AUGUST ONE.
FOR THE SALVATION OF ALL, YOU GAVE BIRTH
TO GOD IN THE FLESH,
THROUGH WHOM THE HUMAN RACE HAS FOUND
SALVATION.
THROUGH YOU MAY WE FIND PARADISE,
O PURE, BLESSED THEOTOKOS.

ALLELUIA. ALLELUIA. ALLELUIA. GLORY BE TO YOU, O
GOD. (*three times*)

Reader :

Psalm 38

I said : “I shall guard my ways, that I sin not with my tongue. I placed a guard on my mouth, while the sinner took his stance against me”. I became mute, and I was humbled ; I kept silent from good things, and my suffering was renewed. My heart became hot within me, and in my rumination, a fire shall be kindled. I spoke with my tongue : “Make me know my limit, O LORD, and what is the number of my days, so that I may know what I am, myself, lacking. Behold, as hand-breadths have You set my days, and my existence is just as nothing before Your Face. Nevertheless, the whole of futility is every Man living. Truly, Man walks about as an image, yet in futility is he stirred up. He stores up treasures, and does not know for whom he shall gather them together. And now, who is my endurance ? Is it not the LORD ? Even my existence is from You. From all my lawless acts, rescue me ; You gave me as an object of reproach to the fool. I became mute, and I did not open my mouth, for it is You that have done it. Take Your scourges away from me, for from the strength of Your hand have I, myself, failed. With reproofs for lawlessness You instructed Man, and You melted away his soul like a spider ; yet in futility is every Man stirred up. Hear my prayer, O LORD, and my supplication : give ear to my tears. Do not pass by in silence ; for I am, myself, a sojourner with You, and a pilgrim, even as all my fathers. Release me, so that I may be refreshed before I depart, and

exist no more”.

The ikos is sung.

Ikos

Tone 8

YOU ALONE ARE IMMORTAL,
WHO HAVE CREATED AND FASHIONED MAN,
FOR OUT OF THE EARTH WERE WE MORTALS MADE,
AND UNTO THE EARTH SHALL WE RETURN AGAIN,
AS YOU COMMANDED WHEN YOU MADE ME, SAYING TO ME,
“EARTH YOU ARE, AND TO EARTH YOU SHALL RETURN”.
THERE, WE MORTALS ALL SHALL GO,
MAKING OUR LAMENTATION THE SONG,
“ALLELUIA. ALLELUIA. ALLELUIA”.

Reader : Lord, have mercy (*40 times*).

Deacon : Wisdom.

Presbyter : Most holy Theotokos, save us.

R : More honourable than the Cherubim, and more glorious beyond compare than the Seraphim, without corruption you gave birth to God the Word. True Theotokos, we magnify you.

Presbyter : Glory be to You, O Christ, our God and our hope, glory be to You.

R : Glory be to the Father, and to the Son, and to the Holy Spirit ; now, and ever, and unto the ages of ages. Amen.
Lord, have mercy. Lord, have mercy. Lord, have mercy.
Master (*Father*) bless.

Presbyter : May He who rose from the dead, Christ our true God, through the prayers of His most pure Mother, of the holy, glorious, and all-laudable apostles, of our holy and God-bearing Fathers, and of all the saints, have mercy on us, for He is good and the Lover of Man.

R : Amen.

R : MEMORY ETERNAL. MEMORY ETERNAL. MEMORY ETERNAL.

[THE END OF PRAYER FOR A NON-ORTHODOX]