

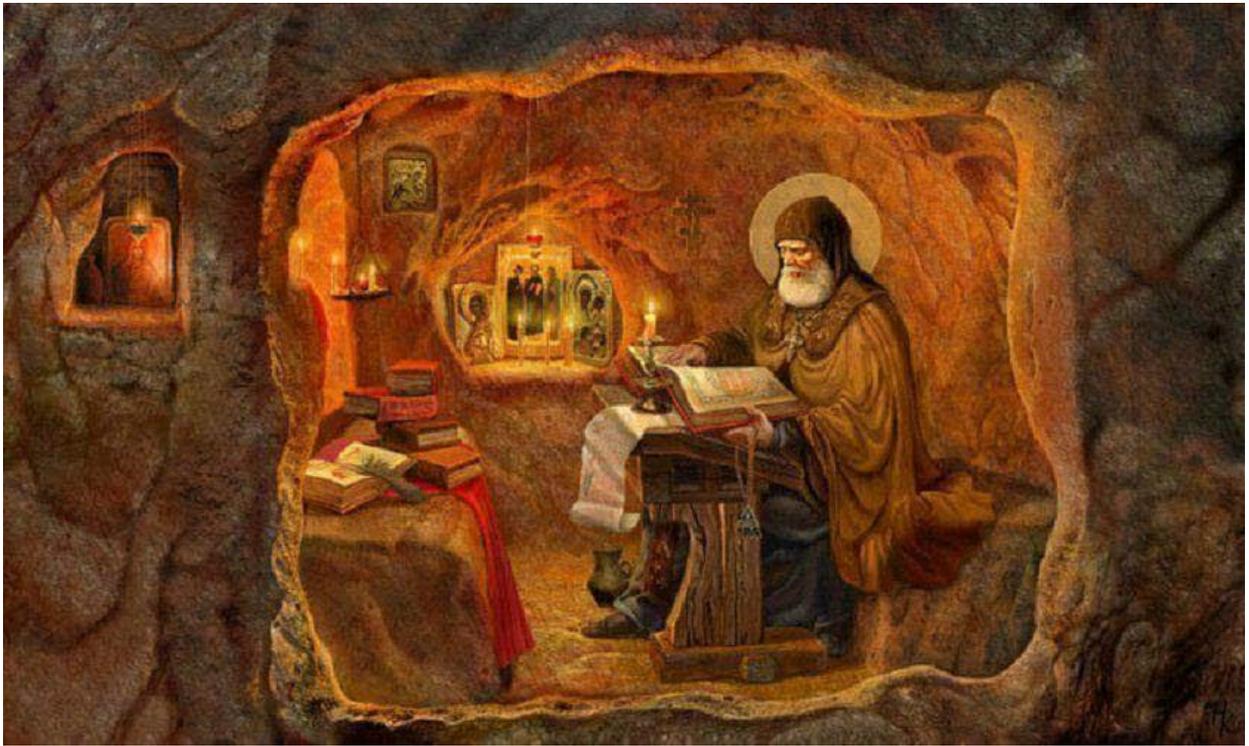


TRINITARIAN CROWN

Holy Prayer Rule in Use at the Novi Kloštar Hermitage



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Trinitarian Crown: Holy Prayer Rule in Use at the Novi Kloštar Hermitage
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TRINITARIAN CROWN

of the Romualdian Fathers

Preliminary Formula

O God ✝ be Attentive unto helping me.

O Lord Make Haste to help me. Glory be to the Father, and to the Son, ✝ and to the holy Spirit. As it was in the beginning, both now and ever, and unto the ages of ages. Amen.

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

Amen. Glory ✝ to Thee, our God, glory to Thee.

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.

Holy ✝ God, Holy Mighty, Holy Immortal, have mercy on us. (x3)

Glory to the Father, ✝ and to the Son, and to the Holy Spirit, both now and ever, and unto the 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. (x3)

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

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 our debtors; and lead us not into temptation, but deliver us from the evil one.

O Lord, Jesus Christ, Son of God, have mercy on us. Amen.

Lord, Have mercy. (x12)

Glory to the Father, ✠ and to the Son, and to the Holy Spirit, both now and ever, and unto the 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.

Prayer of Repentance

Psalm 50

**¹ Have mercy on me, O God, according to thy steadfast love;
according to thy abundant mercy blot out my transgressions.**

**² Wash me thoroughly from my iniquity,
and cleanse me from my sin!**

**³ For I know my transgressions,
and my sin is ever before me.**

**⁴ Against thee, thee only, have I sinned,
and done that which is evil in thy sight,
so that thou art justified in thy sentence
and blameless in thy judgment.**

**⁵ Behold, I was brought forth in iniquity,
and in sin did my mother conceive me.**

**⁶ Behold, thou desirest truth in the inward being;
therefore teach me wisdom in my secret heart.**

**⁷ Purge me with hyssop, and I shall be clean;
wash me, and I shall be whiter than snow.**

**⁸ Fill me with joy and gladness;
let the bones which thou hast broken rejoice.**

**⁹ Hide thy face from my sins,
and blot out all my iniquities.**

**¹⁰ Create in me a clean heart, O God,
and put a new and right spirit within me.**

**¹¹ Cast me not away from thy presence,
and take not thy holy Spirit from me.**

**¹² Restore to me the joy of thy salvation,
and uphold me with a willing spirit.**

**¹³ Then I will teach transgressors thy ways,
and sinners will return to thee.**

**¹⁴ Deliver me from bloodguiltiness, O God,
thou God of my salvation,
and my tongue will sing aloud of thy deliverance.**

**¹⁵ O Lord, open thou my lips,
and my mouth shall show forth thy praise.**

**¹⁶ For thou hast no delight in sacrifice;
were I to give a burnt offering, thou wouldst not be pleased.**

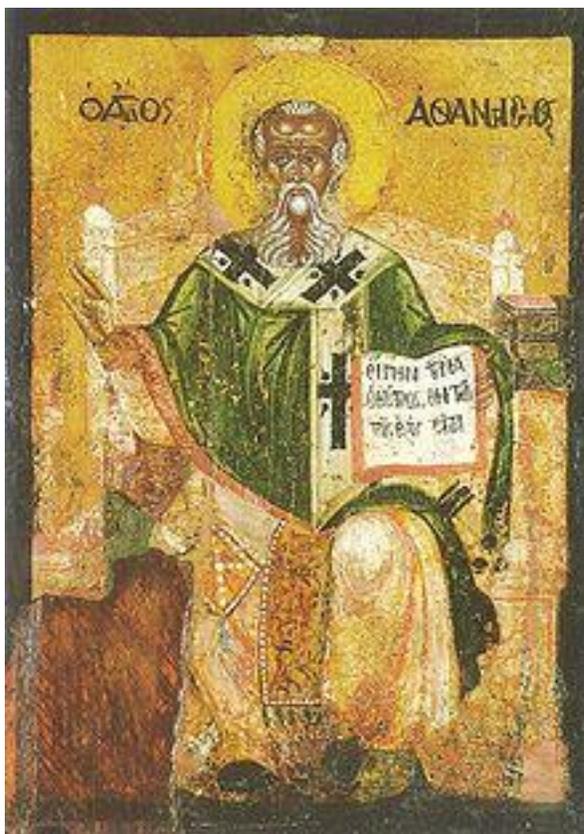
**¹⁷ The sacrifice acceptable to God is a broken spirit;
a broken and contrite heart, O God, thou wilt not despise.**

- ¹⁸ Do good to Zion in thy good pleasure;
rebuild the walls of Jerusalem,**
- ¹⁹ then wilt thou delight in right sacrifices,
in burnt offerings and whole burnt offerings;
then bulls will be offered on thy altar.**

The Creed

of Saint Athanasius

Whosoever will be saved, before all things it is necessary that he hold the catholic faith;



Which faith except every one do keep whole and undefiled, without doubt he shall perish everlastingly.

**And the catholic faith is this:
That we worship one God in
Trinity, and Trinity in Unity;**

**Neither confounding the
persons nor dividing the
substance.**

**For there is one person of the
Father, another of the Son, and
another of the Holy Spirit.**

**But the Godhead of the Father,
of the Son, and of the Holy
Spirit is all one, the glory equal, the majesty coeternal.**

Such as the Father is, such is the Son, and such is the Holy Spirit.

The Father uncreated, the Son uncreated, and the Holy Spirit uncreated.

The Father incomprehensible, the Son incomprehensible, and the Holy Spirit incomprehensible.

The Father eternal, the Son eternal, and the Holy Spirit eternal.

And yet they are not three eternal but one eternal.

As also there are not three uncreated nor three incomprehensible, but one uncreated and one incomprehensible.

So likewise the Father is almighty, the Son almighty, and the Holy Spirit almighty.

And yet they are not three almighties, but one almighty.

So the Father is God, the Son is God, and the Holy Spirit is God;

And yet they are not three Gods, but one God.

So likewise the Father is Lord, the Son Lord, and the Holy Spirit Lord;

And yet they are not three Lords but one Lord.

For like as we are compelled by the Christian verity to acknowledge every Person by himself to be God and Lord;

So are we forbidden by the catholic religion to say; There are three Gods or three Lords.

The Father is made of none, neither created nor begotten.

The Son is of the Father alone; not made nor created, but begotten.

The Holy Spirit is of the Father and of the Son; neither made, nor created, nor begotten, but proceeding.

So there is one Father, not three Fathers; one Son, not three Sons; one Holy Spirit, not three Holy Spirits.

And in this Trinity none is afore or after another; none is greater or less than another.

But the whole three persons are coeternal, and coequal.

So that in all things, as aforesaid, the Unity in Trinity and the Trinity in Unity is to be worshipped.

He therefore that will be saved must thus think of the Trinity.

Furthermore it is necessary to everlasting salvation that he also believe rightly the incarnation of our Lord Jesus Christ.

For the right faith is that we believe and confess that our Lord Jesus Christ, the Son of God, is God and man.

God of the substance of the Father, begotten before the worlds; and man of substance of His mother, born in the world.

Perfect God and perfect man, of a reasonable soul and human flesh subsisting.

Equal to the Father as touching His Godhead, and inferior to the Father as touching His manhood.

Who, although He is God and man, yet He is not two, but one Christ.

One, not by conversion of the Godhead into flesh, but by taking of the manhood into God.

One altogether, not by confusion of substance, but by unity of person.

For as the reasonable soul and flesh is one man, so God and man is one Christ;

Who suffered for our salvation, descended into hell, rose again the third day from the dead;

He ascended into heaven, He sits on the right hand of the Father, God, Almighty;

From thence He shall come to judge the quick and the dead.

At whose coming all men shall rise again with their bodies;

and shall give account of their own works.

And they that have done good shall go into life everlasting and they that have done evil into everlasting fire.

This is the catholic faith, which except a man believe faithfully he cannot be saved.

****Seasonal Variation**

At differing times of the year we replace the saying of "Heavenly King..." with the following:

From Pascha to the Ascension

Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life! . (3)

From Ascension to its leavetaking:

You have ascended in glory, Christ our God, granting joy to your disciples by the promise of the Holy Spirit. Through the blessing, they were assured that You are the Son of God, the redeemer of the world.

On the Saturday before Pentecost we omit "Heavenly King..." and go directly from "Glory to you , our God, glory to You!" to the Trisagion Prayers.

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On Citation of the Crown

((While we do not utilize the faculty of imagination and corresponding prayers as do the Papists, it is still possible to use the physical rosary beans as follows. If using an Eastern prayer rope these first four (4) may be said at the Cross:))

1. At the Cross:

Let God arise, and let His enemies be scattered; and let those who hate Him flee from before His face. As smoke vanishes, let them vanish; and as wax melts from the presence of fire, so let the demons perish from the presence of those who love God and who sign themselves with the Sign of the Cross and say with gladness: Hail, most precious and life-giving Cross of the Lord, for Thou drivest away the demons by the power of our Lord Jesus Christ Who was crucified on thee, went down to hell and trampled on the power of the devil, and gave us thee, His honorable Cross, for driving away all enemies. O most precious and life-giving Cross of the Lord, help me, with our holy Lady Virgin Theotokos, and with all the Saints, throughout the ages. Amen.

2. First bead after the Cross

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, but deliver us from the evil one.

3. Triplet beads

Rejoice O Pure Virgin Mother of God, Mary full of grace, the Lord is with thee! Blessed art thou amongst women, and blessed is the fruit of thy womb, for thou hast given birth to the Saviour of our souls. (3)

4. The following single bead

The Father is my hope; the Son is my refuge; the Holy Spirit is my protector. O All-holy Trinity, glory to Thee!

The Kyrielieson Prayer

(for both rosary & prayer rope:)

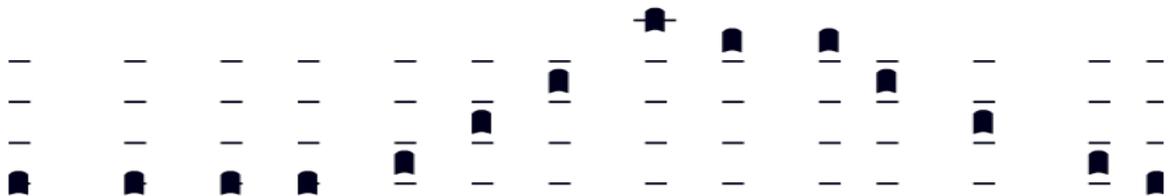


5. At each group of 10; The Kyrielieson Prayer on each bead:

Lord have mercy

Christ have mercy

Lord have mercy



Lord, have mercy; Christ, have mercy, Lord, have mercy

6. On each separator bead between each decade:

My Most Holy and Blessed Lady Theotokos, help me, guide me, protect me, nurture me upon The Way of our Lord.

7. Continues as in 5 & 6 until completed.

8. Then the following:

O Christ the Lord Jesus save me a sinner!

The Dismissal

It is truly meet to bless thee, the Theotokos, ever blessed and most pure, and Mother of our 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.

Pray unto God for me, O Holy Saint *(name)*, well-pleasing to God: for I turn unto you, who are the speedy helper and intercessor for my soul.

O Angel of Christ, holy guardian and protector of my soul and body, forgive me everything wherein I have offended you every day of my life, and protect me from all influence and temptation of the evil one. May I nevermore anger God by any sin. Pray for me to the Lord, that He may make me worthy of the grace of the All-holy Trinity, and of the Most Blessed Theotokos, and of all the Saints,

Help me! Save me! Have mercy on me, keep me from harm by ✝ Thy Grace!

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. *(x3)*

Optional Prayers here [see appendix section]

O Lord, Bless.

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

The Father is my hope; the Son is my refuge; the Holy Spirit is my protector. O ✝ All-holy Trinity, glory to Thee! Amen! Amen! Amen!

Optional Prayers

Apolytikion of Benedict of Nursia

Plagal of the Fourth Tone



The image of God, was faithfully preserved in you, O Father. For you took up the Cross and followed Christ. By Your actions you taught us to look beyond the flesh for it passes, rather to be concerned about the soul which is immortal. Wherefore, O Holy Benedict, your soul rejoices with the angels.

Kontakion of Benedict of Nursia

Plagal of the Fourth Tone

O sun that shinest with the Mystic Dayspring's radiance, who didst enlighten the monastics of the western lands, thou art worthily the namesake of benediction; do thou

purge us of the filth of passions thoroughly by the sweat of thine illustrious accomplishments, for we cry to thee: Rejoice, O thrice-blessed Benedict.

A Prayer to Archangel Michael, the Mighty Warrior¹

O Lord God, Great and Eternal King!

Send, O Lord, Thy Archangel Michael to help Thy servant *(name)*, and to deliver me from all my enemies, visible and invisible.

O Archangel Michael, angel of the Lord and vanquisher of demons! Suppress all my combatants, make them meek as sheep, and disperse them like dust before the wind.



O great Michael, Archangel of the Lord, six-winged high prince, leader of the heavenly host, the Cherubim and the Seraphim! O kind Archangel Michael, be my helper in all offenses, sorrows and woes, in the desert, at the crossroads, be a safe haven on rivers and seas. Deliver me, O great Archangel Michael, from all the temptations of the demons, when they hear me, thy sinful servant *(name)*, praying to thee, and calling upon thee, and entreating thy holy name: hasten to assist me and heed

my prayer.

O great Archangel Michael! Vanquish all my opponents by the power of the Holy and Life-giving Heavenly Cross of the Lord, by the prayers of the Most-holy Theotokos and the holy apostles, the holy prophet of God Elias, saint Nicholas the wonderworker, saint Andrew the fool-for-Christ, the holy great martyrs Nikitas and

¹ Whosoever reads this ancient prayer – on that day will he be touched neither by the devil, nor by any evil man, nor will any temptation seduce his heart. If he should pass from this life – hell will not take in his soul.

Eustace, the venerable fathers and holy hierarchs, martyrs, and all the heavenly host. Amen.

Prayer to St. Romuald
Commemorated on June 19^{os}



Heavenly Father, you have bound us together, monks and oblates, in the love of your Son Jesus Christ. Bless us in the prayer and work which you have given us to do, so that by the strength of your Spirit we may contribute to the advancement of your kingdom by the Threefold Good, through Christ our Lord. Amen.

Heavenly Father, you so filled your servant St. Romuald with your creative Spirit that he became a powerful hesychastic force in Your Church for the renewal of Christian solitary and communal life. Fill us with the same Spirit, so that we may live, whether in solitude or community, intent upon Your service and praise. This we ask

through Christ our Lord. Amen.

St. Nilus, abbot of Sora

**Troparion, in Tone I —
Commemorated on May 7^{os}**

Having spurned the worldly life, O our venerable and God-bearing father Nilus, fleeing the tumult of life thou wast quick to gather the



flowers of paradise from the writings of the fathers, and, having made thine abode in the wilderness, thou didst flourish like a lily of the field; wherefore, thou hast passed over to the mansions of heaven. Teach us who honor thee also to tread thy royal path, and pray thou for our souls.

Kontakion of the venerable one, in Tone VIII, To thee, the champion leader..." —

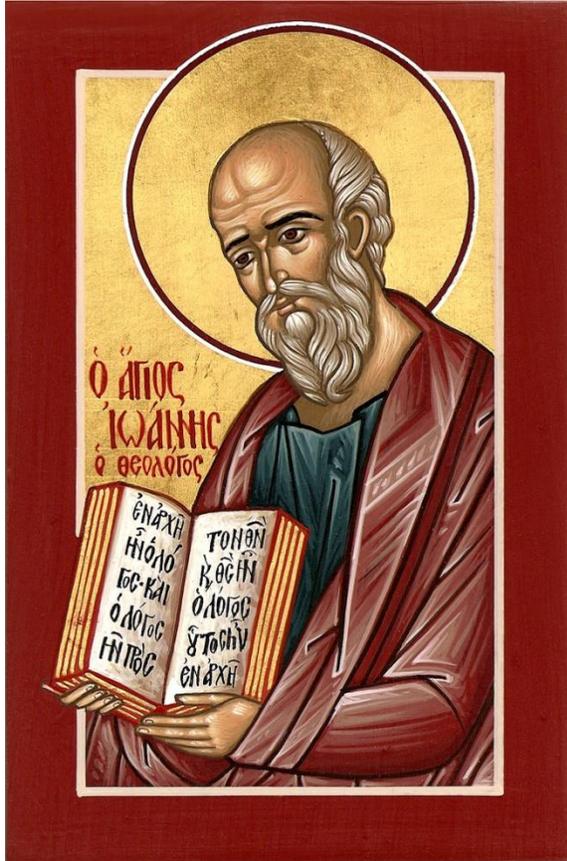
Fleeing from the tumult of the world for the sake of Christ's love, with joyous soul thou didst make thine abode in the wilderness, and struggling well therein, O father Nilus, thou didst Live on earth like an angel; for thou didst lay waste to thy body through fasting and the keeping of vigils for the sake of everlasting life. And having been counted worthy thereof, standing with the saints before the all-holy Trinity in the light of ineffable joy, pray thou,— we, thy children, beseech thee, falling pros-trate,— that we be preserved from every assault of enemies visible and

invisible, and from evil circumstances, and that our souls be saved.

Rest of the Holy Apostle and Evangelist John the Theologian

Commemorated on September 26 os

Troparion — Tone 2



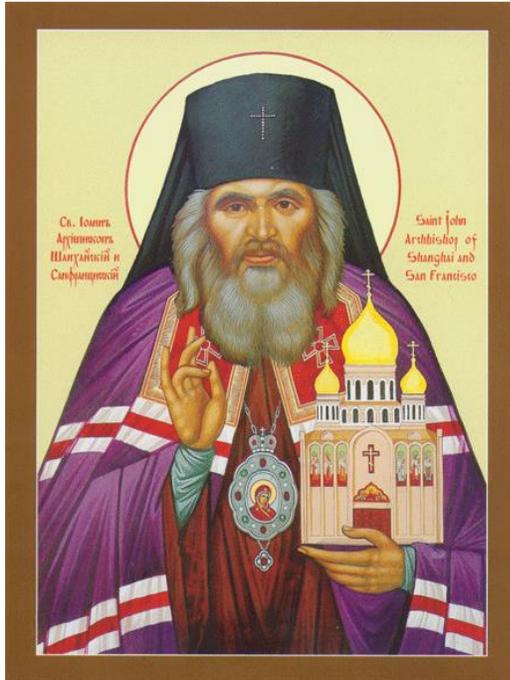
Beloved apostle of Christ our God, / hasten to deliver a defenseless people. / He who allowed you to recline on His breast, / receives you as you bow before Him. / Implore Him, John the Theologian, / to disperse the persistent threat from the heathens, / entreating for us peace and great mercy.

Kontakion — Tone 2

Who shall declare your greatness, / O virgin disciple, / for you pour forth wonders and are a source of healings, / and pray for our souls as Theologian and friend of Christ.

St. John of Shanghai and San Francisco

Troparion of the saint, in Tone V —
Commemorated on June 19 os



**Lo, thy care for thy flock in its sojourn/
prefig-ured the supplications which
thou dost ever offer up for the whole
world./ Thus do we believe, having
come to know thy love,/ O holy hierarch
and wonderworker John./ Wholly
sanctified by God/ through the ministry
of the all-pure Myster-ies/ and thyself
ever strengthened thereby,/ thou didst
hasten to the suffering,/ O most
gladsome Healer.// Hasten now also to
the aid of us who honor thee with all our
heart.**

Kontakion, in Tone IV —

**Thy heart hath gone out to all who entreat thee with love,/ O holy
hierarch John,/ and who remember the struggle of thy whole
industrious life,/ and thy painless and easy repose,// O faithful
servant of the all-pure Directress.**

Western Orthodox Prayers of Repentance

Choose 1 of the following 3 Penitential Prayers:

FIRST PRAYER

**O God, my God, almighty One, before Thee I fall down in humble
adoration. Thou art King of kings and Lord of lords; Thou art judge
of all the ages; Thou art the redeemer of our souls. Thou art the
deliverer of those with faith; Thou art the hope of those that toil;**

Thou art the comfort of those that sorrow; Thou art the path to those that stray; Thou art the teacher of the nations; Thou art the creator of all created things. Thou art the lover of all good; Thou art the ruler of all the virtues; Thou art the joy of Thy Saints; Thou art everlasting life; Thou art joy in the truth; Thou art exultation in the eternal homeland; Thou art Light of Light; Thou art the wellspring of holiness; Thou art the glory of God the Father on high. Thou art the Saviour of the world; Thou art the fullness of the Holy Spirit. Thou sittest at the right hand of God the Father; Thou reignest upon Thy throne for ever.

I ask Thee for remission of all sins, O my Lord Jesus Christ, Who desirest that none should perish, but all be saved and come to the knowledge of the truth. Thou, O God, hast said with Thy pure and holy mouth: In whatsoever day the sinner turneth again, 'living, he shall live, and shall not die.' (Ezec. 18:21) I turn again to Thee, and with all my heart I will cry to Thee, my God, and to Thee I now wish to confess all my sins. My debts are multiplied upon me, for my sins have no number.

I confess † to Thee O Lord my God, for I have sinned against heaven and against the earth and before Thee and before Thine Angels. I have sinned by neglecting Thy commandments and my work. I have sinned by vainglory, boasts, and elation of heart. I have sinned by envy and ill will. I have sinned by speaking ill of others and by greed. I have sinned by pride and by malice. I have sinned by fornication and by gluttony. I have sinned by false witness and by hating others. I have sinned by dishonesty and stealing. I have sinned by blasphemy and by carnal hopes. I have sinned by drunkenness and by idle chatter. I have sinned by contentions and by quarrels. I have sinned by swearing and by irritability. I have sinned by earthly and vanishing joy. I have sinned by the delighting of my mind. I have sinned by depression and by murmuring. I have sinned with mine eyes and

with mine ears. I have sinned with my nose and with my mouth. I have sinned with my hands and with my feet. I have sinned with my tongue and throat. I have sinned with my neck and chest. I have sinned in my heart and in thoughts. I have sinned with my bones and flesh. I have sinned with my marrow and loins. I have sinned with my soul and with my whole body.

If Thine avenging justice were now upon me, seeing that my sins have been so very greatly multiplied in myself, how could I bear Thy judgment? But I have Thee as my High Priest. I confess my sins to Thee, my God, for Thou art the sinless One. I beseech Thee, Lord God, by Thy Passion and by the sign and wood of Thy salvation-bearing Cross, and by the shedding of Thy holy Blood, that Thou wouldst grant me remission of all my sins. I ask Thee, O Lord my God, Jesus Christ, that Thou wouldst not deal with me according to my deserts but according to Thy great mercy. Judge me, Lord, according to the judgment of Thy forgiveness and Thy mercy. I implore Thee, mine almighty God, that Thou wouldst plant Thy love and fear in me. For Thy name's sake, raise up in me repentance and weeping for my sins. Help me and grant me the remembrance of Thy commandments. O God, blot out mine iniquity from Thy sight, and turn not Thy countenance away from my prayer. Cast me not away from Thy presence. (cf. Ps. 50) Forsake me not; O my God, depart not from me, (Ps. 37:23) but strengthen me in Thy will. Teach me what I should do, what I should speak, and what I should be silent about. O Lord my God, defend me from all mine enemies, visible and invisible. O Lord my God, defend me from the darts of the Devil and against the angel of hell suggesting many evils to me and teaching me how to do them. Forsake me not, O Lord my God, forsake me not, Thy lonely and miserable servant, but help me, O Lord my God, and perfect Thy teaching in me. Teach me to do Thy will, (Ps. 142:10) for Thou art my Teacher and my God, Who reignest unto ages of ages. Amen.

SECOND PRAYER

Before Thine eyes, O Lord, I whose conscience is guilty stand witness. I do not dare to ask for what I am unworthy to receive. For Thou, Lord, knowest all that happeneth with us. We blush for shame to confess what we were fearless to allow ourselves to do. We serve Thee only with words, and lie in our heart; and what we say we want, we prove by our actions that we refuse. Spare us who confess to Thee, Lord; forgive our sins; have mercy on those who beseech Thee; and because mine understanding regarding Thy Most Holy Mysteries is weak, grant, O Lord, that Thou Who dost not accept from us the words of a stony heart mayest impart forgiveness to us of Thyself, Jesus Christ our Lord. Amen.

THIRD PRAYER

For my sins, O Lord, I ask forgiveness from Thee, for very many are my sins, and numberless my transgressions. I have transgressed with predictability, daily, by day and by night. I walk against the commandment of God which I ought to keep, for full am I of drunkenness, vainglory, dishonesty, perjury, theft, fornication, defilement, lust, pride, spiritual sloth, and envy, for I am sinful and unfaithful, wicked of heart, and hateful. I beat against every commandment which I ought to keep from day to day. But, O Father in heaven, I ask for Thy pity and Thy mercy, that Thou never allow me to depart from the light of this life before Thou grant me, a sinner, such repentance that it will free me from hell and bring me into Thy holy mercy. Amen.

Thus, is The Trinitarian Crown of the Romualdian Fathers.

(Orthodox & Benedictine).

