

2025 Lenten Psalter Group

Joining the Psalter Group is a commitment to read one Kathisma of the Psalter each day of the fast, about 15-20 minutes of reading per day. This is done on your own, at a time you choose, not as a group meeting. An email will be sent out before the fast begins with the list of names and assignments. On the first day, Monday March 3, begin reading the Kathisma you are assigned, and pray for each person on the list. Each day, read the next Kathisma. After Kathisma 20, begin the next day at number one. In this manner, each person will read the entire Psalter twice during the 40 day fast, and the entire Psalter will be read collectively by the group each day. The last day is Friday, April 11.

Kath	Psalms	Names (Baptismal)
1	1-8	Anastasios, Elizabeth G
2	9-16	Moses & Photini, Christopher, Liz C
3	17-23	Catherine & David, Shannon S
4	24-31	Aiden & Sarah, Theophan
5	32-36	Anna H, Jane P
6	37-45	Rdr John, Sylvia P
7	46-54	Jeremy, Elena B
8	55-63	Abraham & Sara, Michelle R
9	64-69	Rdr. Michael & Elizabeth, Holli T
10	70-76	John & Sophia, Mike & Stacey A
11	77-84	Dimas & Anna Marie, Elias, Irene, Hope, Charity, Phoebe
12	85-90	Jennifer, Denise H, Katie D
13	91-100	Enoch & Deborah, Austin & Katie F
14	101-104	David & Juliana, David M
15	105-108	George N, Finlay & Jaci B
16	109-117	Ruth, Yvonne D
17	118	Anna C, Julie W
18	119-133	Caleb, Sebastian C
19	134-142	Mary, Tiffany k, Dominica C
20	143-150	Subdcn. Andrew & Macrina, Elias, Marina, Emilia

A Prayer before reading the Psalter

Most Holy Trinity, God and Creator of the whole world, come and direct my heart to begin with understanding and to end with good works this divinely inspired book of the Holy Spirit uttered through the lips of David, which I now desire to recite, unworthy though I am. Knowing well my own ignorance, I fall and pray, begging your help, O Lord: direct my mind and make my heart steadfast, that I may not grow weary because of the words my lips read, but that I may be gladdened with the understanding of what I read and may be prepared for the doing of the good works that I learn. Enlightened by good deeds, may I become a citizen of the land that is at your right hand with all of your elect. Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy on us and save us. Amen.

A Prayer after reading,

Glory to the Father...both now and ever...

Alleluia, Alleluia, Alleluia, Glory to Thee O God (2x)

Alleluia, Alleluia, Alleluia, Glory to Thee O our God and our hope,

O Lord, glory to Thee.

Lord, have mercy on (name each person in the Psalter group).