

SPIRITUAL NOTES

OF THE DIOCESE OF CHARLESTON AND OAKLAND



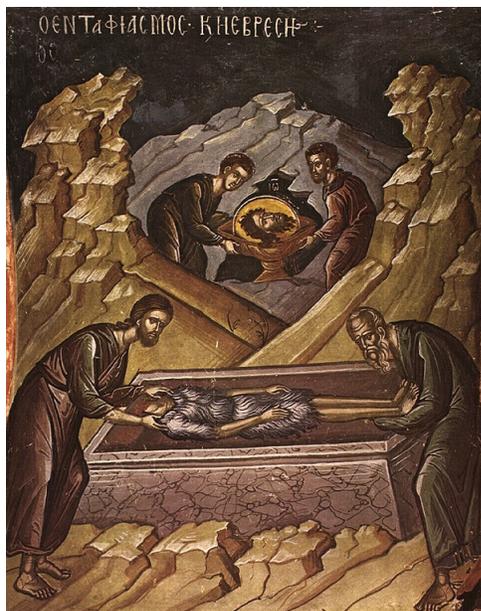
Prayer Before Receiving Holy Communion

From St. Basil the Great

O Lord, I know that I am unworthy to receive thy Holy Body and Precious Blood; I know that I am guilty, and that I eat and drink condemnation to myself, not discerning the Body and Blood of Christ my God. But trusting in thy loving-kindness I come unto thee who has said: He that eateth my Body and drinketh my Blood shall dwell in me and I in him. Therefore, O Lord, have compassion on me and make not an example of me, thy sinful servant. But do unto me according to thy great mercy, and grant that these Holy Gifts may be for me unto the healing, purification, enlightenment, protection, salvation and sanctification of my soul and body, and to the expulsion of every evil imagination, sinful deed or work of the Devil. May they move me to reliance on thee and to love thee always, to amend and keep firm my life; and be ever in me to the increase of virtue, to the keeping of thy Commandments, to the communion of the Holy Spirit, and as a good defense before thy dread Judgment Seat, and for Life Eternal. Amen.

February 24th, 2016

1ST AND 2ND FINDING OF THE HEAD OF JOHN THE BAPTIST



Troparion — Tone 4

The head of the Forerunner rose from the earth as
a star, / Brilliant with rays of healing and
immortality. / It gathers the choirs of angels in
heaven, / And assembles the human race on
earth / To sing with one voice the glory of Christ
our God.

Kontakion — Tone 3

O Prophet of God and Forerunner of Grace, / Your
head has blossomed from the earth as a sacred
rose. / We are ever being healed, / For as of old,
You preach repentance to the world.