Bind yourselves to your brethren. Those bound together in love bear everything with ease…. If now you want to make the bond double, your brother must also be bound together with you. He wants us to be bound together with one another, not only to be at peace, not only to be friends, but to be all one, a single soul. Beautiful is this bond. With this bond we bind ourselves together both to one another and to God. This is not a chain that bruises. It does not cramp the hands. It leaves them free, gives them ample room and greater courage.

St. John Chrysostom
Homily on Ephesians 9.4.1-3

Please join us as we pray the Psalter throughout the fast. The Psalter is the Book of Psalms, divided into 20 Kathismata. "Kathismata" is plural for "kathisma" which means
"sitting". With these divisions, you can read through the Book of Psalms in twenty sittings. We'll be praying the Psalms daily, from March 15 (Clean Monday) to April 23.

Beginning on March 15th, the first day of the fast, each member of the group will start by praying one kathisma (please refer to the sign-up genius for your assigned starting Kathisma).

**Sign-up for Annunciation Psalter Group**

**The Online Schedule of Psalms to be Read**
*(According to Your Group Sign-up Genius)*

*(Please note, more slots will be added once 20 participants sign up)*

If you are Reader 1 in the group, on Day 1 you will begin by reading Kathisma 1. On Day 2 you will read Kathisma 2, Day 3, Kathisma 3 and so on. Once you have read through all 20 Kathismata, you will begin again and repeat by reading Kathisma 1 and so on.

If you are Reader 2 in the group, on Day 1 you will begin by reading Kathisma 2. On Day 2 you will read Kathisma 3, Day 3, Kathisma 4 and so on.

If you are Reader 18 in the group, on Day 1 you will begin by reading Kathisma 18. On Day 2 you will read Kathisma 19, Day 3, Kathisma 20. On Day 4 you will read Kathisma 1 and so on.

With twenty people each reading one Kathisma per day, together the Psalter is being read in its entirety every day of Lent. On the twenty-first day, we each begin again where we started, individually reading the entire Psalter a total of twice during the forty days.

Each Kathisma takes approximately fifteen to twenty minutes to read. Each of us will pray our Kathisma individually anytime during the day or night and anywhere we are able.

Although a psalter is a volume that contains the book of Psalms, you do not need to purchase a psalter in order to participate - simply use a Bible. If you would like to purchase either of the following books, please contact Jane Papacostas:
The full text of the English translation of the Psalms as a pocket edition for personal use. ($14.00 Note: price to be checked)

Songs of Praise: A Psalter Devotional for Orthodox Women ($29.95 Note: price to be checked)

How to Pray the Psalter

Begin with the Trisagion prayers:

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

Glory to You, O Lord, glory to You!

O Heavenly King, O Comforter, the Spirit of Truth, Who are in all places and fill all things, the Treasury of good things and the Giver of life: Come and abide in us, cleanse us from every stain, and save our souls, O Good One.
Holy God, Holy Mighty, Holy Immortal, have mercy on us. (three times)

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. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for Your Name’s sake.

Lord, have mercy. (three times)

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 evil.

For Thine is the kingdom, and the power and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

Then read your Kathisma.

Complete your prayer by praying "Lord, have mercy" for each of the Psalter Group members individually by name.

Thank you for joining us in praying the Psalms. May God bless our efforts!