

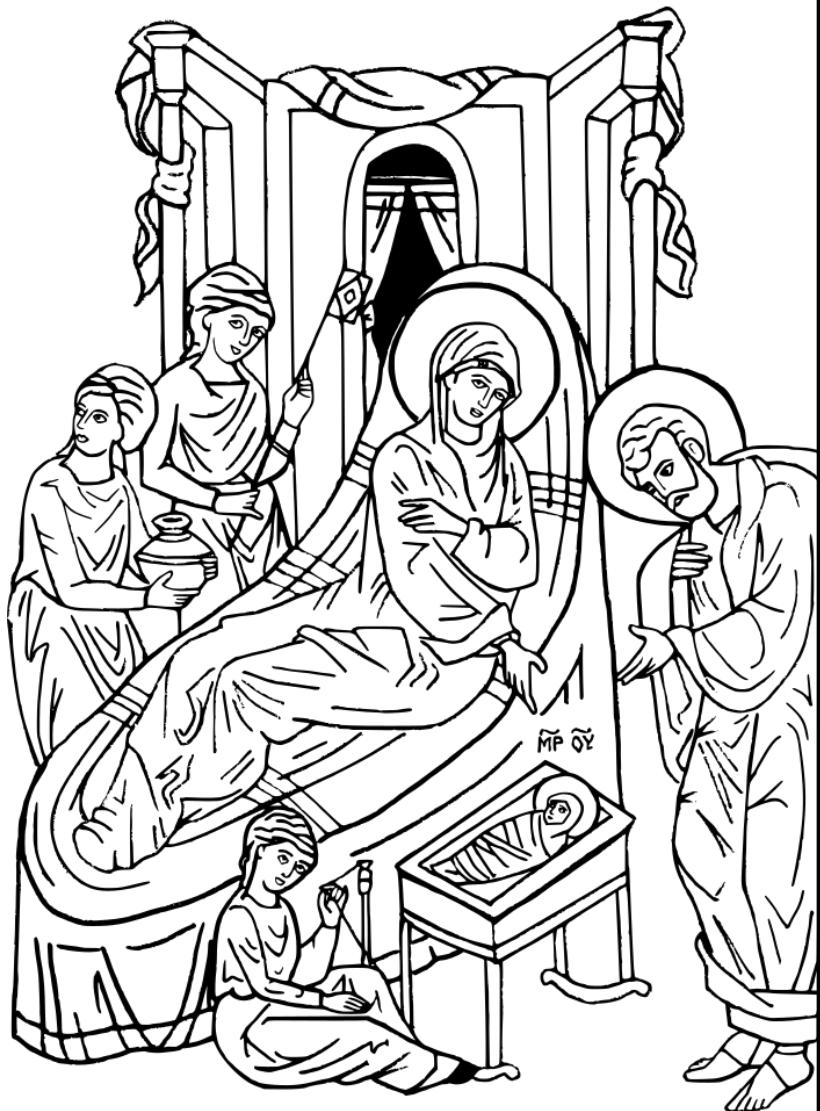


RULE OF THE THEOTOKOS



According to Holy Tradition, the Rule of the Theotokos was granted to a monk of Thēbaiüs, Egypt, in the eighth century, five hundred years before Our Lady of the Rosary appeared to Saint Dominic of Osma (1170-1221). The Rule consists of 150 Angelic Salutations to the Mother of God, mirroring the 150 Psalms, and are grouped into fifteen decades, with the Lord's Prayer following each. Later, "The door of compassion open unto us..." and other prayers were added. The Rule gradually fell out of use, however, until it was revived in the early nineteenth century by Saint Seraphim of Sarov (1753-1833), who instructed the nuns of Divyev Monastery in this beautiful devotion to the Mother of God. The entire Rule may be prayed at once or, alternatively, by one decade each day. This can be particularly enriching during the Dormition Fast, with the final decade prayed on the feast itself.

NATIVITY OF THE THEOTOKOS



Trisagion Prayers

In the name of the Father, and of the Son, and of the Holy Spirit. Amen. God be merciful to me, a sinner. Glory to Thee, our God, glory to Thee!

The following prayer is omitted the Saturday before Pentecost and is replaced during the seasons below.

O Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good things and Giver of life: Come and dwell in us, and cleanse us of all impurity, and save our souls, O Good One.

From Pascha to Ascension

Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life! *Thrice.*

From Ascension to its Leavetaking

Thou hast ascended in glory, O Christ our God, having gladdened Thy disciples with the promise of the Holy Spirit; and they were assured by the blessing that Thou art the Son of the God, the Redeemer of the world.

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

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

O Most Holy Trinity, have mercy on us. O Lord, blot out 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,
both now and ever, and unto the ages of ages. Amen.

The Lord's Prayer

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 forgive those of our own debtors; and lead us not to the time of trial, but deliver us from the evil one.

Lord, have mercy. *Thrice.*

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

O come, let us worship God our King. O come, let us worship and fall down before Christ our King and God. O come let us worship and fall down before Christ Himself, our King and God.

The Symbol of Faith

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; true 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 the heavens, and was incarnate of the Holy Spirit and the Virgin Mary, and became man; And was crucified for us under Pontius Pilate, and suffered, and was buried; And arose again on the third day according to the Scriptures; And ascended

into the heavens, and sitteth at the right hand of the Father; And shall come again, with glory, to judge both the living and the dead; Whose kingdom shall have no end. And in the Holy Spirit, the Lord, the Giver of Life; Who proceedeth from the Father; Who with the Father and the Son together is worshipped and glorified; Who spake by the prophets. In One, Holy, Catholic, and Apostolic Church. I confess one baptism for the remission of sins. I look for the resurrection of the dead, And the life of the age to come. Amen.

O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. *Turn the page and announce the decade.*

Announce the decade then turn to page 8.



First Decade

The Nativity of the Theotokos

Let us remember the birth of the Mother of God. Let us pray for mothers, fathers, and children.

Second Decade

The Presentation of the Theotokos

Let us remember the feast of the Presentation of the Blessed Virgin and Mother of God. Let us pray for those who have lost their way and fallen away from the church.

Third Decade

The Annunciation of the Lord's Nativity

Let us remember the Annunciation of the Blessed Mother of God. Let us pray for the soothing of sorrows and the consolation of those who grieve.

Fourth Decade

The Meeting of the Theotokos & Righteous Elizabeth

Let us remember the meeting of the Blessed Virgin with the righteous Elizabeth. Let us pray for the reunion of the separated, for those whose dear ones or children are living away from them or missing.

Fifth Decade
The Nativity of the Lord

Let us remember the Birth of Christ. Let us pray for the rebirth of souls, for new life in Christ.

Sixth Decade
The Prophecy of Simeon

Let us remember the Feast of the Purification of the Lord, and the words uttered by Saint Simeon: Yea, a sword shall pierce through thine own soul also. Let us pray that the Mother of God will meet our souls at the hour of our death, and will contrive that we receive the Holy Sacrament with our last breath, and will lead our souls through the terrible torments.

Seventh Decade
The Flight into Egypt

Let us remember the flight of the Mother of God with the God-Child into Egypt. Let us pray that the Mother of God will help us avoid temptation in this life and deliver us from misfortunes.

Eighth Decade
The Christ-Child Among the Doctors

Let us remember the disappearance of the twelve-year-old boy Jesus in Jerusalem and the sorrow of the Mother of God on this account. Let us pray, begging the Mother of God for the constant repetition of the Jesus Prayer.

Ninth Decade

The Wedding at Cana

Let us remember the miracle performed in Cana of Galilee, when the Lord turned water into wine at the words of the Mother of God: They have no wine. Let us ask the Mother of God for help in our affairs and deliverance from need.

Tenth Decade

The Crucifixion of the Lord

Let us remember the Mother of God standing at the Cross of the Lord, when grief pierced through her heart like a sword. Let us pray to the Mother of God for the strengthening of our souls and the banishment of despondency.

Eleventh Decade

The Resurrection of the Lord

Let us remember the Resurrection of Christ and ask the Mother of God in prayer to resurrect our souls and give us new courage for spiritual feats.

Twelfth Decade

The Ascension of the Lord

Let us remember the Ascension of Christ, at which the Mother of God was present. Let us pray and ask the Queen of Heaven to raise up our souls from earthly and worldly amusements and direct them to striving for higher things.

Thirteenth Decade
The Descent of the Holy Spirit

Let us remember the Upper Room and the descent of the Holy Spirit on the Apostles and the Mother of God. Let us pray: Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me.

Fourteenth Decade
The Dormition of the Theotokos

Let us remember the Dormition of the Blessed Mother of God, and ask for a peaceful and serene end.

Fifteenth Decade
The Crowning of the Theotokos

Let us remember the glory of the Mother of God, with which the Lord crowned her after her removal from earth to heaven. Let us pray to the Queen of Heaven not to abandon the faithful who are on earth but to defend them from every evil, covering them with her honorable and protecting veil.

The Rule of the Theotokos

The Angelic Salutation

 Theotokos and Virgin, rejoice! Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb; for thou hast borne the Saviour of our souls. *Ten times.*

 ur Lady, Blessed Mother of God, save and preserve thy servants *names of parents, relatives, friends*; increase their faith and repentance and, at the hour of their death, give them rest with the saints in thine eternal glory.

The Lord's Prayer

 ur 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 forgive those of our own debtors; and lead us not to the time of trial, but deliver us from the evil one.

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

The door of compassion open unto us, O blessed Theotokos, for, hoping in thee, let us not perish; through thee may we be delivered from adversities, for thou art the salvation of the Christian race.

If praying a decade each day during the Dormition Fast, turn to page 11 and pray the additional prayer before the next decade.

Otherwise, announce the next decade.

Closing Prayers

It is truly meet to bless thee, O Theotokos, ever blessed and most pure, and the Mother of God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

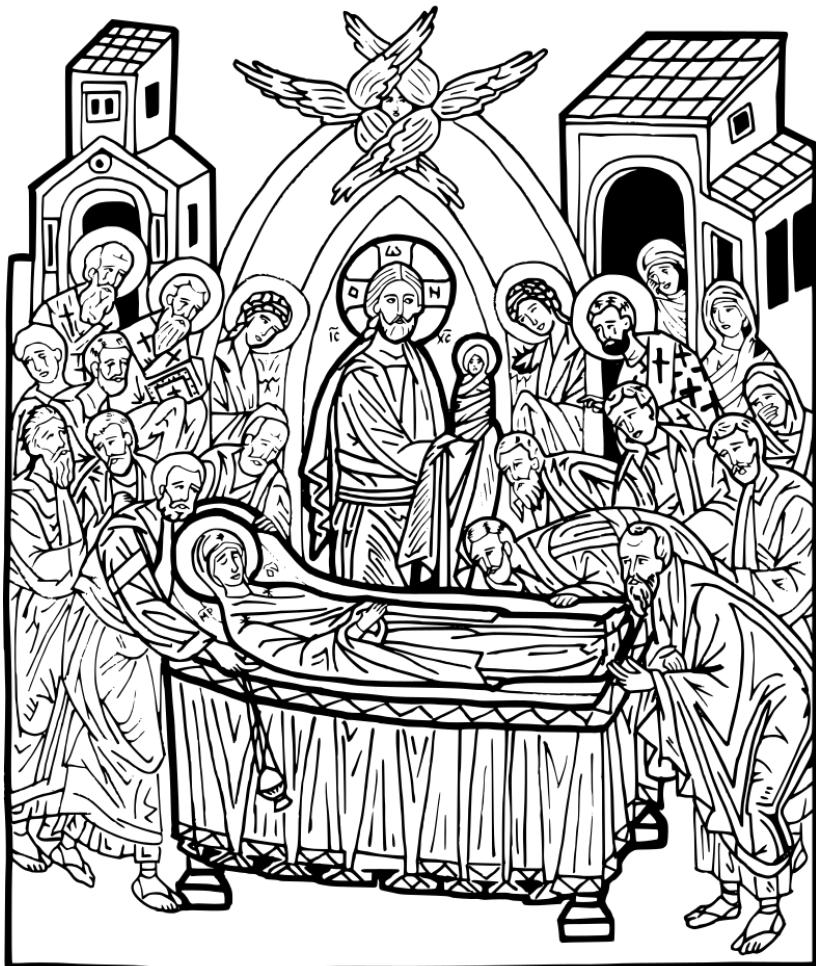
Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Lord have mercy. *Thrice.*

O Lord Jesus Christ, Son of God, for the sake of the prayers of Thy most pure Mother, our holy and God-bearing fathers, and all the saints, have mercy on us.

AMEN

DORMITION OF THE THEOTOKOS



Dormition Fast Prayers

1st August

Thy nativity, O Theotokos Virgin, hath proclaimed joy to all the world; for from thee hath dawned the Sun of Righteousness, Christ our God, annulling the curse and bestowing the blessing, abolishing death and granting us life eternal.

2nd August

Today is the prelude of God's goodwill and the heralding of the salvation of mankind. In the temple of God, the Virgin is presented openly, and she proclaimeth Christ unto all. To her, then, with a great voice let us cry aloud: Rejoice, O thou fulfillment of the Creator's dispensation.

3rd August

Today is the fountainhead of our salvation and the manifestation of the mystery which was from eternity. The Son of God becometh the Virgin's Son, and Gabriel proclaimeth the good tidings of grace; wherefore, we also cry to the Theotokos with him: Rejoice, thou who art full of grace, the Lord is with thee.

4th August

When the Messiah was already incarnate, we listened to thee, His first herald, when, with awe, thou didst say unto the divinely chosen Maiden who embraced thee: "Whence is this to me, that the Mother of my Lord should come to me?" Wherefore, praising thee, we cry aloud: Rejoice, thou mirror revealing the mysteries of God to us!

5th August

Thy Nativity, O Christ our God, hath shined upon the world the light of knowledge; for thereby, they that worshipped the stars were taught by a star to worship Thee, the Sun of Righteousness, and to know Thee, the Dayspring from on high. O Lord, glory be to Thee.

6th August

Rejoice, thou who art full of grace, O Virgin Theotokos, for from thee hath risen the Sun of Righteousness, Christ our God, enlightening those in darkness. Rejoice, thou also, O righteous Elder, as thou receivest in thine arms the Redeemer of our souls, Who also granteth unto us the Resurrection.

7th August

Behold, the angel of the Lord appeareth to Joseph in a dream, saying, “Arise, and take up the young child and his mother, and flee into Egypt, and be thou there until I bring thee word: for Herod will seek the young child to destroy him.” God Who hath been born of the Virgin hath appeared to those who sit in shadow, that He may save us all.

8th August

Born of His Mother, but without beginning according to His Father, the Child grew, and waxed strong in the Spirit, filled with wisdom. To Him, O ye faithful, let us cry: Thou art our God! Have mercy upon us!

9th August

Seeing her own Lamb led to the slaughter, Mary His Mother followed Him with the other women and in her grief she cried: Where dost Thou go, my Child? Why dost Thou run so swiftly? Is there another wedding at Cana, and art Thou

hastening there, to turn the water into wine? Shall I go with Thee, my Child, or shall I wait for Thee? Speak some word to me, O Word; do not pass me by in silence. Thou hast preserved me in virginity, and Thou art my Son and God.

10th August

O Virgin undefiled, Mother of Christ our God, a sword pierced thine all-holy soul when thou hast seen thy Son and God crucified of His own will. O blessed among women, never cease to intercede that He may grant us pardon of our sins.

11th August

The angel cried to the Lady full of grace, Rejoice! Rejoice, O pure Virgin. Again I say, Rejoice! Thy Son is risen from His three days in the tomb. With Himself, He hath raised all the dead; rejoice, rejoice O ye people. Shine, shine, shine, O new Jerusalem; the glory of the Lord hath shown on thee. Exult now, exult and be glad, O Zion. Be radiant, O pure Theotokos, in the resurrection, the resurrection of thy Son.

12th August

Thou hast ascended in glory, O Christ our God, having gladdened Thy disciples with the promise of the Holy Spirit; and they were assured by the blessing that Thou art the Son of the God, the Redeemer of the world.

13th August

Blessed art Thou, O Christ our God, Who hast shown forth the fishermen as supremely wise, by sending down upon them the Holy Spirit, and through them didst draw the world into Thy net. O Lover of mankind, glory be to Thee.

14th August

In giving birth thou didst preserve thy virginity; in thy dormition thou didst not forsake the world, O Theotokos. Thou wast translated unto life, since thou art the Mother of Life; and by thine intercessions dost thou deliver our souls from death.

15th August

O marvellous wonder! The source of life is laid in the tomb, and the tomb itself becomes a ladder to heaven. Make glad, O Gethsemane, thou sacred abode of the Mother of God. Come, O ye faithful, and with Gabriel to lead us let us cry: "Hail, thou who art full of grace: the Lord is with thee. Granting the world through thee great mercy."

