NATIVITY FAST: NOVEMBER 28 – JANUARY 6, 2023

Prayer

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

O Heavenly King, the Comforter, the Spirit of Truth who art everywhere and fillest all things. Treasury of Blessings, and Giver of Life. Come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal: have mercy on us. (Thrice)

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

O most holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. 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, now and ever and unto ages of ages. Amen.

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.

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

Read the appointed Kathisma for the day.

Glory 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 to Thee, O God! (twice)
Alleluia, Alleluia, Alleluia, Glory to Thee, O God our hope, O Lord, glory to Thee.

O Lord Jesus Christ, Son of God, have mercy on (name of each person).

Kathismata

Note: If you are using an Orthodox Bible or Septuagint Psalter (LXX), use the numbers in parentheses.

Kathisma	Psalms (LXX)
1	1-8 (1-8)
2	9-17 (9-16)
3	18-24 (17-23)
4	25-32 (24-31)
5	33-37 (32-36)
6	38-46 (37-45)
7	47-55 (46-54)
8	56-64 (55-63)
9	65-70 (64-69)
10	71-77 (70-76)
11	78-85 (77-84)
12	86-91 (85-90)
13	92-101 (91-100)
14	102-105 (101-104)
15	106-109 (105-108)
16	110-118 (109-117)
17	119 (118)
18	120-134 (119-133)
19	135-143 (134-142)
20	144-150 (143-150)
Start Over	

Participants

Derek	Thad	Paul	Nina	Mary Anne	John
Lucy	Linda	Peter	Magdalena	Kathryn	
Larka	Polly Rose	Josh	Tim	Nancy	
Jacob	Kellie	Melissa	David	Terry	

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Name	Starting Kathisma	Name	Starting Kathisma
Derek	1		
Lucy	2		
Larka	3		
Jacob	4		
Thad	5		
Linda	6		
Polly Rose	7		
Kellie	8		
Paul	9		
Josh	10		
Melissa	11		
Nina	12		
Magdalena	13		
Peter	14		
Tim	15		
David	16		
Mary Anne	17		
Kathryn	18		
Nancy	19		
Terry	20		
John	1		