

# GREAT COMPLINE

## ΑΠΟΔΕΙΠΝΟΝ ΜΕΓΑ



**PRIEST** Blessed is our God always, Both now and ever, and to the ages of ages.

**READER** Amen.

**PRIEST** Glory to You, our God. Glory to You.

**H**eavenly King, Comforter, Spirit of Truth, present in all places and filling all things, treasury of good things and giver of life: come; take Your abode in us; cleanse us of every stain, and save our souls, O Good one.

**ΑΝΑΓΝΩΣΤΗΣ**

Τρισάγιον.

Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς. (Υ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν

**READER**

Trisagion Prayers.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3)

Glory to the Father, Son and Holy Spirit. Both now and ever and to the

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αίωνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἰλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῶν. Ἅγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ βασιλεία σου. Γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ρῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

**ΙΕΡΕΥΣ**

Ἵτι σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

**ΑΝΑΓΝΩΣΤΗΣ** Ἀμήν.

Lord, have mercy. (12x)

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

ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory to the Father, Son and Holy Spirit. Both now and ever and to the 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.

**PRIEST**

For the Kingdom and the power and the glory are Yours, Father, Son and Holy Spirit, now and ever and to the ages of ages.

**READER** Amen.

*Make 3 prostrations while saying:*

Come, let us worship and fall down before the King, our God.

Come, let us worship and fall down before Christ, the King, our God.

Come, let us worship and fall down before Christ Himself, the King, our God.

Psalm 4

**W**HEN I called upon You, O God of my righteousness, You heard me; You made room for me when I was in distress. Have pity on me, and hear my prayer. O children of men, how long will you be hard of heart? Why do you love vanity, and seek falsehood? But know that the Lord has made His holy one wondrous. The Lord will hear me when I cry to Him. Be angry, but do not sin. Have compunction on your beds for what you say in your hearts. Offer a sacrifice of righteousness, and put your hope in the Lord. There are many who say: "Who will show us good things?" The light of Your countenance is marked on us, O Lord. You have put gladness in my heart. They have abounded in the fruit of their wheat, wine, and oil. I shall both lie down in peace and sleep; for You, O Lord, have made me dwell in hope.

Psalm 6

**O** LORD, do not rebuke me in Your anger, nor chasten me in Your wrath. Have mercy on me, O Lord, for I am weak. Heal me, O Lord, for my bones are troubled. My soul also is greatly troubled, but You, O Lord, how long? Return, O Lord, deliver my soul; save me for Your mercy's sake. For in death there are none who remember You; and in Hades, who will give thanks to You? I am weary with my groaning; every night I will wash my bed; I will water my couch with my tears. My eye is troubled because of wrath; I have grown old because of all my enemies. Depart from me, all you workers of iniquity; for the Lord has heard the sound of my weeping. The Lord has heard my supplication; the Lord has received my prayer. Let all my enemies be ashamed and troubled; let them turn back and be put to great shame in an instant.

Psalm 12

**H**ow long, O Lord? Will You forget me forever? How long will You turn Your face from me? How long shall I take counsel in my soul, having sorrow in

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my heart, day and night? How long will my enemy be exalted over me? Look upon me, and hear me, O Lord my God; give light to my eyes, lest I sleep the sleep of death; lest my enemy say: I have prevailed against him. Those who afflict me will rejoice when I fall. But I have hoped in Your mercy; my heart shall rejoice in Your salvation. I will sing to the Lord, who has dealt bountifully with me; and I will praise the name of the Lord Most High.

*And again:*

Look upon me, and hear me, O Lord my God; give light to my eyes, lest I sleep the sleep of death; lest my enemy say: I have prevailed against him.

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

Alleluia. Alleluia. Alleluia. Glory to You, O God. (3x)

Lord, have mercy. (3x)

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

## Psalm 24

**T**o You, O Lord, I have lifted up my soul. O my God, I trust in You. Let me not be put to shame, nor let my enemies laugh at me. Let none who wait for You be put to shame; let them be ashamed who transgress wantonly. Make Your ways known to me, O Lord, and teach me Your paths. Lead me in Your truth, and teach me, for You are God my Savior, and for You I have waited all the day. Remember Your compassion, O Lord, and Your mercy, for they are of old. Do not remember the sin of my youth, nor my ignorance. According to Your mercy remember me, for Your goodness' sake, O Lord. Good and upright is the Lord; therefore, He will establish a law for sinners in the way. He will guide the meek in judgment; He will teach the meek His ways. All the ways of the Lord are mercy and truth for those who seek after His covenant and His testimonies. For Your name's sake, O Lord, pardon my sin, for it is great. Who is the man that fears the Lord? He shall establish him a law on the path that He has chosen. His soul shall dwell among good things, and his seed shall inherit the earth. The Lord is the strength of those who fear Him, and His covenant shall reveal it to them. My eyes are ever toward the Lord, for He will draw my feet out of the snare. Look upon me, and have mercy on me, for I am an only child, and poor.

The afflictions of my heart have increased; bring me out of my distress. Look upon my humiliation and my pain, and forgive all my sins. Look upon my enemies, for they are many, and they have hated me with unjust hatred. Preserve my soul, and deliver me; let me not be put to shame, for I have hoped in you. The innocent and upright cleaved to me because I waited for You, O Lord. Redeem Israel, O God, from all his afflictions.

**Psalm 30**

**I**N You, O Lord, I have hoped, let me not be put to shame forever. In Your justice deliver me, and rescue me. Incline Your ear to me, make haste to rescue me. Be for me a God who is my defender, and a place of refuge to save me. For You are my strength and my refuge, and for Your name's sake You shall guide me and nourish me. You shall bring me out of this snare which they have hidden for me, for You are my defender. Lord, into your hands I will commend my spirit. You have redeemed me, Lord God of truth. You have hated those who keep vanities to no purpose, but I have hoped in the Lord. I will rejoice and be glad in Your mercy. For You have seen my humiliation, and saved my soul from constraints. You have not shut me into the hands of enemies; You have set my feet on a broad place. Have mercy on me, Lord, for I am afflicted; my eye is troubled with anger, my soul and my belly. For my life is spent with grief, and my years with groaning. My strength has grown weak through poverty, and my bones have been troubled. I have become a reproach to all my foes, and even more so to my neighbors; an object of fear to my acquaintances. Those who saw me fled from me. I have been forgotten from the heart like a corpse. I have become like a broken vessel, for I have heard the mockery of many who dwell round about. When they gathered together against me, they laid plans to take my soul. But I have hoped in You, O Lord; You are my God; my lot is in Your hands. Deliver me from the hands of my foes, and from those who persecute me. Make Your face shine on Your servant, save me in your mercy. O Lord, may I not be put to shame, for I have called upon You. Let the impious be put to shame; let them be brought down to Hades. Let the deceitful lips be speechless that speak iniquity against the just with arrogance and contempt. How great is the abundance of Your goodness, O Lord, which You have hidden for those who fear You; which You have wrought for those who hope in You, in the sight of the children of men. You will hide them in the secrecy of Your countenance, from the tumult of men. You shall shelter them in a tabernacle from the contradiction

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of tongues. Blessed is the Lord, for He has made His mercy in a fortified city. But I said in my ecstasy, 'I am cast away from the presence of Your eyes.' Therefore You have heard the voice of my prayer when I called to You. Love the Lord all you His saints, for the Lord seeks truth, and will repay those who act with arrogance. Take courage, and let your heart be strong, all you who hope in the Lord.

### Psalm 90

**H**E who dwells in the help of the Most High shall lodge in the shelter of the God of heaven. He shall say to the Lord, "You are my protector and my refuge, my God; I will hope in Him; for He shall free me from the snare of the hunters, and from every troubling word." He will overshadow you with His shoulders, and under His wings you shall hope; His truth will encircle you like a shield. You shall not be afraid of the fear at night, nor of an arrow that flies by day, nor of a thing moving in darkness, nor of a mishap nor the demon of noonday. A thousand shall fall at your side and ten thousand at your right hand, yet it will not come near you; but you will observe with your eyes, and you shall see the reward of sinners. For You, O Lord, are my hope; You made the Most High your refuge. Evils will not come to you, and a scourge will not draw near your dwelling; for He shall command His angels concerning you, to keep you in all your ways; in their hands they shall bear you up, lest you strike your foot against a stone; You shall tread upon the asp and the viper, and you shall trample the lion and the dragon. "For he hoped in Me, and I shall deliver him; I shall shelter him, because he knew My name. He will call upon Me, and I will hear him; I am with him in affliction, and I shall deliver and glorify him. I shall satisfy him with length of days and show him My salvation."

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

Alleluia, Alleluia, Alleluia, Glory to You, O God. (3x)

Lord, have mercy. (3x)

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

*Εἶτα τοὺς ἐφεξῆς Στίχους, ψάλλομεν ἐξ  
ἐκατέρων τῶν Χορῶν. Ἀρχεται δὲ ὁ πρῶτος  
Χορὸς οὕτω, εἰς Ἦχον πλ. β'*

Μεθ' ἡμῶν ὁ Θεός· γινῶτε ἔθνη καὶ  
ἠττᾶσθε·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Ἐπακούσατε ἕως ἐσχάτου τῆς γῆς·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Ἰσχυρότερες ἠττᾶσθε·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Ἐὰν γὰρ πάλιν ἰσχύσητε, καὶ πάλιν  
ἠττηθήσεσθε·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Καὶ ἢν ἂν βουλὴν βουλευήσεσθε, διασκε-  
δάσει Κύριος·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Καὶ λόγον, ὃν ἐὰν λαλήσητε, οὐ μὴ ἐμμεῖνῃ  
ἐν ὑμῖν·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Τὸν δὲ φόβον ὑμῶν οὐ μὴ φοβηθῶμεν, οὐδ'  
οὐ μὴ ταραχθῶμεν·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Κύριον δὲ τὸν Θεὸν ἡμῶν, αὐτὸν ἀγιάσω-  
μεν, καὶ αὐτὸς ἔσται ἡμῖν φόβος·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Καὶ ἐὰν ἐπ' αὐτῷ πεποιθῶς ᾧ ἔσται μοι εἰς  
ἀγιασμόν·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

*Then the following Verses are sung by both  
Choirs in Mode pl. 2. The first Choir begins as  
follows:*

God is with us, understand you  
nations, and be defeated.

For God is with us.

*Give ear unto the ends of the earth.*

For God is with us.

*Be defeated, you mighty ones.*

For God is with us.

*If again you become strong, you will also  
submit again.*

For God is with us.

*And whatever you plan, the Lord will  
scatter it.*

For God is with us.

*And whatever word you speak, it will not  
remain among you.*

For God is with us.

*Fear of you we shall not fear, nor shall we  
be troubled.*

For God is with us.

*The Lord our God, let us sanctify Him, and  
He will be our fear.*

For God is with us.

*And if I should trust in Him, He will be  
sanctification for me.*

For God is with us.

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Καὶ πεποιθῶς ἔσομαι ἐπ' αὐτῷ, καὶ  
σωθήσομαι δι' αὐτοῦ·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Ἴδου ἐγὼ καὶ τὰ παιδιά, ἃ μοι ἔδωκεν ὁ  
Θεός·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Ὁ λαὸς ὁ πορευόμενος ἐν σκότει, ἴδε φῶς  
μέγα·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Οἱ κατοικοῦντες ἐν χώρᾳ, καὶ σκιᾷ θανά-  
του, φῶς λάμπει ἐφ' ἡμᾶς·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Ὅτι Παιδίον ἐγεννήθη ἡμῖν, Υἱός, καὶ ἐδόθη  
ἡμῖν·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Οὗ ἡ ἀρχὴ ἐγενήθη ἐπὶ τοῦ ὤμου αὐτοῦ·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Καὶ τῆς εἰρήνης αὐτοῦ οὐκ ἔστιν ὄριον·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Καὶ καλεῖται τὸ ὄνομα αὐτοῦ, Μεγάλης  
Βουλῆς Ἄγγελος·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Θαυμαστός σύμβουλος·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Θεὸς ἰσχυρός, Ἐξουσιαστής, Ἄρχων εἰρήνης·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

*And I will trust in Him, and I will be saved  
through Him.*

**For God is with us.**

*Here am I and the children whom God has  
given me.*

**For God is with us.**

*The people who walked in darkness have  
seen a great light.*

**For God is with us.**

*We who dwell in the land and the shadow  
of death, a light will shine on us.*

**For God is with us.**

*For unto us a Child is born, unto us a Son  
is given.*

**For God is with us.**

*Whose government was upon His shoul-  
der.*

**For God is with us.**

*And of His peace there is no bound.*

**For God is with us.**

*And His name shall be called, Angel of  
Great Counsel.*

**For God is with us.**

*Wonderful Counsellor.*

**For God is with us.**

*Mighty God, Ruler, Prince of peace.*

**For God is with us.**



Πατήρ τοῦ μέλλοντος αἰῶνος·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Μεθ' ἡμῶν ὁ Θεός· γινώτε ἔθνη καὶ ἠττάσθε·

Ὅτι μεθ' ἡμῶν ὁ Θεός.

*Καὶ εὐθὺς τὰ παρόντα Τροπάρια (χῦμα).*

**Τ**ὴν ἡμέραν διελθῶν, εὐχαριστῶ σοι, Κύριε, τὴν ἑσπέραν, αἰτοῦμαι, σὺν τῇ νυκτὶ ἀναμάρτητον, παράσχου μοι, Σωτήρ, καὶ σῶσόν με.

*Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.*

**Τ**ὴν ἡμέραν παρελθῶν, δοξολογῶ σε, Δέσποτα, τὴν ἑσπέραν αἰτοῦμαι, σὺν τῇ νυκτὶ ἀσκανδάλιστον, παράσχου μοι, Σωτήρ, καὶ σῶσόν με.

*Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.*

**Τ**ὴν ἡμέραν διαβάς, ὑμνολογῶ σε, Ἅγιε, τὴν ἑσπέραν, αἰτοῦμαι, σὺν τῇ νυκτὶ ἀνεπίβουλον, παράσχου μοι, Σωτήρ, καὶ σῶσόν με.

*Father of the age to come.*

For God is with us.

*Glory to the Father, Son and Holy Spirit.*

For God is with us.

*Both now and ever and to the ages of ages. Amen.*

For God is with us.

God is with us, understand you nations, and be defeated:

For God is with us.

*And at once read the following Troparia:*

**A**s I come to the end of the day, I thank you, Lord, and I ask that the evening and the night may be without sin. Grant me this, O Savior, and save me.

*Glory to the Father, Son and Holy Spirit.*

**A**s I reach the end of the day, I glorify you, Master, and I ask that the evening and the night may be without offense. Grant me this, O Savior, and save me.

*Both now and ever and to the ages of ages. Amen.*

**A**s I pass to the end of the day, I praise you, Holy One, and I ask that the evening and the night may be without assault. Grant me this, O

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*Εἶτα ψάλλουσιν ὁμοῦ οἱ δύο Χοροί, εἰς Ἦχον πλ. β'.*

**Ἡ** ἀσώματος φύσις, τὰ Χερουβεὶμ, ἀσιγήτοις σε ὕμνοις, δοξολογεῖ.

**Ἐ**ξαπτέρυγα ζῶα, τὰ Σεραφεὶμ, ταῖς ἀπαύστοις φωναῖς σε, ὑπερυψοῖ.

**Τ**ῶν Ἀγγέλων τε πᾶσα ἡ στρατιά, τρισαγίοις σε ἄσμασιν, εὐφημεῖ.

**Π**ρὸ γὰρ πάντων ὑπάρχεις, ὁ Ὦν Πατήρ, καὶ συνάναρχον ἔχεις, τὸν σὸν Υἱόν.

**Κ**αὶ ἰσότιμον φέρων, Πνεῦμα ζωῆς, τῆς Τριάδος δεικνύεις, τὸ ἀμερές.

**Π**αναγία Παρθένε, Μήτηρ Θεοῦ, οἱ τοῦ Λόγου αὐτόπται, καὶ ὑπουργοί,

**Π**ροφητῶν καὶ Μαρτύρων, πάντες χοροί, ὡς ἀθάνατον ἔχοντες, τὴν ζωὴν.

**Υ**πὲρ πάντων πρεσβεύσατε, ἐκτενῶς, ὅτι πάντες ὑπάρχομεν, ἐν δεινοῖς.

Savior, and save me.

*Then the two Choirs together sing the following in Mode pl. 2.*

**A**s a bodiless nature, the Cherubim ever glorify You with unceasing hymns.

**A**nd the six-wingèd beings, the Seraphim, also highly exalt You with endless voice.

**T**he entire array of angelic hosts sings its praises to You in thrice-holy hymns.

**Y**ou, O Father, existing before all things, have Your Son unoriginate with Yourself.

**A**nd the equally honored Spirit of life; thus You show that inseparable are the Three.

**O** all-holy Virgin Mother of God and you servants and witnesses of the Word.

**W**ith the choirs of the prophets and martyred Saints, all of you who enjoy everlasting life.

**I**ntercede in great earnest on our behalf, inasmuch as we all are in dire straits.

Ἵνα πλάνης ῥυσθέντες, τοῦ πονηροῦ,  
τῶν Ἀγγέλων βοήσωμεν, τὴν ᾠδὴν

*Χῦμα*

Ἄγιε, Ἄγιε, Ἄγιε, Τρισάγιε Κύριε, ἐλέησον  
καὶ σῶσον ἡμᾶς, Ἀμήν.

### ΤΟ ΣΥΜΒΟΛΟΝ ΤΗΣ ΠΙΣΤΕΩΣ

Πιστεύω εἰς ἓνα Θεόν, Πατέρα,  
Παντοκράτορα, ποιητὴν οὐρανοῦ καὶ  
γῆς, ὁρατῶν τε πάντων καὶ ἀοράτων.

Καὶ εἰς ἓνα Κύριον Ἰησοῦν Χριστόν,  
τὸν Υἱόν τοῦ Θεοῦ τὸν Μονογενῆ· Τὸν  
ἐκ τοῦ Πατρὸς γεννηθέντα πρὸ πάν-  
των τῶν αἰώνων.

Φῶς ἐκ φωτός· Θεὸν ἀληθινὸν ἐκ Θεοῦ  
ἀληθινοῦ· Γεννηθέντα, οὐ ποιηθέντα·  
Ὁμοούσιον τῷ Πατρί, δι' οὗ τὰ πάντα  
ἐγένετο.

Τὸν δι' ἡμᾶς τοὺς ἀνθρώπους καὶ διὰ  
τὴν ἡμετέραν σωτηρίαν κατελθόντα  
ἐκ τῶν οὐρανῶν· Καὶ σαρκωθέντα ἐκ  
Πνεύματος Ἁγίου καὶ Μαρίας τῆς  
Παρθένου καὶ ἐνανθρωπήσαντα.

Σταυρωθέντα τε ὑπὲρ ἡμῶν ἐπὶ Ποντί-  
ου Πιλάτου καὶ παθόντα καὶ ταφέντα.

Καὶ ἀναστάντα τῇ τρίτῃ ἡμέρᾳ κατὰ

So that all of us, freed now from the  
deceit of the devil, may sing the  
angelic hymn:

*Intone:*

Holy, Holy, Holy, thrice-holy Lord,  
have mercy and save us. Amen.

### THE CREED

I believe in one God, the Father the  
Almighty, Creator of heaven and  
earth and of all things visible and  
invisible.

And in one Lord Jesus Christ, the  
only-begotten Son of God, begotten of  
the Father before all ages.

Light of Light, true God of true God,  
begotten not created, of one essence  
with the Father through Whom all  
things were made.

For us, and for our salvation, He came  
down from heaven, and was incar-  
nate by the Holy Spirit and the Virgin  
Mary and became man.

He was crucified for us under Pontius  
Pilate, and He suffered and was  
buried.

On the third day, He rose according to

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τὰς Γραφάς.

Καὶ ἀνελθόντα εἰς τοὺς Οὐρανοὺς καὶ  
καθεζόμενον ἐκ δεξιῶν τοῦ Πατρὸς.

Καὶ πάλιν ἐρχόμενον μετὰ δόξης  
κρῖναι ζῶντας καὶ νεκρούς οὗ τῆς  
βασιλείας οὐκ ἔσται τέλος.

Καὶ εἰς τὸ Πνεῦμα τὸ Ἅγιον, τὸ Κύριον,  
τὸ Ζωοποιόν· τὸ ἐκ τοῦ Πατρὸς  
ἐκπορευόμενον· Τὸ σὺν Πατρὶ καὶ Υἱῷ  
συμπροσκυνούμενον καὶ συνδοξαζό-  
μενον· Τὸ λαλήσαν διὰ τῶν Προ-  
φητῶν.

Εἰς Μίαν, Ἁγίαν, Καθολικὴν καὶ Ἀπο-  
στολικὴν Ἐκκλησίαν.

Ὁμολογῶ ἓν Βάπτισμα εἰς ἄφεσιν  
ἁμαρτιῶν.

Προσδοκῶ ἀνάστασιν νεκρῶν.

Καὶ ζωὴν τοῦ μέλλοντος αἰῶνος. Ἀμήν.

Ἦχον πλ. β'

**Π**αναγία Δέσποινα Θεοτόκε, πρόσβευε  
ὑπὲρ ἡμῶν τῶν ἁμαρτωλῶν. (ἐκ γ')

**Π**ᾶσαι αἱ οὐράναι Δυνάμεις τῶν ἀγί-  
ων Ἀγγέλων καὶ Ἀρχαγγέλων, πρε-  
σβεύσατε ὑπὲρ ἡμῶν τῶν ἁμαρτωλῶν.  
(δὶς)

**Ἁ**γιε Ἰωάννη, Προφήτα καὶ Πρόδρομε,  
καὶ Βαπτιστὰ τοῦ Κυρίου ἡμῶν Ἰησοῦ  
Χριστοῦ, πρόσβευε ὑπὲρ ἡμῶν τῶν

the Scriptures.

He ascended into heaven and is seat-  
ed at the right hand of the Father.

He will come again, in glory, to judge  
the living and dead. His kingdom will  
have no end.

And in the Holy Spirit, the Lord, the  
Giver of life, Who proceeds from the  
Father, Who together with the Father  
and the Son is worshipped and glory-  
fied, Who spoke through the pro-  
phets.

In one, Holy, Catholic, and Apostolic  
Church.

I acknowledge one Baptism for the  
remission of sins.

I expect the resurrection of the dead,

And the life of the age to come. Amen.

Mode pl. 2:

**A**ll-holy Lady, Theotokos, intercede  
for us sinners. (3x)

**A**ll you heavenly Powers of Angels  
and Archangels, intercede for us  
sinners. (2x)

**H**oly John, Prophet, Forerunner and  
Baptist of our Lord Jesus Christ, inter-  
cede for us sinners. (2x)

ἀμαρτωλῶν. (δίς)

Ἅγιοι ἔνδοξοι Ἀπόστολοι, Προφῆται, καὶ πάντες Ἅγιοι, πρεσβεύσατε ὑπὲρ ἡμῶν τῶν ἀμαρτωλῶν. (δίς)

Ὅσοι, θεοφόροι Πατέρες ἡμῶν, Ποιμένες, καὶ Διδάσκαλοι τῆς οἰκουμένης, πρεσβεύσατε ὑπὲρ ἡμῶν τῶν ἀμαρτωλῶν. (δίς)

Ἡ ἀήττητος, καὶ ἀκατάλυτος, καὶ θεία δύναμις τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ, μὴ ἐγκαταλίπῃς ἡμᾶς τοὺς ἀμαρτωλοὺς. (δίς)

Ὁ Θεός, ἰλάσθητι ἡμῖν τοῖς ἀμαρτωλοῖς. (δίς)

Καὶ ἐλέησον ἡμᾶς. (ἅπαξ)

**ΑΝΑΓΝΩΣΤΗΣ** Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἰλάσθητι ταῖς ἀμαρτίαις ἡμῶν, Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῶν. Ἅγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου.

Κύριε, ἐλέησον (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύ-

**H**oly, glorious Apostles, Prophets and Martyrs, and all you Saints, intercede for us sinners. (2x)

**O**ur Venerable, God-bearing Fathers, Shepherds and Teachers of the whole world, intercede for us sinners. (2x)

**U**nconquerable, indestructible and divine power of the precious and life-giving Cross, do not abandon us sinners. (2x)

**O** God, have pity on us sinners. (2x)

**A**nd have mercy on us. (1x)

**READER** Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3x)

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for your name's sake.

Lord, have mercy. (3x)

Glory to the Father, Son and Holy

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ματι. Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἀγιασθήτω τὸ ὄνομά σου, ἐλθέτω ἡ βασιλεία σου, γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ, καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον, καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν, καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

**ΙΕΡΕΥΣ** Ὅτι σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

*Ἐὰν μὲν τύχη Ἑορτὴ, λέγομεν τὰ τῆς ἑορτῆς Τροπάρια. Εἰ δὲ μὴ, ἡμέραν παρ' ἡμέραν, τὰ Τροπάρια ταῦτα.*

Ἦχος β'

**Φ**ώτισον τοὺς ὀφθαλμούς μου, Χριστὲ ὁ Θεός, μήποτε ὑπνώσω εἰς θάνατον, μήποτε εἶπη ὁ ἐχθρός μου· Ἴσχυσα πρὸς αὐτόν.

*Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.*

**Ἀ**ντιλήπτωρ τῆς ψυχῆς μου, γενοῦ, ὁ Θεός, ὅτι μέσον διαβαίνω παγίδων πολλῶν, ῥῦσαί με ἐξ αὐτῶν, καὶ σῶσόν με, ἀγαθέ, ὡς φιλόανθρωπος.

Spirit. Both now and ever and to the 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.

**PRIEST** For the Kingdom and the power and the glory are Yours, Father, Son and Holy Spirit, now and ever and to the ages of ages.

*Then the following Troparia unless it is a Feast then we say those of the Feast.*

Mode 2.

**E**nlighten my eyes, Christ God, that I may never sleep unto death. Let my enemy never say, "I have prevailed against him."

*Glory to the Father, Son and Holy Spirit.*

**B**e the Helper of my soul, O God, for I walk in the midst of many snares. Deliver me from them and save me, for you are good and love mankind.

*Καὶ νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.*

*Both now and ever and to the ages of  
ages. Amen.*

**Ὅ**τι οὐκ ἔχομεν παρρησίαν, διὰ τὰ  
πολλὰ ἡμῶν ἁμαρτήματα, σὺ τὸν ἐκ  
σοῦ γεννηθέντα δυσώπησον, Θεοτόκε  
Παρθένε· πολλὰ γὰρ ἰσχύει δέησις  
Μητρός, πρὸς εὐμένειαν Δεσπότη· μὴ  
παρίδῃς ἁμαρτωλῶν ἱκεσίας ἢ πάν-  
σεμνος, ὅτι ἐλεήμων ἐστὶ, καὶ σώζειν  
δυνάμενος, ὁ καὶ παθεῖν ὑπὲρ ἡμῶν,  
σαρκὶ καταδεξάμενος.

**B**ecause we have no boldness be-  
cause of our many sins, entreat the  
One born of you, O Virgin Theotokos;  
for a Mother's plea has great force for  
the kindness of the Master. Do not  
despise the supplications of sinners,  
all-holy Lady, for he is merciful, and  
able to save: He who accepted to  
suffer for us.

*Ἔτερα Τροπάρια, ψαλλόμενα ἡμέραν παρ'  
ἡμέραν*

*On Tuesday and Thursday, we also sing:*

*Ἦχος πλ. δ'*

*Mode pl. 4*

**Τ**ῶν ἀοράτων ἐχθρῶν μου, τὸ ἄυπνον  
ἐπίστασαι, Κύριε, καὶ τῆς ἀθλίας  
σαρκός μου, τὸ ἄτονον ἔγνωσ, ὁ  
πλάσας με· διὸ εἰς χεῖράς σου, παρα-  
θήσομαι τὸ πνεῦμά μου. Σκέπασόν με  
πτέρυξι τῆς σῆς ἀγαθότητος, ἵνα μὴ  
ὑπνώσω εἰς θάνατον, καὶ τοὺς νοε-  
ροὺς ὀφθαλμούς μου φώτισον, ἐν τῇ  
τρυφῇ τῶν θείων λόγων σου, καὶ  
διέγειρόν με ἐν καιρῷ εὐθέτῳ, πρὸς  
σὴν δοξολογίαν, ὡς μόνος ἀγαθὸς καὶ  
φιλόανθρωπος.

**L**ord who fashioned me, You know  
well that my invisible enemies do not  
sleep and You know the weakness of  
my miserable flesh, and so I will  
entrust my spirit into Your hands.  
Shelter me with the wings of Your  
goodness, that I may not sleep unto  
death. Enlighten the eyes of my mind  
with the delight of Your divine words,  
and rouse me at the proper time to  
give You glory, for are You are alone  
are good and love mankind.

*Ἐπίβλεψον ἐπ' ἐμέ καὶ ἐλέησόν με,  
κατὰ τὸ κριμα τῶν ἀγαπώντων τὸ ὄνομά  
σου.*

*Look on me and have mercy on me,  
according to the judgment of those who  
love Your name.*

**Ὡ**ς φοβερὰ ἡ κρίσις σου, Κύριε, τῶν  
Ἀγγέλων παρισταμένων, τῶν ἀνθρώ-  
πων εἰσαγομένων, τῶν βίβλων ἀνεω-

**H**ow fearful is Your judgment, Lord,  
when the Angels stand round, and  
mortals are brought in, the books are

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γμένων, τῶν ἔργων ἐρευνωμένων, τῶν λογισμῶν ἐξεταζομένων. Ποία κρίσις ἔσται ἐν ἐμοί, τῷ συλληφθέντι ἐν ἁμαρτίαις; τίς μου τὴν φλόγα κατασβέσει; τίς μου τὸ σκότος καταλάμψει; εἰ μή, σύ, Κύριε, ἐλεήσεις με, ὡς φιλόανθρωπος;

*Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.*

**Δ**άκρυστά μοι δός, ὁ Θεός, ὡς ποτε τῇ γυναικὶ τῇ ἁμαρτωλῷ, καὶ ἀξιώσόν με βρέχειν τοὺς πόδας σου, τοὺς ἐμὲ ἐκ τῆς ὁδοῦ, τῆς πλάνης ἐλευθέρωσαντας, καὶ μύρον εὐωδίας σοὶ προσφέρειν, βίον καθαρὸν ἐν μετανοίᾳ μοι κτισθέντα, ἵνα ἀκούσω κἀγὼ τῆς εὐκταίας σου φωνῆς. Ἡ πίστις σου σέσωκέ σε, πορεύου εἰς εἰρήνην.

*Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.*

**Τ**ὴν ἀκαταίσχυντον, Θεοτόκε, ἐλπίδα σου ἔχων, σωθήσομαι, τὴν προστασίαν σου κεκτημένος, Πανάχραντε, οὐ φοβηθήσομαι, καταδιώξω τοὺς ἐχθρούς μου, καὶ τροπώσομαι αὐτούς, μόνην ἀμπεχόμενος, ὡς θώρακα, τὴν σκέπην σου, καὶ τὴν παντοδύναμον βοήθειάν σου, καθικετεύων, βοῶ σοι· Δέσποινα, σῶσόν με ταῖς πρεσβείαις σου, καὶ ἀνάστησόν με ἐκ ζοφώδους ὕπνου, πρὸς σὴν δοξολογίαν, δυνάμει τοῦ ἐκ σοῦ σαρκωθέντος, Υἱοῦ τοῦ Θεοῦ.

opened, deeds are examined, thoughts are tried. What judgment will there be for me, who was conceived in sins? Who will give light to my darkness, if You, Lord, do not have mercy on me? For You love mankind.

*Glory to the Father, Son and Holy Spirit.*

**G**ive me tears, O God, as You once gave the sinful woman, and count me worthy to water Your feet that have freed me from the way of error. Let me bring You a pure life as sweet-scented myrrh, fashioned by repentance, that I too may hear Your desired voice, "Your faith has saved you, go in peace."

*Both now and ever and to the ages of ages. Amen.*

**H**aving you, O Theotokos, as the hope which cannot be put to shame, I shall be saved. Having your protection, O All-pure one, I shall not be afraid. Armed only with your protection as my breastplate, I shall pursue my foes and wound them. And as I entreat your all-powerful help, I cry out: Sovereign Lady, save me by your prayers, and raise me from my gloomy sleep to sing the praise of your glory, by the power of the Son of God who was incarnate of you.



**ΑΝΑΓΝΩΣΤΗΣ** Κύριε, ἐλέησον (μ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

*Ἐν ὀνόματι Κυρίου, εὐλόγησον, Πάτερ.*

**ΙΕΡΕΥΣ** Δι' εὐχῶν τῶν ἁγίων πατέρων ἡμῶν, Κύριε Ἰησοῦ Χριστέ ὁ Θεός, ἐλέησον καὶ σῶσον ἡμᾶς.

**READER** Amen.

**PRIEST**

**READER** Lord, have mercy (40x).

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

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Logos, and are truly Theotokos. You do we magnify.

*In the name of the Lord, Father bless.*

**PRIEST** Through the prayers of our Holy Fathers, Lord Jesus Christ, have mercy on us and save us.

### Prayer of Saint Basil the Great

**L**ORD, O Lord, You deliver us from the arrow that flies by day; deliver us also from everything that walks in darkness. Accept the lifting of our hands as an evening sacrifice. Grant that we may also pass through the course of the night in innocence, untempted by evil. Deliver us from all turbulence and from the fear that comes to us from the devil. Grant our souls compunction, and *grant* our thoughts to ponder our examination at Your dread and just judgment. For fear of You, nail down our flesh, and sedate our limbs upon the earth, that in the calm of sleep, we may be made bright in the contemplation of Your judgments. Remove from us every unseemly imagining and harmful desire. Raise us up at the hour of prayer, strengthened in the faith and advancing in Your commandments; through the good-pleasure and goodness of Your only-begotten Son, with whom You are blessed, together with Your all-holy, good and life-giving Spirit, now and ever and to the ages of ages.

**READER** Amen. Come, let us worship and fall down before the King, our God.

Come, let us worship and fall down before Christ the King, our God.

Come, let us worship and fall down before Christ Himself, the King, our God.

**Psalm 50**

**H**AVE mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me. Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged. For behold, I was conceived in transgressions, and in sins my mother bore me. Behold, You love truth; You showed me the unknown and secret things of Your wisdom. You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow. You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice. Turn Your face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit. I will teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from blood-guiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness. O Lord, You shall open my lips, and my mouth will declare Your praise. For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings. A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise. Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built. Then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings. Then shall they offer young bulls on Your altar.

**Psalm 101**

**H**EAR my prayer, O Lord, and let my cry come to You. Do not turn Your face from me. In the day I am afflicted, incline Your ear to me. Hear me quickly in the day I call upon You. For my days vanished like smoke, and my bones burned up like firewood. I was cut down like grass, and my heart became withered, for I

forgot to eat my bread. My bones cleaved to my flesh because of the sound of my groaning. I have become like a pelican in a desert; I have become like an owl in a ruined house. I kept watch, and have become like a sparrow alone on a housetop. My enemies reproached me all day long, and those who *once* praised me swore against me. For I ate ashes as bread, and mixed my drink with weeping because of the wrath of Your countenance and Your anger. For You lifted me up and broke me down. My days were far spent like a shadow, and I am withered like grass. But You, O Lord, remain forever, and Your remembrance is from generation to generation. When You rise up, You will have compassion on Zion, for it is time to have compassion on her, because the time is come; for Your servants took pleasure in her stones, and they will have compassion for her dust. And the nations shall fear the name of the Lord, and all the kings of the earth Your glory; for the Lord will build Zion, and He will be seen in His glory. He regarded the prayer of the humble, and He did not despise their supplication. Let this be written for another generation, and the people who are created shall praise the Lord; for He looked down from the height of His holy place; the Lord looked upon the earth from heaven, to hear the groaning of those bound, to set free the sons of the slain, to declare the Lord's name in Zion and His praise in Jerusalem, when the peoples and the kingdoms are gathered together to serve the Lord. He replied to Him in the way of strength, "Declare to me the fewness of my days; take me not away in the midst of my days; Your years are throughout all generations. In the beginning, O Lord, You founded the earth, and the heavens are the works of Your hands. They will perish, but You will remain, and all things will grow old like a garment, and like a cloak You will change them, and they will be changed. But You are the same, and Your years will not fail. The children of Your servants will dwell there, and their seed shall be led to prosperity forever."

## PRIEST

### Prayer of Manasses, King of Judea

**L**ORD Almighty, the God of our Fathers Abraham, Isaac and Jacob and of their just seed; You made heaven and the earth with all their array. You shackled the sea by the word of Your command. You shut up the deep and sealed it with Your dread and glorious name. Before You all things shudder and tremble in the presence of Your power; for the majesty of Your glory cannot be borne, and the threat of Your anger is unendurable to sinners, yet the mercy of Your promise is

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measureless and unsearchable. For You are the Lord Most High, compassionate, long-suffering and full of mercy, and You relent on the wickedness of mankind. You, Lord, according to the abundance of Your goodness, have promised repentance and forgiveness to those who have sinned against You, and in the abundance of Your compassion, You have appointed repentance for the salvation of sinners. You therefore, Lord God of Powers, did not appoint repentance for the just, for Abraham, Isaac and Jacob, who did not sin against You, but You have appointed repentance for me a sinner, because my sins number greater than the sands of the sea. My iniquities have been multiplied, Lord, my iniquities have been multiplied, and I am not worthy to raise my eyes, and to see the height of heaven, because of the multitude of my unjust deeds. I am bowed down by a heavy iron fetter, so that I cannot lift my head and there is no respite for me; because I have provoked Your wrath and have done what is evil in Your sight, not doing Your will nor keeping Your commands. And now I bow the knee of my heart, praying for the goodness which is from You: I have sinned, Lord, I have sinned, and I recognize my iniquities; but I ask with supplication: Forgive me, Lord, forgive me, and do not destroy me with my iniquities. Do not be wrathful forever. Do not lay up evils for me, nor condemn me to the lowest parts of the earth: for You are God, the God of the penitent, and in me You will show all Your goodness; for You will save me who am unworthy according to Your great mercy, and I will praise You continually all the days of my life. For all the power of heaven praises You, and Yours is the glory to the ages of ages.

**READER** Amen.

### Τρισάγιον.

Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἴλασθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῶν. Ἅγιε,

### Trisagion Prayers.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3)

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

All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and

ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας  
ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,  
ἐλέησον.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγια-  
σθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ βασι-  
λεία σου. Γενηθήτω τὸ θέλημά σου, ὡς  
ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον  
ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον.  
Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς  
καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν.  
Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν,  
ἀλλὰ ρῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

**ΙΕΡΕΥΣ**

Ὅτι σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις  
καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ  
τοῦ Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς  
τοὺς αἰῶνας τῶν αἰώνων.

**ΑΝΑΓΝΩΣΤΗΣ** Ἀμήν.

heal our infirmities for your name's  
sake.

Lord, have mercy. Lord, have mercy.  
Lord, have mercy.

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

Our Father, who art in heaven, hallow-  
ed 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.

**PRIEST**

For the Kingdom and the power and  
the glory are Yours, Father, Son and  
Holy Spirit, now and ever and to the  
ages of ages.

**READER** Amen.

*And the following Troparia in Mode pl. 2.*

**H**ave mercy on us, Lord have mercy on us. For with nothing to say in our  
own defense, we sinners offer this supplication to You as Master. Have  
mercy on us.

## Μέγα Απόδειπνον

*Glory to the Father, and to the Son, and to the Holy Spirit.*

**L**ord have mercy on us, for in You we trust. Be not enraged with us greatly, nor remember our iniquities. But look upon us now, being compassionate, and deliver us from our enemies. For You are our God, and we Your people, all of us are the work of Your hands, and now we have invoked Your name.

*Both now and ever, and to the ages of ages. Amen.*

**O**pen the gate of compassion for us, O blessed Theotokos. For hoping in you, let us not fail in our aim. Through you may we be delivered from adversities. For you are the salvation of the Christian race.

**READER** Lord, have mercy. (40x)

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

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Logos, and are truly Theotokos. You do we magnify.

*In the name of the Lord, Father, bless.*

**PRIEST** Through the prayers of our Holy Fathers, Lord Jesus Christ, have mercy on us and save us.

**READER** Amen.

### **Prayer of Saint Mardarios**

**G**od and Master, Father almighty, Lord, only begotten Son, Jesus Christ and Holy Spirit, one Godhead, one Power, have mercy on me a sinner; and by the judgments which You know, save me Your unworthy servant; for You are blessed to the ages of ages.

**READER** Amen.

Come, let us worship and fall down before the King, our God.

Come, let us worship and fall down before Christ the King, our God.

Come, let us worship and fall down before Christ Himself, the King, our God.

Psalm 69

**O** GOD, give heed to help me. O Lord, make haste to help me. May those who seek my soul be dishonored and shamed; may those who plot evils against me be turned back and disgraced; may those be turned back immediately who shame me, saying, "Well done! Well done!" May all who seek You greatly rejoice and be glad in You, and let those who love Your salvation always say, "Let God be magnified." but I am poor and needy; O God, help me. You are my helper and deliverer, O Lord; do not delay.

Psalm 142

**O** LORD, hear my prayer; give ear to my supplication in Your truth; answer me in Your righteousness; do not enter into judgment with Your servant, for no one living shall become righteous in Your sight. For the enemy persecuted my soul; he humbled my life to the ground; he caused me to dwell in dark places as one long dead, and my spirit was in anguish within me; my heart within me was troubled. I remembered the days of old, and I meditated on all Your works; I meditated on the works of Your hands. I spread out my hands to You; my soul thirsts for You like a waterless land. Hear me speedily, O Lord; my spirit faints within me. Turn not Your face from me, lest I become like those who go down into the pit. Cause me to hear Your mercy in the morning, for I hope in You; make me know, O Lord, the way wherein I should walk, for I lift up my soul to You. Deliver me from my enemies, O Lord, for to You I flee for refuge. Teach me to do Your will, for You are my God; Your good Spirit shall guide me in the land of uprightness. For Your name's sake, O Lord, give me life; in Your righteousness You shall bring my soul out of affliction. In Your mercy You shall destroy my enemies; You shall utterly destroy all who afflict my soul, for I am Your servant.

Small Doxology

**G**LORY to God in the highest, and on earth peace, goodwill among men.  
We praise You, we bless You, we worship You, we glorify You, we give thanks to You for Your great glory.

O Lord, heavenly King, God the Father almighty, O Lord only-begotten Son, Jesus Christ, and Holy Spirit.

O Lord God, Lamb of God, Son of the Father, You take away the sin of the world, have mercy on us, for You take away the sins of the world.

## *Μέγα Απόδειπνον*

Receive our prayer, for You sit at the right hand of the Father, and have mercy on us.

For You alone are holy, You alone are Lord, Jesus Christ, to the glory of God the Father. Amen.

Every evening I will bless You, and I will praise Your name forever, and to the ages of ages.

Lord, You have been our refuge from generation to generation. I said: O Lord, have mercy on me. Heal my soul, for I have sinned against You.

Lord, I have fled to You for refuge. Teach me to do Your will, for You are my God. For with You is the fountain of life; in Your light we shall see light.

Continue Your mercy to those who know You.

Grant, O Lord, that we may be kept this night without sin.

Blessed are You, O Lord, the God of our Fathers, and praised and glorified is Your name to the ages. Amen.

Let Your mercy be upon us, O Lord, even as we have hoped in You.

Blessed are You, O Lord, teach me Your statutes.

Blessed are You, O Master, make me understand Your statutes.

Blessed are You, O Holy One, enlighten me with Your statutes.

Lord, Your mercy is forever. Do not scorn the work of Your hands.

To You is due praise; to You is due song; to You is due glory, Father, Son, and Holy Spirit, both now and forever, and to the ages of ages. Amen.

*On the First Week of Great Lent, sections of the Canon of St. Andrew of Crete are chanted according to the following schedule:*

*On the First Monday of Lent, go to page 39*

*On the First Tuesday of Lent, go to page 58*

*On the First Wednesday of Lent, go to page 77*

*On the first Thursday of Lent, go to page 96*



Τρισάγιον.

Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἰλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῶν. Ἅγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ βασιλεία σου. Γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ρῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

**ΙΕΡΕΥΣ**

Ἵτι σοῦ ἐστιν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς

Trisagion Prayers.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3)

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

All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory to the Father, Son and Holy Spirit. Both now and ever and to the 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.

**PRIEST**

For the Kingdom and the power and the glory are Yours, Father, Son and Holy Spirit, now and ever and to the

Μέγα Απόδειπνον

τούς αἰῶνας τῶν αἰώνων.

**ΑΝΑΓΝΩΣΤΗΣ** Ἀμήν.

*Καὶ ψάλλομεν τὸ ἐπόμενον Τροπάριον μετὰ τῶν στίχων αὐτοῦ.*

Ἦχος πλ. δ' ἢ πλ. β'

**Κ**ύριε τῶν Δυνάμεων, μεθ' ἡμῶν γενοῦ· ἄλλον γὰρ ἐκτός σου βοηθόν, ἐν θλίψεσιν οὐκ ἔχομεν, Κύριε τῶν Δυνάμεων, ἐλέησον ἡμᾶς.

*Αἰνεῖτε τὸν Θεὸν ἐν τοῖς Ἁγίοις αὐτοῦ,  
αἰνεῖτε αὐτὸν ἐν στερεώματι τῆς  
δυνάμεως αὐτοῦ.*

**Κ**ύριε τῶν Δυνάμεων, μεθ' ἡμῶν γενοῦ· ἄλλον γὰρ ἐκτός σου βοηθόν, ἐν θλίψεσιν οὐκ ἔχομεν, Κύριε τῶν Δυνάμεων, ἐλέησον ἡμᾶς.

*Αἰνεῖτε αὐτὸν ἐπὶ ταῖς δυναστείας αὐτοῦ,  
αἰνεῖτε αὐτὸν κατὰ τὸ πλῆθος τῆς  
μεγαλωσύνης αὐτοῦ.*

**Κ**ύριε τῶν Δυνάμεων, μεθ' ἡμῶν γενοῦ· ἄλλον γὰρ ἐκτός σου βοηθόν, ἐν θλίψεσιν οὐκ ἔχομεν, Κύριε τῶν Δυνάμεων, ἐλέησον ἡμᾶς.

*Αἰνεῖτε αὐτὸν ἐν ἤχῳ σάλπιγγος, αἰνεῖτε  
αὐτὸν ἐν ψαλτηρίῳ καὶ κιθάρᾳ.*

**Κ**ύριε τῶν Δυνάμεων, μεθ' ἡμῶν γενοῦ· ἄλλον γὰρ ἐκτός σου βοηθόν, ἐν θλίψεσιν οὐκ ἔχομεν, Κύριε τῶν

ages of ages.

**READER** Amen.

*Then the following Troparion with its verses.*

Mode pl. 4 or pl. 2.

**L**ord of the Powers, be with us; for no other helper do we have in times of tribulation, but You. Lord of the Powers, have mercy on us.

*Praise God in his Saints; praise Him in the  
firmament of His power.*

**L**ord of the Powers, be with us; for no other helper do we have in times of tribulation, but You. Lord of the Powers, have mercy on us.

*Praise Him for his mighty acts; praise Him  
according to the abundance of His  
greatness.*

**L**ord of the Powers, be with us; for no other helper do we have in times of tribulation, but You. Lord of the Powers, have mercy on us.

*Praise Him with the sound of the trumpet;  
praise Him with the harp and lyre.*

**L**ord of the Powers, be with us; for no other helper do we have in times of tribulation, but You. Lord of the

Δυνάμεων, ἐλέησον ἡμᾶς.

*Αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῶ,  
αἰνεῖτε αὐτὸν ἐν χορδαῖς καὶ ὀργάνῳ.*

**Κ**ύριε τῶν Δυνάμεων, μεθ' ἡμῶν  
γενοῦ· ἄλλον γὰρ ἐκτός σου βοηθόν,  
ἐν θλίψεσιν οὐκ ἔχομεν, Κύριε τῶν  
Δυνάμεων, ἐλέησον ἡμᾶς.

*Αἰνεῖτε αὐτὸν ἐν κυμβάλοις εὐήχοις,  
αἰνεῖτε αὐτὸν ἐν κυμβάλοις ἀλαλαγμοῦ.  
Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον.*

**Κ**ύριε τῶν Δυνάμεων, μεθ' ἡμῶν  
γενοῦ· ἄλλον γὰρ ἐκτός σου βοηθόν,  
ἐν θλίψεσιν οὐκ ἔχομεν, Κύριε τῶν  
Δυνάμεων, ἐλέησον ἡμᾶς.

*Εἶτα ὁ πρῶτος Χορὸς*

*Αἰνεῖτε τὸν Θεὸν ἐν τοῖς Ἁγίοις αὐτοῦ.*

*Ὁ δεύτερος Χορὸς*

*Αἰνεῖτε αὐτὸν ἐν στερεώματι τῆς  
δυνάμεως αὐτοῦ.*

*Καὶ πάλιν οἱ δύο Χοροὶ ὁμοῦ, ἀργότερον*

**Κ**ύριε τῶν Δυνάμεων, μεθ' ἡμῶν  
γενοῦ· ἄλλον γὰρ ἐκτός σου βοηθόν,  
ἐν θλίψεσιν οὐκ ἔχομεν, Κύριε τῶν  
Δυνάμεων, ἐλέησον ἡμᾶς.

Powers, have mercy on us.

*Praise Him with timbrel and dance; praise  
Him with strings and flute.*

**L**ord of the Powers, be with us; for no  
other helper do we have in times of  
tribulation, but You. Lord of the  
Powers, have mercy on us.

*Praise Him with resounding cymbals;  
praise Him with triumphant cymbals. Let  
everything that breathes praise the Lord.*

**L**ord of the Powers, be with us; for no  
other helper do we have in times of  
tribulation, but You. Lord of the  
Powers, have mercy on us.

*The first Choir:*

*Praise God in His Saints.*

*The second Choir:*

*Praise Him in the firmament of his  
power.*

*And again the two Choirs together:*

**L**ord of the Powers, be with us; for no  
other helper do we have in times of  
tribulation, but You. Lord of the  
Powers, have mercy on us.

READER

Mode 2. Intoned.

*Glory to the Father, Son and Holy Spirit.*

**L**ord, if we did not have Your Saints as intercessors, and Your benevolence being compassionate towards us, how would we dare to extol You, O Savior, whom the Angels bless unceasingly? O Master You know our hearts, we pray You to spare our souls.

*Both now and ever and to the ages of ages. Amen.*

**O**Theotokos, my offences are indeed very many. To you I run, O Maiden pure, and I pray for salvation. Visit my infirm and ailing soul, and pray for me to your Son and our God, to grant to me forgiveness for the evils I have done, O only blessed Lady.

*Sung by the First Choir:*

**O** all-holy Theotokos, during my lifetime, I pray do not abandon me, nor entrust me to merely human protection; rather you help me yourself and have mercy on me.

*Sung by the Second Choir:*

**O** Mother of God, I have committed my every hope wholly unto you. Keep me under your shelter.

READER Lord, have mercy. (40x)

Ὁ ἐν παντὶ καιρῷ καὶ πάσῃ ὥρᾳ ἐν οὐρανῷ καὶ ἐπὶ γῆς προσκυνούμενος καὶ δοξαζόμενος Χριστὸς ὁ Θεός, ὁ μακρόθυμος, ὁ πολυέλεος, ὁ πολυεὐσπλαγχνος, ὁ τοὺς δικαίους ἀγαπῶν καὶ τοὺς ἁμαρτωλοὺς ἐλεῶν, ὁ πάντας καλῶν πρὸς σωτηρίαν διὰ τῆς ἐπαγγελίας τῶν μελλόντων ἀγαθῶν, αὐτός Κύριε, πρόσδεξαι καὶ ἡμῶν ἐν τῇ ὥρᾳ ταύτῃ τὰς ἐντεύξεις καὶ ἴθυνον τὴν ζωὴν ἡμῶν πρὸς τὰς ἐντολάς σου. Τὰς

At every season and hour, in heaven and on earth, You are worshipped and glorified, O Christ God; long-suffering, plentiful in mercy and compassion; loving to the righteous and merciful to the sinner; calling all to salvation through the promise of good things to come. Hence, O Lord, receive our supplications at this hour, and direct our lives according to your commandments. Sanctify our

ψυχὰς ἡμῶν ἀγιάσον, τὰ σώματα ἄγνισον, τοὺς λογισμοὺς διόρθωσον, τὰς ἐννοίας κάθαρσον καὶ ῥῦσαι ἡμᾶς ἀπὸ πάσης θλίψεως, κακῶν καὶ ὀδύνης. Τείχισον ἡμᾶς ἀγίοις σου Ἄγγελοις, ἵνα τῇ παρεμβολῇ αὐτῶν φρουρούμενοι καὶ ὀδηγούμενοι καταντήσωμεν εἰς τὴν ἐνότητα τῆς πίστεως καὶ εἰς τὴν ἐπίγνωσιν τῆς ἀπροσίτου σου δόξης, ὅτι εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Κύριε, ἐλέησον. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

*Ἐν ὀνόματι Κυρίου, εὐλόγησον Πάτερ.*

souls; purify our bodies; rectify our thoughts; clarify our minds, and deliver us from all affliction, ill-treatment and distress. Set Your holy Angels around us like a wall, that garrisoned and guided in their camp, we may reach unity of faith and knowledge of your unapproachable glory; for You are blessed to the ages of ages. Amen.

Lord, have mercy. (3x)

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

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Logos, and are truly Theotokos. You do we magnify.

*In the name of the Lord, Father bless.*

**PRIEST** May God take pity on us and bless us, and shed the light of his countenance on us and have mercy on us.

**READER** Amen.

PRIEST

Prayer of St Ephraim

*We make 3 prostrations, saying to ourselves at each line.*

**L**ORD and Master of my life, do not give me a spirit of sloth, idle curiosity, love of power and useless chatter.

RATHER grant to me, your servant, a spirit of chastity, humility, patience and love.

YES, Lord and King, grant me to see my own faults and not to condemn my brother; for you are blessed to the ages of ages.

ΑΝΑΓΝΩΣΤΗΣ

Ἀμήν.

Τρισάγιον.

Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἰλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῶν. Ἅγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

READER

Amen.

Trisagion Prayers.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3)

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

All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ βασιλεία σου. Γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ρῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

**ΙΕΡΕΥΣ**

Ἵτι σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

**ΑΝΑΓΝΩΣΤΗΣ** Ἀμήν.

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.

**PRIEST**

For the Kingdom and the power and the glory are Yours, Father, Son and Holy Spirit, now and ever and to the ages of ages.

**READER** Amen.

**READER** Lord, have mercy. (12x)

*And save us, All-holy Virgin.*

**Prayer to the Most Holy Theotokos**

*by Paul, Monk of the Monastery of Evergetis.*

**ΠΡΩΤΟΣ ΑΝΑΓΝΩΣΤΗΣ**

Ἄσπιλε, ἀμόλυντε, ἄφθορε, ἄχραντε, ἀγνή Παρθένε, Θεόνυμφε Δέσποινα, ἡ Θεὸν Λόγον τοῖς ἀνθρώποις τῇ παραδόξῳ σου κηῖσει ἐνώσασα καὶ τὴν ἀπωσθεῖσαν φύσιν τοῦ γένους ἡμῶν τοῖς οὐρανόις συνάψασα· ἡ τῶν ἀπηλπισμένων μόνη ἐλπίς καὶ τῶν πολемуμένων βοήθεια, ἡ ἐτοίμη ἀντί-

**FIRST READER**

O spotless, unstained, incorruptible, undefiled, pure Virgin, Lady Bride of God, who through your wondrous birth-giving united God the Logos with mankind, and linked the fallen nature of our human race with the heavenly; the only hope of the hopeless and the help of the persecuted; the ready

ληψις τῶν εἰς σὲ προστρεχόντων, καὶ πάντων τῶν Χριστιανῶν τὸ καταφύγιον· μὴ βδελύξῃ με τὸν ἁμαρτωλόν, τὸν ἐναγῆ, τὸν αἰσχροῖς λογισμοῖς καὶ λόγοις καὶ πράξεσιν ὄλον ἐμαυτὸν ἀχρειώσαντα, καὶ τῇ τῶν ἡδονῶν τοῦ βίου, ῥαθυμία γνώμης, δοῦλον γενόμενον. Ἄλλ' ὡς τοῦ φιλανθρώπου Θεοῦ Μήτηρ, φιλανθρώπως σπλαγχνιθητι ἐπ' ἐμοὶ τῷ ἁμαρτωλῷ καὶ ἀσώτῳ, καὶ δέξαι μου τὴν ἐκ ῥυπαρῶν χειλέων προσφερομένην σοι δέησιν, καὶ τὸν σὸν Υἱόν, καὶ ἡμῶν Δεσπότην καὶ Κύριον, τῇ μητρικῇ σου παρρησίᾳ χρωμένη δυσώπησον, ἵνα ἀνοίξῃ κάμοι τὰ φιλάνθρωπα σπλάγχνα τῆς αὐτοῦ ἀγαθότητος καὶ, παριδῶν μου τὰ ἀναρίθμητα πταίσματα, ἐπιστρέψῃ με πρὸς μετάνοιαν καὶ τῶν αὐτοῦ ἐντολῶν ἐργάτην δόκιμον ἀναδείξῃ με. Καὶ πάρεσό μοι αἰεὶ ὡς ἐλεήμων καὶ συμπαθῆς καὶ φιλάγαθος, ἐν μὲν τῷ παρόντι βίῳ θερμῇ προστάτις καὶ βοηθός, τὰς τῶν ἐναντίων ἐφόδους ἀποτεριχίζουσα καὶ πρὸς σωτηρίαν καθοδηγοῦσα με· καὶ ἐν τῷ καιρῷ τῆς ἐξόδου μου τὴν ἀθλίαν μου ψυχὴν περιέπουσα καὶ τὰς σκοτεινὰς ὄψεις τῶν πονηρῶν δαιμόνων πόρρω αὐτῆς ἀπελαύνουσα. Ἐν δὲ τῇ φοβερᾷ ἡμέρᾳ τῆς κρίσεως, τῆς αἰώνιου με ῥυομένη κολάσεως, καὶ τῆς ἀπορρήτου δόξης τοῦ σοῦ Υἱοῦ καὶ Θεοῦ ἡμῶν κληρονόμον με ἀποδεικνύουσα. Ἦς καὶ τύχοιμι, Δέσποινα μου, ὑπεραγία Θεοτόκε, διὰ τῆς σῆς μεσιτείας καὶ ἀντι-

support of those who seek refuge in you, and the shelter of all the Christians: do not despise me, a wretched sinner who have defiled myself with shameful thoughts, words and deeds, and through negligence of thought have become a slave to the pleasures of life. But as the Mother of our compassionate God, the Friend of Man, have compassion on me a sinner and prodigal, and accept this prayer from my impure lips; and using your motherly standing, entreat your Son and our Master and Lord to open unto me the depths of his loving goodness, and, overlooking my innumerable faults, return me to repentance and make me a worthy servant of his commandments. Stand by me forever: in this life as a merciful and compassionate, kind and fervent protector and helper, repulsing the assaults of the adversary and leading me to salvation; and at the time of my death, by embracing my miserable soul and driving far away from it the dark faces of evil demons; and at the awesome day of judgment, by redeeming me from eternal punishment and declaring me an heir of the ineffable glory of your Son and our God. May I enjoy such a portion, my Lady, most-holy Theotokos, at your intercession and protection; through the grace and love for mankind of your only begotten Son, our Lord and God and



λήψεως, χάριτι καὶ φιλανθρωπία τοῦ μονογενοῦς Σου Υἱοῦ, τοῦ Κυρίου καὶ Θεοῦ καὶ Σωτῆρος ἡμῶν Ἰησοῦ Χριστοῦ. Ὡς πρέπει πᾶσα δόξα, τιμὴ καὶ προσκύνησις, σὺν τῷ ἀνάρχῳ αὐτοῦ Πατρὶ καὶ τῷ παναγίῳ καὶ ἀγαθῷ καὶ ζωοποιῷ αὐτοῦ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Savior Jesus Christ. To whom belong all glory, honor and worship, together with his Father who is without beginning, and His all holy and good and life-giving Spirit, now and ever, and to the ages of ages. Amen.

### Prayer to Our Lord Jesus Christ

*by the monk Antiochus.*

#### ΔΕΥΤΕΡΟΣ ΑΝΑΓΝΩΣΤΗΣ

**Κ**αὶ δὸς ἡμῖν, Δέσποτα, πρὸς ὕπνον ἀπιούσιν, ἀνάπαυσιν σώματος καὶ ψυχῆς, καὶ διαφύλαξον ἡμᾶς ἀπὸ τοῦ ζοφεροῦ ὕπνου τῆς ἀμαρτίας καὶ ἀπὸ πάσης σκοτεινῆς καὶ νυκτερινῆς ἠδυπαθείας. Παῦσον τὰς ὀρμὰς τῶν παθῶν, σβέσον τὰ πεπυρωμένα βέλη τοῦ πονηροῦ τὰ καθ' ἡμῶν δολίως κινούμενα. Τὰς τῆς σαρκὸς ἡμῶν ἐπαναστάσεις κατάστειλον καὶ πᾶν γεῶδες καὶ ὑλικὸν ἡμῶν φρόνημα κοίμισον. Καὶ δώρησαι ἡμῖν, ὁ Θεός, γρήγορον νοῦν, σώφρονα λογισμόν, καρδίαν νήφουσαν, ὕπνον ἐλαφρόν καὶ πάσης σατανικῆς φαντασίας ἀπηλλαγμένον. Διανάστησον δὲ ἡμᾶς ἐν τῷ καιρῷ τῆς προσευχῆς ἐστηριγμένους ἐν ταῖς ἐντολαῖς σου καὶ τὴν μνήμην τῶν σῶν κριμάτων ἐν ἑαυτοῖς ἀπαράθραυστον ἔχοντας. Παννύχιον ἡμῖν τὴν σὴν δοξολογίαν χάρισαι εἰς τὸ

#### SECOND READER

**A**nd grant us, O Master, as we depart for sleep, rest of body and soul. Preserve us from the gloomy slumber of sin, and from every dark, nocturnal pleasure. Arrest the drives of passion; extinguish the burning arrows of the Evil One, which insidiously fly in our direction; suppress the rebellion of our flesh and calm our every earthly and material thought. Grant to us, O God, an alert mind, prudent thought, a sober heart, and a light sleep, free of any satanic fantasy. Awaken us at the time of prayer, rooted in your commandments, having the remembrance of your ordinances unbroken within us. Grant that we may sing your glory through the night, praising, blessing and glorifying your most honorable and majestic name: Father, Son and Holy Spirit, now and ever, and to the

## Μέγα Απόδειπνον

ὕμνεῖν καὶ εὐλογεῖν καὶ δοξάζειν τὸ πάντιμον καὶ μεγαλοπρεπὲς ὄνομα σου, τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

### ΠΡΩΤΟΣ

Ἵπερένδοξε, ἀειπάρθενε, εὐλογημένη Θεοτόκε, προσάγαγε τὴν ἡμετέραν προσευχὴν τῷ Υἱῷ σου καὶ Θεῷ ἡμῶν, καὶ αἴτησαι ἵνα σώσῃ διὰ σοῦ τὰς ψυχὰς ἡμῶν.

### ΔΕΥΤΕΡΟΣ

Ἡ ἐλπίς μου ὁ Πατήρ, καταφυγὴ μου ὁ Υἱός, σκέπη μου τὸ Πνεῦμα τὸ ἅγιον, Τριάς ἁγία, δόξα σοι.

### ΠΡΩΤΟΣ

Τὴν πᾶσαν ἐλπίδα μου, εἰς σὲ ἀνατίθημι, Μήτηρ τοῦ Θεοῦ, φύλαξόν με ὑπὸ τὴν σκέπην σου.

**PRIEST** Peace to all.

**READER** And to your spirit.

**PRIEST** Let us bow our heads to the Lord.

**READER** To you, O Lord.

### PRIEST

**M**ost merciful Master, Lord Jesus Christ our God, at the prayer of our all-pure Lady, Theotokos, and ever-virgin Mary; by the power of the precious and life-giving Cross, the protection of the honorable heavenly Bodiless Powers, at the intercession of the honorable, glorious Prophet, Forerunner and Baptist John; of the holy, glorious and all-praised Apostles; of the holy, glorious and

ages of ages. Amen.

### FIRST READER

**M**ost glorious, ever-virgin, blessed Theotokos, carry our prayer to your Son and our God, and ask that, through you, He may save our souls.

### SECOND READER

**T**he Father is my hope, the Son my refuge, the Holy Spirit my protection. Holy Trinity, glory to you.

### FIRST READER

**M**y every hope I place in you, O Mother of God, under your protection shelter me.

right-victorious Martyrs; of our venerable and God-bearing Fathers; of the holy and just Ancestors of God Joachim and Anna:

*After each petition, the Reader says: **Amen.***

**M**ake our prayer acceptable.

**G**rant us forgiveness of our offences.

**S**helter us under the shelter of Your wings.

**D**rive far from us every foe and enemy.

**M**ake our lives peaceful.

**L**ord, have mercy on us and on Your world, and save our souls, as You are good and love mankind.

**READER** Amen.

*After each petition, the Reader says: **Lord, have mercy.***

**PRIEST**

**L**et us pray for the peace of the world.

**F**or our Archbishop N., and all our brotherhood in Christ.

**F**or our President and all civil authorities.

**F**or our absent fathers and mothers, sisters and brothers.

**F**or those who hate us and for those who love us.

**F**or those who are merciful to us and who serve us.

**F**or those who have asked us in our unworthiness to pray for them.

**F**or the release of captives.

**F**or those who travel or sail on the land, sea or air.

Μέγα Απόδειπνον

For those who lie in sickness.

Let us pray for an abundance of the fruits of the earth.

And every soul of Orthodox Christians.

And Orthodox High Priests.

The Founders of this holy parish.

Our parents and teachers, and all our departed fathers and mothers, sisters and brothers, Orthodox believers, who here or in all the world lie asleep in the Lord.

Let us say also for ourselves,

*Lord, have mercy (3x).*

**PRIEST**

Through the prayers of our Holy Fathers, Lord Jesus Christ, have mercy on us and save us.

**READER** Amen.

*The following Theotokia are sung*

*On Monday and Wednesday:*

*Mode 2. Joseph took you down. (Ὅτε ἐκ τοῦ ξύλου)*

All those who for refuge flee with faith \* unto you, O good one, you shelter beneath your mighty hand. \* We your servants have no other intercessor like you \* always praying to God for us \* in dangers and sorrows, \*sinners that we are, bent down because of many misdeeds. \* Therefore, we fall prostrate before you. \* Rescue us from every affliction, \* as you are the Mother of the Most High God.

**On Tuesday and Thursday:**

*Mode 1. O Martyrs, extolled. (Πανεύφημοι μάρτυρες).*

**T**he Virgin was watching You, O Christ, \* as You were unjustly killed, \* and lamenting she cried aloud, \* "O sweetest Son of mine, \* how are You suspended \* on a cross and dying now? \* For You of old suspended the earth on water. O most-merciful \* Benefactor, I your handmaiden \* and your Mother \* pray You not abandon me."

*This prayer can be read just before bed, but another practice is for the prayer to be said in the Church by the Reader:*

**L**ORD, pardon those who hate us and wrong us. Do good to those who do good. Grant the requests of our brethren and kinsfolk that are for salvation and eternal life. Visit those in sickness and give them healing. Pilot those at sea and those who fly. Journey with those who journey. Fight beside our sovereign. Grant forgiveness of sins to those who serve us and have mercy on us. According to your great mercy, be merciful to those who have asked for our prayers, unworthy though we be. Remember, Lord, our fathers and brethren who have fallen asleep before us and give them rest where the light of your face shines. Remember, Lord, our brethren in captivity, and rescue them from every peril. Remember, Lord, those who make offerings and care for the beauty of Your holy churches. Grant their requests that are for salvation and eternal life. Remember too, Lord, us your humble and unworthy servants, and guide us in the path of your commandments; at the prayer of Your most pure Mother, our Lady, Theotokos and Ever-Virgin Mary, and all your Saints; for You are blessed to the ages of ages. Amen.



## Μέγα Απόδειπνον

## APPENDIX

### Canon Excerpt for the First Monday of Great Lent

Ὡδή α'. Ἦχος πλ. β'. Ὁ Εἰρμός.

**Β**οηθὸς καὶ σκεπαστὴς ἐγένετό μοι εἰς σωτηρίαν, οὗτός μου Θεός, καὶ δοξάσω αὐτόν, Θεὸς τοῦ Πατρὸς μου καὶ ὑψώσω αὐτόν· ἐνδόξως γὰρ δεδόξασται.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Πόθεν ἄρξομαι θρηνεῖν, τὰς τοῦ ἀθλίου μου βίου πράξεις; ποίαν ἀπαρχήν, ἐπιθήσω Χριστέ, τῇ νῦν θρηνωδίᾳ; ἀλλ' ὡς εὐσπλαγχνός μοι δός, παραπτωμάτων ἄφεσιν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Δεῦρο τάλαινα ψυχῆ, σὺν τῇ σαρκί σου τῷ πάντων Κτίστη, ἐξομολογοῦ καὶ ἀπόσχου λοιπόν, τῆς πρὶν ἀλογίας, καὶ προσάγαγε Θεόν, ἐν μετανοίᾳ δάκρυα.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὸν πρωτόπλαστον Ἀδάμ, τῇ παρα-

Ode i. Mode pl. 2. Heirmos.

**H**e became for me a helper and a shelterer for salvation. \* He is my God, and I will glorify Him, \* the God of my father, and Him will I exalt, \* for He is greatly glorified.

*Have mercy on me, O God. Have mercy on me.*

Where shall I begin to weep for the actions of my wretched life? What first-fruit shall I offer, O Christ, in this my lamentation? But in Your compassion grant me forgiveness of sins.

*Have mercy on me, O God. Have mercy on me.*

Come, wretched soul, with your flesh to the Creator of all. Make confession to Him, and abstain henceforth from your past brutishness; and offer to God tears of repentance.

*Have mercy on me, O God. Have mercy on me.*

I have rived in transgression Adam

## Μέγα Απόδειπνον

βάσει παραζηλώσας, ἔγνω ἑμαυτόν,  
γυμνωθέντα Θεοῦ, καὶ τῆς αἰδίου,  
βασιλείας καὶ τρυφῆς, διὰ τὰς ἀμαρ-  
τίας μου.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Οἴμοι τάλαινα ψυχὴ! τί ὠμοιώθης τῇ  
πρώτῃ Εὐά; εἶδες γὰρ κακῶς, καὶ  
ἐτρώθης πικρῶς, καὶ ἤψω τοῦ ξύλου,  
καὶ ἐγεύσω προπετῶς, τῆς παραλό-  
γου βρώσεως.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἄντι Εὐάς αἰσθητῆς, ἡ νοητὴ μοι  
κατέστη Εὐά, ὁ ἐν τῇ σαρκί, ἐμπαθῆς  
λογισμὸς, δεικνὺς τὰ ἡδέα, καὶ γευό-  
μενος αἰεί, τῆς πικρᾶς καταπόσεως.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐπαξίως τῆς Ἐδέμ, προεξερρίφη ὡς  
μὴ φυλάξας, μίαν σου Σωτῆρ, ἐντολὴν  
ὁ Ἀδάμ, ἐγὼ δὲ τί πάθω, ἀθετῶν  
διαπαντὸς τὰ ζωηρά σου λόγια;

*Δόξα.*

Ὑπερούσιε Τριάς, ἡ ἐν Μονάδι προ-  
σκυνομένη, ἄρον τὸν κλοιόν, ἀπ'  
ἐμοῦ τὸν βαρύν, τὸν τῆς ἀμαρτίας, καὶ  
ὡς εὐσπλαγχνός μοι δός, δάκρυα  
κατανύξεως.

*Καὶ νῦν.*

Θεοτόκε ἡ ἐλπίς, καὶ προστασία τῶν

the first-formed man, and I have  
found myself stripped naked of God,  
of the eternal Kingdom and its joy,  
because of my sins.

*Have mercy on me, O God. Have mercy on me.*

Woe to you, miserable soul! How like  
you are to the first Eve! For you  
looked in wickedness and were griev-  
ously wounded; you have touched the  
tree and rashly tasted the deceptive  
food.

*Have mercy on me, O God. Have mercy on me.*

Instead of the visible Eve, I have the  
Eve of the mind: the passionate  
thought in my flesh, showing me what  
seems sweet; yet whenever I taste  
from it, I find it bitter.

*Have mercy on me, O God. Have mercy on me.*

Adam was justly banished from Eden  
because he disobeyed one command-  
ment of Yours, O Savior. What then  
shall I suffer, for I am always rejecting  
Your words of life?

*Glory.*

Trinity beyond all being, worshipped  
in Unity, take from me the heavy yoke  
of sin, and in Your compassion grant  
me tears of compunction.

*Both now.*

O Theotokos, the hope and protection



σὲ ὑμνούντων, ἄρον τὸν κλοιόν, ἀπ' ἐμοῦ τὸν βαρύν, τὸν τῆς ἁμαρτίας, καὶ ὡς Δέσποινα ἀγνή, μετανοοῦντα δέξαι με.

**Ὡδὴ β'. Ὁ Εἰρμός.**

**Π**ρόσεχε, οὐρανὲ καὶ λαλήσω, καὶ ἀνυμνήσω Χριστόν, τὸν ἐκ Παρθένου σαρκί, ἐπιδημήσαντα.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Πρόσεχε, οὐρανέ, καὶ λαλήσω, γῆ ἐνωτίζου φωνῆς, μετανοούσης Θεῷ, καὶ ἀνυμνούσης αὐτόν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Πρόσχε μοι, ὁ Θεὸς ὁ Σωτήρ μου, ἰλέω ὄμματί σου, καὶ δέξαι μου, τὴν θερμὴν ἐξομολόγησιν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἡμάρτηκα, ὑπὲρ πάντας ἀνθρώπους, μόνος ἠμάρτηκά σοι, ἀλλ' οἴκτειρον ὡς Θεός, Σῶτερ τὸ ποίημά σου.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Μορφώσας μου, τὴν τῶν παθῶν ἀμορφίαν, ταῖς φιληδόνοις ὀρμαῖς, ἐλυμηνάμην τοῦ νοῦ τὴν ὠραιότητα.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ζάλη με, τῶν κακῶν περιέχει, εὐσπλα-

of those who sing your praises, take from me the heavy yoke of sin. O pure Lady, accept me in repentance.

**Ode ii. Heirmos.**

**A**ttend, O Heaven, and I shall speak and sing in praise of Christ Who took flesh from a Virgin and came to dwell among us.

*Have mercy on me, O God. Have mercy on me.*

Attend, O Heaven, and I shall speak; give ear, O earth, to the voice of one who repents before God and sings His praise.

*Have mercy on me, O God. Have mercy on me.*

Look upon me, God my Savior, with Your merciful eye, and accept my fervent confession.

*Have mercy on me, O God. Have mercy on me.*

More than all men I have sinned; I alone have sinned against You. But as God take pity on Your creation, O Savior.

*Have mercy on me, O God. Have mercy on me.*

With my lustful desires I formed within myself the deformity of the passions and disfigured the beauty of my mind.

*Have mercy on me, O God. Have mercy on me.*

I am surrounded by the storm of sin, O

## Μέγα Απόδειπνον

γχνε Κύριε, ἀλλ' ὡς τῷ Πέτρῳ κάμοί,  
τὴν χεῖρα ἔκτεινον.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐσπίλωσα, τὸν τῆς σαρκός μου χιτῶ-  
να, καὶ κατερρύπωσα, τὸ κατ' εἰκόνα  
Σωτήρ, καὶ καθ' ὁμοίωσιν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἡμαύρωσα, τῆς ψυχῆς τὸ ὠραῖον,  
ταῖς τῶν παθῶν ἡδοναῖς, καὶ ὅλως  
ὄλον τὸν νοῦν, χοῦν ἀπετέλεσα.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Διέρρηξα, νῦν τὴν στολὴν μου τὴν  
πρώτην, ἣν ἐξυφάνατό μοι, ὁ Πλα-  
στοουργὸς ἐξ ἀρχῆς, καὶ ἔνθεν κεῖμαι  
γυμνός.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐνδέδυμαι, διερρηγμένον χιτῶνα, ὃν  
ἐξυφάνατό μοι, ὁ ὄφεις τῆ συμβουλῆ,  
καὶ καταισχύνομαι.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὰ δάκρυα, τὰ τῆς πόρνης οἰκτίρμον,  
κάγῳ προβάλλομαι. Ἰλάσθητί μοι  
Σωτήρ, τῆ εὐσπλαγχνία σου.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Προσέβλεψα, τοῦ φυτοῦ τὸ ὠραῖον,  
καὶ ἠπατήθην τὸν νοῦν, καὶ ἄρτι  
κεῖμαι γυμνός, καὶ καταισχύνομαι.

compassionate Lord. But stretch out  
Your hand to me, as once You did to  
Peter.

*Have mercy on me, O God. Have mercy on me.*

I have stained the garment of my  
flesh, O Savior, and defiled that which  
was made in Your image and likeness.

*Have mercy on me, O God. Have mercy on me.*

With the lusts of passion I have  
darkened the beauty of my soul, and  
turned my whole mind entirely into  
earth.

*Have mercy on me, O God. Have mercy on me.*

I have torn the first garment that the  
Creator wove for me in the beginning,  
and now I lie naked.

*Have mercy on me, O God. Have mercy on me.*

I have clothed myself in the torn coat  
that the serpent wove for me by his  
counsel, and I am ashamed.

*Have mercy on me, O God. Have mercy on me.*

I offer to You, O merciful Lord, the  
tears of the Harlot. Take pity on me, O  
Savior, in Your compassion.

*Have mercy on me, O God. Have mercy on me.*

I looked upon the beauty of the tree  
and my mind was deceived, and now I  
lie naked and ashamed.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐτέκταινον, ἐπὶ τὸν νῶτόν μου πάντες, οἱ ἀρχηγοὶ τῶν κακῶν, μακρύνοντες κατ' ἔμοῦ τὴν ἀνομίαν αὐτῶν.

*Δόξα.*

Ἦνα σε, ἐν τρισὶ τοῖς προσώποις, Θεὸν ἀπάντων ὑμνῶ, τὸν Πατέρα, καὶ τὸν Υἱόν, καὶ Πνεῦμα τὸ ἅγιον.

*Καὶ νῦν.*

Ἄχραντε, Θεοτόκε Παρθένε μόνη πανύμνητε, ἱκέτευε ἔκτενωῶς, εἰς τὸ σωθῆναι ἡμᾶς.

**Ὡδὴ γ'. Ὁ Εἱρμός.**

**Ἐ**πὶ τὴν ἀσάλευτον Χριστέ, πέτραν τῶν ἐντολῶν σου, τὴν Ἐκκλησίαν σου στερέωσον.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Πῦρ παρὰ Κυρίου ποτέ, Κύριος ἐπιβρέξας, τὴν γῆν Σοδόμων πρὶν κατέφλεξεν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Εἰς τὸ ὄρος σῶζου ψυχὴ, ὥσπερ ὁ Λῶτ ἐκεῖνος, καὶ εἰς Σηγῶρ προανασώθητι.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Φεῦγε ἐμπρησμόν ᾧ ψυχὴ, φεῦγε Σοδόμων καῦσιν, φεῦγε φθορὰν θείας φλογώσεως.

*Have mercy on me, O God. Have mercy on me.*

All the ruling passions have ploughed upon my back, making long furrows of wickedness.

*Glory.*

I sing Your praises, One in Three Persons, God of all, Father, Son and Holy Spirit.

*Both now.*

O Theotokos undefiled, Virgin alone worthy of all praise, intercede fervently for our salvation.

**Ode iii. Heirmos.**

**U**pon the unshaken rock of Your commandments, O Christ, make firm Your Church.

*Have mercy on me, O God. Have mercy on me.*

O my soul, the Lord once rained down fire from Heaven and consumed the land of Sodom.

*Have mercy on me, O God. Have mercy on me.*

O my soul, flee like Lot to the mountain, and take refuge in Zoar before it is too late.

*Have mercy on me, O God. Have mercy on me.*

Flee from the flames, O my soul, flee from the burning heat of Sodom, flee from destruction by the fire of God.

## Μέγα Απόδειπνον

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἥμαρτόν σοι μόνος ἐγώ, ἥμαρτον ὑπὲρ πάντας, Χριστὲ Σωτὴρ μὴ ὑπερίδης με.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Σὺ εἶ ὁ Ποιμὴν ὁ καλός, ζήτησόν με τὸν ἄρνα, καὶ πλανηθέντα μὴ παρίδης με.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Σὺ εἶ ὁ γλυκὺς Ἰησοῦς, σὺ εἶ ὁ Πλαστουργός μου, ἐν σοὶ Σωτὴρ δικαιοθήσομαι.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐξομολογοῦμαι σοι Σωτὴρ. Ἥμαρτόν σοι ἀμέτρως, ἀλλ' ἄνες ἄφες μοι, ὡς εὐσπλαγχνος.

*Δόξα.*

Ἦ Τριάς Μονὰς ὁ Θεός, σῶσον ἡμᾶς ἐκ πλάνης, καὶ πειρασμῶν καὶ περιστάσεων.

*Καὶ νῦν.*

Χαῖρε θεοδόχε γαστήρ· χαῖρε θρόνε Κυρίου· χαῖρε ἡ Μήτηρ τῆς ζωῆς ἡμῶν.

**Ὡδὴ δ'· Ὁ Εἰρμός.**

Ἀκήκοεν ὁ Προφήτης, τὴν ἔλευσίν σου Κύριε, καὶ ἐφοβήθη, ὅτι μέλλεις ἐκ Παρθένου τίκτεσθαι, καὶ ἀνθρώποις δείκνυσθαι, καὶ ἔλεγεν·

*Have mercy on me, O God. Have mercy on me.*

I alone have sinned against You, I have sinned more than all men; reject me not, O Christ my Savior.

*Have mercy on me, O God. Have mercy on me.*

You are the Good Shepherd: seek me, the lamb that has strayed, and do not forget me.

*Have mercy on me, O God. Have mercy on me.*

You are my beloved Jesus, You are my Creator; in You shall I be justified, O Savior.

*Have mercy on me, O God. Have mercy on me.*

I confess to You, O Savior: I have sinned, I have sinned against You. But in Your compassion absolve and forgive me.

*Glory.*

O God, Trinity in Unity, save us from error and temptation and distress.

*Both now.*

Rejoice, Womb that held God! Rejoice, throne of the Lord! Rejoice, Mother of our Life!

**Ode iv. Heirmos.**

On hearing about Your advent, \* O Lord, the Prophet Habakkuk of old was frightened: \* that You purposed from a Virgin to be born \* and appear

Ἀκήκοα τὴν ἀκοήν σου καὶ ἐφοβήθην,  
δόξα τῇ δυνάμει σου Κύριε.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὰ ἔργα σου μὴ παρίδης, τὸ πλάσμα  
σου μὴ παρόψη Δικαιοκρῖτα· εἰ καὶ  
μόνος ἡμαρτον ὡς ἄνθρωπος, ὑπὲρ  
πάντα ἄνθρωπον Φιλάνθρωπε, ἀλλ'  
ἔχεις ὡς Κύριος πάντων τὴν ἐξουσίαν,  
ἀφιέναι ἁμαρτήματα.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐγγίζει ψυχὴ τὸ τέλος, ἐγγίζει καὶ οὐ  
φροντίζεις, οὐχ ἔτοιμάζη. Ὁ καιρὸς  
συντέμνει, διανάστηθι, ἐγγὺς ἐπὶ  
θύραις ὁ Κριτὴς ἐστίν, ὡς ὄναρ, ὡς  
ἄνθος ὁ χρόνος τοῦ βίου τρέχει, τί  
μάτην ταραττόμεθα;

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἀνάνηψον ᾧ ψυχὴ μου, τὰς πράξεις  
σου ἄς εἰργάσω ἀναλογίζου, καὶ  
ταύταις ἐπ' ὄψεσι προσάγαγε, καὶ  
σταγόνας στάλαξον δακρύων σου,  
εἰπέ παρρησίᾳ τὰς πράξεις, τὰς  
ἐνθυμήσεις, Χριστῷ, καὶ δικαιώθητι.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Οὐ γέγονεν ἐν τῷ βίῳ, ἁμάρτημα οὐδὲ  
πρᾶξις, οὐδὲ κακία, ἦν ἐγὼ Σωτὴρ οὐκ  
ἐπλημμέλησα, κατὰ νοῦν καὶ λόγον,  
καὶ προαίρεσιν, καὶ θέσει, καὶ γνώμῃ,  
καὶ πράξει ἕξαμαρτήσας, ὡς ἄλλος

to humankind. And thus he said: \* O  
Lord, I have heard Your report and I  
am frightened. \* Glory to Your power,  
O Lord my God.

*Have mercy on me, O God. Have mercy on me.*

O righteous Judge, despise not Your  
works; forsake not Your creation. I  
have sinned as a man, I alone, more  
than any other man, O You Who love  
mankind. But as Lord of all You have  
the power to pardon sins.

*Have mercy on me, O God. Have mercy on me.*

The end draws near, my soul, the end  
draws near; yet you do not care or  
make ready. The time grows short,  
rise up: the Judge is at the door. The  
days of our life pass swiftly, as a  
dream, as a flower. Why do we trouble  
ourselves in vain?

*Have mercy on me, O God. Have mercy on me.*

Awake, my soul, consider the actions  
which you have done; set them before  
your eyes, and let the drops of your  
tears fall. With boldness tell Christ of  
your deeds and thoughts, and so be  
justified.

*Have mercy on me, O God. Have mercy on me.*

No sin has there been in life, no evil  
deed, no wickedness, that I have not  
committed, O Savior. I have sinned as  
no one ever before, in mind, word and  
intent, in disposition, thought and act.

## Μέγα Απόδειπνον

ούδεις πώποτε.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐντεῦθεν καὶ κατεκρίθην, ἐντεῦθεν κατεδικάσθην ἐγὼ ὁ τάλας, ὑπὸ τῆς οἰκείας συνειδήσεως, ἧς οὐδὲν ἐν κόσμῳ βιαιότερον. Κριτὰ λυτρωτά μου καὶ γνῶστα, φεῖσαι καὶ ῥῦσαι, καὶ σῶσόν με τὸν δειλίαιον.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἡ κλίμαξ ἦν εἶδε πάλαι, ὁ μέγας ἐν Πατριάρχαις, δεῖγμα ψυχῆ μου, πρακτικῆς ὑπάρχει ἐπιβάσεως, γνωστικῆς τυγχάνει ἀναβάσεως, εἰ θέλεις οὖν πράξει, καὶ γνώσει καὶ θεωρίᾳ, βιοῦν ἀνακαινίσθητι.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὸν καύσωνα τῆς ἡμέρας, ὑπέμεινε δι' ἔνδειαν ὁ Πατριάρχης καὶ τὸν παγετὸν τῆς νυκτὸς ἤνεγκε, καθ' ἡμέραν κλέμματα ποιούμενος, ποιμαίνων, πυκτεύων, δουλεύων, ἵνα τὰς δύο, γυναῖκας εἰσαγάγηται.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Γυναϊκάς μοι δύο νόει, τὴν πρᾶξιν τε καὶ τὴν γνῶσιν ἐν θεωρίᾳ, τὴν μὲν Λείαν, πρᾶξιν ὡς πολύτεκνον· τὴν Ῥαχὴλ δέ, γνῶσιν ὡς πολύπονον· καὶ γὰρ ἄνευ πόνων, οὐ πρᾶξις, οὐ θεωρία, ψυχὴ κατορθωθήσεται.

*Have mercy on me, O God. Have mercy on me.*

For this I am condemned in my misery, for this I am convicted by the verdict of my own conscience, which is more compelling than all else in the world. O my Judge and Redeemer, Who know my heart, spare and deliver and save me in my wretchedness.

*Have mercy on me, O God. Have mercy on me.*

The ladder which the great Patriarch Jacob saw of old is an example, O my soul, of approach through action and of ascent in knowledge. If then you wish to live rightly in action and knowledge and contemplation, be you made new.

*Have mercy on me, O God. Have mercy on me.*

In privation Jacob the Patriarch endured the burning heat by day and the frost by night, making daily gains of sheep and cattle, shepherding, wrestling, and serving, to win his two wives.

*Have mercy on me, O God. Have mercy on me.*

By the two wives, understand action and knowledge in contemplation. Leah is action, for she had many children; and Rachel is knowledge, for she endured great toil. For without toil, O my soul, neither action nor contemplation will succeed.

*Δόξα.*

Ἀμέριστον τῆ οὐσίᾳ, ἀσύγχυτον τοῖς προσώποις θεολογῶ σε, τὴν Τριαδικὴν μίαν Θεότητα, ὡς Ὁμοβασίλειον καὶ σύνθρονον, βοῶ σοι τὸ Ἄσμα, τὸ μέγα, τὸ ἐν ὑψίστοις, τρισσῶς ὑμνο-λογούμενον.

*Kai nvn.*

Καὶ τίκεις καὶ παρθενεῦεις, καὶ μένεις δι' ἀμφοτέρων, φύσει Παρθέ-νος, ὁ τεχθεὶς καινίζει νόμους φύσε-ως, ἡ νηδὺς δὲ κύει μὴ λοχεύουσα, Θεὸς ὅπου θέλει, νικᾶται φύσεως τάξις· ποιεῖ γὰρ ὅσα βούλεται.

**ᾠδὴ ε΄. Ὁ Εἰρμός.**

Ἐκ νυκτὸς ὀρθρίζοντα Φιλάνθρωπε, φώτισον δέομαι, καὶ ὀδήγησον κάμέ, ἐν τοῖς προστάγμασί σου, καὶ δίδαξον με ποιεῖν, αἰεὶ τὸ θέλημά σου.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐν νυκτὶ τὸν βίον μου διήλθον αἰεὶ· σκότος γὰρ γέγονε, καὶ βαθεῖά μοι ἀχλύς, ἡ νύξ τῆς ἁμαρτίας, ἀλλ' ὡς ἡμέρας υἱόν, Σωτὴρ ἀνάδειξόν με.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὸν Ῥουβὶμ μιμούμενος ὁ τάλας ἐγώ, ἔπραξα ἄθεσμον, καὶ παράνομον βουλήν, κατὰ Θεοῦ Ὑψίστου, μίανας κοίτην ἐμήν, ὡς τοῦ πατρὸς ἐκεῖνος.

*Glory.*

Undivided in Essence, unconfused in Persons, I confess You as God: Triune Deity, one in kingship and throne; and to You I raise the great thrice-holy hymn that is sung on high.

*Both now.*

You give birth and are a virgin, and in both you remain by nature inviolate. He Who is born makes new the laws of nature, and the womb brings forth without travail. When God so wills, the natural order is overcome; for He does whatever He wishes.

**Ode v. Heirmos.**

Early in the morning I awake from night. \* Lover of man, I pray, \* give me light and guide me in the way of Your commandments, \* and teach me ever to do Your holy will, O Savior.

*Have mercy on me, O God. Have mercy on me.*

In night have I passed all my life: for the night of sin has covered me with darkness and thick mist. But make me, O Savior, a son of the day.

*Have mercy on me, O God. Have mercy on me.*

In my misery I followed Reuben's example, and devised a wicked and unlawful plan against the most-high God, defiling my bed as he defiled his

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐξομολογοῦμαι σοι Χριστέ Βασιλεῦ.  
Ἥμαρτον ἤμαρτον, ὡς οἱ πρὶν τῷ  
Ἰωσήφ, ἀδελφοὶ πεπρακότες, τὸν τῆς  
ἀγνείας καρπὸν, καὶ τὸν τῆς σωφρο-  
σύνης.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἰπὸ τῶν συγγόνων ἡ δικαία ψυχὴ,  
δέδοτο πέπρατο, εἰς δουλείαν ὁ  
γλυκὺς, εἰς τύπον τοῦ Κυρίου· αὐτὴ δὲ  
ὅλη ψυχὴ, ἐπράθης τοῖς κακοῖς σου.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἰωσήφ τὸν δίκαιον, καὶ σώφρονα  
νοῦν, μίμησαι τάλαινα, καὶ ἀδόκιμη  
ψυχὴ, καὶ μὴ ἀκολασταίνου, ταῖς  
παραλόγοις ὀρμαῖς, ἀεὶ παρανο-  
μοῦσα.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Εἰ καὶ λάκκῳ ὤκησε ποτὲ Ἰωσήφ,  
Δέσποτα Κύριε, ἀλλ' εἰς τύπον τῆς  
Ταφῆς, καὶ τῆς Ἐγέρσεώς σου· ἐγὼ δὲ  
τί σοι ποτέ, τοιοῦτο προσενέγκω;

*Δόξα.*

Σὲ Τριάς δοξάζομεν τὸν ἕνα Θεόν,  
Ἅγιος, Ἅγιος, Ἅγιος εἶ ὁ Πατήρ, ὁ Υἱὸς  
καὶ τὸ Πνεῦμα, ἀπλή οὐσία Μονάς, ἀεὶ  
προσκυνουμένη.

*Καὶ νῦν.*

Ἐκ σοῦ ἡμφιάσατο τὸ φύραμά μου,

father's.

*Have mercy on me, O God. Have mercy on me.*

I confess to You, O Christ my King: I  
have sinned; I have sinned like the  
brethren of Joseph, who once sold the  
fruit of purity and chastity.

*Have mercy on me, O God. Have mercy on me.*

As a figure of the Lord, O my soul, the  
righteous and gentle Joseph was sold  
into bondage by his brethren; but you  
sold yourself entirely to your sins.

*Have mercy on me, O God. Have mercy on me.*

O miserable and wicked soul, imitate  
the righteous and pure mind of  
Joseph; and do not live in wantonness,  
sinfully indulging your disordered  
desires.

*Have mercy on me, O God. Have mercy on me.*

Once Joseph was cast into a pit, O Lord  
and Master, as a figure of Your Burial  
and Resurrection. But what offering  
such as this shall I ever make to You?

*Glory.*

We glorify You, O Trinity, the one God.  
Holy, holy, holy, are You: Father, Son,  
and Spirit, simple Essence and Unity,  
worshipped forever.

*Both now.*

O Virgin inviolate and Mother who has



ἄφθορε ἄνανδρε, Μητροπάρθενε Θεός, ὁ κτίσας τοὺς αἰῶνας, καὶ ἤνωσεν ἑαυτῷ, τὴν τῶν ἀνθρώπων φύσιν.

**Ὡδὴ ζ'. Ὁ Εἰρμός.**

**Ε**βόησα, ἐν ὄλῃ καρδίᾳ μου, πρὸς τὸν οἰκτίρμονα Θεόν, καὶ ἐπήκουσέ μου, ἐξ Ἄδου κατωτάτου, καὶ ἀνήγαγεν, ἐκ φθορᾶς τὴν ζωὴν μου.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὰ δάκρυα Σωτῆρ τῶν ὀμμάτων μου, καὶ τοὺς ἐκ βάθους στεναγμούς, καθαρῶς προσφέρω, βοώσης τῆς καρδίας, ὁ Θεὸς ἡμάρτηκά σοι, ἰλάσθητί μοι.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐξένευσας ψυχὴ τοῦ Κυρίου σου, ὡσπερ Δαθὰν καὶ Ἀβειρών· ἀλλὰ φεῖσαι κράξον, ἐξ Ἄδου κατωτάτου, ἵνα μὴ τὸ χάσμα, τῆς γῆς σὲ συκαλύψῃ.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ὡς δάμαλις ψυχὴ παροιστήσασα, ἐξωμοιώθης τῷ Ἐφραΐμ, ὡς δορκὰς ἐκ βρόχων, ἀνάσωσον τὸν βίον, πτερωθεῖσα πράξει, καὶ νῶ καὶ θεωρία.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἡ χεὶρ ἡμᾶς Μωσέως πιστώσεται,

not known man, from you has God, the Creator of the ages, taken human flesh, uniting to Himself the nature of men.

**Ode vi. Heirmos.**

**I** cried aloud and shouted with all my heart \* unto the tender-loving God, \* and He heard my voice from the lowest depths of Hades, \* and He raised my life from the pit of corruption.

*Have mercy on me, O God. Have mercy on me.*

I offer to You in purity, O Savior, the tears of my eyes and groanings from the depths of my heart, crying: "I have sinned against You, O God; be merciful to me."

*Have mercy on me, O God. Have mercy on me.*

Like Dathan and Abiram, O my soul, you have become a stranger to your Lord; but from the lowest depth of hell cry out, "Spare me," that the earth may not open and swallow you up.

*Have mercy on me, O God. Have mercy on me.*

Raging as a maddened heifer, O my soul, you have become like Ephraim. So rescue your life, like a hart from the nets, gaining wings through action and the mind's contemplation.

*Have mercy on me, O God. Have mercy on me.*

O my soul, the hand of Moses shall be

## Μέγα Απόδειπνον

ψυχὴ πῶς δύναται Θεός, λεπρωθέντα βίον, λευκάναι καὶ καθάραι· καὶ μὴ ἀπογνῶς σεαυτήν, κἂν ἐλεπρώθης.

*Δόξα.*

Τριάς εἶμι, ἀπλὴ ἀδιαίρετος, διαιρετὴ προσωπικῶς, καὶ Μονὰς ὑπάρχω, τῆ φύσει ἡνωμένη. Ὁ Πατὴρ φησιν, ὁ Υἱὸς καὶ θεῖον Πνεῦμα.

*Καὶ νῦν.*

Ἡ μήτρα σου, Θεὸν ἡμῖν ἔτεκε, μεμορφωμένον καθ' ἡμᾶς, ἀλλ' ὡς Κτίστην πάντων, δυσώπει Θεοτόκε, ἵνα ταῖς πρεσβείαις, ταῖς σαῖς δικαιοθῶμεν.

*Εἶτα ψάλλομεν ἀργῶς τὸ παρόν.*

**Κοντάκιον. Ἦχος πλ. β'.**

**Ψ**υχὴ μου ψυχὴ μου, ἀνάστα, τί καθεύδεις; τὸ τέλος ἐγγίζει, καὶ μέλεις θορυβεῖσθαι· ἀνάνηψον οὖν, ἵνα φείσηταί σου Χριστὸς ὁ Θεός, ὁ πανταχοῦ παρών, καὶ τὰ πάντα πληρῶν.

**Ὡδὴ ζ'. Ὁ Εἰρμός.**

**Ἡ**μάρτομεν, ἡνομήσαμεν, ἠδικήσαμεν ἐνώπιόν σου, οὐδὲ συνετηρήσαμεν, οὐδὲ ἐποιήσαμεν, καθὼς ἐνετείλω ἡμῖν, ἀλλὰ μὴ παραδώης ἡμᾶς εἰς τέλος, ὁ τῶν Πατέρων Θεός.

our assurance, proving how God can cleanse a life full of leprosy and make it white as snow. So do not despair of yourself, though you are leprous.

*Glory.*

"I am the Trinity, simple and undivided, yet divided in Persons, and I am the Unity by Nature one," says the Father and the Son and the divine Spirit.

*Both now.*

Your womb bore God for us, fashioned in our shape. O Theotokos, pray to Him as the Creator of all, that we may be justified through your intercession.

*Then we sing the following slowly.*

**Kontakion. Mode pl. 2.**

**M**y soul, O my soul, rise up! Why are you sleeping? The end draws near and soon you shall be troubled. Watch, then, that Christ your God may spare you, for He is everywhere present and fills all things.

**Ode vii. Heirmos.**

**W**e sinned, O Lord, and we broke Your law, \* we behaved unrighteously before You, \* and neither have we kept Your word, nor acted according to the way You commanded for us. \* Yet, O God of the fathers, we pray, do

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἥμαρτηκα, ἐπλημμέλησα, καὶ ἠθέτησα τὴν ἐντολὴν σου, ὅτι ἐν ἁμαρτίαις προήχθην, καὶ προσέθηκα τοῖς μώλωψι τραῦμα ἐμοί, ἀλλ' αὐτός με ἐλέησον ὡς εὐσπλαγχνος, ὁ τῶν Πατέρων Θεός.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὰ κρύφια τῆς καρδίας μου, ἐξηγόρευσά σοι τῷ Κριτῇ μου, ἴδε μου τὴν ταπείνωσιν, ἴδε καὶ τὴν θλίψιν μου, καὶ πρόσχευε τῇ κρίσει μου νῦν, καὶ αὐτός με ἐλέησον ὡς εὐσπλαγχνος ὁ τῶν Πατέρων Θεός.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Σαοὺλ ποτέ, ὡς ἀπώλεσε, τοῦ πατρὸς αὐτοῦ ψυχὴ τὰς ὄνους, πάρεργον τὸ βασίλειον εὔρε, πρὸς ἀνάρρησιν. Ἄλλ' ὄρα μὴ λάθῃς σαυτὴν, τὰς κτηνώδεις ὀρέξεις σου, προκρίνουσα τῆς βασιλείας Χριστοῦ.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Δαυῖδ ποτέ, ὁ πατρόθεος, εἰ καὶ ἤμαρτε διττῶς ψυχὴ μου, βέλει μὲν τοξευθεὶς τῆς μοιχείας, τῷ δὲ δόρατι ἀλοῦς τῆς τοῦ φόνου ποινῆς· ἀλλ' αὐτὴ τὰ βαρύτερα τῶν ἔργων νοσεῖς, ταῖς κατὰ γνώμην ὀρμαῖς.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Συνῆψε μὲν, ὁ Δαυῖδ ποτέ, ἀνομήματι

not utterly deliver us up.

*Have mercy on me, O God. Have mercy on me.*

I have sinned, I have offended, and I have set aside Your commandments, for in sins have I progressed, and to my sores I have added wounds. But in Your compassion have mercy upon me, O God of our fathers.

*Have mercy on me, O God. Have mercy on me.*

The secrets of my heart have I confessed to You, my Judge. See my abasement, see my affliction, and attend to my judgment now; and in Your compassion have mercy upon me, O God of our fathers.

*Have mercy on me, O God. Have mercy on me.*

When Saul once lost his father's asses, in searching for them he found himself proclaimed as king. But watch, my soul, lest unknown to yourself you prefer your animal appetites to the Kingdom of Christ.

*Have mercy on me, O God. Have mercy on me.*

David, the forefather of God, once sinned doubly, pierced with the arrow of adultery and the spear of murder. But you, my soul, are more gravely sick than he, for worse than any acts are the impulses of your will.

*Have mercy on me, O God. Have mercy on me.*

David once joined sin to sin, adding

## Μέγα Απόδειπνον

τὴν ἀνομίαν· φόνω γὰρ τὴν μοιχείαν ἐκίρνα, τὴν μετάνοιαν εὐθύς παραδείξας διπλῆν· ἀλλ' αὐτὴ πονηρότερα εἰργάσω, ψυχὴ, μὴ μεταγνοῦσα Θεῶ.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Δαυῖδ ποτὲ ἀνεστήλωσε, συγγραψάμενος ὡς ἐν εἰκόνι, ὕμνον, δι' οὗ τὴν πρᾶξιν ἐλέγχει, ἣν εἰργάσατο κραυγάζων· Ἐλέησόν με· σοὶ γὰρ μόνω ἐξήμαρτον, τῷ πάντων Θεῶ, αὐτὸς καθάρισόν με.

*Δόξα.*

Τριάς ἀπλή, ἀδιαίρετε, Ὁμοούσιε Μονὰς ἅγια, φῶτα καὶ φῶς καὶ ἅγια τρία, καὶ ἐν ἅγιον ὑμνεῖται Θεὸς ἡ Τριάς, ἀλλ' ἀνύμνησον, δόξασον ζωὴν καὶ ζωάς, ψυχὴ τὸν πάντων Θεόν.

*Καὶ νῦν.*

Ἕμνοῦμέν σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε Θεογεννητορ, ὅτι τῆς ἀχωρίστου Τριάδος, ἀπεκύησας τὸν ἕνα Υἱὸν καὶ Θεόν, καὶ αὐτὴ προηνώξας ἡμῖν, τοῖς ἐν γῆ τὰ ἐπουράνια.

### **Ὡδὴ η' . Ὁ Εἰρμός.**

Ὁν Στρατιαὶ οὐρανῶν δοξάζουσι καὶ φρίττει τὰ Χερουβείμ καὶ τὰ Σεραφεῖμ, πᾶσα πνοὴ καὶ κτίσις ὑμνεῖτε, εὐλογεῖτε, καὶ ὑπερυψοῦτε εἰς πάντας

murder to fornication; yet then he showed at once a twofold repentance. But you, my soul, have done worse things than he, yet you have not repented before God.

*Have mercy on me, O God. Have mercy on me.*

David once composed a hymn, depicting the action he had done; and he condemned it, crying: "Have mercy on me, for against You only have I sinned, O God of all. Cleanse me."

*Glory.*

O simple and undivided Trinity, O holy and consubstantial Unity: You are praised as Light and Lights, one Holy and three Holies. Sing, O my soul, and glorify Life and Lives, the God of all.

*Both now.*

We praise you, we bless you, we venerate you, O Mother of God: for you gave birth to One of the undivided Trinity, your Son and God, and you opened the heavenly places to us on earth.

### **Ode viii. Heirmos.**

Him whom the hosts of the heavens glorify, \* at whom quake the Cherubim and the Seraphim, \* every breath and creation, \* extol Him now and bless Him, \* and exalt supremely, unto

τούς αἰῶνας.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἥμαρτηκότα, Σωτῆρ ἐλέησον, διέγειρόν μου τὸν νοῦν, πρὸς ἐπιστροφὴν, δέξαι μετανοοῦντα, οἰκτείρησον βοῶντα· Ἥμαρτόν σοι, σῶσον, ἠνόμησα, ἐλέησόν με.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ὁ διαφορηλάτης, Ἡλίας, ἄρματι, ταῖς ἀρεταῖς ἐπιβάς, ὡς εἰς οὐρανόν, ἦγετο ὑπεράνω, ποτὲ τῶν ἐπιγείων· τούτου οὖν ψυχὴ μου, τὴν ἄνοδον ἀναλογίζου.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ὁ Ἐλισσαῖος, ποτὲ δεξάμενος, τὴν μηλωτὴν Ἡλιοῦ, ἔλαβε διπλῆν, χάριν παρὰ Κυρίου, αὐτὴ δὲ ὦ ψυχὴ μου, ταύτης οὐ μετέσχεσ, τῆς χάριτος δι' ἀκρασίαν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τοῦ Ἰορδάνου, τὸ ρεῖθρον πρότερον, τῇ μηλωτῇ Ἡλιοῦ, δι' Ἐλισσαιέ, ἔστη ἔνθα καὶ ἔνθα, αὐτὴ δὲ ὦ ψυχὴ μου, ταύτης οὐ μετέσχεσ, τῆς χάριτος δι' ἀκρασίαν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἡ Σωμανῆτις, ποτὲ τὸν δίκαιον, ἐξένισεν ὦ ψυχὴ, γνώμη ἀγαθῆ· σὺ δὲ οὐκ εἰσῳκίσω, οὐ ξένον, οὐχ ὀδίτην·

all the ages.

*Have mercy on me, O God. Have mercy on me.*

I have sinned, O Savior, have mercy on me. Awaken my mind and turn me back; accept me in repentance and take pity on me as I cry: I have sinned against You, save me; I have done evil, have mercy on me.

*Have mercy on me, O God. Have mercy on me.*

Riding in the chariot of the virtues, Elijah was lifted up to Heaven, high above earthly things. Reflect, O my soul, on his ascent.

*Have mercy on me, O God. Have mercy on me.*

Elisha once took up the mantle of Elijah, and received a double portion of grace from the Lord: but in this grace, my soul, you have no share, because of your greed and uncontrolled desires.

*Have mercy on me, O God. Have mercy on me.*

With the mantle of Elijah, Elisha made the stream of Jordan stand still on either side: but in this grace, my soul, you have no share, because of your greed and uncontrolled desires.

*Have mercy on me, O God. Have mercy on me.*

The Shunammite woman gladly entertained the righteous Prophet: but in your house, my soul, you have not

## Μέγα Απόδειπνον

ὄθεν τοῦ νυμφῶνος, ῥιφήση ἕξω  
θρηνηδοῦσα.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τοῦ Γιεζῆ, ἐμιμήσω τάλαινα, τὴν  
γνώμην τὴν ῥυπαράν, πάντοτε ψυχὴ·  
οὗ τὴν φιλαργυρίαν, ἀπώθου κἄν ἐν  
γῆρει, φεῦγε τῆς γεέννης, τὸ πῦρ  
ἐκστᾶσα τῶν κακῶν σου.

*Εὐλογοῦμεν Πατέρα, Υἱόν, καὶ ἅγιον Πνεῦμα.*

Ἄναρχε Πάτερ, Υἱὲ συνάναρχε, Παρά-  
κλητε ἀγαθέ, Πνεῦμα τὸ εὐθές, Λόγου  
Θεοῦ Γεννητορ, Πατρὸς ἀνάρχου  
Λόγε, Πνεῦμα ζῶν καὶ κτίζον. Τριάς  
Μονὰς ἐλέησόν με.

*Καὶ νῦν.*

Ὡς ἐκ βαφῆς, ἀλουργίδος Ἄχραντε, ἡ  
νοητὴ πορφυρίς, τοῦ Ἐμμανουήλ,  
ἔνδον ἐν τῇ γαστρὶ σου, ἡ σὰρξ  
συνεξυφάνθη· ὄθεν Θεοτόκον, ἐν  
ἀληθείᾳ σε τιμῶμεν.

### **Ὡδὴ θ´. Ὁ Εἰρμός.**

**Ἄ**σπόρου συλλήψεως, ὁ τόκος ἀνερ-  
μήνευτος, Μητρὸς ἀνάδρου, ἄσπο-  
ρος ἡ κύησις. Θεοῦ γὰρ ἡ γέννησις  
καινοποιεῖ τὰς φύσεις· διὸ σε πᾶσαι  
αἱ γενεαί, ὡς Θεόνυμφον Μητέρα,  
ὀρθοδόξως μεγαλύνομεν.

welcomed stranger or traveler; and so  
you shall be cast out weeping from the  
bridal chamber.

*Have mercy on me, O God. Have mercy on me.*

O wretched soul, you have always  
imitated the unclean thoughts of Ge-  
hazi. Cast from you, at least in your  
old age, his love of money. Flee from  
the fire of hell, turning away from  
your wickedness.

*We bless Father, Son, and Holy Spirit.*

Father without beginning, coeternal  
Son, and loving Comforter, the Spirit  
of righteousness; Begetter of the  
Word of God, Word of the eternal  
Father, Spirit living and creative: O  
Trinity in Unity, have mercy on me.

*Both now.*

As from purple silk, O undefiled  
Virgin, the spiritual robe of Emmanu-  
el, His flesh, was woven in your womb.  
Therefore, we honor you as Theo-  
tokos in very truth.

### **Ode ix. Heirmos.**

**T**he birth is ineffable, conceived  
without the seed of man; the unwed  
Mother's \* childbirth was free of all  
corruption. The birth of God \* makes  
new again the natures. \* And thus, in  
Orthodox manner all \* generations  
magnify you as the Mother and the

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ὁ νοῦς τετραυμάτισται, τὸ σῶμα μεμαλάκισται, νοσεῖ τὸ πνεῦμα, ὁ λόγος ἡσθένησεν, ὁ βίος νενέκρωται, τὸ τέλος ἐπὶ θύραις· διό μοι τάλαινα ψυχῇ, τί ποιήσεις ὅταν ἔλθῃ, ὁ Κριτῆς ἀνερευνησαί τὰ σά;

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Μωσέως παρήγαγον, ψυχῇ τὴν κοσμογένεσιν, καὶ ἔξ ἐκείνου, πᾶσαν ἐνδιάθετον, γραφὴν ἱστοροῦσάν σοι, δικαίους καὶ ἀδίκους, ὧν τοὺς δευτέρους ὦ ψυχῇ, ἐμμήσω, οὐ τοὺς πρώτους, εἰς Θεὸν ἐξαμαρτήσασα.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ὁ Νόμος ἡσθένησεν, ἀργεῖ το Εὐαγγέλιον, Γραφὴ δὲ πᾶσα, ἐν σοὶ παρημέληται, Προφητῆται ἠτόνησαν, καὶ πᾶς δικαίου λόγος, αἱ τραυματίαι σου ὦ ψυχῇ, ἐπληθύνθησαν, οὐκ ὄντος, ἰατροῦ τοῦ ὑγιουντός σε.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τῆς νέας παράγω σοι, Γραφῆς τὰ ὑποδείγματα, ἐνάγοντά σε, ψυχῇ πρὸς κατάνυξιν, δικαίους οὖν ζήλωσον, ἀμαρτωλοὺς ἐκτρέπου, καὶ ἐξίλεωσαι Χριστόν, προσευχαῖς τε καὶ

Bride of God.

*Have mercy on me, O God. Have mercy on me.*

My mind is wounded, my body has grown feeble, my spirit is sick, my speech has lost its power, my life is dead; the end is at the door. What shall you do, then, miserable soul, when the Judge comes to examine your deeds?

*Have mercy on me, O God. Have mercy on me.*

I have put before you, my soul, Moses' account of the creation of the world, and after that all the recognized Scriptures that tell you the story of the righteous and the wicked. But you, my soul, have followed the second of these, not the first, and have sinned against God.

*Have mercy on me, O God. Have mercy on me.*

The Law is powerless, the Gospel is of no effect, and the whole of Scripture is ignored by you; the prophets and all the words of the righteous are useless. Your wounds, my soul, have been multiplied, and there is no physician to heal you.

*Have mercy on me, O God. Have mercy on me.*

I bring you, O my soul, examples from the New Testament, to lead you to compunction. Follow the example of the righteous, turn away from the sinful, and through prayers and



## Μέγα Απόδειπνον

νηστείαις, καὶ ἀγνεΐα καὶ σεμνότητι.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Χριστὸς ἐνηνθρώπησε, σαρκὶ προσομιλήσας μοι, καὶ πάντα ὅσα, ὑπάρχει τῆς φύσεως, βουλήσει ἐπλήρωσε, τῆς ἀμαρτίας δίχα, ὑπογραμμὸν σοι ὦ ψυχὴ, καὶ εἰκόνα προδεικνύων, τῆς αὐτοῦ συγκαταβάσεως.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Χριστὸς ἐνηνθρώπησε, καλέσας εἰς μετάνοιαν, ληστὰς καὶ πόρνας, ψυχὴ μετανόησον, ἡ θύρα ἠνέωκται, τῆς Βασιλείας ἤδη, καὶ προαρπάζουσιν αὐτήν, Φαρισαῖοι καὶ Τελῶναι, καὶ μοιχοὶ μεταποιούμενοι.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Χριστὸς Μάγους ἔσωσε, Ποιμένας συνεκάλεσε, Νηπίων δῆμους, ἀπέδειξε Μάρτυρας, Πρεσβύτην ἐδόξασε, καὶ γηραλέαν Χήραν, ὧν οὐκ ἐζήλωσας ψυχὴ, οὐ τὰς πράξεις, οὐ τὸν βίον, ἀλλ' οὐαὶ σοι ἐν τῷ κρίνεσθαι!

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Νηστεύσας ὁ Κύριος, ἡμέρας τεσσαράκοντα, ἐν τῇ ἐρήμῳ, ὕστερον ἐπεινάσε, δεικνὺς τὸ ἀνθρώπινον. Ψυχὴ μὴ ἀθυμήσης, ἂν σοι προσβάλλῃ ὁ ἐχθρὸς, προσευχῆ τε καὶ νηστεΐα, ἐκ ποδῶν ἀποκρουσθήτω σοι.

fasting, through chastity and reverence, win back Christ's mercy.

*Have mercy on me, O God. Have mercy on me.*

Christ became a child and shared in my flesh; and willingly He performed all that belongs to my nature, only without sin. He set before you, my soul, an example and image of His condescension.

*Have mercy on me, O God. Have mercy on me.*

Christ became man, calling to repentance thieves and harlots. Repent, my soul: the door of the Kingdom is already open, and Pharisees and publicans and adulterers pass through it before you, changing their life.

*Have mercy on me, O God. Have mercy on me.*

Christ saved the Wise Men and called the Shepherds; He revealed as martyrs a multitude of young children; He glorified the Elder and the aged Widow. But you, my soul, have not followed their lives and actions. Woe to you when you are judged!

*Have mercy on me, O God. Have mercy on me.*

The Lord fasted forty days in the wilderness, and at the end of them He was hungry, thus showing that He is man. Do not be dismayed, my soul! If the enemy attacks you, through prayer and fasting drive him away.



*Δόξα.*

Πατέρα δοξάσωμεν, Υἱὸν ὑπερυψώσωμεν, τὸ θεῖον Πνεῦμα, πιστῶς προσκυνήσωμεν, Τριάδα ἀχώριστον, Μονάδα κατ' οὐσίαν, ὡς φῶς καὶ φῶτα καὶ ζῶην, καὶ ζωὰς ζωοποιοῦσαν, καὶ φωτίζουσιν τὰ πέρατα.

*Kai nvn.*

Τὴν Πόλιν σου φύλαττε, Θεογεννητορ πάναγνε· ἐν σοὶ γὰρ αὕτη, πιστῶς βασιλεύουσα, ἐν σοὶ καὶ κρατύνεται, καὶ διὰ σοῦ νικῶσα, τροποῦται πάντα πειρασμόν, καὶ σκυλεύει πολεμίους καὶ διέπει τὸ ὑπήκοον.

*Ἄγιε τοῦ Θεοῦ, πρόσβευε ὑπὲρ ἡμῶν.*

Ἄνδρέα σεβάσμιε, καὶ Πάτερ τρισμάκαριστε, Ποιμὴν τῆς Κρήτης, μὴ παύση δεόμενος, ὑπὲρ τῶν σὲ ὑμνούντων· ἵνα ῥυσθῶμεν πάσης, ὀργῆς καὶ θλίψεως καὶ φωροῦ, καὶ πταισμάτων ἀνεικάστων, οἱ τιμῶντές σου τὴν μνήνην πιστῶς.

**Ὁ Εἰρμός.**

**Ἄ**σπόρου συλλήψεως, ὁ τόκος ἀνερμήνευτος, Μητρὸς ἀνάνδρου, ἄσπορος ἢ κύησις. Θεοῦ γὰρ ἡ γέννησις καινοποιεῖ τὰς φύσεις· διό σε πᾶσαι αἱ γενεαί, ὡς Θεόνυμφον Μητέρα, ὀρθοδόξως μεγαλύνομεν.

*Glory.*

Trinity in one Essence, Unity in three Persons, we sing Your praises; we glorify the Father, we magnify the Son, we worship the Holy Spirit, truly one God by nature, Life and Lives, Kingdom without end.

*Both now.*

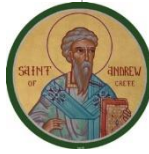
Watch over Your city, all-pure Mother of God. For by you she reigns in faith, by you she is made strong; by you she is victorious, putting to flight every temptation, despoiling the enemy and ruling her subjects.

*Holy Father Andrew, pray to God for us.*

Venerable Andrew, father thrice-blessed, pastor of Crete, cease not to offer prayer for us who sing your praises; that we may be delivered from all danger and distress, from corruption and sin, who honor your memory with faith.

**Heirmos.**

**T**he birth is ineffable, conceived without the seed of man; the unwed Mother's \* childbirth was free of all corruption. The birth of God \* makes new again the natures. \* And thus, in Orthodox manner all \* generations magnify you as the Mother and the Bride of God.



## Canon Excerpt for the First Tuesday of Great Lent

**Ῥδὴ α΄. Ἦχος πλ. β΄. Ὁ Εἰρμός.**

**Β**οηθὸς καὶ σκεπαστὴς ἐγένετό μοι εἰς σωτηρίαν, οὗτός μου Θεός, καὶ δοξάσω αὐτόν, Θεὸς τοῦ Πατρὸς μου καὶ ὑψώσω αὐτόν· ἐνδόξως γὰρ δεδόξασται.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὴν τοῦ Κάϊν ὑπελθὼν, μαιφονίαν τῆ προαιρέσει, γέγονα φονεύς, συνειδότη ψυχῆς, ζώσας τὴν σάρκα, καὶ στρατεύσας κατ' αὐτῆς, ταῖς πονηραῖς μου πράξεσι.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τῆ τοῦ Ἄβελ Ἰησοῦ, οὐχ ὠμοιώθην δικαιοσύνη, δῶρά σοι δεκτά, οὐ προσῆξα ποτέ, οὐ πράξεις ἐνθέους, οὐ θυσίαν καθάραν, οὐ βίον ἀνεπίληπτον.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ὡς ὁ Κάϊν καὶ ἡμεῖς, ψυχὴ ἀθλία τῶ πάντων Κτίστη, πράξεις ῥυπαράς, καὶ θυσίαν ψεκτὴν, καὶ ἄχρηστον βίον, προσηγάγομεν ὁμοῦ· διὸ καὶ κατεκρί-

**Ode i. Mode pl. 2. Heirmos.**

**H**e became for me a helper and a shelterer for salvation. \* He is my God, and I will glorify Him, \* the God of my father, and Him will I exalt, \* for He is greatly glorified.

*Have mercy on me, O God. Have mercy on me.*

By my own free choice have I incurred the guilt of Cain's murder. I have killed my conscience, bringing the flesh to life and making war upon the soul by my wicked actions.

*Have mercy on me, O God. Have mercy on me.*

O Jesus, I have not been like Abel in his righteousness. Never have I offered You acceptable gifts or godly actions, a pure sacrifice or an unblemished life.

*Have mercy on me, O God. Have mercy on me.*

Like Cain, O miserable soul, we too have offered, to the Creator of all, defiled actions and a polluted sacrifice and a worthless life: and so we also

θημεν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὸν πηλὸν ὁ κεραμεύς, ζωοπλαστήσας ἐνέθηκάς μοι, σάρκα καὶ ὀστᾶ, καὶ πνοὴν καὶ ζωὴν. Ἄλλ' ὦ Ποιητά μου, Λυτρωτά μου καὶ Κριτὰ μετανοοῦντα δέξαι με.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐξαγγέλλω σοι Σωτήρ, τὰς ἁμαρτίας ἃς εἰργασάμην, καὶ τὰς τῆς ψυχῆς, καὶ τοῦ σώματός μου πληγὰς, ἃς μοι ἔνδον, μαιφόνου λογισμοί, ληστρικῶς ἐναπέθηκαν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Εἶ καὶ ἡμαρτον Σωτήρ, ἀλλ' οἶδα ὅτι φιλόανθρωπος εἶ, πλήττεις συμπαθῶς, καὶ σπλαγχνίζῃ θερμῶς, δακρύνοντα βλέπεις, καὶ προστρέχεις ὡς Πατήρ, ἀνακαλῶν τὸν Ἄσωτον.

*Δόξα.*

Ἐπερούσιε Τριάς, ἡ ἐν Μονάδι προσκυνουμένη, ἄρον τὸν κλοιόν, ἀπ' ἐμοῦ τὸν βαρύν, τὸν τῆς ἁμαρτίας, καὶ ὡς εὐσπλαγχνός μοι δός, δάκρυα καταλύξεως.

*Καὶ νῦν.*

Θεοτόκε ἡ ἐλπίς, καὶ προστασία τῶν σὲ ὑμνούντων, ἄρον τὸν κλοιόν, ἀπ' ἐμοῦ τὸν βαρύν, τὸν τῆς ἁμαρτίας, καὶ

are condemned.

*Have mercy on me, O God. Have mercy on me.*

As the potter molds the clay, You fashioned me, giving me flesh and bones, breath and life. But accept me in repentance, O my Maker and Deliverer and Judge.

*Have mercy on me, O God. Have mercy on me.*

I confess to You, O Savior, the sins I have committed, the wounds of my soul and body, which murderous thoughts, like thieves, have inflicted inwardly upon me.

*Have mercy on me, O God. Have mercy on me.*

Though I have sinned, O Savior, yet I know that You are full of loving-kindness. You chastise with mercy and are fervent in compassion. You see me weeping and You run to meet me, like the Father calling back the Prodigal Son.

*Glory.*

Trinity beyond all being, worshipped in Unity, take from me the heavy yoke of sin, and in Your compassion grant me tears of compunction.

*Both now.*

O Theotokos, the hope and protection of those who sing your praises, take from me the heavy yoke of sin. O pure

## Μέγα Απόδειπνον

ὡς Δέσποινα ἀγνή, μετανοοῦντα δέξαι με.

### **Ὡδή β'. Ὁ Εἰρμός.**

**Π**ρόσεχε, οὐρανὲ καὶ λαλήσω, καὶ ἀνυμνήσω Χριστόν, τὸν ἐκ Παρθένου σαρκί, ἐπιδημήσαντα.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Κατέρραψε, τοὺς δερματίνους χιτῶνας, ἢ ἁμαρτία κάμοί, γυμνώσασά με τῆς πρίν, θεοῦφάντου στολῆς.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Περίκειμαι, τὸν στολισμὸν τῆς αἰσχύνης, καθάπερ φύλλα συκῆς, εἰς ἔλεγχον τῶν ἐμῶν, αὐτεξουσίων παθῶν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐστόλισμαι, κατεστιγμένον χιτῶνα, καὶ ἡμαγμένον αἰσχροῦς, τῇ ῥύσει τῆς ἐμπαθοῦς, καὶ φιληδόνου ζωῆς.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐπέπεσα, τῇ τῶν παθῶν ἀλγηδόνι, καὶ τῇ ἐνύλω φθορᾷ, καὶ ἔνθεν νῦν ὁ ἐχθρός, καταπιέζει με.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Φιλοῦλον, καὶ φιλοκτήμονα βίον, τῆς ἀκτησίας Σωτήρ, προκρίνας νῦν τὸν βαρύν, κλοιὸν περικείμεαι.

Lady, accept me in repentance.

### **Ode ii. Heirmos.**

**A**ttend, O Heaven, and I shall speak and sing in praise of Christ Who took flesh from a Virgin and came to dwell among us.

*Have mercy on me, O God. Have mercy on me.*

Sin has stripped me of the robe that God once wove for me, and it has sewed for me garments of skin.

*Have mercy on me, O God. Have mercy on me.*

I am clothed with the raiment of shame as with fig leaves, in condemnation of my self-willed passions.

*Have mercy on me, O God. Have mercy on me.*

I am clad in a garment that is defiled and shamefully bloodstained by a life of passion and self-indulgence.

*Have mercy on me, O God. Have mercy on me.*

I have fallen beneath the painful burden of the passions and the corruption of material things; and I am hard pressed by the enemy.

*Have mercy on me, O God. Have mercy on me.*

Instead of freedom from possessions, O Savior, I pursued a life in love with material things, and now I wear a heavy yoke.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐκόσμησα, τὸν τῆς σαρκὸς ἀνδριάντα, τῇ τῶν αἰσχυρῶν λογισμῶν, ποικίλῃ περιβολῇ, καὶ κατακρίνομαι.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τῆς ἕξωθεν, ἐπιμελῶς εὐκοσμίας, μόνης ἐφρόντισα, τῆς ἔνδον ὑπεριδῶν, Θεοτυπώτου σκηνηῆς.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Κατέχρωσα, τῆς πρὶν εἰκόνης τὸ κάλλος, Σῶτερ τοῖς πάθεσιν, ἀλλ' ὡς ποτὲ τὴν δραχμὴν, ἀναζητήσας εὐρέ.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἡμάρτηκα, ὡσπερ ἡ Πόρνη βοῶ σοι, μόνος ἡμάρτηκά σοι, ὡς μύρον δέχου Σωτὴρ κάμοῦ τὰ δάκρυα.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἰλάσθητι, ὡς ὁ Τελώνης βοῶ σοι· Σῶτερ ἰλάσθητί μοι· οὐδεὶς γὰρ τῶν ἐξ Ἀδάμ, ὡς ἐγὼ ἥμαρτέ σοι.

*Δόξα.*

Ἐνα σε, ἐν τρισὶ τοῖς προσώποις, Θεὸν ἀπάντων ὑμνῶ, τὸν Πατέρα, καὶ τὸν Υἱόν, καὶ Πνεῦμα τὸ ἅγιον.

*Καὶ νῦν.*

Ἄχραντε, Θεοτόκε Παρθένε μόνῃ

*Have mercy on me, O God. Have mercy on me.*

I adorned the idol of my flesh with a many-colored coat of shameful thoughts, and I am condemned.

*Have mercy on me, O God. Have mercy on me.*

I cared only for the outward adornment, and neglected that which is within the tabernacle fashioned by God.

*Have mercy on me, O God. Have mercy on me.*

I discolored with the passions the first beauty of the image, O Savior. But seek me, as once You sought the lost coin, and find me.

*Have mercy on me, O God. Have mercy on me.*

Like the Harlot I cry to You: I have sinned, I alone have sinned against You. Accept my tears also as sweet ointment, O Savior.

*Have mercy on me, O God. Have mercy on me.*

Like the Publican I cry to You: Be merciful, O Savior, be merciful to me. For no child of Adam has ever sinned against You as I have sinned.

*Glory.*

I sing Your praises, One in Three Persons, God of all, Father, Son and Holy Spirit.

*Both now.*

O Theotokos undefiled, Virgin alone

## Μέγα Απόδειπνον

πανύμνητε, ικέτευε έκτενῶς, εἰς τὸ σωθῆναι ἡμᾶς.

### **Ῥδὴ γ' . Ὁ Εἰρμός.**

**Σ**τερέωσον, Κύριε, ἐπὶ τὴν πέτραν τῶν ἐντολῶν σου, σαλευθεῖσαν τὴν καρδίαν μου, ὅτι μόνος Ἅγιος ὑπάρχεις καὶ Κύριος.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Πηγὴν ζωῆς κέκτημαι, σὲ τοῦ θανάτου τὸν καθαιρέτην, καὶ βοῶ σοι ἐκ καρδίας μου, πρὸ τοῦ τέλους· Ἥμαρτον ἰλάσθητι σῶσόν με.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἥμάρτηκα Κύριε, ἡμάρτηκά σοι ἰλάσθητί μοι· οὐ γάρ ἐστιν ὃς τις ἤμαρτεν, ἐν ἀνθρώποις, ὃν οὐχ ὑπερέβην τοῖς πταίσμασι.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τοὺς ἐπὶ Νῶε Σωτήρ, ἡσεληγκότας ἐμιμησάμην, τὴν ἐκεῖνων κληρωσάμενος, καταδίκην, ἐν κατακλυσμῷ καταδύσεως.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὸν Χάμ ἐκεῖνον ψυχὴ, τὸν πατραλοίαν μιμησαμένη, τὴν αἰσχύνην οὐκ ἐκάλυψας, τοῦ πλησίον, ὀπισθοφανῶς ἀνακάμψασα.

worthy of all praise, intercede fervently for our salvation.

### **Ode iii. Heirmos.**

**E**stablish upon the rock of Your commandments my heart, O Master, \* sorely shaken as it is, O Lord. \* Only You are holy, and again only You are Lord.

*Have mercy on me, O God. Have mercy on me.*

For me You are the Fountain of life and the Destroyer of death; and from my heart I cry to You before the end: I have sinned, be merciful to me and save me.

*Have mercy on me, O God. Have mercy on me.*

I have sinned, O Lord, I have sinned against You; be merciful to me. For there is no sinner whom I have not surpassed in my offenses.

*Have mercy on me, O God. Have mercy on me.*

O Savior, I followed the example of those who lived in wantonness in the days of Noah; and like them I am condemned to drown in the Flood.

*Have mercy on me, O God. Have mercy on me.*

O my soul, you followed Ham, who mocked his father. You did not cover your neighbor's shame, walking backwards with averted face.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὸν ἐμπρησμόν, ὡσπερ Λώτ, φεῦγε  
ψυχή μου τῆς ἀμαρτίας, φεῦγε  
Σόδομα καὶ Γόμορρα, φεῦγε φλόγα,  
πάσης παραλόγου ὀρέξεως.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐλέησον Κύριε, ἐλέησόν με ἀναβοῶ  
σοι· ὅτε ἤξεις μετ' Ἀγγέλων σου, ἀπο-  
δοῦναι, πᾶσι κατ' ἀξίαν τῶν πράξεων.

*Δόξα.*

Μονὰς ἀπλὴ ἄκτιστε, ἀναρχε φύσις ἡ  
ἐν Τριάδι, ὑμνουμένη ὑποστάσεων,  
ἡμᾶς σῶσον, πίστει προσκυνοῦντας  
τὸ κράτος σου.

*Καὶ νῦν.*

Τὸν ἐκ Πατρὸς ἄχρονον, Υἱὸν ἐν  
χρόνῳ Θεογεννητορ, ἀπειράνδρως  
ἀπεκύησας, ξένον θαῦμα! μείνασα  
Παρθένος θηλάζουσα.

**Ὡδὴ δ'· Ὁ Εἰρμός.**

**Ἀ**κήκοεν ὁ Προφήτης, τὴν ἔλευσίν  
σου Κύριε, καὶ ἐφοβήθη, ὅτι μέλλεις  
ἐκ Παρθένου τίκτεσθαι, καὶ ἀνθρώ-  
ποις δείκνυσθαι, καὶ ἔλεγεν· Ἀκήκοα  
τὴν ἀκοήν σου καὶ ἐφοβήθην, δόξα τῇ  
δυνάμει σου Κύριε.

*Have mercy on me, O God. Have mercy on me.*

Flee, my soul, like Lot from the burn-  
ing of sin; flee from Sodom and Go-  
morrah; flee from the flame of every  
brutish desire.

*Have mercy on me, O God. Have mercy on me.*

Have mercy, O Lord, have mercy on  
me, I cry to You, when You come with  
Your angels to give to every man due  
return for his deeds.

*Glory.*

O simple Unity praised in Trinity of  
Persons, uncreated Nature without  
beginning, save us who in faith wor-  
ship Your power.

*Both now.*

O Mother of God, without knowing  
man you gave birth within time to the  
Son, who was begotten outside time  
from the Father; and, strange wonder!  
you nurse Him while still remaining  
Virgin.

**Ode iv. Heirmos.**

**O**n hearing about Your advent, \* O  
Lord, the Prophet Habakkuk of old  
was frightened: \* that You purposed  
from a Virgin to be born \* and appear  
to humankind. And thus he said: \* O  
Lord, I have heard Your report and I  
am frightened. \* Glory to Your power,  
O Lord my God.

## Μέγα Απόδειπνον

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Γρηγόρησον ὦ ψυχὴ μου, ἀρίστευσον ὡς ὁ μέγας ἐν Πατριάρχαις, ἵνα κτήση πρᾶξιν μετὰ γνώσεως, ἵνα χρηματίσης νοῦς ὁρῶν τὸν Θεόν, καὶ φθάσης τὸν ἄδυτον γνόφον ἐν θεωρίᾳ, καὶ γένη μεγαλέμπορος.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τοὺς δώδεκα Πατριάρχας, ὁ μέγας ἐν Πατριάρχαις παιδοποίησας, μυστικῶς ἐστήριξέ σοι κλίμακα, πρακτικῆς ψυχῆ μου ἀναβάσεως, τοὺς παῖδας, ὡς βάρη, τὰς βάσεις, ὡς ἀναβάσεις, πανσόφως ὑποθέμενος.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἡσαῦ τὸν μεμισημενον, ζηλοῦσα ψυχῆ, ἀπέδου τῷ πτερνιστῆ σου, τὰ τοῦ πρώτου κάλλους πρωτοτόκια, καὶ τῆς πατρικῆς εὐχῆς ἐξέπεσας, καὶ δις ἐπτερνίσθης ἀθλία, πράξει καί, γνώσει· διὸ νῦν μετανόησον.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐδὼμ ὁ Ἡσαῦ ἐκλήθη, δι' ἄκραν θηλυμανίας ἐπιμιξίαν· ἀκρασία γὰρ αἰεὶ πυρούμενος, καὶ ταῖς ἡδοναῖς κατασπυλούμενος. Ἐδὼμ ὠνομάσθη, ὃ λέγεται θερμασία, ψυχῆς φιλαμαρτή-  
μονος.

*Have mercy on me, O God. Have mercy on me.*

Be watchful, O my soul, be full of courage like Jacob the great Patriarch, that you may acquire action with knowledge, and be named Israel, "the mind that sees God"; so shall you reach by contemplation the innermost darkness and gain great merchandise.

*Have mercy on me, O God. Have mercy on me.*

The great Patriarch had the twelve Patriarchs as children, and so he mystically established for you, my soul, a ladder of ascent through action, in his wisdom setting his children as steps, by which you can mount upwards.

*Have mercy on me, O God. Have mercy on me.*

You have rivaled Esau the hated, O my soul, and given the birthright of your first beauty to the supplanter; you have lost your father's blessing and in your wretchedness been twice supplanted, in action and in knowledge. Therefore repent now.

*Have mercy on me, O God. Have mercy on me.*

Esau was called Edom because of his raging love for women; burning always with unrestrained desires and stained with sensual pleasure, he was named "Edom", which means the red heat of a soul that loves sin.



*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἴωβ τὸν ἐπὶ κοπρίας, ἀκούσασα ὦ ψυχή μου δικαιωθέντα, τὴν αὐτοῦ ἀνδρείαν οὐκ ἐζήλωσας, τὸ στερρὸν οὐκ ἔσχες τῆς προθέσεως, ἐν πᾶσιν οἷς ἔγνωσ, οἷς οἶδας, οἷς ἐπειράσθης, ἀλλ' ὥφθης ἀκαρτέρητος.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ὁ πρότερον ἐπὶ θρόνου, γυμνὸς νῦν ἐπὶ κοπρίας καθηλωμένος, ὁ πολὺς ἐν τέκνοις καὶ περιβλεπτός, ἅπαις ἀφαιρέοικος αἰφνίδιον· παλάτιον γὰρ τὴν κοπρίαν, καὶ μαργαρίτας, τὰ ἔλκη ἐλογίζετο.

*Δόξα.*

Ἀμέριστον τῇ οὐσίᾳ, ἀσύγχυτον τοῖς προσώποις θεολογῶ σε, τὴν Τριαδικὴν μίαν Θεότητα, ὡς Ὁμοβασιλεῖον καὶ σύνθρονον, βοῶ σοι τὸ Ἄσμα, τὸ μέγα, τὸ ἐν ὑψίστοις, τρισσῶς ὑμνολούμενον.

*Καὶ νῦν.*

Καὶ τίκτεῖς καὶ παρθενεῦεις, καὶ μένεις δι' ἀμφοτέρων, φύσει Παρθένος, ὁ τεχθεὶς καινίζει νόμους φύσεως, ἡ νηδὺς δὲ κύει μὴ λοχεύουσα, Θεὸς ὅπου θέλει, νικᾶται φύσεως τάξις· ποιεῖ γὰρ ὅσα βούλεται.

*Have mercy on me, O God. Have mercy on me.*

You have heard, O my soul, of Job justified on a dung-hill, but you have not imitated his fortitude. In all your experiences and trials and temptations, you have not kept firmly to your purpose but have proved inconstant.

*Have mercy on me, O God. Have mercy on me.*

Once he sat upon a throne, but now he sits upon a dung-hill, naked and covered with sores. Once he was blessed with many children and admired by all, but suddenly he is childless and homeless. Yet he counted the dung-hill as a palace and his sores as pearls.

*Glory.*

Undivided in Essence, unconfused in Persons, I confess You as God: Triune Deity, one in kingship and throne; and to You I raise the great thrice-holy hymn that is sung on high.

*Both now.*

You give birth and are a virgin, and in both you remain by nature inviolate. He Who is born makes new the laws of nature, and the womb brings forth without travail. When God so wills, the natural order is overcome; for He does whatever He wishes.

**Ῥδὴ ε΄. Ὁ Εἰρμός.**

Ἐκ νυκτὸς ὀρθρίζοντα Φιλάνθρωπε,  
φώτισον δέομαι, καὶ ὀδήγησον κάμε,  
ἐν τοῖς προστάγμασί σου, καὶ δίδαξον  
με ποιεῖν, ἀεὶ τὸ θέλημά σου.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τοῦ Μωσέως ἤκουσας τὴν θίβην  
ψυχῆ, ὕδασι, κύμασι φερομένην πο-  
ταμοῦ, ὡς ἐν θαλάμῳ πάλαι, φυ-  
γοῦσαν δρᾶμα πικρὸν, βουλῆς Φαρα-  
ωνίτου.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Εἰ τὰς μαίας ἤκουσας κτεινούσας  
ποτέ, ἄνηβον τάλαινα, τὴν ἀρρενω-  
πὸν ψυχῆ, τῆς σωφροσύνης πρᾶξιν,  
νῦν ὡς ὁ μέγας Μωσῆς, τιθηνοῦ τὴν  
σοφίαν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ὡς Μωσῆς ὁ μέγας τὸν Αἰγύπτιον  
νοῦν, πλήξασα τάλαινα, οὐκ ἀπέ-  
κτεινας ψυχῆ, καὶ πῶς οἰκήσεις λέγε,  
τὴν ἔρημον τῶν παθῶν, διὰ τῆς μετα-  
νοίας;

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὰς ἐρήμους ὥκησεν ὁ μέγας Μωσῆς,  
δεῦρο ἵνα καὶ τῆς δὲ μίμησαι, τὴν  
αὐτοῦ διαγωγὴν, ἐν βάτῳ, θεοφα-  
νείας ψυχῆ, ἐν θεωρίᾳ γένη.

**Ode v. Heirmos.**

**E**arly in the morning I awake from  
night. \* Lover of man, I pray, \* give me  
light and guide me in the way of Your  
commandments, \* and teach me ever  
to do Your holy will, O Savior.

*Have mercy on me, O God. Have mercy on me.*

You have heard, my soul, of the basket  
of Moses: how he was borne on the  
waves of the river as if in a shrine; and  
so he avoided the bitter execution of  
Pharaoh's decree.

*Have mercy on me, O God. Have mercy on me.*

You have heard, wretched soul, of the  
midwives who once killed in its in-  
fancy the manly action of self-control:  
like great Moses, then, be suckled on  
wisdom.

*Have mercy on me, O God. Have mercy on me.*

O miserable soul, you have not struck  
and killed the Egyptian mind, as did  
Moses the great. Tell me, then, how  
will you go to dwell through repent-  
ance in the wilderness empty of  
passions?

*Have mercy on me, O God. Have mercy on me.*

Moses the great went to dwell in the  
desert. Come, seek to follow his way of  
life, my soul, that in contemplation  
you may attain the vision of God in the  
bush.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὴν Μωσέως ῥάβδον εἰκονίζου ψυχὴ,  
πλήττουσαν θάλασσαν, καὶ πηγνύου-  
σαν βυθόν, τύπῳ Σταυροῦ τοῦ Θεοῦ,  
δι' οὗ δυνήσῃ καὶ σύ, μεγάλα ἐκτε-  
λέσαι.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἄαρὼν προσέφερε τὸ πῦρ τῷ Θεῷ,  
ἄμωμον ἄδολον, ἀλλ' ὄφνεϊ, καὶ  
Φινεές, ὡς σὺ ψυχὴ προσῆγον, ἀλλό-  
τριον τῷ Θεῷ, ρερυπωμένον βίον.

*Δόξα.*

Σὲ Τριάς δοξάζομεν τὸν ἕνα Θεόν,  
Ἅγιος, Ἅγιος, Ἅγιος εἶ ὁ Πατήρ, ὁ Υἱὸς  
καὶ τὸ Πνεῦμα, ἀπλὴ οὐσία Μονάς, αἰεὶ  
προσκυνουμένη.

*Καὶ νῦν.*

Ἐκ σοῦ ἡμφιάσατο τὸ φύραμά μου,  
ἄφθορε ἄνανδρε, Μητροπάρθενε Θε-  
ός, ὁ κτίσας τοὺς αἰῶνας, καὶ ἤνωσεν  
ἑαυτῷ, τὴν τῶν ἀνθρώπων φύσιν.

**Ὡδὴ ζ'. Ὁ Εἰρμός.**

**Ἐ**βόησα, ἐν ὄλῃ καρδίᾳ μου, πρὸς τὸν  
οἰκτίρμονα Θεόν, καὶ ἐπήκουσέ μου,  
ἐξ Ἄδου κατωτάτου, καὶ ἀνήγαγεν, ἐκ  
φθορᾶς τὴν ζωὴν μου.

*Have mercy on me, O God. Have mercy on me.*

Picture to yourself, my soul, the rod of  
Moses striking the sea and making  
hard the deep by the sign of the Holy  
Cross. Through the Cross you also can  
do great things.

*Have mercy on me, O God. Have mercy on me.*

Aaron offered to God fire that was  
blameless and undefiled, but Hophni  
and Phinehas brought to Him, as you  
have done, my soul, strange fire and a  
polluted life.

*Glory.*

We glorify You, O Trinity, the one God.  
Holy, holy, holy, are You: Father, Son,  
and Spirit, simple Essence and Unity,  
worshipped forever.

*Both now.*

O Virgin inviolate and Mother who has  
not known man, from you has God, the  
Creator of the ages, taken human  
flesh, uniting to Himself the nature of  
men.

**Ode vi. Heirmos.**

**I** cried aloud and shouted with all my  
heart \* unto the tender-loving God, \*  
and He heard my voice from the  
lowest depths of Hades, \* and He  
raised my life from the pit of corrup-  
tion.

## Μέγα Απόδειπνον

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὰ κύματα, Σωτὴρ τῶν πταισμάτων μου, ὡς ἐν θαλάσση Ἐρυθρᾷ, ἐπαναστραφέντα, ἐκάλυψέ με ἄφνω, ὡς τοὺς Αἰγυπτίους, ποτὲ καὶ τοὺς τριστάτας.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἀγνώμονα, ψυχὴ τὴν προαίρεσιν, ἔσχες ὡς πρὶν ὁ Ἰσραὴλ τοῦ γὰρ Θεοῦ μάννα, προέκρινας ἀλόγως, τὴν φιλήδονον, τῶν παθῶν ἀδηφάγιαν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὰ φρέατα, ψυχὴ προετίμησας, τῶν Χανααίων ἐννοιῶν, τῆς φλεβὸς τὴν πέτραν, ἐξ ἧς ὁ τῆς σοφίας, ὡς κρατὴρ προχέει, κρουνοὺς θεολογίας.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὰ ὕεια, κρέα καὶ τοὺς λέβητας, καὶ τὴν Αἰγύπτιον τροφήν, τῆς ἐπουρανίου, προέκρινας ψυχὴ μου ὡς ὁ πρὶν ἀγνώμων, λαὸς ἐν τῇ ἐρήμῳ.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ὡς ἐπληξε, Μωσῆς ὁ θεράπων σου, ῥάβδῳ τὴν πέτραν τυπικῶς, τὴν ζωποιοῖόν σου, Πλευρὰν προδιετύπου, ἐξ ἧς πάντες πόμα, ζωῆς Σωτὴρ ἀντλοῦμεν.

*Have mercy on me, O God. Have mercy on me.*

The waves of my sins, O Savior, have returned and suddenly engulfed me, as the waters of the Red Sea engulfed the Egyptians of old and their charioteers.

*Have mercy on me, O God. Have mercy on me.*

Like Israel before you, you made a foolish choice, my soul; instead of the divine manna you senselessly preferred the pleasure-loving gluttony of the passions.

*Have mercy on me, O God. Have mercy on me.*

O my soul, you valued the wells of Canaanite thoughts more than the veined Rock, Jesus, the Fountain of Wisdom from which flow the rivers of divine knowledge.

*Have mercy on me, O God. Have mercy on me.*

O my soul, you preferred the swine's meat, the flesh-pots and the food of Egypt, to the food of Heaven, as the ungrateful people did of old in the wilderness.

*Have mercy on me, O God. Have mercy on me.*

When Your servant Moses struck the rock with his rod, he prefigured Your life-giving side, O Savior, from which we all draw the water of life.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐρεύνησον, ψυχὴ κατασκόπευσον, ὡς Ἰησοῦς ὁ τοῦ Ναυῆ, τῆς κληροδοσίας, τὴν γῆν ὅποια ἐστί, καὶ κατοίκησον, ἐν αὐτῇ δι' εὐνομίας.

*Δόξα.*

Τριάς εἰμι, ἀπλὴ ἀδιαίρετος, διαιρετὴ προσωπικῶς, καὶ Μονὰς ὑπάρχω, τῇ φύσει ἡνωμένη. Ὁ Πατὴρ φησιν, ὁ Υἱὸς καὶ Θεῖον Πνεῦμα.

*Kai nyn.*

Ἡ μήτρα σου, Θεὸν ἡμῖν ἔτεκε, μεμορφωμένον καθ' ἡμᾶς, ἀλλ' ὡς Κτίστην πάντων, δυσώπει Θεοτόκε, ἵνα ταῖς πρεσβείαις, ταῖς σαῖς δικαιο-θῶμεν.

**Κοντάκιον. Ἦχος πλ. β'.**

Ψυχὴ μου ψυχὴ μου, ἀνάστα, τί καθεύδεις; τὸ τέλος ἐγγίζει, καὶ μέλλεις θορυβεῖσθαι· ἀνάνηψον οὖν, ἵνα φεῖσηταί σου Χριστὸς ὁ Θεός, ὁ πανταχοῦ παρῶν, καὶ τὰ πάντα πληρῶν.

**Ὦδὴ ζ'. Ὁ Εἰρμός.**

Ἥμαρτομεν, ἠνομήσαμεν, ἠδικήσαμεν ἐνώπιόν σου, οὐδὲ συνετηρήσαμεν, οὐδὲ ἐποιήσαμεν, καθὼς ἐνετείλω ἡμῖν, ἀλλὰ μὴ παραδώης ἡμᾶς εἰς τέλος, ὁ τῶν Πατέρων Θεός.

*Have mercy on me, O God. Have mercy on me.*

Like Joshua, the son of Nun, search and spy out the land of your inheritance, O my soul, and take up your dwelling within it, through obedience to the Law.

*Glory.*

"I am the Trinity, simple and undivided, yet divided in Persons, and I am the Unity by Nature one," says the Father and the Son and the divine Spirit.

*Both now.*

Your womb bore God for us, fashioned in our shape. O Theotokos, pray to Him as the Creator of all, that we may be justified through your intercessions.

**Kontakion. Mode pl. 2.**

My soul, O my soul, rise up! Why are you sleeping? The end draws near and soon you shall be troubled. Watch, then, that Christ your God may spare you, for He is everywhere present and fills all things.

**Ode vii. Heirmos.**

We sinned, O Lord, and we broke Your law, \* we behaved unrighteously before You, \* and neither have we kept Your word, nor acted according to the way You commanded for us. \*

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἡ Κιβωτός, ὡς ἐφέρετο, ἐπιδίφριος ὁ Ζὰν ἐκεῖνος, ὅτε ἀνατραπέντος τοῦ μόσχου, μόνον ἤψατο, Θεοῦ ἐπειράθη ὀργῆς, ἀλλ' αὐτοῦ τὴν ἀυθάδειαν, φυγοῦσα ψυχὴ, σέβου τὰ θεῖα καλῶς.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἀκήκοας, τοῦ Ἀβεσσαλώμ, πῶς τῆς φύσεως ἀντεξανέστη, ἕγνωσ τὰς ἐναγεῖς αὐτοῦ πράξεις, αἷς ἐξύβρισε, τὴν κοίτην Δαυῖδ τοῦ πατρός· ἀλλ' αὐτὴ ἐμιμήσω, τὰς αὐτοῦ ἐμπαθεῖς, καὶ φιληδόλους ὀρμάς.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐπέταξας, τὸ ἀδούλωτον, σοῦ ἀξίωμα τῷ σώματί σου· ἄλλον γάρ, Ἀχιτόφελ εὐροῦσα τὸν ἐχθρὸν σὺ ψυχῆ, συνῆλθες ταῖς τούτου βουλαῖς. Ἀλλ' αὐτὰς διεσκέδασεν, αὐτὸς ὁ Χριστός, ἵνα σὺ πάντων σωθῆς.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ὁ Σολομών, ὁ θαυμάσιος, ὁ καὶ χάριτος σοφίας πλήρης, οὗτος τὸ πονηρὸν ἐναντίον, τοῦ Θεοῦ ποτέ, ποιήσας ἀπέστη αὐτοῦ, ᾧ αὐτὴ τὸν ἐπάρατόν σου βίον, ψυχὴν προσαφωμοίωσας.

Yet, O God of the fathers, we pray, do not utterly deliver us up.

*Have mercy on me, O God. Have mercy on me.*

When the Ark was being carried in a cart and the ox stumbled, Uzzah did no more than touch it, but the wrath of God smote him. O my soul, flee from his presumption and respect with reverence the things of God.

*Have mercy on me, O God. Have mercy on me.*

You have heard of Absalom, and how he rebelled against nature; you know of the unholy deeds by which he defiled his father David's bed. Yet you have followed him in his passionate and sensual desires.

*Have mercy on me, O God. Have mercy on me.*

O my soul, you have subjected Your free dignity to your body; for you found in the enemy another Ahitophel, and agreed to all his counsels. But Christ Himself has brought them to nothing and saved you from them all.

*Have mercy on me, O God. Have mercy on me.*

Solomon, the wonderful, who was full of the grace of wisdom, once did evil in the sight of Heaven and turned away from God. You have become like him, O my soul, by your accursed life.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ταῖς ἡδοναῖς, ἐξελκόμενος, τῶν παθῶν αὐτοῦ κατερρυποῦτο, οἴμοι! ὁ ἐραστής τῆς σοφίας, ἐραστής πορνῶν γυναικῶν, καὶ ξένος Θεοῦ, ὃν αὐτὴ ἐμιμήσω, κατὰ νοῦν ὧ̃ ψυχῇ, ἡδυπαθείαις αἰσχυραῖς.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὸν Ῥοβοάμ, παρεζήλωσας, ἀλογήσαντα βουλήν πατρῶαν, ἅμα δὲ καὶ τὸν κάκιστον δοῦλον, Ἰεροβοάμ, τὸν πρὶν ἀποστάτην ψυχῇ. Ἄλλὰ φεῦγε τὴν μίμησιν, καὶ κράζε Θεῷ· Ἥμαρτον οἴκτειρόν με.

*Δόξα.*

Τριάς ἀπλή, ἀδιαίρετε, Ὁμοούσιε Μονὰς ἀγία, φῶτα καὶ φῶς καὶ ἅγια τρία, καὶ ἓν ἅγιον ὑμνεῖται Θεὸς ἡ Τριάς, ἀλλ' ἀνύμνησον, δόξασον ζωὴν καὶ ζωάς, ψυχὴ τὸν πάντων Θεόν.

*Καὶ νῦν.*

Ἦμνοῦμέν σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε Θεογεννητορ, ὅτι τῆς ἀχωρίστου Τριάδος, ἀπεκύησας τὸν ἓνα Υἱὸν καὶ Θεόν, καὶ αὐτὴ προηνώξας ἡμῖν, τοῖς ἐν γῆ τὰ ἐπουράνια.

**Ὡδὴ η΄. Ὁ Εἰρμός.**

**Ὁ**ν Στρατιαὶ οὐρανῶν δοξάζουσι καὶ φρίττει τὰ Χερουβείμ καὶ τὰ Σερα-

*Have mercy on me, O God. Have mercy on me.*

Carried away by sensual passions, he defiled himself. Alas! The lover of wisdom became a lover of harlots and a stranger to God. And you, my soul, in mind have imitated him through your shameful desires.

*Have mercy on me, O God. Have mercy on me.*

O my soul, you have rivaled Rehoboam, who paid no attention to his father's counselors, and Jeroboam, that evil servant and renegade of old. But flee from their example and cry to God: I have sinned, take pity on me.

*Glory.*

O simple and undivided Trinity, O holy and consubstantial Unity: You are praised as Light and Lights, one Holy and three Holies. Sing, O my soul, and glorify Life and Lives, the God of all.

*Both now.*

We praise you, we bless you, we venerate you, O Mother of God: for you gave birth to One of the undivided Trinity, your Son and God, and you opened the heavenly places to us on earth.

**Ode viii. Heirmos.**

**H**im whom the hosts of the heavens glorify, \* at whom quake the Cheru-

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φείμ, πᾶσα πνοή καὶ κτίσις ὑμνεῖτε, εὐλογεῖτε, καὶ ὑπερυψοῦτε εἰς πάντας τοὺς αἰῶνας.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Σὺ τὸν Ὁζίαν, ψυχὴ ζηλώσασα, τὴν τούτου λέπραν ἐν σοί, ἔσχες ἐν διπλῶ· ἄτοπα γὰρ λογίζη, παράνομα δὲ πράττεις, ἄφες ἃ κατέχεις, καὶ πρόσδραμε τῇ μετανοίᾳ.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τοὺς Νινευῖτας, ψυχὴ ἀκήκοας, μετανοοῦντας Θεῶ, σάκκῳ καὶ σποδῶ, τούτους οὐκ ἐμμήσω, ἀλλ' ὠφθης σκαιοτέρα, πάντων τῶν πρὸ νόμου, καὶ μετὰ νόμον ἐπταικότων.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὸν ἐν τῷ λάκκῳ, βορβόρου ἤκουσας, Ἰερεμίαν ψυχὴ, πόλιν τὴν Σιών, θρήνοις καταβοῶντα, καὶ δάκρυα ζητοῦντα, μίμησαι τὸν τούτου, θρηνώδη βίον καὶ σωθήσῃ.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ὁ Ἰωνᾶς, εἰς Θαρσεῖς ἀπέδραμε, προγνοὺς τὴν ἐπιστροφὴν, τῶν Νινευῖτῶν· ἔγνω γὰρ ὡς προφήτης, Θεοῦ τὴν εὐσπλαγχνίαν· ὄθεν παρεζήλου, τὴν προφητείαν μὴ ψευσθῆναι.

bim and the Seraphim, \* every breath and creation, \* extol Him now and bless Him, \* and exalt supremely, unto all the ages.

*Have mercy on me, O God. Have mercy on me.*

You have followed Uzziah, my soul, and have his leprosy in double form: for your thoughts are wicked, and your acts unlawful. Leave what you have, and hasten to repentance.

*Have mercy on me, O God. Have mercy on me.*

O my soul, you have heard how the men of Nineveh repented before God in sackcloth and ashes. Yet you have not followed them, but are more wicked than all who sinned before the Law and after.

*Have mercy on me, O God. Have mercy on me.*

You have heard, my soul, how Jeremiah in the muddy pit cried out with lamentations for the city of Zion and asked to be given tears. Follow his life of lamentation and be saved.

*Have mercy on me, O God. Have mercy on me.*

Jonah fled to Tarshish, foreseeing the conversion of the men of Nineveh; for as a prophet he knew the loving-kindness of God, but he was jealous that his prophecy should not be proved false.



*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὸν Δανιήλ, ἐν τῷ λάκκῳ ἤκουσας,  
πῶς ἔφραξεν ὧ ψυχὴ, στόματα  
θηρῶν, ἔγνωκας πῶς οἱ Παῖδες, οἱ  
περὶ Ἀζαρίαν, ἔσβεσαν τῇ πίστει,  
καμίνου φλόγα καιομένην.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τῆς παλαιᾶς, Διαθήκης ἅπαντας,  
παρήγαγόν σοι ψυχὴ, πρὸς ὑπογραμ-  
μόν, μίμησαι τῶν δικαίων, τὰς φιλο-  
θέους πράξεις, ἔκφυγε δὲ πάλιν, τῶν  
πονηρῶν τὰς ἀμαρτίας.

*Εὐλογοῦμεν Πατέρα, Υἱόν, καὶ ἅγιον Πνεῦμα.*

Ἄναρχε Πάτερ, Υἱὲ συνάναρχε, Παρά-  
κλητε ἀγαθέ, Πνεῦμα τὸ εὐθές, Λόγου  
Θεοῦ Γεννητορ, Πατρὸς ἀνάρχου  
Λόγε, Πνεῦμα ζῶν καὶ κτίζον. Τριάς  
Μονὰς ἐλέησόν με.

*Καὶ νῦν.*

Ὡς ἐκ βαφῆς, ἀλουργίδος Ἄχραντε, ἡ  
νοητὴ πορφύρις, τοῦ Ἐμμανουήλ,  
ἔνδον ἐν τῇ γαστρὶ σου, ἡ σὰρξ  
συνεξυφάνθη· ὅθεν Θεοτόκον, ἐν  
ἀληθείᾳ σε τιμῶμεν.

**Ὡδὴ θ'. Ὁ Εἰρμός.**

**Ἄ**σπόρου συλλήψεως, ὁ τόκος ἀνερ-  
μήνευτος, Μητρὸς ἀνάδρου, ἄσπο-  
ρος ἡ κύησις. Θεοῦ γὰρ ἡ γέννησις  
καινοποιεῖ τὰς φύσεις· διὸ σε πᾶσαι

*Have mercy on me, O God. Have mercy on me.*

My soul, you have heard how Daniel  
stopped the mouths of the wild beasts  
in the lions' den; and you know how  
the Young Men with Azariah  
quenched through their faith the  
flames of the fiery furnace.

*Have mercy on me, O God. Have mercy on me.*

All the names of the Old Testament  
have I set before you, my soul, as an  
example. Imitate the holy acts of the  
righteous and flee from the sins of the  
wicked.

*We bless Father, Son, and Holy Spirit.*

Father without beginning, coeternal  
Son, and loving Comforter, the Spirit  
of righteousness; Begetter of the  
Word of God, Word of the eternal  
Father, Spirit living and creative: O  
Trinity in Unity, have mercy on me.

*Both now.*

As from purple silk, O undefiled  
Virgin, the spiritual robe of Emma-  
nuel, His flesh, was woven in your  
womb. Therefore, we honor you as  
Theotokos in very truth.

**Ode ix. Heirmos.**

**T**he birth is ineffable, conceived  
without the seed of man; the unwed  
Mother's \* childbirth was free of all  
corruption. The birth of God \* makes

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αὶ γενεαί, ὡς Θεόνυμφον Μητέρα, ὀρθοδόξως μεγαλύνομεν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Χριστὸς ἐπειράζετο, Διάβολος ἐπειράζε, δεικνὺς τοὺς λίθους, ἵνα ἄρτοι γένωνται, εἰς ὄρος ἀνήγαγεν, ἰδεῖν τὰς βασιλείας, τοῦ Κόσμου πάσας ἐν ῥιπῇ· Φοβοῦ ὧ ψυχὴ τὸ δρᾶμα, νῆφε, εὐχου, πᾶσαν ὥραν Θεῶ.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τρυγῶν ἢ φιλέρημος, φωνὴ βοῶντος ἤχησε, Χριστοῦ ὁ λύχνος, κηρύττων μετάνοιαν, Ἡρώδης ἠνόμησε, σὺν τῇ Ἡρωδιάδι. Βλέπε ψυχὴ μου μὴ παγῆς, τῶν ἀνόμων ταῖς παγίσιν, ἀλλ' ἀσπάζου τὴν μετάνοιαν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὴν ἔρημον ὤκησε, τῆς χάριτος ὁ Πρόδρομος, καὶ Ἰουδαία, πᾶσα καὶ Σαμάρεια, ἀκούοντες ἔτρεχον, καὶ ἐξωμολογοῦντο, τὰς ἀμαρτίας ἐαυτῶν, βαπτιζόμενοι προθύμως, οὐς αὐτὴ οὐκ ἐμιμήσω ψυχὴ.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ὁ γάμος μὲν τίμιος, ἢ κοίτη δὲ ἀμίαντος· ἀμφοτέρα γάρ, Χριστὸς προευλόγησε, σαρκὶ ἐσθιόμενος, καὶ

new again the natures. \* And thus, in Orthodox manner all \* generations magnify you as the Mother and the Bride of God.

*Have mercy on me, O God. Have mercy on me.*

Christ was tempted; the devil tempted Him, showing Him the stones that they might be made bread. He led Him up into a mountain, to see in an instant all the kingdoms of the world. O my soul, look with fear on what happened; watch and pray every hour to God.

*Have mercy on me, O God. Have mercy on me.*

The Dove Who loved the wilderness, the Lamp of Christ, the voice of one crying aloud, was heard preaching repentance; but Herod sinned with Herodias. O my soul, see that you are not trapped in the snares of the lawless, but embrace repentance.

*Have mercy on me, O God. Have mercy on me.*

The Forerunner of Grace went to dwell in the wilderness, and Judea and all Samaria ran to hear him; they confessed their sins and were baptized eagerly. But you, my soul, have not imitated them.

*Have mercy on me, O God. Have mercy on me.*

Marriage is honorable, and the marriage-bed undefiled. For on both Christ has given His blessing, eating in

έν Κανᾶ τῷ γάμῳ, τὸ ὕδωρ οἶνον  
έκτελῶν, καὶ δεικνύων πρῶτον  
θαῦμα, ἵνα σὺ μετατεθῆς ὡς ψυχῆ.

*Έλέησόν με, ὁ Θεός, έλέησόν με.*

Παράλυτον ἔσφιγξε, Χριστὸς τὴν  
κλίνην ἄραντα, καὶ νεανίσκον, θανέν-  
τα ἐξήγειρε, τῆς χήρας τὸ κύημα, καὶ  
τοῦ Ἐκατοντάρχου, καὶ Σαμαρείτιδι  
φανείς, τὴν έν πνεύματι λατρείαν, σοὶ  
ψυχῆ προεζωγράφησεν.

*Έλέησόν με, ὁ Θεός, έλέησόν με.*

Αἰμόρρουν ἰάσατο, ἀφῆ κρασπέδου  
Κύριος, λεπρούς καθῆρε, τυφλοὺς καὶ  
χωλεύοντας, φωτίσας ἠνώρθωσε, κω-  
φούς τε καὶ ἀλάλους, καὶ τὴν συγκύ-  
πτουσαν χαμαί, ἐθεράπευσε τῷ λόγῳ,  
ἵνα σὺ σωθῆς ἀθλίᾳ ψυχῆ.

*Δόξα.*

Πατέρα δοξάσωμεν, Υἱὸν ὑπερυψώ-  
σωμεν, τὸ θεῖον Πνεῦμα, πιστῶς  
προσκυνησωμεν, Τριάδα ἀχώριστον,  
Μονάδα κατ' οὐσίαν, ὡς φῶς καὶ  
φῶτα καὶ ζώην, καὶ ζωὰς ζωοποι-  
οῦσαν, καὶ φωτίζουσιν τὰ πέρατα.

*Καὶ νῦν.*

Τὴν Πόλιν σου φύλαττε, Θεογεννητορ  
πάνανγε· έν σοὶ γὰρ αὕτη, πιστῶς

the flesh at the wedding in Cana,  
turning the water into wine and  
revealing His first miracle, to bring  
you, my soul, to a change of life.

*Have mercy on me, O God. Have mercy on me.*

Christ gave strength to the paralyzed  
man, and he took up his bed; He  
raised from the dead the young man,  
the son of the widow, and the  
centurion's servant; He appeared to  
the woman of Samaria and spoke to  
you, my soul, of worship in spirit.

*Have mercy on me, O God. Have mercy on me.*

By the touch of the hem of His  
garment, the Lord healed the woman  
with an issue of blood; He cleansed  
lepers and gave sight to the blind and  
made the lame walk upright; He cured  
by His word the deaf and the dumb  
and the woman bowed to the ground,  
to bring you, wretched soul, to salva-  
tion.

*Glory.*

Trinity in one Essence, Unity in three  
Persons, we sing Your praises; we  
glorify the Father, we magnify the Son,  
we worship the Holy Spirit, truly one  
God by nature, Life and Lives, King-  
dom without end.

*Both now.*

Watch over Your city, all-pure Mother  
of God. For by you she reigns in faith,

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βασιλεύουσα, ἐν σοὶ καὶ κρατύνεται, καὶ διὰ σοῦ νικῶσα, τροποῦται πάντα πειρασμὸν, καὶ σκυλεύει πολεμίους καὶ διέπει τὸ ὑπήκοον.

*Ἄγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.*

Ἄνδρέα σεβάσμιε, καὶ Πάτερ τρισμακάριστε, Ποιμὴν τῆς Κρήτης, μὴ παύση δεόμενος, ὑπὲρ τῶν σὲ ὑμνούντων· ἵνα ῥυσθῶμεν πάσης, ὀργῆς καὶ θλίψεως καὶ φωρᾶς, καὶ πταισμάτων ἀνεικάστων, οἱ τιμῶντές σου τὴν μνήμην πιστῶς.

### **Ὁ Εἰρμός.**

**Ἄ**σπόρου συλλήψεως, ὁ τόκος ἀνερμήνευτος, Μητρὸς ἀνάνδρου, ἄσπορος ἢ κύησις. Θεοῦ γὰρ ἡ γέννησις καινοποιεῖ τὰς φύσεις· διό σε πᾶσαι αἰ γενεαί, ὡς Θεόνυμφον Μητέρα, ὀρθοδόξως μεγαλύνομεν.

*Ἐπιστρέψατε στὴ σελίδα 24*

by you she is made strong; by you she is victorious, putting to flight every temptation, despoiling the enemy and ruling her subjects.

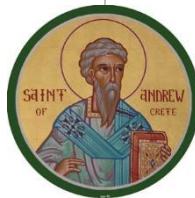
*Holy Father Andrew, pray to God for us.*

Venerable Andrew, father thrice-blessed, pastor of Crete, cease not to offer prayer for us who sing your praises; that we may be delivered from all danger and distress, from corruption and sin, who honor your memory with faith.

### **Heirmos.**

**T**he birth is ineffable, conceived without the seed of man; the unwed Mother's \* childbirth was free of all corruption. The birth of God \* makes new again the natures. \* And thus, in Orthodox manner all \* generations magnify you as the Mother and the Bride of God.

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## Canon Excerpt for the First Wednesday of Great Lent

ᾠδὴ α΄. Ἦχος πλ. β΄. Ὁ Εἰρμός.

**Β**οηθὸς καὶ σκεπαστὴς ἐγένετό μοι εἰς σωτηρίαν, οὗτός μου Θεός, καὶ δοξάσω αὐτόν, Θεὸς τοῦ Πατρός μου καὶ ὑψώσω αὐτόν· ἐνδόξως γὰρ δεδόξασται.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐκ νεότητος Σωτὴρ τὰς ἐντολάς σου ἐπαρωσάμην, ὄλον ἐμπαθῶς, ἀμελῶν ῥαθυμῶν, παρῆλθον τὸν βίον· διὸ κράζω σοι Σωτήρ, κἂν ἐν τῷ τέλει, σῶσόν με.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐρριμμένον με Σωτήρ, πρὸ τῶν θυρῶν σου κἂν ἐν τῷ γήρει, μή με ἀπορρίψῃς εἰς Ἅδου κενόν, ἀλλὰ πρὸ τοῦ τέλους, ὡς φιλάνθρωπος μοι δός, παραπτωμάτων ἄφεσιν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὴν οὐσίαν τῆς ψυχῆς, καταναλώσας τῇ ἀμαρτίᾳ, ἔρημος εἶμι ἀρετῶν εὐσεβῶν, λιμώττων δὲ κράζω. ὁ ἐλέους χορηγός, προφθάσας σύ με οἴκτειρον.

**Ode i. Mode pl. 2. Heirmos.**

**H**e became for me a helper and a shelterer for salvation. \* He is my God, and I will glorify Him, \* the God of my father, and Him will I exalt, \* for He is greatly glorified.

*Have mercy on me, O God. Have mercy on me.*

From my youth, O Savior, I have rejected Your commandments. Ruled by the passions, I have passed my whole life in heedlessness and sloth. Therefore I cry to You, O Savior, even now at the end: Save me.

*Have mercy on me, O God. Have mercy on me.*

I lie as an outcast before Your gate, O Savior. In my old age cast me not down empty into hell; but, before the end comes, in Your love grant me remission of sins.

*Have mercy on me, O God. Have mercy on me.*

As the Prodigal, O Savior, I have wasted the substance of my soul in riotous living, and I am barren of the virtues of holiness. In my hunger I cry: O giver of mercy, come quickly out to meet me and take pity on me.

## Μέγα Απόδειπνον

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ὁ λησταῖς περιπεσών, ἐγὼ ὑπάρχων  
τοῖς λογισμοῖς μου, ὅλως ὑπ' αὐτῶν  
τετραυμάτισμαι νῦν, ἐπλήσθην μω-  
λώπων, ἀλλ' αὐτός μοι ἐπιστάς, Χρι-  
στὲ Σωτῆρ ἰάτρευσον.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἰερεὺς με προϊδών, ἀντιπαρῆλθε, καὶ  
ὁ Λευῖτης, βλέπων ἐν δεινοῖς, ὑπερεῖ-  
δε γυμνόν, ἀλλ' ὁ ἐκ Μαρίας, ἀνα-  
τείλας Ἰησοῦς, σὺ ἐπιστάς με οἴκτει-  
ρον.

*Ἅγια τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.*

Σὺ μοι δίδου φωταυγῆ, ἐκ θείας  
ἄνωθεν προμηθείας, χάριν ἐκφυγεῖν,  
τῶν παθῶν σκοτασμόν, καὶ ἄσαι προ-  
θύμως, τοῦ σοῦ βίου τὰ τερπνά,  
Μαρία διηγήματα.

*Δόξα.*

Ἵπερούσιε Τριάς, ἡ ἐν Μονάδι προ-  
σκυνουμένη, ἄρον τὸν κλοιόν, ἀπ'  
ἐμοῦ τὸν βαρύν, τὸν τῆς ἀμαρτίας, καὶ  
ὡς εὐσπλαχνός μοι δός, δάκρυα  
κατανύξεως.

*Καὶ νῦν.*

Θεοτόκε ἡ ἐλπίς, καὶ προστασία τῶν  
σὲ ὑμνούντων, ἄρον τὸν κλοιόν, ἀπ'  
ἐμοῦ τὸν βαρύν, τὸν τῆς ἀμαρτίας, καὶ  
ὡς Δέσποινα ἀγνή, μετανοοῦντα δέξαι  
με.

*Have mercy on me, O God. Have mercy on me.*

I am the man who fell among thieves,  
even my own thoughts; they have  
covered all my body with wounds, and  
I lie beaten and bruised. But come to  
me, O Christ my Savior, and heal me.

*Have mercy on me, O God. Have mercy on me.*

The Priest saw me first, but passed by  
on the other side; the Levite looked on  
me in my distress but despised my  
nakedness. O Jesus, sprung from Mary,  
come to me and take pity on me.

*Holy Mother Mary, pray to God for us.*

Grant me the light of grace, from God's  
providence on high, so that I may flee  
from the darkness of the passions and  
sing fervently the joyful tale of your  
life, O Mary.

*Glory.*

Trinity beyond all being, worshipped  
in Unity, take from me the heavy yoke  
of sin, and in Your compassion grant  
me tears of compunction.

*Both now.*

O Theotokos, the hope and protection  
of those who sing your praises, take  
from me the heavy yoke of sin. O pure  
Lady, accept me in repentance.

**Ὦδὴ β'. Ὁ Εἰρμός.**

**Π**ρόσεχε, οὐρανὲ καὶ λαλήσω, καὶ  
ἀνυμνήσω Χριστόν, τὸν ἐκ Παρθένου  
σαρκί, ἐπιδημήσαντα.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ὡλίσθησα, ὡς ὁ Δαυΐδ ἀκολάστως,  
καὶ βεβορβόρωμαι, ἀλλ' ἀποπλύναις  
κάμέ, Σωτὴρ τοῖς δάκρυσί μου.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Οὐ δάκρυα, οὐδὲ μετάνοιαν ἔχω, οὐδὲ  
κατάθυξιν, αὐτός μοι ταῦτα Σωτὴρ,  
ὡς Θεὸς δώρησαι.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἀπόλεσα, τὸ πρωτόκτιστον κάλλος,  
καὶ τὴν εὐπρέπειάν μου, καὶ ἄρτι  
κεῖμαι γυμνός, καὶ καταισχύνομαι.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὴν θύραν σου, μὴ ἀποκλείσης μοι  
τότε, Κύριε, Κύριε, ἀλλ' ἀνοιξόν μοι  
αὐτὴν μετανοοῦντί σοι.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐνώτισαι, τοὺς στεναγμοὺς τῆς ψυ-  
χῆς μου, καὶ τῶν ἐμῶν ὀφθαλμῶν,  
προσδέχου τοὺς σταλαγμοὺς· Κύριε  
σῶσόν με.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Φιλάνθρωπε, ὁ θέλων πάντας σωθῆ-  
ναι, σὺ ἀνακαλέσάι με, καὶ δέξαι ὡς

**Ode ii. Heirmos.**

**A**ttend, O Heaven, and I shall speak  
and sing in praise of Christ Who took  
flesh from a Virgin and came to dwell  
among us.

*Have mercy on me, O God. Have mercy on me.*

Like David, I fell into lust and I am  
covered with filth; but wash me clean,  
O Savior, by my tears.

*Have mercy on me, O God. Have mercy on me.*

I have no tears, no repentance, no  
compunction; but as God, O Savior,  
bestow them on me.

*Have mercy on me, O God. Have mercy on me.*

I have lost the beauty and glory with  
which I was first created; and now I  
lie naked and ashamed.

*Have mercy on me, O God. Have mercy on me.*

Lord, Lord, at the Last Day shut not  
Your door against me; but open it to  
me, for I repent before You.

*Have mercy on me, O God. Have mercy on me.*

Give ear to the groaning of my soul,  
and accept the tears that fall from my  
eyes; O Lord, save me.

*Have mercy on me, O God. Have mercy on me.*

O Lover of mankind, who desires that  
all men shall be saved, in Your good-  
ness call me back and accept me in

## Μέγα Απόδειπνον

ἀγαθός, μετανοοῦντά με.

*Ὑπεραγία Θεοτόκε, σῶσον ἡμᾶς.*

Ἀχραντε, Θεοτόκε Παρθένε μόνη πανύμνητε, ικέτευε ἔκτενῶς, εἰς τὸ σωθῆναι ἡμᾶς.

### **Ῥδὴ γ' . Ὁ Εἰρμός.**

Ἴδετε, ἴδετε, ὅτι ἐγὼ εἰμι Θεός, ὁ μάννα ἐπομβρήσας, καὶ τὸ ὕδωρ ἐκ πέτρας, πηγάσας πάλαι ἐν ἐρήμῳ τῷ λαῷ μου, τῇ μόνη δεξιᾷ, καὶ τῇ ἰσχυρί τῇ ἐμῇ.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἴδετε ἴδετε, ὅτι ἐγὼ εἰμι Θεός, ἐνωτίζου ψυχὴ μου, τοῦ Κυρίου βοῶντος, καὶ ἀποσπάσθητι τῆς πρώην ἀμαρτίας, καὶ φοβοῦ ὡς δικαστήν, καὶ ὡς κριτὴν καὶ Θεόν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τίνι ὠμοιώθης, πολυαμάρτητε ψυχὴ; οἴμοι τῷ πρώτῳ Κάϊν, καὶ τῷ Λάμεχ ἐκείνῳ, λιθοκτονήσασα τὸ σῶμα κακουργίας, καὶ κτείναςα τὸν νοῦν, ταῖς παραλόγοις ὀρμαῖς.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Πάντας τοὺς πρὸ νόμου, παραδραμοῦσα ὡ ψυχὴ, τῷ Σῆθ οὐχ ὠμοιώθης, οὐ τὸν Ἐνώς ἐμιμήσω, οὐ τὸν Ἐνώχ τῇ μεταθέσει, οὐ τὸν Νῶε, ἀλλ' ὠφθης πενιχρά, τῆς τῶν δικαίων ζωῆς.

repentance.

*Most-holy Theotokos, save us.*

O Theotokos undefiled, Virgin alone worthy of all praise, intercede fervently for our salvation.

### **Ode iii. Heirmos.**

See now, see that I am God, who rained down manna in the days of old, and made springs of water flow from the rock, for my people in the wilderness, by My right hand and by My power alone.

*Have mercy on me, O God. Have mercy on me.*

"See now, see that I am God." Give ear, my soul, to the Lord as He cries to you; forsake your former sin, and fear Him as your Judge and God.

*Have mercy on me, O God. Have mercy on me.*

To whom shall I liken you, O soul of many sins? Alas! To Cain and to Lamech. For you stoned your body to death with your evil deeds, and killed your mind with your disordered longings.

*Have mercy on me, O God. Have mercy on me.*

Call to mind, my soul, all who lived before the Law. You have not been like Seth, or followed Enos or Enoch, who was translated to Heaven, or Noah; but you are destitute, without a



*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Μόνη ἐξήνοιξας, τοὺς καταρράκτας τῆς ὀργῆς, τοῦ Θεοῦ σου ψυχὴ μου, καὶ κατέκλυσας πᾶσαν, ὡς γῆν τὴν σάρκα, καὶ τὰς πράξεις, καὶ τὸν βίον, καὶ ἔμεινας ἐκτός, τῆς σωστικῆς Κιβωτοῦ.

*Ὅσια τοῦ Θεοῦ, πρόσβενε ὑπὲρ ἡμῶν.*

Ὅλη προθυμία, πόθῳ προσέδραμες Χριστῷ, τὴν πρὶν τῆς ἀμαρτίας, ὁδὸν ἀποστραφεῖσα, καὶ ἐν ἐρήμοις ταῖς ἀβάτοις τρεφομένη, καὶ τούτου καθαρῶς, τελούσα θείας ἐντολᾶς.

*Δόξα.*

Ἄναρχε ἄκτιστε, Τριάς ἀμέριστε Μονάς, μετανοοῦντά με δέξαι, ἡμαρτηκότα σῶσον, σὸν εἶμι πλάσμα, μὴ παρίδης, ἀλλὰ φεῖσαι καὶ ρῦσαι, τοῦ πυρὸς τῆς καταδίκης με.

*Καὶ νῦν.*

Ἄχραντε Δέσποινα, Θεογεννητορ ἡ ἐλπίς, τῶν εἰς σὲ προστρεχόντων, καὶ λιμὴν τῶν ἐν ζάλῃ, τὸν ἐλεήμονα καὶ Κτίστην καὶ Υἱόν σου, ἰλέωσαι κάμοι, ταῖς ἰκεσίαις ταῖς σαῖς.

**Ὁδὴ γ'. Ὁ Εἰρμός.**

**Σ**τερέωσον, Κύριε, ἐπὶ τὴν πέτραν τῶν ἐντολῶν σου, σαλευθεῖσαν τὴν

share in the life of the righteous.

*Have mercy on me, O God. Have mercy on me.*

You alone, O my soul, opened the windows of the wrath of your God, and you flooded, as the earth, all your flesh and deeds and life; and you remained outside the Ark of salvation.

*Holy Mother Mary, pray to God for us.*

With all eagerness and love you ran to Christ, turning from your former path of sin, finding your food in the trackless wilderness, and fulfilling in purity the commandments of God.

*Glory.*

O Trinity uncreated and without beginning, O undivided Unity: accept me in repentance and save me, a sinner. I am Your creation, reject me not; but spare me and deliver me from the fire of condemnation.

*Both now.*

Most pure Lady, Mother of God, hope of those who run to you and the haven of the storm-tossed: pray to the merciful God, your Creator and your Son, that He may grant His mercy even to me.

**Ode iii. Heirmos.**

**E**stablish upon the rock of Your commandments my heart, O Master, \*

## Μέγα Απόδειπνον

καρδίαν μου, ὅτι μόνος Ἅγιος ὑπάρχεις καὶ Κύριος.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὴν εὐλογίαν τοῦ Σήμ, οὐκ ἐκληρώσω ψυχὴ ἀθλία, οὐ πλατεῖαν τὴν κατάσχεσιν, ὡς Ἰάφεθ, ἔσχεσ ἐν τῇ γῆ τῆς ἀφέσεως.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐκ γῆς Χαρρὰν ἔξελθε, τῆς ἀμαρτίας ψυχὴ μου, δεῦρο εἰς γῆν ῥέουσιν ἀείζων, ἀφθαρσίαν, ἣν ὁ Ἄβραὰμ ἐκληρώσατο.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὸν Ἄβραὰμ ἤκουσας, πάλαι ψυχὴ μου καταλιπόντα, γῆν πατρῶαν, καὶ γενόμενον, μετανάστην, τούτου τὴν προαίρεσιν μίμησαι.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐν τῇ δρυϊ τῇ Μαμβρη, φιλοξενήσας ὁ Πατριάρχης, τοὺς Ἀγγέλους ἐκληρώσατο, μετὰ γῆρας, τῆς ἐπαγγελίας τὸ θήραμα.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὸν Ἰσαὰκ τάλαινα, γνοῦσα ψυχὴ μου καινὴν θυσίαν, μυστικῶς ὀλοκαρπούμενον, τῷ Κυρίῳ, μίμησαι αὐτοῦ τὴν προαίρεσιν.

sorely shaken as it is, O Lord. \* Only You are holy, and again only You are Lord.

*Have mercy on me, O God. Have mercy on me.*

O wretched soul, you have not inherited the blessing of Shem, nor have you received, like Japhet, a spacious domain in the land of forgiveness.

*Have mercy on me, O God. Have mercy on me.*

O my soul, depart from sin, from the land of Haran, and come to the land that Abraham inherited, which flows with incorruption and eternal life.

*Have mercy on me, O God. Have mercy on me.*

You have heard, my soul, how Abraham in days of old left the land of his fathers and became a wanderer: follow him in his choice.

*Have mercy on me, O God. Have mercy on me.*

At the oak of Mamre, the Patriarch gave hospitality to the Angels, and in his old age he inherited the reward of the promise.

*Have mercy on me, O God. Have mercy on me.*

You know, O my miserable soul, how Isaac was offered mystically as a new and unwonted sacrifice to the Lord: follow him in his choice.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὸν Ἰσραὴλ ἤκουσας, νῆφε ψυχὴ μου ἐκδιωχθέντα, ὡς παιδίσκης ἀποκύημα, βλέπε μήπως, ὅμοιόν τι πάθης λαγνεύουσα.

*Ὅσια τοῦ Θεοῦ, πρόσβευε ὑπὲρ ἡμῶν.*

Συνέχομαι κλύδωνι, καὶ τρικυμία Μητηρ πταισμάτων, ἀλλ' αὐτὴ με νῦν διάσωσον, καὶ πρὸς ὄρμον, θείας μετανοίας εἰσάγαγε.

*Ὅσια τοῦ Θεοῦ, πρόσβευε ὑπὲρ ἡμῶν.*

Ἰκέσιον δέησιν, καὶ νῦν Ὅσια προσαγαγοῦσα, πρὸς τὴν εὐσπλαγχνον πρεσβεία σου, Θεοτόκον, ἀνοιζόν μοι θείας εἰσόδους σου.

*Δόξα.*

Μονὰς ἀπλὴ ἄκτιστε, ἄναρχε φύσις ἡ ἐν Τριάδι, ὑμνουμένη ὑποστάσεων, ἡμᾶς σῶσον, πιστεὶ προσκυνῶντας τὸ κράτος σου.

*Καὶ νῦν.*

Τὸν ἐκ Πατρὸς ἄχρονον, Υἱὸν ἐν χρόνῳ Θεογεννητορ, ἀπειράνδρως ἀπεκύησας, ξένον θαῦμα! μείνασα Παρθένος θηλάζουσα.

**Ὡδὴ δ΄. Ὁ Εἰρμός.**

**Ἄ**κήκοεν ὁ Προφήτης, τὴν ἔλευσίν

*Have mercy on me, O God. Have mercy on me.*

O my soul, be watchful. You have heard how Ishmael was driven out as the child of a bondwoman. Take heed, lest the same thing happen to you because of your lust.

*Holy Mother Mary, pray to God for us.*

I am held fast, O Mother, by the tempest and billows of sin. Keep me safe and lead me to the haven of divine repentance.

*Holy Mother Mary, pray to God for us.*

O holy Mary, offer your prayer of supplication to the compassionate Theotokos, and through your intercessions open to me the door that leads to God.

*Glory.*

O simple Unity praised in Trinity of Persons, uncreated Nature without beginning, save us who in faith worship Your power.

*Both now.*

O Mother of God, without knowing man you gave birth within time to the Son, who was begotten outside time from the Father; and, strange wonder! you nurse Him while still remaining Virgin.

**Ode iv. Heirmos.**

**O**n hearing about Your advent, \* O

## Μέγα Απόδειπνον

σου Κύριε, καὶ ἐφοβήθη, ὅτι μέλλεις ἐκ Παρθένου τίκτεσθαι, καὶ ἀνθρώποις δείκνυσθαι, καὶ ἔλεγεν Ἀκήκοα τὴν ἀκοήν σου καὶ ἐφοβήθη, δόξα τῇ δυνάμει σου Κύριε.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὸ σῶμα κατερρυπώθη, τὸ πνεῦμα κατεσπλώθη, ὅλως ἠλκώθη, ἀλλ' ὡς ἱατρὸς Χριστὲ ἀμφοτέρα, διὰ μετανοίας μοι θεράπευσον, ἀπόλουσον, κάθαρον, πλῦνον, δεῖξον Σωτὴρ μου, χιόνος καθαρώτερον.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὸ Σῶμά σου καὶ τὸ Αἷμα, σταυρούμενος ὑπὲρ πάντων, ἔθηκας Λόγε, τὸ μὲν Σῶμα, ἵνα ἀναπλάσης με, τὸ δὲ Αἷμα, ἵνα ἀποπλύνῃς με, τὸ πνεῦμα παρέδωκας, ἵνα ἐμὲ προσάξῃς, Χριστὲ τῷ σῷ Γεννήτορι.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Εἰργάσω τὴν σωτηρίαν, ἐν μέσῳ τῆς γῆς οἰκτίρμον, ἵνα σωθῶμεν, ἐκουσίως ξύλῳ ἀνεσταύρωσαι, ἢ Ἐδὲμ κλεισθεῖσα ἀνεώγνυτο· τὰ ἄνω, τὰ κάτω, ἢ κτίσις, τὰ ἔθνη πάντα, σωθέντα προσκυνοῦσί σε.

Lord, the Prophet Habakkuk of old was frightened: \* that You purposed from a Virgin to be born \* and appear to humankind. And thus he said: \* O Lord, I have heard Your report and I am frightened. \* Glory to Your power, O Lord my God.

*Have mercy on me, O God. Have mercy on me.*

I have defiled my body, I have stained my spirit, and I am all covered with wounds: but as physician, Christ, heal both body and spirit for me through repentance. Wash, purify, and cleanse me, O my Savior, and make me whiter than snow.

*Have mercy on me, O God. Have mercy on me.*

Your Body and Your Blood, O Word, You offered at Your Crucifixion for the sake of all: Your Body to refashion me, Your Blood to wash me clean; and You gave up Your spirit, O Christ, to bring me to Your Father.

*Have mercy on me, O God. Have mercy on me.*

O Creator, You worked salvation in the midst of the earth, that we might be saved. You were crucified of Your own will upon the Tree; and Eden, closed until then, was opened. Things above and things below, the creation and all the peoples have been saved and worship You.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Γενέσθω μοι κολυμβήθρα, τὸ Αἷμα τὸ ἐκ πλευρᾶς σου, ἅμα καὶ πόμα, τὸ πηγᾶσαν ὕδωρ τῆς ἀφέσεως, ἵνα ἐκατέρωθεν καθαίρωμαι, χριόμενος, πίνων, ὡς χρῖσμα καὶ πόμα Λόγε, τὰ ζωηρά σου λόγια.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Κρατῆρα ἢ Ἐκκλησία, ἐκτίσατο τὴν Πλευράν σου τὴν ζωηφόρον, ἐξ ἧς ὁ διπλοῦς ἡμῖν ἐξέβλυσε, κρουνὸς τῆς ἀφέσεως καὶ γνώσεως, εἰς τύπον τῆς πάλαι, τῆς νέας, τῶν δύο ἅμα, Διαθηκῶν Σωτῆρ ἡμῶν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Γυμνός εἰμι τοῦ Νυμφῶνος, γυμνός εἰμι καὶ τοῦ γάμου, ἅμα καὶ δείπνου, ἡ λαμπὰς ἐσβέσθη ὡς ἀνέλαιος, ἡ παστὰς ἐκλείσθη μοι καθεύδοντι, τὸ δεῖπνον ἐβρώθη· ἐγὼ δὲ χεῖρας καὶ πόδας, δεθεὶς ἕξω ἀπέρριμμαι.

*Δόξα.*

Ἀμέριστον τῇ οὐσίᾳ, ἀσύγχυτον τοῖς προσώποις θεολογῶ σε, τὴν Τριαδικὴν μίαν Θεότητα, ὡς Ὁμοβασίλειον καὶ σύνθρονον, βοῶ σοι τὸ Ἄσμα, τὸ μέγα, τὸ ἐν ὑψίστοις, τρισσῶς ὑμνολογούμενον.

*Καὶ νῦν.*

Καὶ τίκτεις καὶ παρθενεῦεις, καὶ μένεις δι' ἀμφοτέρων, φύσει Παρθέν-

*Have mercy on me, O God. Have mercy on me.*

May the Blood from Your side be to me a cleansing fount, and may the Water that flows with it be a drink of forgiveness. May I be purified by both, O Word, anointed and refreshed, having as ointment and drink Your words of life.

*Have mercy on me, O God. Have mercy on me.*

As a chalice, O my Savior, the Church has been granted Your life-giving side, from which there flows down to us a twofold stream of forgiveness and knowledge, representing the two Covenants, the Old and the New.

*Have mercy on me, O God. Have mercy on me.*

I am deprived of the bridal chamber, of the wedding and the supper; for lack of oil my lamp has gone out; while I slept the door was closed; the supper has been eaten; I am bound hand and foot, and cast out.

*Glory.*

Undivided in Essence, unconfused in Persons, I confess You as God: Triune Deity, one in kingship and throne; and to You I raise the great thrice-holy hymn that is sung on high.

*Both now.*

You give birth and are a virgin, and in both you remain by nature inviolate.

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νος, ὁ τεχθεὶς καινίζει νόμους φύσεως, ἡ νηδὺς δὲ κύει μὴ λοχεύουσα, Θεὸς ὅπου θέλει, νικᾶται φύσεως τάξις· ποιεῖ γὰρ ὅσα βούλεται.

### **Ῥδὴ ε΄. Ὁ Εἰρμός.**

**Ἐκ** νυκτὸς ὀρθρίζοντα Φιλάνθρωπε, φώτισον δέομαι, καὶ ὀδήγησον κάμε, ἐν τοῖς προστάγμασί σου, καὶ δίδαξον με ποιεῖν, ἀεὶ τὸ θέλημά σου.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ὡς βαρὺς τὴν γνώμην Φαραὼ τῷ πικρῷ, γέγονα Κύριε, Ἰαννῆς καὶ Ἰαμβρῆς τὴν ψυχὴν καὶ τὸ σῶμα, καὶ ὑποβρύχιος νοῦς, ἀλλὰ βοήθησόν μοι.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τῷ πηλῷ συμπέφυρμαι ὁ τάλας τὸν νοῦν, πλῦνόν με Δέσποτα, τῷ λουτῆρι τῶν ἐμῶν, δακρύων δέομαί σου, τὴν τῆς σαρκὸς μου στολήν, λευκάνας ὡς χιόνα.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐὰν ἐρευνήσω μου τὰ ἔργα Σωτήρ, ἅπαντα ἄνθρωπον, ὑπερβάντα ἐμαυτόν, ὁρῶ ταῖς ἀμαρτίαις, ὅτι ἐν γνώσει φρενῶν, ἤμαρτον, οὐκ ἀγνοίᾳ.

He Who is born makes new the laws of nature, and the womb brings forth without travail. When God so wills, the natural order is overcome; for He does whatever He wishes.

### **Ode v. Heirmos.**

Early in the morning I awake from night. \* Lover of man, I pray, \* give me light and guide me in the way of Your commandments, \* and teach me ever to do Your holy will, O Savior.

*Have mercy on me, O God. Have mercy on me.*

In my soul and body, O Lord, I have become like Jannes and Jambres, the magicians of cruel Pharaoh; my will is heavy and my mind is drowned beneath the waters. But come to my aid.

*Have mercy on me, O God. Have mercy on me.*

Woe is me! I have defiled my mind with filth. But I pray to You, O Master: wash me clean in the waters of my tears, and make the garment of my flesh white as snow.

*Have mercy on me, O God. Have mercy on me.*

When I examine my actions, O Savior, I see that I have gone beyond all men in sin; for I knew and understood what I did; I was not sinning in ignorance.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Φεῖσαι φεῖσαι Κύριε, τοῦ πλάσματός σου. Ἥμαρτον ἄνες μοι, ὁ τῆ φύσει καθαρός, αὐτὸς ὑπάρχων μόνος, καὶ ἄλλος πλὴν σου οὐδεὶς, ὑπάρχει ἔξω ῥύπου.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Δι' ἐμὲ Θεὸς ὦν ἐμορφώθης ἐμέ, ἔδειξας θαύματα, ἰασάμενος λεπρούς, καὶ παραλύτους σφιγξας, Αἰμόρρου στήσας Σωτήρ, ἀφῆ κρασπέδου ῥύσιν.

*Ἄσια τοῦ Θεοῦ, πρόσβευε ὑπὲρ ἡμῶν.*

Ῥεῖθρον Ἰορδάνειον περάσασα, εὔρες ἀνάπασιν, τὴν ἀνώδυνον σαρκός, ἡδονὴν ἐκφυγοῦσα, ἧς καὶ ἡμᾶς ἐξελοῦ, σαῖς προσευχαῖς Ἄσια.

*Δόξα.*

Σὲ Τριάς δοξάζομεν τὸν ἕνα Θεόν, Ἅγιος, Ἅγιος, Ἅγιος εἶ ὁ Πατήρ, ὁ Υἱὸς καὶ τὸ Πνεῦμα, ἀπλὴ οὐσία Μονάς, αἰεὶ προσκυνουμένη.

*Καὶ νῦν.*

Ἐκ σοῦ ἡμφιάσατο τὸ φύραμά μου, ἄφθορε ἀνανδρε, Μητροπάρθενε Θεός, ὁ κτίσας τοὺς αἰῶνας, καὶ ἦνωσεν ἑαυτῷ, τὴν τῶν ἀνθρώπων φύσιν.

*Have mercy on me, O God. Have mercy on me.*

Spare, O spare the work of Your hands, O Lord. I have sinned, forgive me: for You alone are pure by nature, and none except You is free from defilement.

*Have mercy on me, O God. Have mercy on me.*

You who are God, O Savior, were for my sake fashioned as I am. You performed miracles, healing lepers, giving strength to the paralyzed, stopping the issue of blood when the woman touched the hem of Your garment.

*Holy Mother Mary, pray to God for us.*

Crossing the stream of the Jordan, you found peace, escaping from the deadening pleasures of the flesh. Deliver us also from them, holy Mary, by your intercessions.

*Glory.*

We glorify You, O Trinity, the one God. Holy, holy, holy, are You: Father, Son, and Spirit, simple Essence and Unity, worshipped forever.

*Both now.*

O Virgin inviolate and Mother who has not known man, from you has God, the Creator of the ages, taken human flesh, uniting to Himself the nature of men.

**Ὡδή ζ' . Ὁ Εἰρμός.**

Ἐβόησα, ἐν ὄλῃ καρδίᾳ μου, πρὸς τὸν οἰκτίριμονα Θεόν, καὶ ἐπήκουσέ μου, ἐξ Ἄδου κατωτάτου, καὶ ἀνήγαγεν, ἐκ φθορᾶς τὴν ζωὴν μου.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἀντίστηθι, καὶ καταπολέμησον, ὡς Ἰησοῦς τὸν Ἀμαλήκ, τῆς σαρκὸς τὰ πάθη, καὶ τοὺς Γαβαωνίτας, τοὺς ἀπατηλοὺς λογισμοὺς, αἰεὶ νικῶσα.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Διάβηθι, τοῦ χρόνου τὴν ῥέουσαν, φύσιν ὡς πρὶν ἢ Κιβωτός, καὶ τῆς γῆς ἐκείνης, γενοῦ ἐν κατασχέσει, τῆς ἐπαγγελίας ψυχῆ, Θεὸς κελεύει.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ὡς ἔσωσας, τὸν Πέτρον βοήσαντα, σῶσον προφθάσας με Σωτήρ, τοῦ θηρός με ῥῦσαι, ἐκτείνας σου τὴν χεῖρα, καὶ ἀνάγαγε τοῦ βυθοῦ τῆς ἁμαρτίας.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Λιμένα σε, γινώσκω γαλήνιον, Δέσποτα Δέσποτα Χριστέ, ἀλλ' ἐκ τῶν ἀδύτων, βυθῶν τῆς ἁμαρτίας, καὶ τῆς ἀπογνώσεώς με, προφθάσας ῥῦσαι.

*Δόξα.*

Τριάς εἰμι, ἀπλὴ ἀδιαίρετος, διαιρετὴ προσωπικῶς, καὶ Μονὰς ὑπάρχω, τῇ

**Ode vi. Heirmos.**

I cried aloud and shouted with all my heart \* unto the tender-loving God, \* and He heard my voice from the lowest depths of Hades, \* and He raised my life from the pit of corruption.

*Have mercy on me, O God. Have mercy on me.*

Rise up and make war upon the passions of the flesh, as Joshua against Amalek, ever gaining the victory over the Gibeonites, your deceitful thoughts.

*Have mercy on me, O God. Have mercy on me.*

O my soul, pass through the flowing waters of time like the Ark of old, and take possession of the land of promise: for God commands you.

*Have mercy on me, O God. Have mercy on me.*

As You saved Peter when he cried out, "Save me," come quickly, O Savior, before it is too late, and save me from the beast. Stretch out Your hand and lead me up from the deep of sin.

*Have mercy on me, O God. Have mercy on me.*

I know You as a calm haven, O Lord, Lord Christ: come quickly, before it is too late, and deliver me from the lowest depths of sin and despair.

*Glory.*

"I am the Trinity, simple and undivided, yet divided in Persons, and I



φύσει ἠνωμένη. Ὁ Πατήρ φησιν, ὁ  
Υἱὸς καὶ Θεῖον Πνεῦμα.

*Kai nūn.*

Ἡ μήτρα σου, Θεὸν ἡμῖν ἔτεκε,  
μεμορφωμένον καθ' ἡμᾶς, ἀλλ' ὡς  
Κτίστην πάντων, δυσώπει Θεοτόκε,  
ἵνα ταῖς πρεσβείαις, ταῖς σαῖς δικαιο-  
θῶμεν.

**Κοντάκιον. Ἦχος πλ. β'.**

Ψυχὴ μου ψυχὴ μου, ἀνάστα, τί  
καθεύδεις; τὸ τέλος ἐγγίζει, καὶ  
μέλλεις θορυβεῖσθαι· ἀνάνηψον οὖν,  
ἵνα φεῖσηταί σου Χριστὸς ὁ Θεός, ὁ  
πανταχοῦ παρῶν, καὶ τὰ πάντα  
πληρῶν.

**Ὁδὴ ζ'. Ὁ Εἰρμός.**

Ἠμάρτομεν, ἠνομήσαμεν, ἠδικήσαμεν  
ἐνώπιόν σου, οὐδὲ συνετηρήσαμεν,  
οὐδὲ ἐποιήσαμεν, καθὼς ἐνετείλω  
ἡμῖν, ἀλλὰ μὴ παραδώης ἡμᾶς εἰς  
τέλος, ὁ τῶν Πατέρων Θεός.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τοῦ Μανασσῆ, ἐπεσώρευσας, τὰ  
ἐγκλήματα τῆ προαιρέσει, στήσασα  
ὡς βδελύγματα πάθη, καὶ πληθύνου-  
σα ψυχὴ, προσωχθίσματα. Ἄλλ' αὐτοῦ  
τὴν μετάνοιαν, ζηλοῦσα θερμῶς,

am the Unity by Nature one,» says the  
Father and the Son and the divine  
Spirit.

*Both now.*

Your womb bore God for us, fashioned  
in our shape. O Theotokos, pray to  
Him as the Creator of all, that we may  
be justified through your interces-  
sions.

**Kontakion. Mode pl. 2.**

My soul, O my soul, rise up! Why are  
you sleeping? The end draws near and  
soon you shall be troubled. Watch,  
then, that Christ your God may spare  
you, for He is everywhere present and  
fills all things.

**Ode vii. Heirmos.**

We sinned, O Lord, and we broke  
Your law, \* we behaved unrighteously  
before You, \* and neither have we  
kept Your word, nor acted according  
to the way You commanded for us. \*  
Yet, O God of the fathers, we pray, do  
not utterly deliver us up.

*Have mercy on me, O God. Have mercy on me.*

By deliberate choice, my soul, you  
incurred the guilt of Manasseh, setting  
up the passions as idols and multi-  
plying abominations. But with fervent  
heart emulate his repentance and

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κτῆσαι κατάνυξιν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὸν Ἀχαάβ παρεζήλωσας, τοῖς μιάσμασι ψυχῆ μου, οἴμοι! γέγονας σαρκικῶν μολυσμάτων, καταγώγιον καὶ σκεῦος αἰσχρὸν τῶν παθῶν. Ἄλλ' ἐκ βάθους σου στέναξον, καὶ λέγε Θεῷ, τὰς ἀμαρτίας σου.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐκλείσθη σοι, οὐρανὸς ψυχῆ, καὶ λιμὸς Θεοῦ κατέλαβέ σε, ὅτε τοῖς Ἡλιοῦ τοῦ θεσβίστου, ὡς ὁ Ἀχαάβ, ἠπειθήσας λόγοις ποτέ. Ἄλλὰ τῆ Σαραφθία ὁμοιώθητι, θρέψον Προφήτου ψυχὴν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐνέπρησεν Ἡλιοῦ ποτέ, δις πεντήκοντα τῆς Ἰεζάβελ, ὅτε τοὺς τῆς αἰσχύνης προφήτας, κατηνάλωσεν, εἰς ἔλεγχον τοῦ Ἀχαάβ. Ἄλλὰ φεῦγε τὴν μίμησιν τῶν δύο ψυχῆ, καὶ κραταιώθητι.

*Δόξα.*

Τριάς ἀπλή, ἀδιαίρετε, Ὁμοούσιε Μονὰς ἀγία, φῶτα καὶ φῶς καὶ ἅγια τρία, καὶ ἐν ἅγιον ὑμνεῖται Θεὸς ἡ Τριάς, ἀλλ' ἀνύμνησον, δόξασον ζωὴν καὶ ζωάς, ψυχὴ τὸν πάντων Θεόν.

*Καὶ νῦν.*

Ἵμνοῦμέν σε, εὐλογοῦμέν σε, προ-

acquire compunction.

*Have mercy on me, O God. Have mercy on me.*

Alas, my soul! You have rivaled Ahab in guilt. You have become a dwelling-place of carnal defilements and a shameful vessel of the passions. But groan from the depths of your heart, and confess your sins to God.

*Have mercy on me, O God. Have mercy on me.*

Heaven is closed to you, my soul, and a famine from God has seized you: for you have been disobedient, as Ahab was to the words of Elijah the Tishbite. But imitate the widow of Zarephath, and feed the Prophet's soul.

*Have mercy on me, O God. Have mercy on me.*

Elijah once destroyed with fire a hundred of Jezebel's servants, and he slew the prophets of shame, as a rebuke to Ahab. But flee from the example of both of them, my soul, and be strong.

*Glory.*

O simple and undivided Trinity, O holy and consubstantial Unity: You are praised as Light and Lights, one Holy and three Holies. Sing, O my soul, and glorify Life and Lives, the God of all.

*Both now.*

We praise you, we bless you, we

σκυνοῦμέν σε Θεογεννήτορ, ὅτι τῆς ἀχωρίστου Τριάδος, ἀπεκύησας τὸν ἕνα Υἱὸν καὶ Θεόν, καὶ αὐτὴ προη- νέωξας ἡμῖν, τοῖς ἐν γῆ τὰ ἐπουράνια.

**Ὡδὴ η΄. Ὁ Εἰρμός.**

Ὁν Στρατιαὶ οὐρανῶν δοξάζουσι καὶ φρίττει τὰ Χερουβείμ καὶ τὰ Σεραφεῖμ, πᾶσα πνοὴ καὶ κτίσις ὑμνεῖτε, εὐλογεῖτε, καὶ ὑπερυψοῦτε εἰς πάντας τοὺς αἰῶνας.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Δικαιοκρίτα, Σωτὴρ ἐλέησον, καὶ ῥῦσαί με τοῦ πυρός, καὶ τῆς ἀπειλῆς, ἧς μέλλω ἐν τῇ κρίσει, δικαίως ὑποστῆναι, ἄνες μοι πρὸ τέλους, δι' ἀρετῆς καὶ μετανοίας.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ὡς ὁ Ληστής ἐκβοᾷ σοι· Μνήσθητι, ὡς Πέτρος κλαίω πικρῶς. Ἄνες μοι Σωτὴρ, κράζω ὡς ὁ Τελώνης, δακρύω ὡς ἡ Πόρνη, δέξαι μου τὸν θρῆνον, καθὼς ποτὲ τῆς Χαναναίας.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὴν σηπεδόνα, Σωτὴρ θεράπευσον, τῆς ταπεινῆς μου ψυχῆς, μόνε ἰατρέ, μάλαγμά μοι ἐπίθες, καὶ ἔλαιον καὶ

venerate you, O Mother of God: for you gave birth to One of the undivided Trinity, your Son and God, and you opened the heavenly places to us on earth.

**Ode viii. Heirmos.**

Him whom the hosts of the heavens glorify, \* at whom quake the Cherubim and the Seraphim, \* every breath and creation, \* extol Him now and bless Him, \* and exalt supremely, unto all the ages.

*Have mercy on me, O God. Have mercy on me.*

O righteous Judge and Savior, have mercy on me and deliver me from the fire that threatens me and from the punishment that I deserve to suffer at the Judgment. Before the end comes, grant me remission through virtue and repentance.

*Have mercy on me, O God. Have mercy on me.*

Like the Robber I cry to You: "Remember me"; like Peter I weep bitterly; like the Publican I call out: "Forgive me, Savior"; like the Harlot I shed tears. Accept my lamentation, as once You accepted the entreaties of the woman of Canaan.

*Have mercy on me, O God. Have mercy on me.*

O Savior, heal the putrefaction of my humbled soul, for You are the one Physician; apply bandages and pour in

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οἶνον, ἔργα μετανοίας, κατάνυξιν  
μετὰ δακρύων.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὴν Χαναanaίαν, κἀγὼ μιμούμενος·  
Ἐλέησόν με βοῶ, τῷ Υἱῷ Δαυΐδ, ἄπτο-  
μαι τοῦ κρασπέδου, ὡς ἡ Αἰμορρο-  
οῦσα, κλαίω ὡς ἡ Μάρθα, καὶ Μαρία  
ἐπὶ Λαζάρου.

*Εὐλογοῦμεν Πατέρα, Υἱόν, καὶ ἅγιον Πνεῦμα.*

Ἄναρχε Πάτερ, Υἱὲ συνάναρχε, Παρά-  
κλητε ἀγαθέ, Πνεῦμα τὸ εὐθές, Λόγου  
Θεοῦ Γεννητορ, Πατρὸς ἀνάρχου  
Λόγε, Πνεῦμα ζῶν καὶ κτίζον. Τριάς  
Μονὰς ἐλέησόν με.

*Kaì nŷn.*

Ὡς ἐκ βαφῆς, ἀλουργίδος Ἄχραντε, ἡ  
νοητὴ πορφυρίς, τοῦ Ἐμμανουήλ,  
ἐνδον ἐν τῇ γαστρὶ σου, ἡ σὰρξ  
συνεξυφάνθη· ὅθεν Θεοτόκον, ἐν  
ἀληθείᾳ σε τιμῶμεν.

### **Ὡδὴ θ'. Ὁ Εἰρμός.**

Ἀσπόρου συλλήψεως, ὁ τόκος ἀνερ-  
μήνευτος, Μητρὸς ἀνάδρου, ἄσπο-  
ρος ἡ κύησις. Θεοῦ γὰρ ἡ γέννησις  
καινοποιεῖ τὰς φύσεις· διὸ σε πᾶσαι  
αἱ γενεαί, ὡς Θεόνυμφον Μητέρα,  
ὀρθοδόξως μεγαλύνομεν.

oil and wine, works of repentance and  
compunction with tears.

*Have mercy on me, O God. Have mercy on me.*

Like the woman of Canaan I cry to  
You, "Have mercy on me, Son of  
David." Like the woman with an issue  
of blood, I touch the hem of Your  
garment. I weep as Martha and Mary  
wept for Lazarus.

*We bless Father, Son, and Holy Spirit.*

Father without beginning, coeternal  
Son, and loving Comforter, the Spirit  
of righteousness; Begetter of the  
Word of God, Word of the eternal  
Father, Spirit living and creative: O  
Trinity in Unity, have mercy on me.

*Both now.*

As from purple silk, O undefiled  
Virgin, the spiritual robe of Emmanu-  
el, His flesh, was woven in your womb.  
Therefore, we honor you as Theo-  
tokos in very truth.

### **Ode ix. Heirmos.**

The birth is ineffable, conceived  
without the seed of man; the unwed  
Mother's \* childbirth was free of all  
corruption. The birth of God \* makes  
new again the natures. \* And thus, in  
Orthodox manner all \* generations  
magnify you as the Mother and the  
Bride of God.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὰς νόσους ἰώμενος, πτωχοῖς εὐηγγε-  
λίζετο, Χριστὸς ὁ Λόγος, κυλλοὺς  
ἐθεράπευσε, τελώναις συνήσθιεν,  
ἀμαρτωλοῖς ὠμίλει, τῆς Ἰαείρου  
θυγατρὸς, τὴν ψυχὴν προμεταστά-  
σαν, ἐπανήγαγεν ἀφ᾽ ἧ τῆς χειρὸς.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τελώνης ἐσώζετο, καὶ Πόρνη ἐσω-  
φρόνιζε, καὶ Φαρισαῖος, ἀυχῶν κατε-  
κρίνετο· ὁ μὲν γάρ, Ἰλάσθητι, ἡ δέ,  
Ἐλέησόν με, ὁ δὲ ἐκόμπαζε, βοῶν· ὁ  
Θεὸς εὐχαριστῶ σοι, καὶ ἐξῆς τὰ τῆς  
ἀνοίας ῥητά.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ζακχαῖος Τελώνης ἦν, ἀλλ' ὅμως  
διεσώζετο, καὶ Φαρισαῖος, ὁ Σίμων  
ἐσφάλλετο, καὶ Πόρνη ἐλάμβανε, τὰς  
ἀφεσίμους λύσεις, παρὰ τοῦ ἔχοντος  
ἰσχύν, ἀφιέναι ἀμαρτίας, ἦν ψυχὴ  
σπεῦσον μιμήσασθαι.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὴν Πόρνην ὧ τάλαινα, ψυχὴ μου οὐκ  
ἐζήλωσας, ἥτις λαβοῦσα, μύρου τὸ  
ἀλάβαστρον, σὺν δάκρυσιν ἤλειψε,  
τοὺς πόδας τοῦ Κυρίου, ἐξέμαξε δὲ  
ταῖς θριξί, τῶν ἀρχαίων ἐγκλημάτων,  
τὸ χειρόγραφον ῥηγνύοντος αὐτῆ.

*Have mercy on me, O God. Have mercy on me.*

Healing sickness, Christ the Word  
preached the good tidings to the poor.  
He cured the crippled, ate with publi-  
cans, and conversed with sinners.  
With the touch of His hand, He  
brought back the departed soul of  
Jairus' daughter.

*Have mercy on me, O God. Have mercy on me.*

The Publican was saved and the  
Harlot turned to chastity, but the  
Pharisee with his boasting was con-  
demned. For the first cried "Be  
merciful," and the second, "have  
mercy on me"; but the third said,  
boasting, "I thank You, O God," and  
other words of madness.

*Have mercy on me, O God. Have mercy on me.*

Zacchaeus was a publican, yet he was  
saved; but Simon the Pharisee went  
astray, while the Harlot received  
remission and release from Him who  
has the power to forgive sins. Make  
haste, O my soul, to follow her  
example.

*Have mercy on me, O God. Have mercy on me.*

O wretched soul, you have not acted  
like the Harlot, who took the alabaster  
box of precious ointment, and  
anointed with tears and wiped with  
her hair the feet of the Lord. And He  
tore in pieces the record of her

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὰς πόλεις αἷς ἔδωκε, Χριστὸς τὸ  
Εὐαγγέλιον, ψυχὴ μου ἔγνωσ, ὅπως  
κατηράθησαν, φοβοῦ τὸ ὑπόδειγμα,  
μὴ γένη ὡς ἐκεῖναι· ταῖς ἐν Σοδόμοις  
γὰρ αὐτάς, ὁ Δεσπότης παρεικάσας,  
ἕως Ἄδου κατεδίκασε.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Μὴ χείρων ᾧ ψυχὴ μου, φανῆς δι'  
ἀπογνώσεως, τῆς Χαναanaίας, τὴν  
πίστιν ἀκούσασα, δι' ἧς τὸ θυγάτριον,  
λόγῳ Θεοῦ ἰάθη. Γιὰ Δαυῖδ σῶσον  
κἀμέ, ἀναβόησον ἐκ βάθους, τῆς  
καρδίας ὡς ἐκείνη Χριστῷ.

*Ἅγιε τοῦ Θεοῦ, πρόσβευε ὑπὲρ ἡμῶν.*

Ἄνδρέα σεβάσμιε, καὶ Πάτερ τρισμα-  
κάριστε, Ποιμὴν τῆς Κρήτης, μὴ  
παύση δεόμενος, ὑπὲρ τῶν σὲ  
ὑμνοῦντων· ἵνα ῥυσθῶμεν πάσης,  
ὀργῆς καὶ θλίψεως καὶ φωροῦ, καὶ  
πταισμάτων ἀνεικάστων, οἱ τιμῶντές  
σου τὴν μνήνην πιστῶς.

*Δόξα.*

Πατέρα δοξάσωμεν, Υἱὸν ὑπερυψώ-  
σωμεν, τὸ θεῖον Πνεῦμα, πιστῶς  
προσκυνησωμεν, Τριάδα ἀχώριστον,  
Μονάδα κατ' οὐσίαν, ὡς φῶς καὶ  
φῶτα καὶ ζωὴν, καὶ ζωὰς ζωοποι-  
οῦσαν, καὶ φωτίζουσιν τὰ πέρατα.

previous sins.

*Have mercy on me, O God. Have mercy on me.*

You know, O my soul, how the cities  
were cursed to which Christ preached  
the Gospel. Fear their example, lest  
you suffer the same punishment. For  
the Master likened them to Sodom  
and condemned them to hell.

*Have mercy on me, O God. Have mercy on me.*

Be not overcome by despair, my soul;  
for you have heard of the faith of the  
woman of Canaan, and how through it  
her daughter was healed by the word  
of God. Cry out from the depth of your  
heart, "Save me also, Son of David," as  
she once cried to Christ.

*Holy Father Andrew, pray to God for us.*

Venerable Andrew, father thrice-  
blessed, pastor of Crete, cease not to  
offer prayer for us who sing your  
praises; that we may be delivered  
from all danger and distress, from cor-  
ruption and sin, who honor your  
memory with faith.

*Glory.*

Trinity in one Essence, Unity in three  
Persons, we sing Your praises; we  
glorify the Father, we magnify the Son,  
we worship the Holy Spirit, truly one  
God by nature, Life and Lives, King-  
dom without end.

*Kai nūn.*

Τὴν Πόλιν σου φύλαττε, Θεογεννήτορ  
πάνανγε· ἐν σοὶ γὰρ αὕτη, πιστῶς  
βασιλεύουσα, ἐν σοὶ καὶ κρατύνεται,  
καὶ διὰ σοῦ νικῶσα, τροποῦται πάντα  
πειρασμόν, καὶ σκυλεύει πολεμίους  
καὶ διέπει τὸ ὑπήκοον.

**Ὁ Εἰρμός.**

**Ἄ**σπόρου συλλήψεως, ὁ τόκος ἀνερ-  
μήνευτος, Μητρὸς ἀνάνδρου, ἄσπο-  
ρος ἢ κύησις. Θεοῦ γὰρ ἡ γέννησις  
καινοποιεῖ τὰς φύσεις· διὸ σε πᾶσαι  
αἱ γενεαί, ὡς Θεόνυμφον Μητέρα,  
ὀρθοδόξως μεγαλύνομεν.

*Ἐπιστρέψατε στὴ σελίδα 24*

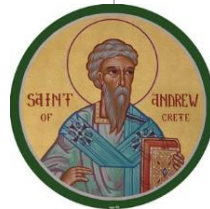
*Both now.*

Watch over Your city, all-pure Mother  
of God. For by you she reigns in faith,  
by you she is made strong; by you she  
is victorious, putting to flight every  
temptation, despoiling the enemy and  
ruling her subjects.

**Heirmos.**

**T**he birth is ineffable, conceived  
without the seed of man; the unwed  
Mother's \* childbirth was free of all  
corruption. The birth of God \* makes  
new again the natures. \* And thus, in  
Orthodox manner all \* generations  
magnify you as the Mother and the  
Bride of God.

*Return to page 24*





## First Thursday of Great Lent Compline Canon

**Ὡδή α΄. Ἦχος πλ. β΄. Ὁ Εἰρμός.**

**Β**οηθὸς καὶ σκεπαστὴς ἐγένετό μοι εἰς σωτηρίαν, οὗτός μου Θεός, καὶ δοξάσω αὐτόν, Θεὸς τοῦ Πατρός μου καὶ ὑψώσω αὐτόν· ἐνδόξως γὰρ δεδόξασται.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ὁ Ἀμνὸς ὁ τοῦ Θεοῦ, ὁ αἴρων πάντων τὰς ἁμαρτίας, ἄρον τὸν κλοιὸν ἀπ' ἐμοῦ τὸν βαρύν, τὸν τῆς ἁμαρτίας, καὶ ὡς εὐσπλαγχνός μοι δός, δάκρυα κατανύξεως.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Σοὶ προσπίπτω Ἰησοῦ. Ἡμάρτηκά σοι, ἰλάσθητί μοι, ἄρον τὸν κλοιὸν ἀπ' ἐμοῦ τὸν βαρύν, τὸν τῆς ἁμαρτίας, καὶ ὡς εὐσπλαγχνος Θεός, μετανοοῦντα δέξαι με.

**Ode i. Mode pl. 2. Heirmos.**

**H**e became for me a helper and a shelterer for salvation. \* He is my God, and I will glorify Him, \* the God of my father, and Him will I exalt, \* for He is greatly glorified.

*Have mercy on me, O God. Have mercy on me.*

O Lamb of God, that takes away the sins of all, take from me the heavy yoke of sin, and in Your compassion give me tears of compunction.

*Have mercy on me, O God. Have mercy on me.*

I fall down, Jesus, at Your feet: I have sinned against You, be merciful to me. Take from me the heavy yoke of sin, and in Your compassion, O God, accept me in repentance.



*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Μὴ εἰσέλθῃς μετ' ἐμοῦ, ἐν κρίσει φέρων μου τὰ πρακτέα, λόγους ἐκζητῶν, καὶ εὐθύνων ὀρμάς, ἀλλ' ἐν οἰκτιρμοῖς σου, παρορῶν μου τὰ δεινά, σῶσόν με Παντοδύναμε

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Μετανοίας ὁ καιρός, προσέρχομαί σοι τῷ Πλαστοργῶ μου· Ἄρον τὸν κλοιὸν ἀπ' ἐμοῦ τὸν βαρύν, τὸν τῆς ἀμαρτίας, καὶ ὡς εὐσπλαγχνός μοι δός, δάκρυα κατανύξεως.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὴν οὐσίαν τῆς ψυχῆς, καταναλώσας τῇ ἀμαρτίᾳ, ἔρημός εἰμι ἀρετῶν εὐσεβῶν, λιμώττων δὲ κράζω. ὁ ἐλέους χορηγός, προφθάσας σύ με οἴκτειρον.

*Ὅσια τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.*

Ὑποκύψασα Χριστοῦ, τοῖς θείοις νόμοις, τούτῳ προσῆλθες, τὰς τῶν ἡδονῶν ἀκαθέκτους ὀρμάς, λιποῦσα καὶ πᾶσαν, ἀρετὴν πανευλαβῶς, ὡς μίαν ἐκατέρθωσας.

*Δόξα.*

Ὑπερούσιε Τριάς, ἡ ἐν Μονάδι προσκυνουμένη, ἄρον τὸν κλοιόν, ἀπ' ἐμοῦ τὸν βαρύν, τὸν τῆς ἀμαρτίας, καὶ ὡς εὐσπλαγχνός μοι δός, δάκρυα

*Have mercy on me, O God. Have mercy on me.*

Enter not into judgment with me, bringing before me the things I should have done, examining my words and correcting my impulses. But in Your mercy overlook my sins and save me, O Lord almighty.

*Have mercy on me, O God. Have mercy on me.*

It is time for repentance: to You I come, my Creator. Take from me the heavy yoke of sin, and in Your compassion give me tears of compunction.

*Have mercy on me, O God. Have mercy on me.*

As the Prodigal, O Savior, I have wasted the substance of my soul in riotous living, and I am barren of the virtues of holiness. In my hunger I cry: O giver of mercy, come quickly out to meet me and take pity on me.

*Holy Mother Mary, pray to God for us.*

Bowing before the divine laws of Christ, you drew near to Him, forsaking the unbridled longings of sensual pleasure; and in the fear of God you gained all the virtues as if they were one.

*Glory.*

Trinity beyond all being, worshipped in Unity, take from me the heavy yoke of sin, and in Your compassion grant

## Μέγα Απόδειπνον

κατανύξεως.

*Kai nyn.*

Θεοτόκε ἡ ἐλπίς, καὶ προστασία τῶν  
σὲ ὑμνούντων, ἄρον τὸν κλοιὸν, ἀπ'  
ἐμοῦ τὸν βαρύν, τὸν τῆς ἀμαρτίας, καὶ  
ὡς Δέσποινα ἀγνή, μετανοοῦντα δέξαι  
με.

### **Ὁδὴ β'. Ὁ Εἰρμός.**

"Ἴδετε, ἴδετε, ὅτι ἐγὼ εἰμι Θεός, ὁ  
μάννα ἐπομβρήσας, καὶ τὸ ὕδωρ ἐκ  
πέτρας, πηγάσας πάλαι ἐν ἐρήμῳ τῷ  
λαῷ μου, τῇ μόνη δεξιᾷ, καὶ τῇ ἰσχύϊ  
τῇ ἐμῇ.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

"Ἄνδρα ἀπέκτεινα, φησὶν, εἰς μώλωπα  
ἐμοί, καὶ νεανίσκον εἰς τραῦμα, Λάμεχ  
θρηνῶν ἐβόα· σὺ δὲ οὐ τρέμεις ὡς  
ψυχὴ μου, ῥυπωθεῖσα, τὴν σάρκα καὶ  
τὸν νοῦν, κατασπιλώσασα.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Πύργον ἐσοφίσω, οἰκοδομήσαι, ὡς  
ψυχὴ, καὶ ὄχυρωμα πῆξαι, ταῖς σαῖς  
ἐπιθυμίαις, εἰμὴ συνέχεεν ὁ κτίστης  
τὰς βουλὰς σου, καὶ κατέαξεν εἰς γῆν,  
τὰ μηχανήματά σου.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

"Ὡ πῶς ἐζήλωσα, Λάμεχ τὸν πρόωγον  
φονευτὴν, τὴν ψυχὴν ὡσπερ ἄνδρα,  
τὸν νοῦν ὡς νεανίσκον, ὡς ἀδελφὸν

me tears of compunction.

*Both now.*

O Theotokos, the hope and protection  
of those who sing your praises, take  
from me the heavy yoke of sin. O pure  
Lady, accept me in repentance.

### **Ode ii. Heirmos.**

See now, see that I am God, who  
rained down manna in the days of old,  
and made springs of water flow from  
the rock, for my people in the  
wilderness, by My right hand and by  
My power alone.

*Have mercy on me, O God. Have mercy on me.*

"I have slain a man to my grief and  
wounding," said Lamech, "and a young  
man to my hurt"; and he cried aloud  
lamenting. Do you not tremble then,  
my soul, for you have defiled your  
flesh and polluted your mind?

*Have mercy on me, O God. Have mercy on me.*

Skillfully you planned to build a  
tower, O my soul, and to establish a  
stronghold for your lusts; but the  
Creator confounded your designs and  
dashed your devices to the ground.

*Have mercy on me, O God. Have mercy on me.*

Ah, how I have emulated Lamech, the  
murderer of old, slaying my soul as if  
it were a man, and my mind as if it

δέ μου τὸ σῶμα ἀποκτείνας, ὡς Κάϊν  
ὁ φονεύς, ταῖς φιληδόνους ὀρμαῖς!

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐβρεξε Κύριος, παρὰ Κυρίου πῦρ  
ποτέ, ἀνομίαν ὀργῶσαν, πυρπολήσας  
Σοδόμων· σὺ δὲ τὸ πῦρ ἐξέκαυσας τὸ  
τῆς γεέννης, ἐν ᾧ μέλλεις ψυχή,  
συγκατακαίεσθαι πικρῶς.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τέτρωμαι, πέπληγμαί, ἰδοὺ τὰ βέλη  
τοῦ ἐχθροῦ, τὰ καταστιζαντά μου, τὴν  
ψυχήν καὶ τὸ σῶμα, ἰδοὺ τὰ  
τραύματα, τὰ ἔλκη, αἱ πηρώσεις,  
βοῶσι τὰς πληγὰς, τῶν ἀυθαιρέτων  
μου παθῶν.

*Ἄσσια τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.*

Ἦπλωσας χεῖράς σου, πρὸς τὸν  
οἰκτίρμονα Θεόν, Μαρία ἐν ἀβύσσῳ,  
κακῶν βυθιζομένη, καὶ ὡς τῷ Πέτρῳ  
φιλανθρώπως χεῖρα βοηθείας, ἐξέτει-  
νε τὴν σὴν, ἐπιστροφὴν πάντως ζη-  
τῶν.

*Δόξα.*

Ἄναρχε ἄκτιστε, Τριάς ἀμέριστε Μο-  
νάς, μετανοοῦντά με δέξαι, ἡμαρ-  
τηκότα σῶσον, σὸν εἰμι πλάσμα, μὴ  
παρίδης, ἀλλὰ φεῖσαι καὶ ῥῦσαι, τοῦ  
πυρὸς τῆς καταδίκης με.

were a young man. With sensual  
longings I have killed my body, as Cain  
the murderer killed his brother.

*Have mercy on me, O God. Have mercy on me.*

Roused to anger by their transgres-  
sions, the Lord once rained down fire  
from Heaven and burnt up the men of  
Sodom. And you, my soul, have  
kindled the fire of Gehenna, and there  
to your bitter sorrow you shall burn.

*Have mercy on me, O God. Have mercy on me.*

I am wounded and smitten: see the  
enemy's arrows which have pierced  
my soul and body. See the wounds,  
the open sores and the injuries, that  
cry out to God against the blows  
inflicted by my freely chosen passions.

*Holy Mother Mary, pray to God for us.*

Sunk in the abyss of wickedness, O  
Mary, you lifted up your hands to the  
merciful God. And, as to Peter, in His  
loving-kindness He stretched out His  
hand to you in help, seeking in every  
way your conversion.

*Glory.*

O Trinity uncreated and without  
beginning, O undivided Unity: accept  
me in repentance and save me, a  
sinner. I am Your creation, reject me  
not; but spare me and deliver me from  
the fire of condemnation.

## Μέγα Απόδειπνον

*Kai nyn.*

Ἄχραντε Δέσποινα, Θεογεννήτορ ἡ ἐλπίς, τῶν εἰς σὲ προστρεχόντων, καὶ λιμὴν τῶν ἐν ζάλῃ, τὸν ἐλεήμονα καὶ Κτίστην καὶ Υἱὸν σου, ἰλέωσαι κάμοί, ταῖς ἱκεσίαις ταῖς σαῖς.

### **Ὁδὴ γ' . Ὁ Εἰρμός.**

**Σ**τερέωσον, Κύριε, ἐπὶ τὴν πέτραν τῶν ἐντολῶν σου, σαλευθεῖσαν τὴν καρδίαν μου, ὅτι μόνος Ἅγιος ὑπάρχεις καὶ Κύριος.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τῇ Ἄγαρ πάλαι ψυχῇ, τῇ Αἰγυπτία παρωμοιώθης, δουλωθεῖσα τὴν προαίρεσιν, καὶ τεκοῦσα, νέον Ἰσμαήλ, τὴν αὐθάδειαν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὴν Ἰακώβ κλίμακα, ἔγνωσ ψυχῇ μου δεικνυομένην, ἀπὸ γῆς πρὸς τὰ οὐράνια, τί μὴ ἔσχεσ, βάσιν ἀσφαλῆ, τὴν εὐσέβειαν;

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὸν Ἱερέα Θεοῦ, καὶ βασιλέα μεμονωμένον, τοῦ Χριστοῦ τὸ ἀφομοίωμα, τοῦ ἐν κόσμῳ, βίου ἐν ἀνθρώποις μιμήθητι.

*Both now.*

Most pure Lady, Mother of God, hope of those who run to you and the haven of the storm-tossed: pray to the merciful God, your Creator and your Son, that He may grant His mercy even to me.

### **Ode iii. Heirmos.**

**E**stablish upon the rock of Your commandments my heart, O Master, \* sorely shaken as it is, O Lord. \* Only You are holy, and again only You are Lord.

*Have mercy on me, O God. Have mercy on me.*

O my soul, you have become like Hagar the Egyptian: your free choice has been enslaved, and you have borne as your child a new Ishmael, stubborn willfulness.

*Have mercy on me, O God. Have mercy on me.*

You know, my soul, the ladder that was shown to Jacob, reaching up from earth to Heaven. Why have you not provided a firm foundation for it through your godly actions?

*Have mercy on me, O God. Have mercy on me.*

Follow the example of Melchizedek, the priest of God, the king set apart, who was an image of the life of Christ among men in the world.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐπίστρεψον στέναξον, ψυχὴ ἀθλία  
πρὶν ἢ τοῦ βίου, πέρας λάβη ἢ  
πανήγυρις, πρὶν τὴν θύραν κλείσῃ,  
τοῦ νυμφῶνος ὁ Κύριος.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Μὴ γένη στήλη ἄλός, ψυχὴ στραφεῖσα  
εἰς τὰ ὀπίσω, τὸ ὑπόδειγμα φοβεῖται  
σε, τῶν Σοδόμων, ἄνω εἰς Σηγῶρ  
διασώθητι.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὴν δέησιν Δέσποτα, τῶν σὲ ὑμνούν-  
των μὴ ἀπορρίψῃς, ἀλλ' οἰκτείρησον  
φιλόανθρωπε, καὶ παράσχου, πίστει  
αἰτουμένοις τὴν ἄφεσιν.

*Δόξα.*

Μονὰς ἀπλὴ ἄκτιστε, ἄναρχε φύσις ἢ  
ἐν Τριάδι, ὑμνουμένη ὑποστάσεων,  
ἡμᾶς σῶσον, πίστει προσκυνῶντας  
τὸ κράτος σου.

*Καὶ νῦν.*

Τὸν ἐκ Πατρὸς ἄχρονον, Υἱὸν ἐν  
χρόνῳ Θεογεννητορ, ἀπειράνδρως  
ἀπεκύησας, ξένον θαῦμα! μείνασα  
Παρθένος θηλάζουσα.

**Ὡδὴ δ'. Ὁ Εἰρμός.**

**Ἀ**κήκοεν ὁ Προφήτης, τὴν ἔλευσίν  
σου Κύριε, καὶ ἐφοβήθη, ὅτι μέλλεις

*Have mercy on me, O God. Have mercy on me.*

Turn back, wretched soul, and lament,  
before the marketplace of life comes  
to an end, before the Lord shuts the  
door of the bridal chamber.

*Have mercy on me, O God. Have mercy on me.*

Do not look back, my soul, and so be  
turned into a pillar of salt. Fear the  
example of the people of Sodom, and  
take refuge in Zoar.

*Have mercy on me, O God. Have mercy on me.*

Reject not, O Master, the prayer of  
those who sing Your praises, but in  
Your loving-kindness be merciful and  
grant forgiveness to them that ask  
with faith.

*Glory.*

O simple Unity praised in Trinity of  
Persons, uncreated Nature without  
beginning, save us who in faith wor-  
ship Your power.

*Both now.*

O Mother of God, without knowing  
man you gave birth within time to the  
Son, who was begotten outside time  
from the Father; and, strange wonder!  
you nurse Him while still remaining  
Virgin.

**Ode iv. Heirmos.**

**O**n hearing about Your advent, \* O  
Lord, the Prophet Habakkuk of old

## Μέγα Απόδειπνον

ἐκ Παρθένου τίκτεσθαι, καὶ ἀνθρώποις δείκνυσθαι, καὶ ἔλεγεν· Ἀκήκοα τὴν ἀκοήν σου καὶ ἐφοβήθην, δόξα τῇ δυνάμει σου Κύριε.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ὁ χρόνος ὁ τῆς ζωῆς μου, ὀλίγος καὶ πλήρης πόνων καὶ πονηρίας, ἀλλ' ἐν μετανοίᾳ με παράλαβε, καὶ ἐν ἐπιγνώσει ἀνακάλεσαι μὴ γένωμαι κτῆμα, μὴ βρῶμα τοῦ ἀλλοτρίου. Σωτῆρ αὐτός με οἴκτειρον.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Βασιλείον τὴν ἀξίαν, διάδημα καὶ πορφύραν ἡμφιεσμένος, πολυκτῆμων ἄνθρωπος καὶ δίκαιος, πλούτῳ ἐπιβρίθων καὶ βοσκήμασιν, ἐξαίφνης τὸν πλοῦτον, τὴν δόξαν, τὴν βασιλείαν, πτωχεύσας ἀπεκείρατο.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Εἰ δίκαιος ἦν ἐκεῖνος, καὶ ἄμεμπτος παρὰ πάντας, καὶ οὐκ ἀπέδρα, τὰ τοῦ πλάνου ἔνεδρα καὶ σκάμματα, σὺ φιλαμαρτήμων οὔσα τάλαινα, ψυχὴ τί ποιήσεις, ἐάν τι τῶν ἀδοκῆτων, συμβῆῖ ἐπενεχθῆναί σοι;

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐψηγορος νῦν ὑπάρχω, θρασὺς δὲ καὶ τὴν καρδίαν, εἰκῆ καὶ μάτην' μὴ τῷ Φαρισαίῳ συγκαταδικάσης με, μᾶλλον τοῦ Τελώνου τὴν ταπεινῶσιν,

was frightened: \* that You purposed from a Virgin to be born \* and appear to humankind. And thus he said: \* O Lord, I have heard Your report and I am frightened. \* Glory to Your power, O Lord my God.

*Have mercy on me, O God. Have mercy on me.*

The time of my life is short, filled with trouble and evil. But accept me in repentance and call me back to knowledge. Let me not become the possession and food of the enemy; but, O Savior, take pity on me.

*Have mercy on me, O God. Have mercy on me.*

A man of great wealth and righteous, abounding in riches and cattle, clothed in royal dignity, in crown and purple robe, Job became suddenly a beggar, stripped of wealth, glory and kingship.

*Have mercy on me, O God. Have mercy on me.*

If he who was righteous and blameless above all men did not escape the snares and pits of the deceiver, what will you do, wretched and sin-loving soul, when some sudden misfortune befalls you?

*Have mercy on me, O God. Have mercy on me.*

Now I speak boastfully, with boldness of heart; yet all to no purpose and in vain. O righteous Judge, Who alone are compassionate, do not condemn me

παράσχου μοι μόνη οίκτιρμον, δικαιοκρίτα, καὶ τούτω συναρίθμησον.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐξήμαρτον ἐνυβρίσας, τὸ σκεῦος τὸ τῆς σαρκός μου, οἶδα οἰκτίρμον, ἀλλ' ἐν μετανοίᾳ με παράλαβε, καὶ ἐν ἐπιγνώσει ἀνακάλεσαι, μὴ γένωμαι κτῆμα, μὴ βρῶμα τοῦ ἀλλοτρίου· Σωτὴρ αὐτός με οἴκτειρον.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Αὐτείδωλον ἐγενόμην, τοῖς πάθεσι τὴν ψυχὴν μου καταμολύννας, ἀλλ' ἐν μετανοίᾳ με παράλαβε, καὶ ἐν ἐπιγνώσει ἀνακάλεσαι, μὴ γένωμαι κτῆμα, μὴ βρῶμα τοῦ ἀλλοτρίου. Σωτὴρ αὐτός με οἴκτειρον.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Οὐκ ἤκουσα τῆς φωνῆς σου, παρήκουσα τῆς γραφῆς σου τοῦ Νομοθέτου, ἀλλ' ἐν μετανοίᾳ με παράλαβε, καὶ ἐν ἐπιγνώσει ἀνακάλεσαι, μὴ γένωμαι κτῆμα, μὴ βρῶμα τοῦ ἀλλοτρίου, Σωτὴρ αὐτός με οἴκτειρον.

*Ὅσια τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.*

Μεγάλων ἀτοπημάτων, εἰς βάθος κατενεχθεῖσα, οὐ κατεσχέθης, ἀλλ' ἀνδράμες λογισμῶ κρείττονι, πρὸς τὴν ἀκροτάτην διαπράξεως, σαφῶς ἀρετὴν παραδόξως, Ἀγγέλων φύσιν,

with the Pharisee; but grant me the abasement of the Publican and number me with him.

*Have mercy on me, O God. Have mercy on me.*

I know, O compassionate Lord, that I have sinned and violated the vessel of my flesh. But accept me in repentance and call me back to knowledge. Let me not become the possession and food of the enemy; but, O Savior, take pity on me.

*Have mercy on me, O God. Have mercy on me.*

I have become my own idol, utterly defiling my soul with the passions. But accept me in repentance and call me back to knowledge. Let me not become the possession and food of the enemy; but, O Savior, take pity on me.

*Have mercy on me, O God. Have mercy on me.*

I have not hearkened to Your voice, I have not heeded Your Scripture, O Giver of the Law. But accept me in repentance and call me back to knowledge. Let me not become the possession and food of the enemy; but, O Savior, take pity on me.

*Holy Mother Mary, pray to God for us.*

You were brought down into an abyss of great iniquity, yet not held fast within it: but with better intent you mounted through action to the height of virtue, past all expectation: and the



## Μέγα Απόδειπνον

Μαρία καταπλήξασα.

*Δόξα.*

Ἀμέριστον τῇ οὐσίᾳ, ἀσύγχυτον τοῖς προσώποις θεολογῶ σε, τὴν Τριαδικὴν μίαν Θεότητα, ὡς Ὁμοβασιλείον καὶ σύνθρονον, βοῶ σοι τὸ Ἄσμα, τὸ μέγα, τὸ ἐν ὑψίστοις, τρισσῶς ὑμνολογοῦμενον.

*Καὶ νῦν.*

Καὶ τίκεις καὶ παρθενεύεις, καὶ μένεις δι' ἀμφοτέρων, φύσει Παρθένος, ὃ τεχθεὶς καινίζει νόμους φύσεως, ἢ νηδὺς δὲ κύει μὴ λοχεύουσα, Θεὸς ὅπου θέλει, νικᾶται φύσεως τάξις· ποιεῖ γὰρ ὅσα βούλεται.

### **Ῥδὴ ε' . Ὁ Εἰρμός.**

Ἐκ νυκτὸς ὀρθρίζοντα Φιλάνθρωπε, φώτισον δέομαι, καὶ ὀδήγησον κάμει, ἐν τοῖς προστάγμασί σου, καὶ δίδαξον με ποιεῖν, ἀεὶ τὸ θέλημά σου.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὴν χαμαὶ συγκύπτουσαν μιμοῦ ᾧ ψυχῇ, πρόσελθε, πρόσπεσον, τοῖς ποσὶ τοῦ Ἰησοῦ, ἵνα σε ἀνορθώσῃ, καὶ βηματίσεις ὀρθῶς, τὰς τρίβους τοῦ Κυρίου.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Εἰ καὶ φρέαρ Δέσποτα ὑπάρχεις βαθύ, βλῦσόν μοινάματα, ἐξ ἀχράντων σου

angels, O Mary, were amazed at you.

*Glory.*

Undivided in Essence, unconfused in Persons, I confess You as God: Triune Deity, one in kingship and throne; and to You I raise the great thrice-holy hymn that is sung on high.

*Both now.*

You give birth and are a virgin, and in both you remain by nature inviolate. He Who is born makes new the laws of nature, and the womb brings forth without travail. When God so wills, the natural order is overcome; for He does whatever He wishes.

### **Ode v. Heirmos.**

**E**arly in the morning I awake from night. \* Lover of man, I pray, \* give me light and guide me in the way of Your commandments, \* and teach me ever to do Your holy will, O Savior.

*Have mercy on me, O God. Have mercy on me.*

O my soul, do as the woman who was bowed down to the ground. Fall at the feet of Jesus, that He may make you straight again; and you shall walk upright upon the paths of the Lord.

*Have mercy on me, O God. Have mercy on me.*

You are a deep well, O Master: make springs gush forth for me from Your



φλεβῶν, ἵν' ὡς ἡ Σαμαρεῖτις, μηκέτι  
πίνων διψῶ· ζωῆς γὰρ ρεῖθρα βρύεις.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Σιλῶαμ γενέσθω μοι τὰ δάκρυά μου,  
Δέσποτα Κύριε, ἵνα νίψωμαι κἀγώ,  
τὰς κόρας τῆς καρδίας, καὶ ἴδω σε  
νοερῶς, τὸ φῶς τὸ πρὸ αἰώνων.

*Ἄσσια τοῦ Θεοῦ, πρόσβευε ὑπὲρ ἡμῶν.*

Ἄσυγκρίτῳ ἔρωτι πανόλβιε, ξύλον  
ποθήσασα, προσκυνῆσαι τοῦ Σταυ-  
ροῦ, ἠξίωσαι τοῦ πόθου, ἀξίωσον οὖν  
κάμέ, τυχεῖν τῆς ἄνω δόξης.

*Δόξα.*

Σὲ Τριάς δοξάζομεν τὸν ἕνα Θεόν,  
Ἅγιος, Ἅγιος, Ἅγιος εἶ ὁ Πατήρ, ὁ Υἱὸς  
καὶ τὸ Πνεῦμα, ἀπλή οὐσία Μονάς, αἰεὶ  
προσκυνουμένη.

*Καὶ νῦν.*

Ἐκ σοῦ ἠμφιάσατο τὸ φύραμά μου,  
ἄφθορε ἄνανδρε, Μητροπάρθενε Θε-  
ός, ὁ κτίσας τοὺς αἰῶνας, καὶ ἠνωσεν  
ἑαυτῷ, τὴν τῶν ἀνθρώπων φύσιν.

**ᾠδὴ ζ'. Ὁ Εἰρμός.**

**Ἐ**βόησα, ἐν ὄλῃ καρδίᾳ μου, πρὸς τὸν  
οἰκτίρμονα Θεόν, καὶ ἐπήκουσέ μου,  
ἐξ Ἄδου κατωτάτου, καὶ ἀνήγαγεν, ἐκ

pure veins, that like the woman of  
Samaria I may drink and thirst no  
more; for from You flow the streams  
of life.

*Have mercy on me, O God. Have mercy on me.*

O Master and Lord, may my tears be  
to me as Siloam: that I also may wash  
clean the eyes of my heart, and with  
my mind behold You, the pre-eternal  
Light.

*Holy Mother Mary, pray to God for us.*

O blessed saint, with a love beyond  
compare you longed to venerate the  
wood of the Cross, and your desire  
was granted. Make me also worthy to  
attain the glory on high.

*Glory.*

We glorify You, O Trinity, the one God.  
Holy, holy, holy, are You: Father, Son,  
and Spirit, simple Essence and Unity,  
worshipped forever.

*Both now.*

O Virgin inviolate and Mother who has  
not known man, from you has God, the  
Creator of the ages, taken human  
flesh, uniting to Himself the nature of  
men.

**Ode vi. Heirmos.**

**I** cried aloud and shouted with all my  
heart \* unto the tender-loving God, \*  
and He heard my voice from the low-

Μέγα Απόδειπνον

φθορᾶς τὴν ζωὴν μου.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐγὼ εἶμι, Σωτὴρ ἦν ἀπώλεσας, πάλαι βασιλειον δραχμὴν, ἀλλ' ἀνάψας λύχνον, τὸν Πρόδρομόν σου Λόγε, ἀναζήτησον, καὶ εὐρὲ τὴν σὴν εἰκόνα.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἀντίστηθι, καὶ καταπολέμησον, ὡς Ἰησοῦς τὸν Ἀμαλήκ, τῆς σαρκὸς τὰ πάθη, καὶ τοὺς Γαβαωνίτας, τοὺς ἀπατηλοὺς λογισμοὺς, ἀεὶ νικῶσα.

*Ἅγια τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.*

Ἵνα παθῶν, φλογμὸν κατασβέσης, δακρύων ἔβλυζες ἀεὶ, ὄχετοὺς Μαρία, ψυχὴν πυρπολουμένην, ὧν τὴν χάριν νέμοις, κάμοι τῷ σῶ οἰκέτη.

*Ἅγια τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.*

Ἀπάθειαν, ἐκτήσω οὐράνιον, δι' ἀκροτάτης ἐπὶ γῆς, πολιτείας, Μῆτερ· διὸ τοὺς σὲ ὑμνοῦντας, ἐκ παθῶν ῥυσθῆναι, πρεσβείαις σου δυσώπει.

*Δόξα.*

Τριάς εἶμι, ἀπλὴ ἀδιαίρετος, διαιρετὴ προσωπικῶς, καὶ Μονὰς ὑπάρχω, τῆ φύσει ἠνωμένη. Ὁ Πατὴρ φησιν, ὁ

est depths of Hades, \* and He raised my life from the pit of corruption.

*Have mercy on me, O God. Have mercy on me.*

O Savior, I am the coin marked with the King's likeness, which You lost of old. But, O Word, light Your lamp, Your Forerunner, and seek and find again Your image.

*Have mercy on me, O God. Have mercy on me.*

Rise up and make war upon the passions of the flesh, as Joshua against Amalek, ever gaining the victory over the Gibeonites, your deceitful thoughts.

*Holy Mother Mary, pray to God for us.*

Your soul on fire, O Mary, you ever shed streams of tears, to quench the burning of the passions. Grant the grace of these your tears to me also, your servant.

*Holy Mother Mary, pray to God for us.*

Through the perfection of your earthly life, O Mother, you gained a heavenly freedom from the sinfulness of passion. In your intercessions pray that this same freedom may be given to those who sing your praises.

*Glory.*

"I am the Trinity, simple and undivided, yet divided in Persons, and I am the Unity by Nature one," says the

Υἱὸς καὶ θεῖον Πνεῦμα.

*Kai vñv.*

Ἡ μήτρα σου, Θεὸν ἡμῖν ἔτεκε, μεμορφωμένον καθ' ἡμᾶς, ἀλλ' ὡς Κτίστην πάντων, δυσώπει Θεοτόκε, ἵνα ταῖς πρεσβείαις, ταῖς σαῖς δικαιοθῶμεν.

**Κοντάκιον. Ἦχος πλ. β'.**

**Ψ**υχὴ μου ψυχὴ μου, ἀνάστα, τί καθεύδεις; τὸ τέλος ἐγγίζει, καὶ μέλλεις θορυβεῖσθαι· ἀνάνηψον οὖν, ἵνα φεῖσηταί σου Χριστὸς ὁ Θεός, ὁ πανταχοῦ παρῶν, καὶ τὰ πάντα πληρῶν.

**ᾠδὴ ζ'. Ὁ Εἰρμός.**

**Ἡ**μάρτομεν, ἠνομήσαμεν, ἠδικήσαμεν ἐνώπιόν σου, οὐδὲ συνετηρήσαμεν, οὐδὲ ἐποιήσαμεν, καθὼς ἐνετείλω ἡμῖν, ἀλλὰ μὴ παραδώης ἡμᾶς εἰς τέλος, ὁ τῶν Πατέρων Θεός.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐξέλιπον, αἱ ἡμέραι μου, ὡς ἐνύπνιον ἐγειρομένου· ὅθεν ὡς Ἐζεκίας δακρῦω, ἐπὶ κλίνης μου προσθῆναί μοι χρόνους ζωῆς. Ἀλλὰ τίς Ἡσαΐας, παραστήσεται μοι ψυχὴ, εἰ μὴ ὁ πάντων Θεός;

Father and the Son and the divine Spirit.

*Both now.*

Your womb bore God for us, fashioned in our shape. O Theotokos, pray to Him as the Creator of all, that we may be justified through your intercessions.

**Kontakion. Mode pl. 2.**

**M**y soul, O my soul, rise up! Why are you sleeping? The end draws near and soon you shall be troubled. Watch, then, that Christ your God may spare you, for He is everywhere present and fills all things.

**Ode vii. Heirmos.**

**W**e sinned, O Lord, and we broke Your law, \* we behaved unrighteously before You, \* and neither have we kept Your word, nor acted according to the way You commanded for us. \* Yet, O God of the fathers, we pray, do not utterly deliver us up.

*Have mercy on me, O God. Have mercy on me.*

My days have vanished as a dream of one awaking; and so, like Hezekiah, I weep on my bed, that years may be added to my life. But what Isaiah will come to me, O my soul, except the God of all?

## Μέγα Απόδειπνον

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Προσπίπτω σοι, καὶ προσάγω σοι, ὡσπερ δάκρυα τὰ ῥήματά μου, ἡμαρτον, ὡς οὐχ ἡμαρτε Πόρνη, καὶ ἠνόμησα, ὡς ἄλλος οὐδεὶς ἐπὶ γῆς. Ἄλλ' οἰκτείρησον Δέσποτα τὸ ποίημά σου, καὶ ἀνακάλεσαί με.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Κατέχρωσα, τὴν εἰκόνα σου, καὶ παρέφθειρα τὴν ἐντολήν σου, ὄλον ἀπημαυρώθη τὸ κάλλος, καὶ τοῖς πάθεσιν ἐσβέσθη Σωτὴρ ἢ λαμπάς· ἀλλ' οἰκτείρας ἀπόδος μοι, ὡς ψάλλει Δαυῖδ τὴν ἀγαλλίασιν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἐπίστρεψον, μετανόησον, ἀνακάλυψον τὰ κεκρυμμένα, λέγε Θεῷ τῷ πάντα εἰδότη. Σὺ γινώσκεις μου τὰ κρύφια μόνε Σωτὴρ, καὶ αὐτός με ἐλέησον, ὡς ψάλλει Δαυῖδ, κατὰ τὸ ἔλεός σου.

*Ἵσῖα τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.*

Βοήσασα, πρὸς τὴν ἄχραντον, Θεομήτορα πρὶν ἀπεκρούσω, λύσσαν παθῶν βιαίων ὀχλούντων, καὶ κατήσχυνας, ἐχθρὸν τὸν πτερνίσαντα. Ἀλλὰ δὸς νῦν βοήθειαν ἐκ θλίψεως, κἄμοι τῷ δούλῳ σου.

*Ἵσῖα τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.*

Ἵσῖα τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν. Ὁν ἔστερξας, ὃν ἐπόθησας, δι' ὃν ἔτηξας σάρκας Ἵσῖα, αἴτησαι νῦν

*Have mercy on me, O God. Have mercy on me.*

I fall before You, and as tears I offer You my words. I have sinned as the Harlot never sinned, and I have transgressed as no other man on earth. But take pity on Your creature, O Master, and call me back.

*Have mercy on me, O God. Have mercy on me.*

I have discolored Your image and broken Your commandments. All my beauty is destroyed and my lamp is quenched by the passions, O Savior. "But take pity on me," as David sings, and "restore to me Your joy."

*Have mercy on me, O God. Have mercy on me.*

Turn back, repent, uncover all that you have hidden. Say to God, to whom all things are known: You alone know my secret, O Savior; "have mercy on me," as David sings, "according to Your mercy."

*Holy Mother Mary, pray to God for us.*

Raising your cry to the pure Mother of God, you drove back the fury of the passions that violently assailed you, and put to shame the enemy who sought to make you stumble. But give your help in trouble now to me also, your servant.

*Holy Mother Mary, pray to God for us.*

He Whom you loved, O mother, whom you desired, in Whose footsteps you

Χριστὸν ὑπὲρ δούλων, ὅπως ἕλωσ  
γενόμενος πᾶσιν ἡμῖν, εἰρηναίαν  
κατάστασιν βραβεύσειε, τοῖς σεβομέ-  
νοις αὐτόν.

*Δόξα.*

Τριάς ἀπλή, ἀδιαίρετε, Ὁμοούσιε  
Μονὰς ἀγία, φῶτα καὶ φῶς καὶ ἅγια  
τρία, καὶ ἓν ἅγιον ὑμνεῖται Θεὸς ἡ  
Τριάς, ἀλλ' ἀνύμνησον, δόξασον ζωὴν  
καὶ ζωάς, ψυχὴ τὸν πάντων Θεόν.

*Καὶ νῦν.*

Ἕμνοῦμέν σε, εὐλογοῦμέν σε, προ-  
σκυνοῦμέν σε Θεογεννητορ, ὅτι τῆς  
ἀχωρίστου Τριάδος, ἀπεκύησας τὸν  
ἓνα Υἱὸν καὶ Θεόν, καὶ αὐτὴ προη-  
νέωξας ἡμῖν, τοῖς ἐν γῆ τὰ ἐπουράνια.

**ᾠδὴ η΄. Ὁ Εἰρμός.**

“Ὁν Στρατιαὶ οὐρανῶν δοξάζουσι καὶ  
φρίττει τὰ Χερουβείμ καὶ τὰ Σερα-  
φεῖμ, πᾶσα πνοὴ καὶ κτίσις ὑμνεῖτε,  
εὐλογεῖτε, καὶ ὑπερυψοῦτε εἰς πάντας  
τοὺς αἰῶνας.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Τὸ τῶν δακρύων, Σωτὴρ ἀλάβαστρον,  
ὡς μύρον κατακενῶν, ἐπὶ κεφαλῆς,  
κράζω σοι ὡς ἡ Πόρνη, τὸν ἔλεον  
ζητοῦσα, δέησιν προσάγω, καὶ ἄφρῃσιν  
αἰτῶ λαβεῖν με.

followed; He it was Who found you  
and gave you repentance, for He is  
compassionate God. Pray, O Mary, to  
Him without ceasing, that we may be  
delivered from passions and distress.

*Glory.*

O simple and undivided Trinity, O holy  
and consubstantial Unity: You are  
praised as Light and Lights, one Holy  
and three Holies. Sing, O my soul, and  
glorify Life and Lives, the God of all.

*Both now.*

We praise you, we bless you, we  
venerate you, O Mother of God: for  
you gave birth to One of the undivided  
Trinity, your Son and God, and you  
opened the heavenly places to us on  
earth.

**Ode viii. Heirmos.**

Him whom the hosts of the heavens  
glorify, \* at whom quake the Cheru-  
bim and the Seraphim, \* every breath  
and creation, \* extol Him now and  
bless Him, \* and exalt supremely, unto  
all the ages.

*Have mercy on me, O God. Have mercy on me.*

As precious ointment, O Savior, I  
empty on Your head the alabaster box  
of my tears. Like the Harlot, I cry out  
to You, seeking Your mercy: I bring  
my prayer and ask to receive

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Εἰ καὶ μηδεὶς, ὡς ἐγὼ σοι ἤμαρτεν, ἀλλ, ὅμως δέξαι κἀμέ, εὖσπλαγχνε Σωτήρ, φόβω μετανοοῦντα, καὶ πόθω κεκραγότα· Ἥμαρτόν σοι μόνω, ἠνόμησα, ἐλέησόν με.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Φεῖσαι Σωτήρ, τοῦ ἰδίου πλάσματος, καὶ ζήτησον ὡς ποιμὴν, τὸ ἀπολωλός, πρόβατον πλανηθέντα, ἐξάρπασον τοῦ λύκου, ποιήσόν με θρέμμα, ἐν τῇ νομῇ τῶν σῶν προβάτων.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ὅταν Κριτὴς, καθίσῃς ὡς εὖσπλαγχνος, καὶ δείξῃς τὴν φοβερὰν, δόξαν σου Χριστέ, ᾧ ποῖος φόβος τότε! καμίνου καιομένης, πάντων δειλιῶντων, τὸ ἄστεκτον τοῦ βήματός σου.

*Ἅγια τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.*

Ἡ τοῦ Φωτός, τοῦ ἀδύτου Μητέρα σε, φωτίσασα σκοτασμοῦ, ἔλυσε παθῶν ὅθεν εἰσδεδεγμένη, τοῦ Πνεύματος τὴν χάριν, φώτισον Μαρία, τοὺς σὲ πιστῶς ἀνευφημοῦντας.

*Ἅγια τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.*

Θαῦμα καινόν, κατιδὼν ἐξίστατο, ὁ θεῖος ὄντως ἐν σοί, Μητερ Ζωσιμᾶς.

forgiveness.

*Have mercy on me, O God. Have mercy on me.*

No one has sinned against You as I have; yet accept even me, compassionate Savior, for I repent in fear and cry with longing: Against You alone have I sinned; I have transgressed, have mercy on me.

*Have mercy on me, O God. Have mercy on me.*

Spare the work of Your own hands, O Savior, and as a shepherd seek the lost sheep that has gone astray. Snatch me from the wolf and make me a nursling in the pasture of Your own flock.

*Have mercy on me, O God. Have mercy on me.*

When You sit on Your throne, O merciful Judge, and reveal Your dread glory, O Christ, what fear there will be then! When the furnace burns with fire, and all shrink back in terror before Your judgment-seat.

*Holy Mother Mary, pray to God for us.*

The Mother of the Light that never sets illumined you and freed you from the darkness of the passions. O Mary, who received the grace of the Spirit, give light to those who praise you with faith.

*Holy Mother Mary, pray to God for us.*

The holy Zosimas was struck with amazement, O Mother, beholding in

Ἄγγελον γὰρ ἑώρα, ἐν σώματι καὶ  
θάμβους, ὄλος ἐπληροῦτο, Χριστὸν  
ὑμνῶν εἰς τοὺς αἰῶνας.

*Εὐλογοῦμεν Πατέρα, Υἱόν, καὶ ἅγιον Πνεῦμα.*

Ἄναρχε Πάτερ, Υἱὲ συνάναρχε, Παρά-  
κλητε ἀγαθέ, Πνεῦμα τὸ εὐθές, Λόγου  
Θεοῦ Γεννητορ, Πατρὸς ἀνάρχου  
Λόγε, Πνεῦμα ζῶν καὶ κτίζον. Τριάς  
Μονὰς ἐλέησόν με.

*Καὶ νῦν.*

Ὡς ἐκ βαφῆς, ἀλουργίδος Ἄχραντε, ἡ  
νοητὴ πορφυρίς, τοῦ Ἐμμανουήλ,  
ἔνδον ἐν τῇ γαστρί σου, ἡ σὰρξ συνε-  
ξυφάνθη· ὅθεν Θεοτόκον, ἐν ἀληθείᾳ  
σε τιμῶμεν.

**Ὡδὴ θ'. Ὁ Εἰρμός.**

Ἀσπόρου συλλήψεως, ὁ τόκος ἀνερ-  
μήνευτος, Μητρὸς ἀνάδρου, ἄσπο-  
ρος ἡ κύησις. Θεοῦ γὰρ ἡ γέννησις  
καινοποιεῖ τὰς φύσεις· διὸ σε πᾶσαι  
αἱ γενεαί, ὡς Θεόνυμφον Μητέρα,  
ὀρθοδόξως μεγαλύνομεν.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Σπλαγχνίσθητι σῶσόν με, Υἱὲ Δαυΐδ  
ἐλεησον, ὁ δαιμονῶντας, λόγῳ ἰασά-  
μενος, φωνὴν δὲ τὴν εὐσπλαγχνον, ὡς  
τῷ Ληστῇ μοι φράσον· Ἀμὴν σοι λέγω  
μετ' ἐμοῦ, ἔσῃ ἐν τῷ Παραδείσῳ, ὅταν

you a wonder truly strange and new.  
For he saw an angel in the body and  
was filled with astonishment, praising  
Christ unto all ages.

*We bless Father, Son, and Holy Spirit.*

Father without beginning, coeternal  
Son, and loving Comforter, the Spirit  
of righteousness; Begetter of the  
Word of God, Word of the eternal  
Father, Spirit living and creative: O  
Trinity in Unity, have mercy on me.

*Both now.*

As from purple silk, O undefiled  
Virgin, the spiritual robe of Emmanu-  
el, His flesh, was woven in your womb.  
Therefore, we honor you as Theo-  
tokos in very truth.

**Ode ix. Heirmos.**

The birth is ineffable, conceived with-  
out the seed of man; the unwed  
Mother's \* childbirth was free of all  
corruption. The birth of God \* makes  
new again the natures. \* And thus, in  
Orthodox manner all \* generations  
magnify you as the Mother and the  
Bride of God.

*Have mercy on me, O God. Have mercy on me.*

O Son of David, with Your word You  
healed the possessed: take pity on me,  
save me and have mercy. Let me hear  
Your compassionate voice speak to  
me as to the Robber: "Truly, I say to



## Μέγα Απόδειπνον

ἔλθω ἐν τῇ δόξῃ μου.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ληστής κατηγορεῖ σοι, Ληστής ἐθεολόγει σοι· ἀμφοτέρω γάρ, σταυρῶ συνεκρέμαντο, ἀλλ' ὧ Πολυεύσπλαγχνε, ὡς τῷ πιστῷ Ληστῇ σου, τῷ ἐπιγνόντι σε Θεόν, κάμοι ἄνοιζον τὴν θύραν, τῆς ἐνδόξου βασιλείας σου.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἡ κτίσις συνέιχετο, σταυρούμενόν σε βλέπουσα, ὄρη καὶ πέτραι, φόβῳ διερρήγνυντο, καὶ γῆ συνεσειέτο, καὶ Ἄδης ἐγυμνοῦτο, καὶ συνεσκότασε τὸ φῶς, ἐν ἡμέρᾳ καθορῶν σε, Ἰησοῦ, προσηλωμένον σαρκί.

*Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.*

Ἀξιους μετανοίας, καρποὺς μὴ ἀπαίτησης με· ἡ γὰρ ἰσχὺς μου, ἐν ἐμοὶ ἐξέλιπε, καρδίαν μοι δώρησαι, ἀεὶ συντετριμμένην, πτωχείαν δὲ πνευματικὴν, ἵνα ταῦτά σοι προσοίσω, ὡς δεκτὴν θυσίαν μόνε Σωτήρ.

*Ἅγια τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.*

Ἀπάσας ἐξέστησας, τῇ ξένη πολιτείᾳ σου, Ἀγγέλων τάξεις, βροτῶν τὰ συστήματα, ἀϋλῶς βιώσασα, καὶ φύσιν ὑπερβᾶσα, ἀνθ' ὧν ὡς ἄϋλος τοῖς ποσίν, ἐπιβαίνουσα Μαρία, Ἰορδάνην διεπέρασας.

you, you shall be with Me in Paradise, when I come in My glory."

*Have mercy on me, O God. Have mercy on me.*

A robber accused You, a robber confessed Your Godhead: for both were hanging beside You on the Cross. Open to me also, O Lord of many mercies, the door of Your glorious Kingdom, as once it was opened to Your robber who acknowledged You with faith as God.

*Have mercy on me, O God. Have mercy on me.*

Creation was in anguish, seeing You crucified. Mountains and rocks were split from fear, the earth quaked, and hell was despoiled; the light grew dark in the daytime, beholding You, O Jesus, nailed in the flesh.

*Have mercy on me, O God. Have mercy on me.*

Do not demand from me worthy fruits of repentance, for my strength has failed within me. Give me an ever-contrite heart and poverty of spirit, that I may offer these to You as an acceptable sacrifice, O only Savior.

*Holy Mother Mary, pray to God for us.*

By your strange way of life you struck all with wonder, both the hosts of angels and the gatherings of mortal men; for you surpassed nature and lived as though no longer in the body. Like a bodiless angel you walked upon



*Ὅσια τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.*

Τὸν Κτίστην ἰλέωσαι, ὑπὲρ τῶν εὐφημούντων σε, ὅσια Μῆτερ, ῥυσθῆ-  
ναι κακώσεων, καὶ θλίψεων τῶν κύκλω, συνεπιτιθεμένων, ἵνα ῥυσθέν-  
τες τῶν πειρασμῶν, μεγαλύνωμεν ἀπαύστως, τὸν δοξάσαντά σε Κύριον.

*Ἄγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.*

Ἄνδρέα σεβάσμιε, καὶ Πάτερ τρισμα-  
κάριστε, Ποιμὴν τῆς Κρήτης, μὴ παύση δεόμενος, ὑπὲρ τῶν σέ ὑμνούντων· ἵνα ῥυσθῶμεν πάσης, ὀργῆς καὶ θλίψεως καὶ φωοῤῃς, καὶ πταισμάτων ἀνεικάστων, οἱ τιμῶντές σου τὴν μνήνην πιστῶς.

*Δόξα.*

Πατέρα δοξάσωμεν, Υἱὸν ὑπερυψώ-  
σωμεν, τὸ θεῖον Πνεῦμα, πιστῶς προσκυνήσωμεν, Τριάδα ἀχώριστον, Μονάδα κατ' οὐσίαν, ὡς φῶς καὶ φῶτα καὶ ζῶην, καὶ ζῶας ζωοποι-  
οῦσαν, καὶ φωτίζουσαν τὰ πέρατα.

*Καὶ νῦν.*

Τὴν Πόλιν σου φύλαττε, Θεογεννήτορ  
πάναγνε· ἐν σοὶ γὰρ αὕτη, πιστῶς βασιλεύουσα, ἐν σοὶ καὶ κρατύνεται, καὶ διὰ σοῦ νικῶσα, τροποῦται πάντα πειρασμόν, καὶ σκυλεύει πολεμίους καὶ διέπει τὸ ὑπήκοον.

the Jordan with your feet, O Mary, and crossed over it.

*Holy Mother Mary, pray to God for us.*

O holy Mother, call down the gracious mercy of the Creator upon us who sing your praises, that we may be set free from the sufferings and afflictions that assail us; so without ceasing, delivered from temptations, we shall magnify the Lord who glorified you.

*Holy Father Andrew, pray to God for us.*

Venerable Andrew, father thrice-blessed, pastor of Crete, cease not to offer prayer for us who sing your praises; that we may be delivered from all danger and distress, from corruption and sin, who honor your memory with faith.

*Glory.*

Trinity in one Essence, Unity in three Persons, we sing Your praises; we glorify the Father, we magnify the Son, we worship the Holy Spirit, truly one God by nature, Life and Lives, Kingdom without end.

*Both now.*

Watch over Your city, all-pure Mother of God. For by you she reigns in faith, by you she is made strong; by you she is victorious, putting to flight every temptation, despoiling the enemy and ruling her subjects.

**Ὁ Εἰρμός.**

Ἀσπόρου συλλήψεως, ὁ τόκος ἀνερ-  
μήνευτος, Μητρὸς ἀνάδρου, ἄσπο-  
ρος ἢ κύησις. Θεοῦ γὰρ ἡ γέννησις  
καινοποιεῖ τὰς φύσεις· διό σε πᾶσαι  
αἱ γενεαί, ὡς Θεόνυμφον Μητέρα,  
ὀρθοδόξως μεγαλύνομεν.

*Ἐπιστρέψατε στὴ σελίδα 24*

**Heirmos.**

**T**he birth is ineffable, conceived  
without the seed of man; the unwed  
Mother's \* childbirth was free of all  
corruption. The birth of God \* makes  
new again the natures. \* And thus, in  
Orthodox manner all \* generations  
magnify you as the Mother and the  
Bride of God.

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