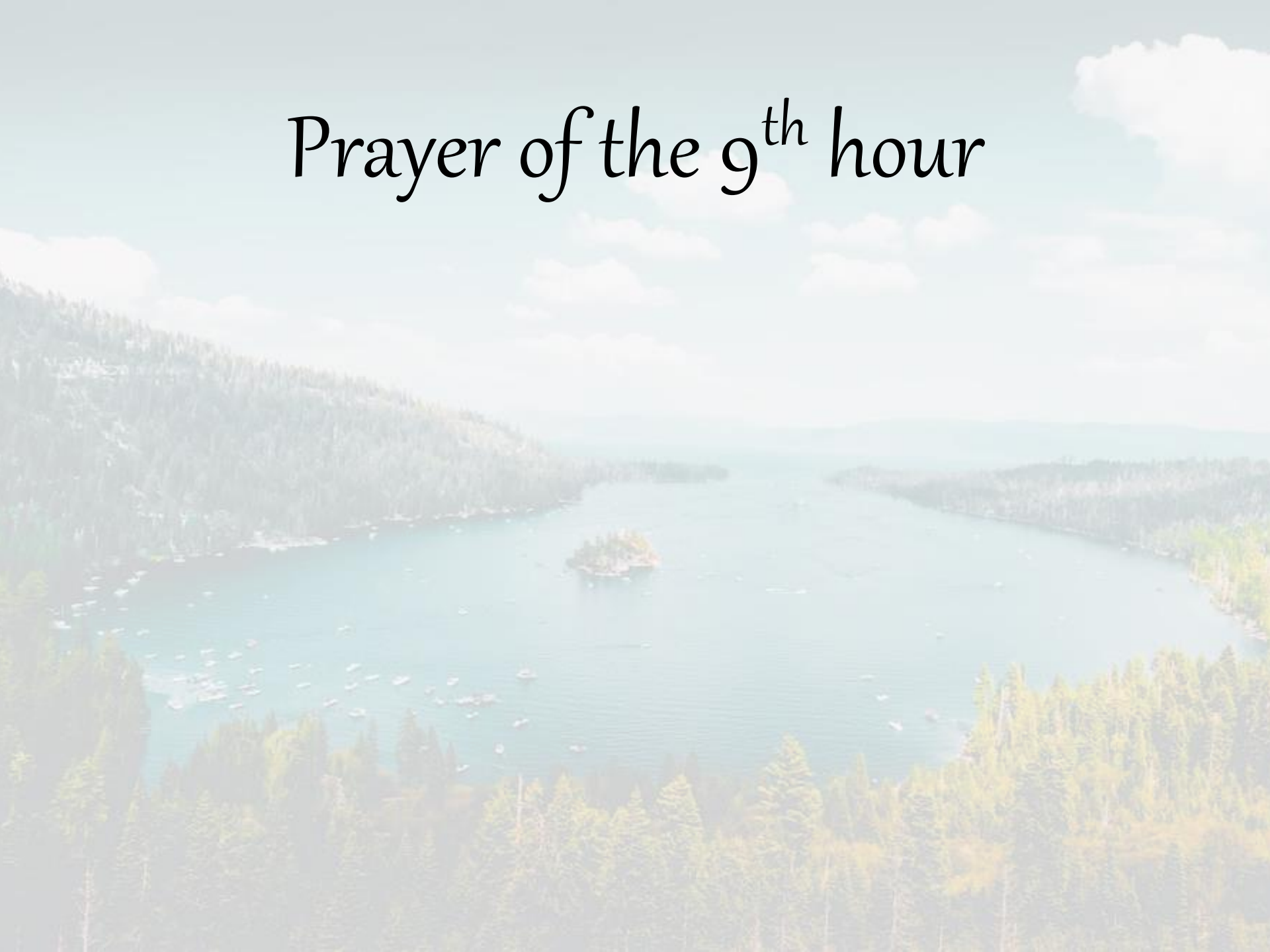




*“Deliver my contrite soul from the  
mouths of the lions”*

# Prayer of the 9<sup>th</sup> hour



# Hail To Mary

Hail to Mary, mother of God  
From sunrise, to sunset  
Magnify her, glorify her  
Put her always in your heart

She has born unto us  
The savior of the world  
He came and saved our souls  
And forgave us our sins



# Hail To Mary

Hail to Mary, mother of God  
From sunrise, to sunset  
Magnify her, glorify her  
Put her always in your heart

She is the Lady, and the virgin  
Our Queen in heaven  
She is above the Cherubim  
And praised by the Seraphim

# Hail To Mary

Hail to Mary, mother of God  
From sunrise, to sunset  
Magnify her, glorify her  
Put her always in your heart

She is famous and well known  
As the best shelter to rest  
Try her and you will find that  
For your help, she's always there

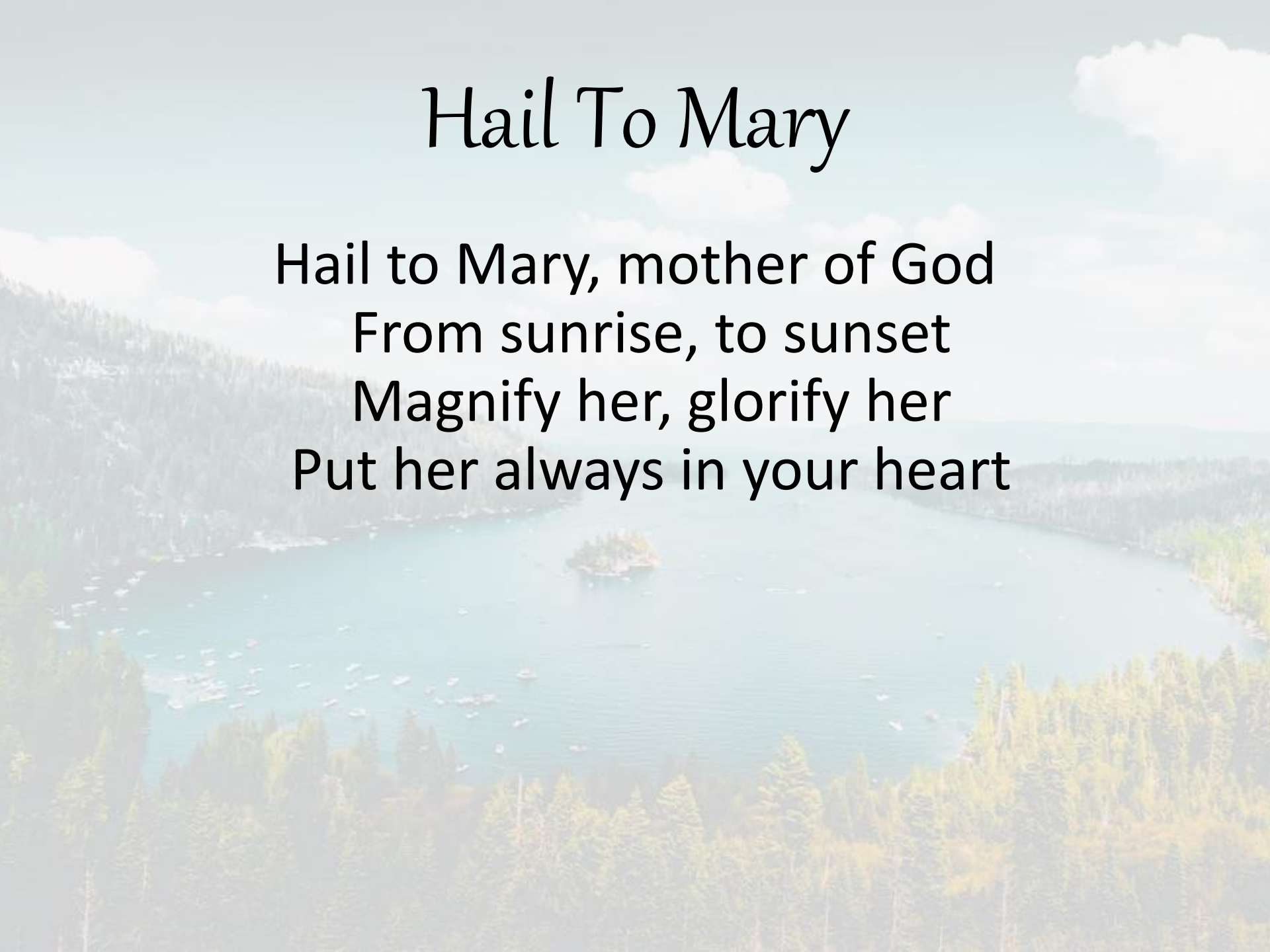
# Hail To Mary

Hail to Mary, mother of God  
From sunrise, to sunset  
Magnify her, glorify her  
Put her always in your heart

Please oh Mary, pray for us  
And sinners to return  
Teach us and guide all of us  
For you are the faithful saint

# *Hail To Mary*

Hail to Mary, mother of God  
From sunrise, to sunset  
Magnify her, glorify her  
Put her always in your heart





# Prayer of St Mary (Luke 1:46-55)

“My soul magnifies the Lord, And my spirit has rejoiced in God my Savior. For He has regarded the lowly state of His maidservant; For behold, henceforth all generations will call me blessed. For He who is mighty has done great things for me, And holy is His name. And His mercy is on those who fear Him From generation to generation. He has shown strength with His arm; He has scattered the proud in the imagination of their hearts. He has put down the mighty from their thrones, And exalted the lowly. He has filled the hungry with good things, And the rich He has sent away empty. He has helped His servant Israel, In remembrance of His mercy, As He spoke to our fathers, To Abraham and to his seed forever.”



# *Psalmi Watos for the Fast of St Mary*

Come to praise, our Lord Jesus Christ,

and His Mother the Virgin, Mary the Mother of God.

Berechiah spoke about you, of the economy of salvation,

Which is the dawning of Christ from you, Mary the Mother of God.

**+ For the Lord the Eternal, has chosen you O Virgin,**

**For you are the pride of our race, Mary the Mother of God.**

**+ Daniel has likened you, to the rational mountain,**

**and Mount Zion, Mary the Mother of God.**

Who among the wise, and the faithful scholars,

can speak of your blessedness, Mary the Mother of God.

Zechariah has told us, in his prophecy taught us,

You are the daughter of Zion, Mary the Mother of God.

**+ Isaiah and Daniel, witnessed to you with joy,**

**you are the Mother of Emmanuel, Mary the Mother of God.**

# *Psalmi Watos for the Fast of St Mary*

**+ This is the door of the east, this is city of the merciful One,  
and the dwelling of the Lord, Mary the Mother of God.**

Jeremiah directs and prophesied, that you are,  
the shakable mountain, Mary the Mother of God.  
Jacob spoke with joy, about a hidden mystery,  
that her virginity is sealed, Mary the Mother of God.

**+ A branch budded from her, the pure vine,  
and the beautiful dove, Mary the Mother of God.**

**+ Moses saw the Logos, when He was within her,  
which is the fire in the burning bush, Mary the Mother of God.**

The heavenly ones wonder, and praise with great power,

your Son Jesus, Mary the Mother of God.

Foremost Gabriel, came to you with honor,

and greeted you, Mary the Mother of God.

# Psali Watos for the Fast of St Mary

**+ A mystery in two wonders, the barren one giving birth to a son,  
and a Virgin giving birth to God of us, Mary the Mother of God.**

**+ The pure Lamb, the Son of God in truth,**

**was incarnate of the Virgin, Mary the Mother of God.**

The mouths of the teachers of the Church, the fountain of wisdom,  
speak of the honor of the all-holy, Mary the Mother of God.

Solomon the son of the king, spoke of the greatness of your honor, in  
the Song of Songs, Mary the Mother of God.

**+ You deserve all honor, O queen Mother of the King,**

**and the angels praise you, Mary the Mother of God.**

**+ The Son of God has chosen you, and dwelled in you,**

**for you deserved honor, Mary the Mother of God.**

The glorified God, in the mouths of His saints,  
the pure Virgin feed him, Mary the Mother of God.



# *Psali Watos for the Fast of St Mary*

Hail to the mountain of which, the stone was cut without human hands,  
you have guided all the virgins, Mary the Mother of God.

**+ The adornment of the Church, and the pride of virginity,  
the true queen and the chaste, Mary the Mother of God.**

**+O pure tabernacle, O undefiled Virgin,  
the Mother of God the Word, Mary the Mother of God.**

# *Prayer by St Ephrem the Syrian*

Like the apple of Your eye preserve me, O Lord God; defend me and beneath Your wings shelter me from temptations. Be the guardian of the eye, that it might not look about in the manner of a thief; be the guardian of the ear, that it might not perceive falsehood. Be the guardian of the lips, that slander, judgment, criticism and idle words might not come forth from them. Be the guardian of the heart, that it might not be inclined to evil and might not work iniquity. Grant us, O Lord, knowledge, both of what we should do and of how to set about it. Grant us, O our Lord, that we may be sweeter to You than fragrances and perfumes.

# Prayer by St Ephrem the Syrian

Grant us, O our Lord, that we may love You and hate the world.

Grant us, O Lord, to acquire Only You rather than all transient possessions.

Grant us, O our Lord, to bring You three choice gifts, to burn three aromatic censers before You, to light for You three brightly burning lamps: the spirit, the soul and the body, these three gifts for the One Trinity.

O Father, consecrate our spirits to Yourself! O Son, consecrate our souls to Yourself! O Holy Spirit, consecrate to Yourself our bodies which are afflicted by many weaknesses.

**Grant us, O our Lord, to rejoice in You**, and may You rejoice in us in the last day. To You is the praise, from the spirit, the soul and the body. And unto us be Your mercies, forever Amen.



*Silent personal prayers*

