

MEAL TIME PRAYERS FOR THE HOME

Before Breakfast

Reader: All Holy Trinity, have mercy on us. Lord wash away our sins. Master, pardon our iniquities. Holy one, visit and heal our infirmities, for Thy name's sake.

Glory... Both now...

Lord, have mercy. (3)

Holy father, bless.

The Oldest Believer Present: Through the prayers of our holy Fathers, Lord Jesus Christ, Son of God, have mercy on us.

The Faithful: Amen.

After Breakfast

Reader: Glory... Both now...

Lord, have mercy. (3)

Holy father, bless.

The Oldest Believer Present: Through the prayers of our holy Fathers, Lord Jesus Christ, Son of God, have mercy on us.

The Faithful: Amen.

Then we chant together in the Plagal of 4th Tone:

It is truly meet to call thee blest, the Theotokos, the ever blessed and all immaculate and Mother of our God. More honorable than the cherubim, and beyond compare more glorious than the seraphim, thee who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

The Oldest Believer Present: Through the prayers of our holy Fathers, Lord Jesus Christ, Son of God, have mercy on us.

Before the Midday Meal

Reader: Our Father, Who art in the heavens, 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 debts as we have forgiven our debtors; and let us not enter into temptation, but deliver us from the evil one.

Glory... Both now...

Lord, have mercy. (3)

Holy father, bless.

The Oldest Believer Present: Through the prayers of our holy Fathers, Lord Jesus Christ, Son of God, have mercy on us.

The Faithful: Amen.

Before the Evening Meal

Reader: The poor shall eat and be satisfied; they that seek the Lord shall praise Him, their hearts shall live for ever and ever.

Glory... Both now...

Lord, have mercy. (3)

Holy father, bless.

The Oldest Believer Present: Through the prayers of our holy Fathers, Lord Jesus Christ, Son of God, have mercy on us.

The Faithful: Amen.

After the Midday and Evening Meals, the Following:

Reader: Glory... Both now... Lord, have mercy. (3) holy father, bless.

The Oldest Believer Present: Through the prayers of our holy Fathers, Lord Jesus Christ, Son of God, have mercy on us.

Reader: Amen. We thank thee, O Christ our God, that Thou hast filled us with Thine earthly gifts. Deprive us not of Thy heavenly kingdom, but as Thou camest amongst Thy disciples, and gavest them peace, so also come amongst us and save us.

Then we chant one of the following hymns,
depending of which meal it is:

After the Midday Meal, we all chant together in the First Tone:

All generations call thee blessed, O only Theotokos. In thee, O immaculate Virgin, the bounds of nature are overcome. A virginal childbirth, and death is betrothed to life. O Theotokos, a virgin after childbirth, and alive after death, do thou ever save thine inheritance.

After the Evening Meal we all chant together in Plagal of Fourth Tone:

Virginity is alien to mothers, and foreign to virgins is childbirth. In thee, O Theotokos, both were granted. Wherefore all the