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.

Heavenly 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.

΄Αγιος ὁ Θεός, ἁγιος ὁ Ισχυρός, ἁγιος ὁ Αθάνατος, ἔλεησον ἡμᾶς. (γ´)

Δόξα Πατρί καὶ Υἱῷ καὶ Άγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν ἁλών

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
αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἱλάσθητι ταῖς ἀμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν. Ἀγιε, ἐπισκεψάται καὶ ἰασαι τὰς ἀσθενείας ἡμῶν, ἔνεκεν 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, ἀγαθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ βασιλεία σου. Γεννηθήτω τὸ θελημά σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δῶς ἡμῖν σήμερον. Καὶ ἀφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ εἰσένεγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ῥūσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

ἸΕΡΕΥΣ
Ὅτι σοῦ ἐστιν 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.

ἈΝΑΓΝΩΣΤΗΣ 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.
**Great Compline**

*Make 3 prostrations while saying:*

Come, let us worship and bow down before God our King.
Come, let us worship and bow down before Christ God our King.
Come, let us worship and bow down before Him, Christ our King and God.

**Psalm 4**

When 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**

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 wash my bed; I 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**

How 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
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

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

In 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.
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

He 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.
Ἐἴτα τοὺς ἐφεξῆς Στίχους, ψάλλομεν ἐξ ἐκατέρων τῶν Χορῶν. Ἀρχεῖα δὲ ὁ πρῶτος Χορὸς οὕτω, εἰς Ἡχον πλ. β' 

Μεθ' ἡμῶν ὁ Θεός· γνώτε ἔθνη καὶ ἠττᾶσθε·

'Ὁτι μεθ' ἡμῶν ὁ Θεός.

'Επακούσατε ἐξω εἰσχάτου τῆς γῆς·

'Ὁτι μεθ' ἡμῶν ὁ Θεός.

'Ισχυότες ἠττᾶσθε·

'Ὁτι μεθ' ἡμῶν ὁ Θεός.

'Εάν γὰρ πάλιν ἰσχύσητε, καὶ πάλιν ἠττηθῆσεσθε·

'Ὁτι μεθ' ἡμῶν ὁ Θεός.

Καὶ ἤν ἂν βουλήν βουλεύσησθε, διασκεδάσει Κύριος·

'Ὁτι μεθ' ἡμῶν ὁ Θεός.

Καὶ λόγον, ὃν ἐάν λαλήσητε, σὺ μὴ ἐμμείνῃ ἐν ύμιν·

'Ὁτι μεθ' ἡμῶν ὁ Θεός.

Τὸν δὲ φόβον ύμῶν ὑμήν ὁ φοβηθῶμεν, οὐδὲν ὑμὴ ταραχθῶμεν·

'Ὄτι μεθ' ἡμῶν ὁ Θεός.

Κύριον δὲ τὸν Θεόν ἡμῶν, αὐτὸν ἀγιάσωμεν, καὶ αὐτὸς ἔσται ἡμῖν φόβος·

'Ὅτι μεθ' ἡμῶν ὁ Θεός.

Καὶ ἐάν ἐνα πνεύμα ἐσταὶ, ἐν ἐμοὶ οἱ ἁγίαι μοι·

'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.
Μέγα Απόδειξην

Καὶ πεποιθώς ἔσομαι ἐπ’ αὐτῶ, καὶ σωθήσομαι δι’ αὐτοῦ'

'Ὅτι μεθ’ ἡμῶν ὁ Θεός.

'Ἰδοὺ ἕγω καὶ τὰ παιδία, ἃ μοι ἔδωκεν ὁ Θεός'

'Ὅτι μεθ’ ἡμῶν ὁ Θεός.

'Ὁ λαὸς ὁ πορευόμενος ἐν σκότει, ἵδε φῶς μέγα'

'Ὅτι μεθ’ ἡμῶν ὁ Θεός.

'Οἱ κατοικοῦντες ἐν χώρᾳ, καὶ σκιά θανάτου, φῶς λάμψει ἐφ’ ἡμᾶς'

'Ὅτι μεθ’ ἡμῶν ὁ Θεός.

'Ὅτι Παιδίον ἐγεννήθη ἡμῖν, Υἱός, καὶ εὐδόθη ἡμῖν'

'Ὅτι μεθ’ ἡμῶν ὁ Θεός.

'Ὅς ἡ ἀρχὴ ἐγεννήθη ἐπὶ τοῦ ὠμοῦ αὐτοῦ'

'Ὅτι μεθ’ ἡμῶν ὁ Θεός.

Καὶ τῆς εἰρήνης αὐτοῦ οὐκ ἔστιν ὄριον'

'Ὅτι μεθ’ ἡμῶν ὁ Θεός.

Καὶ καλεῖται τὸ ὄνομα αὐτοῦ, Μεγάλης Βουλής Ἀγγελος'

'Ὅτι μεθ’ ἡμῶν ὁ Θεός.

θαυμαστὸς σύμβουλος'

'Ὅτι μεθ’ ἡμῶν ὁ Θεός.

θεὸς ἰσχυρός, Ἐξουσιαστής, Ἀρχων 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 shoulder.

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 αἰώνος:

ʻΌτι μεθʻ ἡμῶν ὁ Θεός.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Άγίῳ Πνεύματι:

ʻΌτι μεθʻ ἡμῶν ὁ Θεός.

Καὶ νῦν καὶ ἄει καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἁμήν:

ʻΌτι μεθʻ ἡμῶν ὁ Θεός.

Μεθʻ ἡμῶν ὁ Θεός· γνώτε ἑθνη καὶ ἡττᾶσθε:

ʻΌτι μεθʻ ἡμῶν ὁ Θεός.

Καὶ εὐθὺς τὰ παρόντα Τροπάρια (χώμα).

Τήν ἡμέραν διελθὼν, εὐχαριστῶ σοι, Κύριε, τήν ἔσπεραν, αἰτοῦμαι, σὺν τῇ νυκτὶ ἀναμάρτητον, παράσχου μοι, Σωτήρ, καὶ σῶσόν με.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Άγίῳ Πνεύματι.

Τήν ἡμέραν παρελθὼν, δοξολογῶ σε, Δέσποτα, τήν ἔσπεραν αἰτοῦμαι, σὺν τῇ νυκτὶ ἀσκανδάλιστον, παράσχου μοι, Σωτήρ, καὶ σῶσόν με.

Καὶ νῦν καὶ ἄει καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἁμήν.

Τήν ἡμέραν διαβάς, ύμνολογῶ σε, Ἄγιε, τήν ἔσπεραν, αἰτοῦμαι, σὺν τῇ νυκτὶ ἀνεπίβουλον, παράσχου μοι, Σωτήρ, καὶ σῶσόν με.

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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:

As 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.

As 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.

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

As a bodiless nature, the Cherubim ever glorify You with unceasing hymns.

And the six-wingèd beings, the Sera-phim, also highly exalt You with endless voice.

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

You, O Father, existing before all things, have Your Son unoriginate with Yourself.

And 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.

With the choirs of the prophets and martyred Saints, all of you who enjoy everlasting life.

Intercede in great earnest on our behalf, inasmuch as we all are in dire straits.
Great Compline

Ὑμα

Ἄγιε, Ἀγιε, Ἀγιε, Τρισάγιε Κύριε, ἐλέησον καὶ σῶσον ἡμᾶς. Ἄμην.

ΤΟ ΣΥΜΒΟΛΟΝ ΤΗΣ ΠΙΣΤΕΩΣ

Πιστεύω εἰς ἕνα Θεόν, Πατέρα, Παντοκράτορα, ποιητὴν οὐρανοῦ καὶ γῆς, ὄρατον τε πάντων καὶ ἀοράτων.

Καὶ εἰς ἕνα Κύριον Ἰησοῦν Χριστόν, τὸν Υἱὸν τοῦ Θεοῦ τὸν Μονογενῆ. Τὸν ἐκ τοῦ Πατρὸς γεννηθέντα πρὸ πάντων τῶν αἰώνων.

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

Τὸν δὲ ἡμᾶς τοὺς ἀνθρώπους καὶ διὰ τὴν ἡμετέραν σωτηρίαν κατελθόντα ἐκ τῶν οὐρανῶν. Καὶ σαρκωθέντα ἐκ Πνεύματος Ἁγίου καὶ Μαρίας τῆς Παρθένου καὶ ἑνανθρωπήσαντα.

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

Καὶ ἀναστάντα τῇ τρίτῃ ἡμέρᾳ κατὰ τὰς Γραφάς.

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, Father 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.

Who for us men and for our salvation came down from heaven and was incarnate of the Holy Spirit and the Virgin Mary and became man.

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

And He rose on the third day, according to the Scriptures.
Μέγα Ἀπόδειξιν

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

Καὶ πάλιν ἐρχόμενον μετὰ δόξης κρίναι ζώντας καὶ νεκροὺς 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 συμπροσκυνοῦμεν καὶ συνδοξαζόμενον· Τὸ λαλῆσαν διά τῶν Προφητῶν.

Εἰς Μίαν, Ἀγίαν, Καθολικὴν καὶ Ἀποστολικὴν Ἐκκλησίαν.

Ὅμολογῶ ἐν Βάπτισμα εἰς ἁφεσιν ἁμαρτιῶν.

Προσδοκῶ ἀνάστασιν νεκρῶν.

Καὶ ζωῆν τοῦ μέλλοντος αἰῶνος. Ἀμήν.

"Ἡχον πλ. β'

Παναγία Δέσποινα Θεοτόκε, πρέσβευε ὑπὲρ ἡμῶν τῶν ἁμαρτωλῶν. (ἐκ γ')

Πᾶσαι αἱ οὐράνιαι Δυνάμεις τῶν ἁγίων Ἁγίων καὶ Ἅρχαγγέλων, πρέσβεύσατε ὑπὲρ ἡμῶν τῶν ἁμαρτωλῶν. (δίς)

Ἄγιε Ἰωάννη, Προφήτα καὶ Πρόδρομε, καὶ Βαπτιστὰ τοῦ Κυρίου ἡμῶν ἩσυχΧριστοῦ, πρέσβευε ὑπὲρ ἡμῶν τῶν ἁμαρτωλῶν. (δίς)

He ascended into heaven and is seated at the right hand of the Father.

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

And in the Holy Spirit, the Lord, the Creator of life, Who proceeds from the Father, Who together with the Father and the Son is worshipped and glorified, Who spoke through the prophets.

In one, Holy, Catholic, and Apostolic Church.

I confess one baptism for the forgiveness of sins.

I look for the resurrection of the dead.

And the life of the age to come. Amen.

Mode pl. 2:

All-holy Lady, Theotokos, intercede for us sinners. (3x)

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

Holy John, Prophet, Forerunner and Baptist of our Lord Jesus Christ, intercede for us sinners. (2x)
Holy, glorious Apostles, Prophets and Martyrs, and all you Saints, intercede for us sinners. (2x)

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

Unconquerable, 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)

And 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 Spirit. Both now and ever and to the
αἰώνας τῶν αἰώνων. Ἄμην.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγιασθήτω τὸ ὄνομά σου, ἐλθέτω ἡ βασιλεία σου, γεννηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ, καὶ ἐπὶ τῆς γῆς. Τὸν ἂρτον ἡμῶν τὸν ἐπιούσιον δῶς ἡμῖν σήμερον, καὶ ἄφες ἡμῖν τὰ ὁφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίμενοι τοῖς ὁφειλέταισι ήμῶν, καὶ μὴ εἰσενέγκης ἡμᾶς εἰς πειρασμόν, ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

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

'Εάν μὲν τούχῃ Ἐορτῇ, λέγομεν τὰ τῆς Ἐορτῆς Τροπάρια. Εἴ δὲ μὴ, ἤμεραν παρ’ ἤμεραν, τὰ Τροπάρια ταῦτα.

'Ἡχος β'

Φώτισον τοὺς ὁρθολογούς μου, Χριστέ ὁ Θεός, μὴ ποτὲ ὑπνώσω εἰς θάνατον, μὴ ποτὲ εἴπῃ ὁ ἐχθρός μου Ἂσχυσα πρὸς αὐτόν.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Άγίῳ Πνεύματι.

Ἀντιλήπτωρ τῆς ψυχῆς μου, γενοῦ, ὁ Θεός, ὅτι μέσον διαβαίνω παγίδων πολλῶν, ρύσαι με ἐξ αὐτῶν, καὶ σώσον με, ἀγαθέ, ὡς φιλάνθρωπος.

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.

Enlighten 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.

Be 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 ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἁμήν.

Ὅτι οὐκ ἔχομεν παρρησίαν, διὰ τὰ πολλά ἡμῶν ἀμαρτήματα, οὐ τὸν ἐκ σοῦ γεννηθέντα δυσώπησον, Θεοτόκε Παρθένε, πολλὰ γὰρ ἱσχύει δέησις Μητρός, πρὸς εὐμένειαν Δεσπότου· μὴ παρίδης ἀμαρτωλῶν ἱκεσίας ἡ πάν- σεμνος, ὅτι ἐλεήμων ἐστί, καὶ σώζειν δυνάμενος, ὃ καὶ παθεῖν ὑπὲρ ἡμῶν, σαρκὶ καταδεξάμενος.

Ἔτερα Τροπάρια, ψαλλόμενα ἠμέραν παρ᾽ ἠμέραν

Ἡχος πλ. 8'

Τῶν ἀναρτῶν ἔχθρῶν μου, τὸ ἀύπνον ἑπίστασαι, Κύριε, καὶ τής ἁθλίας σαρκὸς μου, τὸ ἄτονον ἔγνως, ὃ πλάσας με· διὸ εἰς χεῖράς σου, παραθήσομαι τὸ πνεύμα μου. Σκέπασόν με πτέρυξι τῆς σῆς ἀγαθότητος, ὅπως μὴ ὕπνωσώ εἰς θάνατον, καὶ τοὺς νοεροὺς ὀφθαλμοὺς μου φῶτισον, ἐν τῇ τρυφῇ τῶν θείων λόγων σου, καὶ διέγειρόν με ἐν καιρῷ εὐθέτῳ, πρὸς σὴν δοξολογίαν, ως μόνος ἀγαθὸς καὶ φιλάνθρωπος.

Ἐπίβλεψόν ἐπ’ ἐμὲ καὶ ἐλέησόν με, κατὰ τὸ κρίμα τῶν ἁγαπῶντων τὸ δόμομά σου.

Ὡς φοβερὰ ἡ κρίσις σου, Κύριε, τῶν Ἀγγέλων παρισταμένων, τῶν ἀνθρώ- πων εἰσαγομένων, τῶν βιβλῶν ἀνεω- Both now and ever and to the ages of ages. Amen.

Because we have no boldness because 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.

On Tuesday and Thursday, we also sing:

Mode pl. 4

Lord 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 good and love mankind.

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

How fearful is Your judgment, Lord, when the Angels stand round, and mortals are brought in, the books are
γιμένων, τῶν ἔργων ἐρευνωμένων, τῶν λογισμῶν ἐξεταζομένων. Ποία κρίσις ἐσται ἐν ἐμοί, τῷ συλληφθέντι ἐν ἀμαρτίαις; τίς μου τὴν φλόγα κατασβέσει; τίς μου τὸ σκότος καταλάμψει; εἴ μή, σὺ, Κύριε, ἐλεήσεις με, ὡς φιλάνθρωπος;

Δόξα Πατρί καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Δάκρυά μοι δός, ὁ Θεός, ὡς ποτὲ τῇ γυναικὶ τῇ ἁμαρτωλῷ, καὶ ἄξιόων με βρέχειν τοὺς πόδας σου, τοὺς ἐμὲ ἐκ τῆς ὁδοῦ, τῆς πλάνης ἐλευθερώσαντας, καὶ μέρον εὐωδίας σοι προσφέρειν, βίον καθαρὸν ἐν μετανοίᾳ μοι κτισθέντα, ἵνα ἀκούσω κἀγὼ τῆς εὐκταίας σου φωνῆς. Ἡ πίστις σου σέσωκε σε, πορεύου εἰς εἰρήνην.

Καὶ νῦν καὶ ἅμως καὶ εἰς τοὺς αἰῶνας τῶν αἰῶνων. Ἁμήν.

Τὴν ἀκατασχυντὸν, Θεοτόκε, ἑλπίδα σου ἔχων, σωθῆσομαι, τὴν προστασίαν σου κεκτημένος, Πανάρχαντε, οὐ φοβηθήσομαι, καταδιώξω τοὺς ἐχθροὺς μου, καὶ τροπώσομαι αὐτοὺς, μόνην ἀμπεχόμενος, ὡς θώρακα, τὴν σκέπην σου, καὶ τὴν παντοδύναμον βοήθειάν σου, καθικετεύων, βοῶ σοι. Δέσποινα, σῶσόν με ταῖς προσβεβεῖαις σου, καὶ ἀνάστησόν με ἐκ ζωφώδους ὕπνου, πρὸς σὴν δοξολογίαν, δυνάμει τοῦ ἐκ σοῦ σαρκωθέντος, Υἱῷ 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.

Give 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.

Having 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.
Lord, 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 bow down before God our King.

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

Come, let us worship and bow down before Him, Christ our King and God.

Psalm 50

HAVE 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. 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

HEAR 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

LORD 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
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.

‘Ἄγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος Ἄθανατος, ἐλέησον ἡμᾶς. (ἐκ γʹ)

Δόξα Πατρί καὶ Υἱῷ καὶ Άγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἤλασθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῶν. Ἁγιε, 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
Great Compline

επίσκεψαι καὶ ἵσαι τὰς ἁσθενείας ἡμῶν, ἐνεκεν τοῦ ὅνοματὸς σου.

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ Άγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἀγιασθῇ τὸ ὅνομά σου. Ἐλθέτω ἡ βασιλεία σου. Γεννηθήτω τὸ θελημά σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἀρτον ἡμῶν τὸν ἐπιούσιον δός ἡμῖν σήμερον. Καὶ ἄρεις ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἄφιεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

ΙΕΡΕΥΣ
"Ὅτι σοῦ ἔστιν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Άγίου 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, 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.

And the following Troparia in Mode pl. 2.

H ave mercy on us, O Lord, have mercy on us, for we are empty of all defense, as sinners we offer this supplication to You; O Master, have mercy on us.

Glory to the Father, Son, and Holy Spirit.

Lord, have mercy on us, for in You we have put our trust; be not exceedingly angry with us, nor remember our many iniquities; But look upon us now as
the Compassionate, And deliver us from our enemies; for You are our God, and we Your people, we are all the work of Your hands, and upon Your Name we have now called.

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

The doors of caring do now open unto us, O most blessed Theotokos, So that hoping in you we shall not fail; through you we may be delivered from adversities, for you are the salvation of the Christian faith.

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

God 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 bow down before God our King.

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

Come, let us worship and bow down before Him, Christ our King and 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

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 thirsted 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

Glorify 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.

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

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.
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: 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 despise 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 38
- On the First Tuesday of Lent, go to page 57
- On the First Wednesday of Lent, go to page 76
- On the first Thursday of Lent, go to page 95
Τρισάγιον.

΄Αγιος ὁ Θεός, ἄγιος Ἰσχυρός, ἄγιος Ἄθανατος, ἐλέησον ἡμᾶς. (ἐκ γ’)

Δόξα Πατρί καὶ Υἱῷ καὶ Ἀγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεί, καί εἰς τοὺς αἰῶνας τῶν αἰώνων. ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἱλάσθητι ταῖς ἀμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον ταῖς ἀνομίας ἡμῶν. Ἀγιε, ἐπίσκεψαι καὶ ἱάσαι τὰς ἁθενείας ἡμῶν, ἔνεκεν τοῦ ὀνόματός σου.

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

Δόξα Πατρί καὶ Υἱῷ καὶ Ἀγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεί, καί εἰς τοὺς αἰῶνας τῶν αἰώνων. ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἄγιος, σιδήρω τὸ ὄνομά σου. Ἑλθέτω ἡ βασιλεία σου. Γεννηθήτω τὸ θελημά σου, ὡς ἐν οὐρανοῖς καὶ ἐπὶ τῆς γῆς. Τὸν ἀρτὸν ἡμῶν τὸν ἐπιούσιον δός ἡμῖν σήμερον. Καὶ ἄφες ἡμῖν τὰ ὁφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὁφειλέταις ἡμῶν. Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ρῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

ΙΕΡΕΥΣ

΄Οτι σοῦ ἔστιν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ Πατρός καὶ τοῦ Υἱοῦ καὶ τοῦ Ἀγίου Πνεύματος, νῦν καὶ ἀεί καὶ εἰς
Μέγα Ἀπόδειξιν

τοὺς αἰῶνας τῶν αἰώνων.

ΑΝΑΓΝΩΣΤΗΣ Ἀμήν.

Καὶ φάλλομεν τὸ ἐπόμενον Τροπάριον μετὰ τῶν στίχων αὐτοῦ.

 יהχος πλ. δ’ ἢ πλ. β’

Κύριε τῶν Δυνάμεων, μεθ’ ἡμῶν
gενοῦ· ἄλλον γὰρ ἐκτός σου βοηθόν,
ἐν θλίψειν οὐκ ἔχομεν, Κύριε τῶν
Δυνάμεων, ἐλέησον ἡμᾶς.

Αἰνεῖτε τὸν Θεόν ἐν τοῖς Ἁγίοις αὐτοῦ,
αἰνεῖτε αὐτόν ἐν στερεώματι τῆς
dυνάμεως αὐτοῦ.

Κύριε τῶν Δυνάμεων, μεθ’ ἡμῶν
gενοῦ· ἄλλον γὰρ ἐκτός σου βοηθόν,
ἐν θλίψειν οὐκ ἔχομεν, Κύριε τῶν
Δυνάμεων, ἐλέησον ἡμᾶς.

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

Κύριε τῶν Δυνάμεων, μεθ’ ἡμῶν
gενοῦ· ἄλλον γὰρ ἐκτός σου βοηθόν,
ἐν θλίψειν οὐκ ἔχομεν, Κύριε τῶν
Δυνάμεων, ἐλέησον ἡμᾶς.

Αἰνεῖτε αὐτόν ἐν ἤχῳ σάλπιγγος, αἰνεῖτε
αὐτόν ἐν ψαλτηρίῳ καὶ κιθάρᾳ.

Κύριε τῶν Δυνάμεων, μεθ’ ἡμῶν
gενοῦ· ἄλλον γὰρ ἐκτός σου βοηθόν,
ἐν θλίψειν οὐκ ἔχομεν, Κύριε τῶν

ages of ages.

READER Amen.

Then the following Troparion with its verses.

Mode pl. 4 or pl. 2.

Lord 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.

Lord 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.

Lord 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.

Lord 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.

Αἴνειτε αὐτόν ἐν τυμπάνῳ καὶ χορῷ, αἴνειτε αὐτόν ἐν χορδαῖς καὶ ὀργάνῳ.

Κύριε τῶν Δυνάμεων, μεθ’ ἡμῶν γενοῦ· ἄλλον γὰρ ἕκτος σου βοηθόν, ἐν θλίψειν οὐκ ἔχομεν, Κύριε τῶν Δυνάμεων, ἐλέησον ἡμᾶς.

Αἴνειτε αὐτόν ἐν κυμβάλοις εὐήχοις, αἴνειτε αὐτόν ἐν κυμβάλοις ἀλαλαγμοῖ. Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον.

Κύριε τῶν Δυνάμεων, μεθ’ ἡμῶν γενοῦ· ἄλλον γὰρ ἕκτος σου βοηθόν, ἐν θλίψειν οὐκ ἔχομεν, Κύριε τῶν Δυνάμεων, ἐλέησον ἡμᾶς.

Εἶτα ὁ πρῶτος Χορὸς

Αἴνειτε τὸν Θεόν ἐν τοῖς Ἁγίοις αὐτοῦ.

Ὁ δεύτερος Χορὸς

Αἴνειτε αὐτόν ἐν στερεώματι τῆς δυνάμεως αὐτοῦ.

Καὶ πάλιν οἱ δύο Χοροὶ ὁμοί, ἀργότερον

Κύριε τῶν Δυνάμεων, μεθ’ ἡμῶν γενοῦ· ἄλλον γὰρ ἕκτος σου βοηθόν, ἐν θλίψειν οὐκ ἔχομεν, Κύριε τῶν Δυνάμεων, ἐλέησον ἡμᾶς.

Powers, have mercy on us.  
Praise Him with timbrel and dance; praise Him with strings and flute.

Lord 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.

Lord 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:

Lord 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.
Lord, 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)

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
ψυχάς ἡμῶν ἁγίασον, τά σώματα ἁγνίσον, τοὺς λογισμούς διόρθωσον, τὰς ἐννοιὰς κάθαρον καὶ ρῦσαι ἡμᾶς ἀπὸ πάσης θλίψεως, κακῶν καὶ ὀδύνης. Τείχισον ἡμᾶς ἁγίους σου Ἁγγέλους, ἵνα τῇ παρεµβολῇ αὐτῶν φρουροῦμεν καὶ ὅθησωμεν εἰς τὴν ἐνότητα τῆς πίστεως καὶ εἰς τὴν ἐπίγνωσιν τῆς ἄπροσίτου σου δόξης, ὅτι εὐλογητός εἶ εἰς τοὺς αἰώνας τῶν αἰώνων. Ἅμην.

Κύριε, ἐλέησον. (ἐκ γ’)

Δόξα Πατρὶ καὶ Υἱῷ καὶ Άγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰώνας τῶν αἰώνων. Ἅμην.

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

Ἐν ὑπόματι 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

O Lord and Master of my life, deliver me from the spirit of sloth, faint-heartedness, lust for power, and idle talk.

(Full prostration)

But give rather the spirit of charity, humility, patience, and love to your servant.

(Full prostration)

Yes, my Lord and King, grant that I may see my own faults and not judge my brothers, for you are blessed unto the ages of ages. Amen.

(Full prostration)

After the third line 12 small prostrations are done while saying, “Lord have mercy on me a sinner.”

Yes, my Lord and King, grant that I may see my own faults and not judge my brothers, for you are blessed unto the ages of ages. Amen.

(Full prostration)

ANAGNOSTHES

Αμήν.

Τρισάγιον.

‘Αγιος ο Θεος, άγιος Ισχυρος, άγιος Αθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ´)

Δόξα Πατρί καὶ Υἱῷ καὶ Λαόν Πνεύματι. Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἰλάσθητι ταῖς ἀμαρτίαις ἡμῶν. Δέσποτα, συγκρότησον τὰς ἀνομίας ἡμῶν. Ἀγιε, ἐπίσκεψαι καὶ ἰασαι τὰς ἀσθενείας

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
ἡμῶν, ἔνεκεν τοῦ ὅνόματός σου.

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ Άγιῳ Πνεῦματι.
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἀγιασθέντω τὸ ὄνομά σου. Ἑλθέτω ἡ βασιλεία σου. Γεννηθήτω τὸ θελημά σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δῶς ἡμῖν σήμερον. Καὶ ἀφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ εἰσένεγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

ΙΕΡΕΥΣ
"Ὅτι σοῦ ἔστιν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Άγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

ΑΝΑΓΝΩΣΤΗΣ Αμήν.

READER Lord, have mercy. (12x)

And save us, All-holy Virgin.

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.
πρώτος ἀναγνώστης

Ἀσπίλε, ἀμόλυντε, ἄφθορε, ἄχραντε, ἀγνή Παρθένε, Θεόνυμφη Δέσποινα, ἡ Θεόν Λόγον τοῖς ἀνθρώποις τῇ παραδόξῳ σου κυήσει ἐνώσασα καὶ τὴν ἀπωσθείσαν φύσιν τοῦ γένους ἦμῶν τοῖς οὐρανίοις συνάψασα· ἢ τῶν ἀπηλπισμένων μόνη ἑλπίς καὶ τῶν πολεμούμενων βοήθεια, ἡ ἐτοίμη ἀντιληψις τῶν εἰς σὲ προστρέχοντων, καὶ πάντων τῶν Χριστιανῶν τὸ καταφύγιον· μὴ βδελύξῃ με τὸν ἀμαρτωλόν, τὸν ἐναγη, τὸν αἰσχροὶς λογισμοὶ καὶ λόγοι καὶ πράξειν ὅλον ἐμαυτὸν ἀχρειώσαντα, καὶ τῇ τῶν ἡδονῶν τοῦ βίου, ῥᾳθυμία γνώμης, δούλον γενόμενον. Ἀλλ’ ὡς τοῦ φιλανθρώπου Θεοῦ Μήτηρ, φιλανθρώπως σπλαγχνίθητι ἔπ’ ἐμοὶ τῷ ἀμαρτωλῷ καὶ ἀσώτῳ, καὶ δέξαι μου τὴν ἐκ ῥυπάρῳν χειλέων προσφερομένην σοι δέχεσιν, καὶ τὸν σὸν Υἱόν, καὶ ἡμῶν Δεσπότην καὶ Κύριον, τῇ μητρικῇ σου παρρησίᾳ χρωμένη δυσώτησον, ἵνα ἁνοίξῃ 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 πάρεσο μοι ἅν ἔλεημων καὶ συμπαθής καὶ φιλάγαθος, ἐν μὲν τῷ παρόντι βίῳ θερμὴ προστάτης καὶ βοηθός, τὰς τῶν ἐναντίων ἐφόδους

FIRST READER

Ὁ 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 support of those who seek refuge in you, and the shelter of all 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,
Prayer to Our Lord Jesus Christ

by the monk Antiochus.

And 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 desire.

SECOND READER

Ἀποτελείζεσθαι καὶ πρὸς σωτηρίαν καθοδηγοῦσα με· καὶ ἐν τῷ καίρῳ τῆς ἐξόδου μου τὴν ἄθλιαν μου ψυχήν περιέπουσα καὶ τὰς σκοτεινὰς οὐσίας τῶν πονηρῶν δαιμόνων πόρρω αὐτῆς ἀπελαύνουσα. Ἐν δὲ τῇ φοβερῇ ἡμέρᾳ τῆς κρίσεως, τῆς αἰωνίου με ῥυμενή κολάσεως, καὶ τῆς ἀπορρήτου δόξης τοῦ σοῦ Υἱοῦ καὶ Θεοῦ ἡμῶν κληρονόμον με ἀποδεικνύουσα. ᾍς καὶ τύχομι, Δέσποινα μου, ὑπεραγία Θεοτόκε, διὰ τῆς σῆς μεσιτείας καὶ ἀντιλήψεως, χάριτι καὶ φυλανθρωπίᾳ τοῦ μονογενοῦς Σου Υἱοῦ, τοῦ Κυρίου καὶ Θεοῦ καὶ Σωτήρος ἡμῶν Ἡσυχία Χριστοῦ. Ὡ πρέπει πάσα δόξα, τιμή καὶ προσκύνησις, σὺν τῷ ἀνάρχῳ αὐτοῦ Πατρὶ καὶ τῷ παναγίῳ καὶ ἀγαθῷ καὶ ζωοποιῶν αὐτοῦ Πνεῦμα, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Great Compline

ΔΕΥΤΕΡΟΣ ΑΝΑΓΝΩΣΤΗΣ

Καὶ δός ἡμῖν, Δέσποτα, πρὸς ὑπνὸν ἀποικίαν, ἀνάπαυσιν σῶματος καὶ ψυχῆς, καὶ διαφύλαξον ἡμᾶς ἀπὸ τοῦ ζωφεροῦ ὑπνοῦ τῆς ἀμαρτίας καὶ ἀπὸ πάσης σκοτεινῆς καὶ νυκτερινῆς ἡσυχασίας. Παῦσον τὰς ὅρμας τῶν παθῶν, σβέσον τὰ πεπυρωμένα βέλη τοῦ πονηροῦ τὰ καθ' ἡμῶν δολίως κινούμενα. Τὰς τῆς σαρκὸς ἡμῶν ἑπα- 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 Savior Jesus Christ. To whom belong all glory, honor and worship, together with his Father who is without beginning, and His all holy, good and life-giving Spirit, now and ever, and to the ages of ages. Amen.
ναστάσεις κατάστειλον καὶ πᾶν γεώδες καὶ υλικὸν ἡμῶν φρόνημα κοίμισον. Καὶ δώρησαι ἡμῖν, ὁ Θεός, γρήγορον νοῦν, σώφρονα λογισμόν, καρδίαν νήφουσαν, ὕπον ἐλαφρῶν 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 ὑμνεῖν καὶ εὐλογεῖν καὶ δοξάζειν τὸ πάντι μοι καὶ μεγαλοπρεπὲς ὄνομα σου, τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἅμην.

ΠΡΩΤΟΣ

Ὑπερένδοξε, ἀειπάρρευν, 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, καταφυγή μου ὁ Υἱός, σκέπη μου τὸ Πνεῦμα τὸ Ἁγίον, Τριάδος Ἁγία, δόξα σοι.

ΠΡΩΤΟΣ

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

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 ages of ages. Amen.

FIRST READER

Most 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

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

FIRST READER

My every hope I place in you, O Mother of God, under your protection shelter me.
During the first week of Lent, a Gospel reading occurs here.

PRIEST Peace to all.
READER And to your spirit.
PRIEST Let us bow our heads to the Lord.
READER To you, O Lord.

PRIEST

Most 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 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.

Make our prayer acceptable.
Grant us forgiveness of our offences.
Shelter us under the shelter of Your wings.
Drive far from us every foe and enemy.
Make our lives peaceful.
Lord, 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

Let us pray for the peace of the world.
For our Archbishop N., and all our brotherhood in Christ.
For our President and all civil authorities.
For our absent fathers and mothers, sisters and brothers.
For those who hate us and for those who love us.
For those who are merciful to us and who serve us.
For those who have asked us in our unworthiness to pray for them.
For the release of captives.
For those who travel or sail on the land, sea or air.
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
Great Compline

On Monday and Wednesday:

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

All those do you shelter, O Good One, those who in their faith flee unto you, with your strong hand, you protect; we who sin have no one else, who intercedes for us before God, praying endlessly, in ills and all dangers, for us who are laden with our many sins and mistakes; Mother, of our God in the Highest; therefore, we fall down to you, humbly; from all the misfortunes, keep your servants safe.

On Tuesday and Thursday:

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

The 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:*
Canon

Excerpt for the First Monday of Great Lent

‘Ωδὴ α’. Ἡχος πλ. β’. Ὁ Εἰρμός.

Βοηθὸς καὶ σκεπαστῆς ἐγένετό μοι εἰς σωτηρίαν, οὗτός μου Θεός, καὶ δοξάσω αὐτόν, θεός τοῦ Πατρὸς μου καὶ υψώσω αὐτόν· ἐνδόξως γὰρ δεδόξασθαί.

Ἐλησόν με, ὁ Θεός, ἐλησόν με.

Πόθεν ἄρξομαι θρηνεῖν, τάς τοῦ ἀθλίου μου βίου πράξεις; ποιαν ἀπαρχήν, ἐπιθήσω Χριστέ, τῇ νῦν θηριωδία; ἀλλ' ὡς εὐσπλαγχνὸς μοι δός, παραπτωμάτων ἄφεσιν.

Ἐλησόν με, ὁ Θεός, ἐλησόν με.

Δεῦρο τάλαινα ψυχή, σὺν τῇ σαρκί σου τῷ πάντων Κτίστῃ, ἐξομολογοῦ καὶ ἀπόσχου λοιπόν, τῆς πρίν ἁλογίας, καὶ προσάγαγε Θεόν, ἐν μετανοίᾳ δάκρυα.

Ἐλησόν με, ὁ Θεός, ἐλησόν με.

Τὸν πρωτόπλαστον Ἀδάμ, τῇ παραβάσει παραζηλώσας, ἐγνων ἐμαυτόν, γυμνωθέντα Θεοῦ, καὶ τῆς ἀδίδου, βασιλείας καὶ τρυφῆς, διὰ τὰς ἄμαρ-
τίας μου.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Οἴμοι τάλανα ψυχή! τί ωμοιώθης τῇ πρώτῃ Εὕα; εἴδες γὰρ κακῶς, καὶ ἐτρώθης πικρῶς, καὶ ἥψω τοῦ ξύλου, καὶ ἐγεύσω προπετῶς, τῆς παραλόγου βρώσεως.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Δόξα.

Ὑπερούσιε Τριάς, ἡ ἐν Μονάδι προσκυνομένη, ἃρον τὸν κλοιόν, ἀπ' ἐμοῦ τὸν βαρύν, τὸν τῆς ἁμαρτίας, καὶ ως εὐσπλαγχνός μοι δός, δάκρυα κατανύξεως.

Καὶ νῦν.

Θεοτόκε ἡ ἑλπίς, καὶ προστασία τῶν σὲ ύμνούντων, ἃρον τὸν κλοιόν, ἀπ' ἐμοῦ τὸν βαρύν, τὸν τῆς ἁμαρτίας, καὶ ως Δέσποινα ἅγνη, μετανοοῦντα δέξαι 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 grievously 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 commandment 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 of those who sing your praises, take from me the heavy yoke of sin. O pure Lady, accept me in repentance.
Μέγα Ἀπόδειπνον

με.

‘Ωδή β’ Ὁ Εἱρμός.

Πρόσεχε, οὐρανὲ καὶ λαλῆσω, καὶ ἀνυμνήσω Χριστόν, τὸν ἐκ Παρθένου σαρκί, ἐπιδημήσαντα.

Ἔλεησόν με, ὁ θεός, ἐλεησόν με.

Πρόσεχε, οὐρανέ, καὶ λαλῆσω, γῆ ἐνωτίζου φωνῆς, μετανοούσης θεῶ, καὶ ἀνυμνοῦσης αὐτῶν.

Ὅταν Εἱρμός.

'Ελεησόν με, ὁ θεός, ἐλεησόν με.

Πρόσαγε, οὐρανέ, καὶ λαλῆσο, γῆ ἐνωτίζου φωνῆς, μετανοούσης θεῶ, καὶ ἀνυμνοῦσης αὐτῶν.

'Ελεησόν με, ὁ θεός, ἐλεησόν με.

Ἠμάρτηκα, ὑπὲρ πάντας ἀνθρώπους, μόνος ἡμάρτηκά σοι, ἀλλ' οἴκτειρον ὡς θεός, Σῶτερ τὸ ποιήμα σου.

'Ελεησόν με, ὁ θεός, ἐλεησόν με.

Μορφώσασ μου, τὴν τῶν παθῶν ἁμορφίαν, ταῖς φιληδονίας ὀρμαῖς, ἐλυμηνάμην τοῦ νοοῦ τὴν ὑραιότητά.

'Ελεησόν με, ὁ θεός, ἐλεησόν με.

Ζάλη με, τῶν κακῶν περιέχει, εὐσπλαγχνε Κύριε, ἀλλ' ὡς τῷ Πέτρῳ κάμοι, τὴν χεῖρα ἐκτεινον.

Οδ. ii. Heirmos.

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

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

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

Ἐνα σε, ἐν τρισὶ τοῖς προσώποις, Θεόν ἀπάντων ύμνῳ, τὸν Πατέρα, καὶ τὸν Υἱόν, καὶ Πνεῦμα τὸ ἄγιον.

Καὶ νῦν.

Ἄξιόν ἐστιν ὁ Οίκος, ἐν εἰκόνι πανύμνητι, ἰκέτευε ἐκτενῶς, εἰς τὸ σωθῆναι ἡμᾶς.

Ὡθή γ΄ ὁ Εἱρμός.

Ἐπὶ τὴν ἀσάλευτον Χριστὲ, 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 ψυχῆ, ὡσπερ ὁ Λῶτ ἐκεῖνος, καὶ εἰς Σηγώρ προανασώθητι.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Φεῦγε ἐμπρησμόν ὡς ψυχή, φεῦγε Σοδόμων καῦσιν, φεῦγε φθορὰν θείας φλογώσεως.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Ἦμαρτόν σοι μόνος ἐγώ, Ἦμαρτον ὑπὲρ πάντας, Χριστὲ Σωτήρ μὴ ύπερίδης με.

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.

Upon 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.

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.
Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

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

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Σὺ εἶ ὁ γλυκός Ἰησοῦς, σὺ εἶ ὁ Πλαστουργός μου, ἐν σοὶ Σωτήρ δικαιωθήσομαι.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Ἐξομολογοῦμαι σοι Σωτήρ.

Δόξα.

Ὡς Τριάς Μονὰς ὁ Θεός, σώσων ἡμᾶς ἐκ πλάνης, καὶ πειρασμῶν καὶ περιστασεων.

Καὶ νῦν.

Χαίρε θεοδόχε ἡστήρ, χαίρε θρόνε Κυρίον, χαίρε ἡ Μήτηρ τῆς ζωῆς ἡμῶν.

Ὡδὴ δ’. Ὅ Εἱρμός.

Ἀκήκοεν ὁ Προφήτης, τὴν ἐλευσίν σου Κύριε, καὶ ἔφοβήθη, ὅτι μέλλεις ἐκ Παρθένου τίκτεσθαι, καὶ ἀνθρώπους δείκνυσθαι, καὶ ἐλεγεν· Ἀκήκοα τὴν ἀκοήν σου καὶ ἔφοβήθην, δόξα τῇ δυνάμει σου Κύριε.

Great Compline

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 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.
Τὰ ἔργα σου μὴ παρίδης, τὸ πλάσμα σου μὴ παρόψῃ Δικαιοκρίτης· εἰ καὶ μόνος ἦμαρτον ὡς ἀνθρωπός, ὑπὲρ πάντα ἀνθρωπὸν Φιλάνθρωπε, ἀλλ’ ἔχεις ὡς Κύριος πάντων τὴν ἐξουσίαν, ἀφίεναι ἀμαρτήματα.

Ἀνάνησον ὡς ψυχὴ μου, τὰς πράξεις σου ὡς εἰργάσω ἀναλογίζου, καὶ ταύτας ἐπ’ ὁψει προσάγαγε, καὶ σταγόνας στάλαξον δακρύων σου, εἰπὲ παρρησία τὰς πράξεις, τὰς ἐνθυμησίες, Χριστῷ, καὶ δικαιώθητι.

Ὁ γέγονεν ἐν τῷ βίῳ, ἀμάρτημα οὐδὲ πράξεις, οὐδὲ κακία, ἢν ἐγὼ Σωτήρ οὐκ ἐπλημμέλησα, κατὰ νοῦν καὶ λόγον, καὶ προαίρεσιν, καὶ θέσει, καὶ γνώμη, καὶ πράξει ἔξαμαρτήσας, ὡς ἀλλὸς οὐδεὶς πώποτε.

Ἐντεῦθεν καὶ κατεκρίθην, ἐντεῦθεν κατεδικάσθην ἐγώ ὁ τάλας, ὑπὸ τῆς
οἰκείας συνειδήσεως, ἡς οὐδὲν ἐν κόσμῳ βιαίτερον. Κριτά λυτρωτά μου καὶ γνώστα, φείσαι καὶ ρύσαι, καὶ σῶσόν με τὸν δείλαιον.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Ἡ κλίμαξ ἢν εἶδε πάλαι, ὁ μέγας ἐν Πατριάρχαις, δείγμα ψυχή μου, πρακτικής ύπάρχει ἐπιβάσεως, γνωστικῆς τυγχάνει ἀναβάσεως, εἰ θέλεις οὖν πράξει, καὶ γνώσει καὶ θεωρία, βιοῦν ἀνακαινίσθητι.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Τὸν καύσωνα τῆς ἡμέρας, ύπέμεινε δι' ἐνδειαν ὁ Πατριάρχης καὶ τὸν παγετὸν τῆς νυκτὸς ἠνεγκε, καθ’ ἡμέραν κλέμματα ποιούμενος, ποιμαίνον, πυκτεύων, δουλεύων, ἵνα τὰς δύο, γυναίκας εἰσαγάγηται.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Γυναίκας μοι δύο νόει, τὴν πράξεν τε καὶ τὴν γνώσιν ἐν θεωρίᾳ, τὴν μὲν Λείαν, πράξιν ως πολύτεκνον· τὴν Ῥαχήλ δὲ, γνώσιν ως πολύπονον· καὶ γάρ ἄνευ πόνων, οὐ πράξεσ, οὐ θεωρία, ψυχή κατορθωθήσεται.

Δόξα.

Ἀμέριστον τῇ οὐσίᾳ, ἀσύγχυτον τοῖς προσώποις θεολογῶ σε, τὴν Τριαδικὴν μίαν Θεότητα, ως Ὄμοβασίειον

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.

Glory.

Undivided in Essence, unconfused in Persons, I confess You as God: Triune Deity, one in kingship and throne; and
καὶ σύνθρονον, βοῶ σοι τὸ Ἅσμα, τὸ μέγα, τὸ ἐν υψίστοις, τρισσῶς υμνο-λογούμενον.

Kai  νῦν.

Καὶ τίκτεις καὶ παρθενεύεις, καὶ μένεις δι' ἀμφοτέρων, φύσει Παρθένος, ὁ τεχθεὶς καινίζει νόμους φύσεως, ἡ νηδύς δὲ κύει μὴ λοχεύουσα, Θεὸς ὁποὺ θέλει, νικᾶται φύσεως τάξις ποιεῖ γὰρ ὁσα βούλεται.

‘Ωδή ε’. Ὅ Εἰρμός.

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

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Ἐν νυκτὶ τὸν βίον μου διήλθον ἀεὶ σκότος γὰρ γέγονε, καὶ βαθεία μοι ἀχλύς, ἡ νυξ τῆς ἀμαρτίας, ἀλλ' ὡς ἡμέρας υἱόν, Σωτήρ ἀνάδειξόν με.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Τὸν Ῥουβίμι μιμούμενος ὁ τάλας ἐγώ, ἔπραξα ἄθεσμον, καὶ παράνομον βουλήν, κατὰ Θεοῦ Υψίστου, μιᾶς κοίτην ἐμήν, ὡς τοῦ πατρὸς ἐκείνος.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Ἐξομολογοῦμαι σοι Χριστὲ Βασιλεῦ, ὦ Ημαρτον ἠμαρτον, ως οἱ πρὶν τῷ 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 Reub'en's example, and devised a wicked and unlawful plan against the most-high God, defiling my bed as he defiled his 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
Ἂωσήφ, ἀδελφοὶ πεπρακότες, τὸν τῆς ἁγιειας καρπὸν, καὶ τὸν τῆς σωφροσύνης.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Ὑπὸ τῶν συγγόνων ἡ δικαιὰ ψυχή, δέδοτο πέπρατο, εἰς δουλείαν ὁ γλυκὸς, εἰς τύπον τοῦ Κυρίου ἀὕτη δὲ ὀλὴ ψυχή, ἐπράθης τοῖς κακοῖς σου.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Ἰωσήφ τὸν δίκαιον, καὶ σώφρονα νοῦν, μίμησαι τάλαινα, καὶ ἀδόκιμῳ ψυχή, καὶ μή ἀκολαστάινου, ταῖς παραλόγοις ὀρμαίς, ἀεὶ παρανομοῦσα.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

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

Δόξα.

Σὲ Τριὰς δοξάζομεν τὸν ἕνα Θεόν, Ἁγιος, Ἁγιος, Ἁγιος εἰ ὁ Πατήρ, ὁ Υἱός καὶ τὸ Πνεῦμα, ἀπλή οὐσία Μονάς, ἀεὶ προσκυνομένη.

Καὶ νῦν.

Ἐκ σοῦ ἡμιφιάσατο τὸ φύραμά μου, ἀφθορέ ἀνανδρε, Μητροπάρθενε Θεός, ὁ κτίσας τοὺς αἰώνας, καὶ ἤνωσεν ἐαυτῷ, τὴν τῶν ἀνθρώπων φύσιν.

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

Δόξα.

Τριάς εἴμι, ἀπλῇ ἁδιαίρετος, διαφερτῇ προσωπικῶς, καὶ Μονὰς ὑπάρχω, τῇ φύσει ἡνωμένη. Ὅ Πατήρ φησιν, ὁ Υιός καὶ Θείον Πνεύμα.

Καὶ νῦν.

Ἦ μήτρα σου, Θεόν ἡμῖν ἔτεκε, μεμορφωμένον καθ’ ἡμᾶς, ἀλλ’ ως Κτίστην πάντων, δυσώπει Θεοτόκε, ἵνα ταῖς πρεσβείασι, ταῖς σαίς δικαιώθωμεν.

Εἴτε ψάλλομεν ἄργως τὸ παρὸν.

Κοντάκιον. Ἡχος πλ. β˚.

Psiχή μου ψυχή μου, ἀνάστα, τι καθεύδεις; τὸ τέλος ἑγγίζει, καὶ μέλλεις θορυβεῖσθαι ἀνάνηψων οὖν, ἵνα φείσηται σου Χριστὸς ὁ Θεός, ὁ πανταχοῦ παρῶν, καὶ τὰ πάντα πληρῶν.

Ὡθῇ ϊ˚. Ὅ Εἰρμός.

Ημάρτομεν, ἡνομίσαμεν, ἡδικήσαμεν ἐνώπιόν σου, οὐδὲ συνετηρήσαμεν, οὐδὲ ἐποιήσαμεν, καθὼς ἐνετείλω ἡμῖν, ἀλλὰ μὴ παραδώψῃς ἡμᾶς εἰς τέλος, ὁ τῶν Πατέρων Θεός.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Ἦμάρτηκα, ἐπλημμέλησα, καὶ ἡθέτησα τὴν ἐντολὴν σου, ὅτι ἐν ἀμαρτίαις

Glory.

"I am the Trinity, simple and un-divided, 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.

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.

I have sinned, I have offended, and I have set aside Your commandments,
προήχθην, καὶ προσέθηκα τοῖς μόλω-ψι τραύμα ἐμοὶ, ἀλλ' αὐτός με ἐλέη-σον ὡς εὐσπλαγχνος, ὁ τῶν Πατέρων Θεός.

Ἐλέησόν με, ὦ θεός, ἐλέησόν με.

Τὰ κρύφια τῆς καρδίας μου, ἐξηγό-ρευσά σοι τῷ Κρίτῃ μου, ἵδε μου τὴν ταπείνωσιν, ἵδε καὶ τὴν θλίψιν μου, καὶ πρόσχες τῇ κρίσει μου νῦν, καὶ αὐτός με ἐλέησον ὡς εὐσπλαγχνος ὁ τῶν Πατέρων Θεός.

Ἐλέησόν με, ὦ θεός, ἐλέησόν με.

Σαοῦλ ποτέ, ὡς ἀπώλεσε, τοῦ πατρὸς αὐτοῦ ψυχή τὰς ὀνοὺς, πάρεργον τὸ βασίλειον εὗρε, πρὸς ἀνάρρησιν. Ἀλλ' ὥρα μὴ λάθης σαυτήν, τὰς κτηνώδεις ὁρέξεις σου, προκρίνουσα τῆς βασι-λείας Χριστοῦ.

Ἐλέησόν με, ὦ θεός, ἐλέησόν με.

Δαυὶδ ποτέ, ὦ πατρόθεος, εἶ καὶ ἠμαρτε διττῶς ψυχὴ μου, βέλει μὲν τοξευθείς τῆς μοιχείας, τῷ δὲ δόρατι ἀλούς τῆς τοῦ φόνου ποινῆς· ἀλλ' αὐτή τὰ βαρύτερα τῶν ἔργων νοσεῖς, ταῖς κατὰ γνώμην ὀρμαίς.

Ἐλέησόν με, ὦ θεός, ἐλέησόν με.

Συνῆψε μὲν, ὦ Δαυὶδ ποτὲ, ἀνομήματι τὴν ἀνομίαν' φόνῳ γὰρ τὴν μοιχείαν ἐκίνην, τὴν μετάνοιαν εὐθὺς παρα-δείξας διπλῆν· ἀλλ' αὐτὴ πονηρότερα εἰργάσω, ψυχή, μὴ μεταγνούσα Θεῷ.

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 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.
Great Compline

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 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
δέξαι μετανοοῦντα, οἰκτείρησον βοῶντα: Ἡμαρτὸν σοι, σώσον, ἴνόμησα, ἐλέησόν με.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Ὁ διφρηλάτης, Ἡλίας, ἅρματι, ταῖς ἁρεταίς ἐπιβάς, ὡς εἰς οὐρανόν, ἦγετο ὑπεράνω, ποτὲ τῶν ἐπιγείων τούτου οὖν ψυχὴ μου, τὴν ἄνοδον ἀναλογίζου.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Ὡς Ἐλισσαῖος, ποτὲ δεξαμενος, τὴν μηλωτὴν Ἡλιοῦ, ἔλαβε διπλήν, χάριν παρὰ Κυρίου, αὐτῇ δὲ ὁ ψυχή μου, ταύτης οὐ μετέσχες, τῆς χάριτος δι᾽ ἀκρασίαν.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Τοῦ Ἰορδάνου, τὸ ρεῖθρον πρότερον, τῇ μηλωτῇ Ἡλιοῦ, δι᾽ Ἐλισσαί, ἔστη ἐνθα καὶ ἐνθα, αὐτῇ δὲ ὁ ψυχή μου, ταύτης οὐ μετέσχες, τῆς χάριτος δι᾽ ἀκρασίαν.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Ὡς Ὁλοφάντης, ποτὲ τὸν δίκαιον, ἐξενίσεω ὁ ψυχή, γνώμη ἀγαθή· οὐ δὲ οὐκ εἰσφκίσω, οὐ ἐξένω, οὐχ ὀδίτην· οὗτος τοῦ νυμφῶνος, ῥυφήσῃ ἐξω θρηνοῦσα.

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 welcomed stranger or traveler; and so you shall be cast out weeping from the bridal chamber.
Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.
Τοῦ Γιεζῆ, ἐμιμήσω τάλαινα, τὴν γνώμην τὴν ῥυπαράν, πάντοτε ψυχήν οὔ τὴν φιλαργυρίαν, ἀπώθου κἂν ἐν γήρει, φεύγε τής γεέννης, τὸ πῦρ ἑκστάσα τῶν κακῶν σου.

Εὐλογοῦμεν Πατέρα, Υἱόν, καὶ Ἁγίου Πνεύμα.
"Ἀναρχὲ Πάτερ, Ὕι εὐνάραρχε, Παράκλητε ἀγαθέ, Πνεῦμα τὸ εὐθές, Λόγου Θεοῦ Γεννήτορ, Πατρὸς ἀνάρχου Λόγε, Πνεῦμα ζῶν καὶ κτίζων. Τριὰς Μονὰς ἐλέησόν με.

Και νῦν.
Ὡς ἐκ βαφῆς, ἀλουργίδος Ἀχραντε, ἡ νοητὴ πορφυρίς, τοῦ Ἐμμανουὴλ, ἐνδον ἐν τῇ γαστρί σου, ἡ σάρξ συνεξυφάνθη ὁθεν Θεοτόκον, ἐν ἀληθείᾳ σε τιμῶμεν.

Ὡδῆ θ΄. Ὅ Εἰρμὸς.
Ἀσπόρου συλλήψεως, ὁ τόκος ἄνερμήνευτος, Μητρὸς ἀνάνδρου, ἄσπορος ἡ κύησις. Θεοῦ γὰρ ἡ γέννησις καινοποιεῖ τὰς φύσεις διὸ σε πᾶσαι αἰ γενεαί, ὡς Θεόνυμφον Μητέρα, ὁρθοδόξως μεγαλύνομεν.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.
Ὁ νοῦς τετραυμάτισται, τὸ σῶμα με-

Have mercy on me, O God. Have mercy on me.
O wretched soul, you have always imitated the unclean thoughts of Gehazi. 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 Theotokos 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.

Have mercy on me, O God. Have mercy on me.
My mind is wounded, my body has
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 fasting, through chastity and reverence, win back Christ’s mercy.
‘Ελέησόν με, ὁ θεός, ἐλέησόν με.

Χριστὸς ἐνηνθρώπησε, σαρκὶ προσομιλήσας μοι, καὶ πάντα ὅσα, ὑπάρχει τῆς φύσεως, βουλήσει ἐπιλήψε, τῆς ἀμαρτίας δίχα, ὑπογραμμόν σοι ὁ ψυχή, καὶ εἰκόνα προδεικνύων, τῆς αὐτοῦ συγκαταβάσεως.

‘Ελέησόν με, ὁ θεός, ἐλέησόν με.

Χριστὸς ἐνηνθρώπησε, καλέσας εἰς μετάνοιαν, λῃστᾶς καὶ πόρνας, ψυχῆς μετανόησον, ἡ θύρα ἤνεκται, τῆς Βασιλείας ἡδη, καὶ προαρπάζουσιν αὐτήν, Φαρισαίοι καὶ Τελώναι, καὶ μοιχοί μεταποιούμενοι.

‘Ελέησόν με, ὁ θεός, ἐλέησόν με.

Χριστὸς Μάγους ἐσώσε, Ποιμένας συνεκάλεσε, Νηπίων δήμους, ἀπέδειξε Μάρτυρας, Πρεσβύτην ἐδόξασε, καὶ γηραλέαν Χήραν, ἃν οὐκ ἐξήλωσας ψυχῆς, οὗ τὰς πράξεις, οὗ τὸν βίον, ἀλλ' οὐαί σοι ἐν τῷ κρίνεσθαι!

‘Ελέησόν με, ὁ θεός, ἐλέησόν με.

Νηστεύσας ὁ Κύριος, ἡμέρας τεσσαράκοντα, ἐν τῇ ἐρήμῳ, ὕστερον ἐπείνασε, δεικνύς τὸ ἄνθρωπινον. Ψυχῆς μὴ ἀθυμήσῃς, ἃν σοι προσβάλλῃ ὁ ἔχθρος, προσευχῆ τε καὶ νηστεία, ἕκ ποδῶν ἀποκρουσθήτω σοι.

Δόξα.

Πατέρα δοξάσωμεν, Υἱόν υπερψωσμεν, τὸ θεῖον Πνεῦμα, πιστῶς

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.

Glory.

Trinity in one Essence, Unity in three Persons, we sing Your praises; we
προσκυνήσωμεν, Τριάδα ἀχώριστον, Μονάδα κατ᾽ οὐσίαν, ως φῶς και φῶτα καὶ ζωήν, καὶ ζωὰς ζωοποιούσαν, καὶ φωτίζουσαν τὰ πέρατα.

Καὶ νῦν.

Τὴν Πόλιν σου φύλαττε, Θεογενῆτορ πάναγνε· ἐν σοὶ γὰρ αὐτή, πιστῶς βασιλεύουσα, ἐν σοὶ καὶ κρατύνεται, καὶ διὰ σοῦ νικῶσα, τροποῦται πάντα πειρασμῶν, καὶ σκυλεύει πολεμίοις καὶ διέπει τὸ ὑπῆκοον.

Ἄγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ἄνδρεά σεβάσμε, καὶ Πάτερ τρισμακάριστε, Ποιμὴν τῆς Κρήτης, μή παύσῃ δεόμενος, ὑπὲρ τῶν σὲ υμνούντων ἱνα ρυσθῶμεν πάσης, ὀργῆς καὶ θλίψεως καὶ φωράς, καὶ πταισμάτων ἀνεικάστων, οἱ τιμῶντες σου τὴν μνήμην πιστῶς.

Ὁ Εἱρμός.

Ἀσπόρου συλλήψεως, ὁ τόκος ἀνερμήνευτος, Μητρὸς ἀνάνδρου, ἀσπορος ἡ κύψης. Θεοῦ γὰρ ἡ γέννησις καινοποιεῖ τὰς φύσεις; διὸ σε πᾶσαι αἱ γενεαὶ, ὡς Θεόνυμφον Μητέρα, ὀρθοδόξως μεγαλύνομεν.

Εἰπιστρέψατε στὴ σελίδα 25

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.

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.

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Canon Excerpt for the First Tuesday of Great Lent

‘Ωδή α’. Ἡχός πλ. β’. Ὁ Εἱρμός.

He 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 are condemned.

᾿Ελέησόν με, ὁ θεός, ἐλέησόν με.

Τῇ τοῦ Ἀβελ Ἰησοῦ, οὕτω δικαιοσύνη, δόρα σοι δεκτά, ω/octet quæ tibi proairésæi, gégona foneús, synveidóti ψυχῆς, ζωόσας τὴν σάρκα, καὶ στρατεύσας κατ' αὐτῆς ταῖς πονηραῖς μου πράξεσι.

᾿Ελέησόν με, ὁ θεός, ἐλέησόν με.

᾿Ος ὁ Καῖν καὶ ἡμεῖς, ψυχή ἀθλία τῶ πάντων Κτίστη, πράξεις ῥυπαράς, καὶ ψυσίαν ψεκτήν, καὶ ἄχρηστον βίον, προσηγάγωμεν ὁμοῖοι διὸ καὶ κατεκρίθημεν.
Μέγα Ἀπόδειξιν

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.
Τὸν πηλὸν ὁ κεραμεὺς, ζωοπλαστήσας ἐνέθηκάς μοι, σάρκα καὶ ὀστᾶ, καὶ πνοὴν καὶ ζωήν. Ἀλλ’ ὁ Ποιητὰ μου, Λυτρωτά μου καὶ Κριτα μετανοοῦντα δέξαι με.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.
Ἔξαγγέλλω σοι Σωτήρ, τὰς ἁμαρτίας ἃς εἰργασάμην, καὶ τὰς τῆς ψυχῆς, καὶ τοῦ σώματός μου πληγάς, ἃς μοι ἐνδον, μιαφόνοι λογισμοί, λῃστρικῶς ἐναπέθηκαν.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.
Εἰ καὶ ἡμαρτὼν Σωτήρ, ἀλλ’ οἶδα ὅτι φιλάνθρωπος ἦς, πλήττεις συμπαθῶς, καὶ σπλαγχνίζῃ θερμῶς, δακρύοντα βλέπεις, καὶ προστρέχεις ὡς Πατήρ, ἀνακαλῶν τὸν Ἅσωτον.

Δόξα.
Ὑπερούσιε Τριάς, ἢ ἐν Μονάδι προσκυνουμένη, ἂρον τὸν κλοιόν, ἀπ’ ἐμοῦ τὸν βαρύν, τὸν τῆς ἁμαρτίας, καὶ ὃς εὐσπλαγχνός μοι δός, δάκρυα κατανύξεως.

Καὶ νῦν.
Θεοτόκε ἢ ἑλπίς, καὶ προστασία τῶν σὲ ὑμνοῦντων, ἂρον τὸν κλοιόν, ἀπ’ ἐμοῦ τὸν βαρύν, τὸν τῆς ἁμαρτίας, καὶ ὃς Δέσποινα ἁγνή, μετανοοῦντα δέξαι

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.
Triinity 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.
Attend, 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 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.
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
πανύμνητε, ἵκέτευε ἐκτενῶς, εἰς τὸ σωθῆναι ἡμᾶς.

‘Ωδῆ γ’. Ὅ Εἱρμός.

Στερέωσον, Κύριε, ἐπὶ τὴν πέτραν τῶν ἐντολῶν σου, σαλευθείσαν τὴν καρδίαν μου, ὅτι μόνος Ἁγίος ὑπάρχεις καὶ Κύριος.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Πηγὴν ζωῆς κέκτημαι, σὲ τοῦ θανάτου τὸν καθαρέτην, καὶ βοῶ σοι ἐκ καρδίας μου, πρὸ τοῦ τέλους Ἡμαρτον ἱλάσθητι σ(jQuery).wσόν με.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Ὑμαρτηκα Κύριε, ᾿Ημαρτηκά σοι ἱλάσθητί μοι ὅπος γὰρ ἐστίν ὅς τις ἠμαρτεν, ἐν ἀνθρώποις, ὅν οὐχ ὑπερέβην τοῖς πταίσμασι.

Ἑλέησόν με, ὁ Θεός, ἐλέησόν με.

Τοῦς ἐπὶ Νῶε Σωτῆρ, ἥσελγηκότας ἐμμησάμην, τὴν ἐκεῖνων κληρωσάμενος, καταδίκην, ἐν κατακλυσμῷ καταδύσως.

Ἑλέησόν με, ὁ Θεός, ἐλέησόν με.

Τὸν Χάμ ἐκεῖνον ψυχή, τὸν πατραλοίαν μιμησάμενη, τὴν αἰσχύνην οὐκ ἐκάλυψας, τοῦ πλησίον, ὀπισθοφανῶς ἀνακάμψασα.

worthy of all praise, intercede fervently for our salvation.

Ode iii. Heirmos.

Establish 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.

Great Compline
Μέγα Ἀπόδειπτον

'Ελέησόν με, ο Θεός, ἐλέησόν με.
Τὸν ἐμπρησμόν, ὁσπερ Λῶτ, φεῦγε ψυχή μου τῆς ἀμαρτίας, φεῦγε Σόδομα καὶ Γόμορρα, φεῦγε φλόγα, πάσης παραλόγου ὀρέξεως.

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

Flee, my soul, like Lot from the burning of sin; flee from Sodom and Gomorrah; flee from the flame of every brutish desire.

Δόξα.

Μονὰς ἀπλῆ ἀκτίστε, ἀναρχε φύσις ἡ ἐν Τριάδι, ύμνουμένη ὑποστάσεων, ἡμᾶς σῶσον, πίστει προσκυνοῦντας τὸ κράτος σου.

Glory.

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

Καὶ νῦν.

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

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.

'Ωδή δ’. Ὅ Ειρμός.

Ἀκήκοεν ὁ Προφήτης, τὴν ἔλευσίν σου Κύριε, καὶ ἐφοβήθη, ὅτι μέλλεις ἐκ Παρθένου τίκτεσθαι, καὶ ἀνθρώποις δείκνυσθαι, καὶ ἔλεγεν Ἀκήκοα τὴν ἀκοὴν σου καὶ ἐφοβήθην, δόξα τῇ δυνάμει σου Κύριε.

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 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.

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.

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.

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.

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.
'Ελέησόν με, ο Θεός, ἐλέησόν με.

Ἰὼβ τὸν ἐπὶ κοπρίας ἀκούσασα ὡς ψυχή μου δικαιωθέντα, τὴν αὐτοῦ ἀνδρείαν οὐκ ἔζηλωσασ, τὸ στερρὸν οὐκ ἔσχες τῆς προθέσεως, ἐν πάσιν οἷς ἔγνως, οἷς οἶδας, οἷς ἐπειράσθης, ἀλλ' ὥφθης ἀκαρτέρητος.

'Ελέησόν με, ο Θεός, ἐλέησόν με.

Ὁ πρῶτον ἐπὶ θρόνου, γυμνὸς νῦν ἐπὶ κοπρίας καθηλκομένος, ὁ πολὺς ἐν τέκνοις καὶ περιβλεπτός, ἀπαίς ἀφαιρέουκοις αἰφνίδιον' παλάτιον γὰρ τὴν κοπρίαν, καὶ μαργαρίτας, τὰ ἔλκη ἐλογίζετο.

Δόξα.

Ἀμέριστον τῇ οὐσίᾳ, ἀσύγχυτον τοῖς προσώποις θεολογῶ σε, τὴν Τριαδικήν μίαν Θεότητα, ὡς Ὄμοβασιλείον καὶ σύνθρονον, βοῶ σοι τὸ Ἀσμα, τὸ μέγα, τὸ ἐν ψύστοις, τρισσῶς ὑμνολογοῦμενον.

Καὶ νῦν.

Καὶ τίκτεις καὶ παρθενεύεις, καὶ μένεις δι’ ἀμφοτέρων, φύσει Παρθένος, ὁ τεχθεὶς καινίζει νόμους φύσεως, ἢ 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.
'Ωδή ε’. Ὁ Εἰρμός.

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

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Τοῦ Μωσέως ἡκουσάς τὴν θίβην ψυχή, ὑδασί, κύμασι φερομένην ποταμοῦ, ὡς ἐν θαλάσσῳ πάλαι, φυγούσαν δράμα πικρόν, βουλής Φαραών ὀινίτου.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Εἰ τὰς μαίας ἡκουσάς κτεινούσας ποτέ, ἀνθιβον τάλαινα, τὴν ἄρρενω-πόν ψυχή, τῆς σωφροσύνης πράξει, νῦν ὡς ὁ μέγας Μωσῆς, τιθηνοῦ τὴν σοφίαν.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Ὡς Μωσῆς ὁ μέγας τὸν Αἰγύπτιον νοῦν, πλήξασα τάλαινα, οὐκ ἀπέκτεινας ψυχή, καὶ πῶς οἰκῆσεις λέγε, τὴν ἔρημον τῶν παθῶν, διὰ τῆς μετανοίας;

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Τὰς ἔρημους ώκήσεν ὁ μέγας Μωσῆς, δεύρο ἵνα καὶ τῆς δὲ μίμησαι, τὴν αὐτοῦ διαγωγήν, ἐν βάτῳ, θεοφανείας ψυχή, ἐν θεωρίᾳ γένη.

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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.

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 infancy 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 repentance 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.
’Ελέησόν με, ο Θεός, ελέησόν με.
Τὴν Μωσέως ράβδον εἰκονίζου ψυχή, πλήττουσαν θάλασσαν, καὶ πηγνύουσαν βυθόν, τῦπω Σταυροῦ τοῦ θείου, δι’ οὗ δυνήση καὶ σὺ, μεγάλα έκτελέσαι.

’Ελέησόν με, ο Θεός, ελέησόν με.
’Ααρών προσέφερε τὸ πῦρ τῷ Θεῷ, ἀμωμὸν ἁδολον, ἀλλὰ ὁφνεὶ, καὶ Φινεές, ως σὺ ψυχὴ προσήγον, ἀλλότριον τῷ Θεῷ, ῥερυψωμένον βίον.

Δόξα.
Σὲ Τριὰς δοξάζωμεν τὸν ἕνα Θεόν, Ἀγιος, Ἀγιος, Ἀγιος εἰ ὁ Πατὴρ, ὁ Υἱὸς καὶ τὸ Πνεῦμα, ἀπλὴ οὐσία Μονᾶς, ἀεὶ προσκυνουμένη.

Καὶ νῦν.
’Εκ σοῦ ἡμωριάζατο τὸ φύραμα μου, ἀφθορε ἀνανάρκῳ, Μητροπάρθενο Θεός, ὁ κτίσας τοὺς αἰῶνας, καὶ ἤνωσεν εαυτῷ, τὴν τῶν ἀνθρώπων φύσιν.

’Ωδὴ 5’. Ὁ Εἱρμός.
’Εβόησα, ἐν ὅλῃ καρδίᾳ μου, πρὸς τὸν οἰκτίρμονα Θεόν, καὶ ἐπήκουσέ μου, ἔξ Ἀδοὺ κατωτάτου, καὶ ἄνηγαγεν, ἐκ φθορᾶς τὴν ζωήν 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 corruption.
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.

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.

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.

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.

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.

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.
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.

"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.

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.

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.

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.*
Ἑλέστον με, ὁ θεός, ἑλέστον με.
'Η Κιβωτός, ως ἐφέρετο, ἐπιδίψωρος ὁ Ζαν ἐκεῖνος, ὅτε ἀνατράπητος τοῦ μόσχου, μόνον ἥψατο, θεοῦ ἐπειράθη ὀργῆς, ἄλλ' αὐτοῦ τὴν αὐθάδειαν, φυγοῦσα ψυχή, σέβου τὰ θεία καλῶς.

Ἑλέστον με, ὁ θεός, ἑλέστον με.
Ἀκήκοας, τοῦ Άβεσσαλώμ, πῶς τῆς φύσεως ἀντεξανέστη, ἔγνως τὰς ἑναγεῖς αὐτοῦ πράξεις, αἰς ἐξύβρισε, τὴν κοίτην Δαυίδ τοῦ πατρὸς ἄλλ' αὐτή ἐμιμήσω, τὰς αὐτοῦ ἐμπαθεῖς, καὶ φιληδόνους ὄρμας.

Ἑλέστον με, ὁ θεός, ἑλέστον με.
Ὑπέταξας, τὸ ἀδούλωτον, σοῦ ἄξιωμα τῷ σώματί σου· ἄλλον γάρ, Ἀχιτόφελ εὐρούσα τὸν ἐχθρὸν σὺ ψυχή, συνήλθες ταῖς τοῦτοῦ βουλαῖς. ἄλλ' αὐτάς διεσκέδασεν, αὐτὸς ὁ Χριστός, ἵνα σὺ πάντων σωθῆς.

Ἑλέστον με, ὁ θεός, ἑλέστον με.
Ὁ Σολομών, ὁ θαυμάσιος, ὁ καὶ χάριτος σοφίας πλήρης, οὗτος τὸ πονηρὸν ἐναντίον, τοῦ θεοῦ ποτε, ποίμας ἀπέστη αὐτοῦ, ὥς αὐτὴ τὸν ἐπάρατόν σου βίον, ψυχή προσαφω-μοίωσας.

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 Ahito-phel, 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.
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 Reho-boam, 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.

Him whom the hosts of the heavens glorify, * at whom quake the Cheru-
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 Ninevah; for as a prophet he knew the loving-kindness of God, but he was jealous that his prophecy should not be proved false.

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

You have heard, my soul, how the city 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.
‘Ελέησόν με, ο Θεός, ελέησόν με.
Τὸν Δανίηλ, ἐν τῷ λάκκῳ ἥκουσας, πῶς ἔφραξεν ὁ ψυχή, στόματα θηρῶν, ἔγνωκας πῶς οἱ Παῖδες, οἱ περὶ Ἀζαρίαν, ἐσβέσαν τῇ πίστει, καμίνου φλόγα καιομένην.

‘Ελέησόν με, ο Θεός, ελέησόν με.
Τῆς παλαιᾶς, Διαθήκης ἀπαντας, παρήγαγον σοι ψυχή, πρὸς ὑπογραμμόν, μίμησα τῶν δικαίων, τὰς φιλοθέους πράξεις, ἐκφυγε δὲ πάλιν, τῶν πονηρῶν τὰς ἀμαρτίας.

Εὐλογοῦμεν Πατέρα, Υἱόν, καὶ άγιον Πνεύμα.
‘Αναρχε Πάτερ, Υἱὲ συνάναρχε, Παράκλητε ἀγαθέ, Πνεῦμα τὸ εὐθές, Λόγου Θεοῦ Γεννήτορ, Πατρὸς ἀνάρχου Λόγε, Πνεῦμα ζῶν καὶ κτίζον. Τριάς Μονᾶς ἐλέησόν με.

Καὶ νῦν.
‘Ὡς ἐκ βαρφῆς, ἀλουργίδος Ἀχραντε, ἡ νοστή πορφυρίς, τοῦ Ἐμμανουήλ, ἐνδον ἐν τῇ γαστρί σου, ἡ σάρξ συνεξυφάνθη· ὅθεν Θεοτόκον, ἐν ἀληθείᾳ σε τιμῶμεν.

‘Ομήθο. Ὅ Εἰρμός.
‘Ασπόρου συλλήψεως, ὁ τόκος άνερμήνευτος, Μητρὸς ἀνάνδρου, ἀσπόρος ἢ κύρις, Θεοῦ γὰρ ἢ 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 Emmanuel, His flesh, was woven in your womb. Therefore, we honor you as Theotokos 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
αἰ γενεαί, ὡς Θεόνυμφον Μητέρα, ὀρθοδόξως μεγαλύνομεν.

Ἐλέησον με, ὁ θεός, ἐλέησον με.
Χριστὸς ἐπειράζετο, Διάβολος ἐπείραζε, δεικνύς τοὺς λίθους, ἵνα ἄρτοι γένωνται, εἰς ὅρος ἀνήγαγεν, ἰδεῖν τὰς βασιλείας, τοῦ Κόσμου πάσας ἐν ριπῇ. Φοβοῦ ὁ ψυχῆ τὸ δρᾶμα, νήψε, εὐχοῦ, πᾶσαν ὃραν Θεῷ.

Ἐλέησον με, ὁ θεός, ἐλέησον με.
Τρυγῶν ἡ φιλέρημος, φωνὴ βοῶντος ἤχησε, Χριστὸς ὁ λύγνος, κηρύττων μετάνοιαν, Ἡρώδης ἡνώμησε, σὺν τῇ Ἡρωδιάδι. Βλέπε ψυχή μου μὴ παγής, τῶν ἀνόμων ταῖς παγίσιν, ἀλλ' ἀσπάζοι τὴν μετάνοιαν.

Ἐλέησον με, ὁ θεός, ἐλέησον με.
Τὴν ἔρημον ὄχησε, τῆς χάριτος ὁ Πρόδρομος, καὶ Ἰουδαία, πᾶσα καὶ Σαμαρία, ἀκούοντες ἔτρεχον, καὶ ἐξωμολογοῦντο, τὰς ἀμαρτίας ἐαυτῶν, βαπτιζόμενοι προθύμως, οὐς αὐτὴ ὁὐκ ἐμμήσω ψυχῆ.

Ἐλέησον με, ὁ θεός, ἐλέησον με.
Ὁ γάμος μὲν τίμιος, ἢ κοίτη δὲ ἀμίαντος· ἀμφότερα 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
ἐν Κανᾶ τῷ γάμῳ, τὸ ὕδωρ ὑόνον ἐκτελῶν, καὶ δεικνύων πρῶτον θαύμα, ἵνα σὺ μετατεθῆς ὡς ψυχή.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Παράλυτον ἐσφυγξέ, Χριστὸς τὴν κλίνην ἄραντα, καὶ νεανίσκον, θανέντα ἐξῆγερε, τῆς χήρας τὸ κύμα, καὶ τοῦ Ἐκατοντάρχου, καὶ Σαμαρείτιδι φανείς, τὴν ἐν πνεύματι λατρείαν, σοὶ ψυχὴ προεξωγράφησέν.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Ἀιμόρρουν ἰάσατο, ἄρῃ κρασπέδου Κύριος, λεπροὺς καθήρε, τυφλοὺς καὶ χωλεύοντας, φωτίσας ἠνώρθωσε, κω-φοὺς τε καὶ ἀλάλους, καὶ τὴν συγκύπτουσαν χαμαί, θανROPERTYς ἐθεράπευσε τῷ λόγῳ, ἵνα σὺ σωθῆς ἀθλία ψυχή.

Δόξα.

Πατέρα δοξάσωμεν, Γιὸν ὑπερψώ-σωμεν, τὸ θείον Πνεῦμα, πιστῶς προσκυνήσωμεν, Τριάδα ἀχώριστον, Μονάδα κατ᾿ οὐσίαν, ὡς φῶς καὶ φῶτα καὶ ζωήν, καὶ ζωᾶς ἡμοτικοῦ, καὶ φωτίζουσαν ὡς πέρατα.

Καὶ νῦν.

Τὴν Πόλιν σου φύλαττε, Θεογενήτορ πάναγε ἐν σοὶ γὰρ αὐτῇ, 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 salvation.

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.*

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.

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Canon Excerpt for the First Wednesday of Great Lent

᾿Ωδή α’. Ἡχος πλ. β’. Ο Εἰρμός.

Βοηθός καὶ σκέπαστής ἐγένετό μοι εἰς σωτηρίαν, οὗτός μου Θεός, καὶ δοξάσω αὐτόν, Θεός τοῦ Πατρός μου καὶ υψώσω αὐτόν· ἐνδόξως γὰρ δεδόξασται.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Ἐκ νεότητος Σωτήρ τάς ἐντολάς σου ἐπαρωσάμην, ὁλον ἐμπαθῶς, ἀμελῶν ῥαθυμῶν, παρῆλθον τὸν βίον· διὸ κράζω σοι Σωτήρ, κἂν ἐν τῷ τέλει, σώσόν με.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Ἐρριμμένον με Σωτήρ, πρὸ τῶν θυρῶν σου κἂν ἐν τῷ γῆρει, μὴ με ἀπορρίψης εἰς Ἄδου κενὸν, ἀλλὰ πρὸ τοῦ τέλους, ως φιλάνθρωπός μοι δός, παραπτωμάτων ἰδέσιν.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Τὴν οὐσίαν τῆς ψυχῆς, καταναλώσας τῇ ἁμαρτίᾳ, ἔρημος εἰμι ἄρετῶν εὐσεβῶν, λιμῶτων δὲ κράζω. ὦ ἐλέους χορηγός, προφθάσας σὺ με ὀἴκτειρον.

Ode i. Mode pl. 2. Heirmos.

He 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.
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.

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.
'Ωδή β’. Ο Ειρμός.

Πρόσεχε, ούρανέ καὶ λαλήσω, καὶ ἀνυμνήσω Χριστόν, τὸν ἕκ Παρθένου σαρκὶ, ἐπιδημήσαντα.

'Ελέησόν με, ὁ θεός, ελέησόν με.

'Ωλίσθησα, ὡς ὁ Δαυίδ ἀκολάστως, καὶ βεβορβόρωμαι, ἀλλ’ ἀποπλῦναις κάμε, Σωτήρ τοὺς δάκρυσί μου.

'Ελέησόν με, ὁ θεός, ελέησόν με.

Οὐ δάκρυσ, οὐδὲ μετάνοιαν ἔχω, οὐδὲ κατάνυξιν, αὐτὸς μοι ταῦτα Σωτήρ, ὡς θεός δώρησαι.

'Ελέησόν με, ὁ θεός, ελέησόν με.

'Απώλεσα, τὸ πρωτόκτιστον κάλλος, καὶ τὴν εὐπρέπειάν μου, καὶ ἄρτι κεῖμαι γυμνός, καὶ κατασχύνομαι.

'Ελέησόν με, ὁ θεός, ελέησόν με.

Τὴν θύραν σου, μὴ ἀποκλείσῃς μοι τότε, Κύριε, Κύριε, ἀλλ’ ἀνοιξόν μοι αὐτὴν μετανοούντι σοι.

'Ελέησόν με, ὁ θεός, ελέησόν με.

'Ενώτισαι, τοὺς στεναγμοὺς τῆς ψυχῆς μου, καὶ τῶν ἐμῶν ὀφθαλμῶν, προσδέχομαι τοὺς σταλαγμοὺς. Κύριε σώσόν με.

'Ελέησόν με, ὁ θεός, ελέησόν με.

Φιλάνθρωπε, ὁ θέλων πάντας σωθῆναι, σὺ ἀνακαλέσαί με, καὶ δέξαι ὡς Ode ii. Heirmos.

Attend, 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 goodness call me back and accept me in
ἀγαθός, μετανοούντά με.

Ὑπεραγία θεοτόκε, σῶσον ἡμᾶς.

"Αχραντε, θεοτόκε Παρθένε μόνη πανύμνιτε, ἰκέτευε ἐκτενῶς, εἰς τὸ σωθῆναι ἡμᾶς.

Ὡδὴ γ’. Ὅ Ειρμός.

"Ιδετε, ἴδετε, ὅτι ἐγώ εἰμι θεός, οἱ μᾶνα ἐπομβρήσας, καὶ τὸ υδώρ ἐκ πέτρας, πηγάσας πάλαι ἐν ἐρήμῳ τῷ λαῷ μου, τῇ μόνῃ δεξιᾷ, καὶ τῇ ἱσχύϊ τῇ ἐμῇ.

Ἴλεσῶν με, ὁ θεός, Ἴλεσῶν με.

"Ιδετε, ἴδετε, ὅτι ἐγώ εἰμι θεός, ἐνωτίζου ψυχή μου, τοῦ Κυρίου βοώντος, καὶ ἀποσπάσθητι τῆς πρώην ἀμαρτίας, καὶ φροβοῦ ὡς δικαστήν, καὶ ως κριτήν καὶ Θεόν.

Ἴλεσῶν με, ὁ θεός, Ἴλεσῶν με.

Τίνι ὁμοιώθης, πολυαμάρτητε ψυχή; οὐμοι τῷ πρώτῳ Καίν, καὶ τῷ Λάμεχ ἐκείνῳ, λιθοκτονήσασα τὸ σῶμα κακουργίας, καὶ κτείνασα τὸν νοῦν, ταῖς παραλόγοις ὀρμαίς.

Ἴλεσῶν με, ὁ θεός, Ἴλεσῶν με.

Πάντας τούς πρὸ νόμου, παραδραμούσα ὡς ψυχή, τῷ Σήθ οὐχ ὁμοιώθης, οὐ τὸν Ἐνώς ἐμμυρίσω, οὐ τὸν Ἐνώχ τῇ μεταθέσει, οὐ τὸν Νῶε, ἀλλ’ ὡφθης πενιχρά, τῆς τῶν δικαίων ζωῆς.

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.

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

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

Great Compline
Μέγα Ἀπόδειπνον

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.
Μόνη ἔξηνοιξας, τοὺς καταρράκτας τῆς ὀργῆς, τοῦ θεοῦ σου ψυχή μου, καὶ κατέκλυσας πᾶσαν, ὡς γῆν τὴν σάρκα, καὶ τὰς πράξεις, καὶ τὸν βίον, καὶ ἐμείνας ἐκτὸς, τῆς σωστικῆς Κιβωτοῦ.

Ὡσία τοῦ θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.
"Ὀλη προθυμία, πόθῳ προσέδραμες Χριστῷ, τὴν πρὶν τῆς ἀμαρτίας, ὅταν ἀποστραφείσα, καὶ ἐν ἐρήμως ταῖς ἀβάτοις τρεφομένη, καὶ τούτου καθαρώς, τελοῦσα θείας ἐντολάς.

Δόξα.
"Αναρχε ἂκτιστε, Τριάς ἀμεριστε Μονάς, μετανοοῦντά με δέξαι, ἡμαρτηκότα σώσον, σύν εἰμι πλάσμα, μὴ παρίδης, ἀλλὰ φείσαι καὶ ῥῦσαι, τοῦ πυρὸς τῆς καταδίκης με.

Καὶ νῦν.
"Ἄραντε Δέσποινα, θεογενήτορ ἡ ἐλπίς, τῶν εἰς σὲ προστρεχόντων, καὶ λιμὴν τῶν ἐν θάλα, τῶν ἔλεημονα καὶ Κτίστην καὶ Υἱόν σου, ἵλωσαι κάμοι, ταῖς ἰκεσίαις ταῖς σαῖς.

Ὀδή γ’. Ὁ Εἱρμός.
Στερέωσον, Κύριε, ἐπὶ τὴν πέτραν τῶν ἐντολῶν σου, σαλευθείσαι 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.

Establish 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 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.
Μέγα Απόδειπνον

'Ελέησόν με, ο Θεός, ἐλέησόν με.
Τὸν Ἰσραήλ Ἥκουσας, νῆφε ψυχή μου ἐκδωχθέντα, ώς παιδίσκης ἀποκύψη-μα, βλέπε μῆπως, ὡμοιόν τι πάθης λαγνεύουσα.

Ὡσία τοῦ θεοῦ, πρέσβευε ύπερ ἡμῶν.
Συνέχομαι κλύδωνι, καὶ τρικυμίως Μῆτερ πταισμάτων, ἄλλ' αὐτή με νῦν διάσωσον, καὶ πρὸς ὅρμον, θείας μετανοίας εἰσάγαγε.

ἃμα

Δόξα.
Μονὰς ἀπλῇ ἀκτιστε, ἀναρχε φύσις ἡ ἐν Τριάδι, ύμνομιέν ὑποστάσεων, ἡμᾶς σῶσον, πίστει προσκυνοῦντας τὸ κράτος σου.

Καὶ νῦν.
Τὸν ἐκ Πατρὸς ἄχρονον, Υἱὸν ἐν χρόνῳ Θεογενῆτορ, ἀπειράνδρως ἀπεκύψας, ἐξένον θαῦμα! μείνασα Παρθένος θηλάζουσα.

Ὡδὴ 8'. Ο Εἱρμός.
Ἀκήκοεν 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.
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 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.
Μέγα Ἀπόδειξις

'Ελέησον με, ὁ θεός, ἐλέησόν με.
Γενέσθω μοι κολυμβήθρα, τὸ Αἵμα τὸ ἐκ πλευρᾶς σου, ἄμα καὶ πόμα, τὸ πηγάσαν ὕδωρ τῆς ἀφέσεως, ἵνα ἐκατέρωθεν καθαίρωμαι, χριόμενος, πίνων, ὡς χρήσμα καὶ πόμα Δόγη, τὰ ζωηρὰ σου λόγια.

'Ελέησον με, ὁ θεός, ἐλέησόν με.
Κρατήρα ἢ Ἐκκλησία, ἐκτήσατο τὴν Πλευράν σου τὴν ζωηφόρον, ἐξ ἓς ὁ διπλοῦς ἡμῖν ἔξεβλυσε, κρουνός τῆς ἀφέσεως καὶ γνώσεως, εἰς τὺπον τῆς πάλαι, τῆς νέας, τῶν δύο ἄμα, Διαθηκῶν Σωτήρ ἡμῶν.

'Ελέησον με, ὁ θεός, ἐλέησόν με.
Γυμνὸς εἰμὶ τοῦ Νυμφῶνος, γυμνὸς εἰμὶ καὶ τοῦ γάμου, ἄμα καὶ δείπνου, ἡ λαμπάς ἐσβέσθη ως ἀνέλαιος, ἡ παστάς ἐκλείσθη μοι καθεύδοντι, τὸ δείπνον ἐβρώθη· ἕγω δὲ χεῖρας καὶ πόδας, δεθεὶς ἔξω ἀπέρριμαι.

Δόξα.

Ἀμέριστον τῇ οὐσίᾳ, ἀσύγχυτον τοῖς προσώποις θεολογῶ σε, τὴν Τριαδικὴν μίαν Θεότητα, ως Ὄμοβασίλειον καὶ σύνθρονον, βοῶ σοι τὸ Ἀσμα, τὸ μέγα, τὸ ἐν ψυστοῖς, τρισσώς ὕμνο-λογούμενον.

Καὶ νῦν.

Καὶ τίκτεις καὶ παρθενεύεις, καὶ μένεις δι' ἀμφοτέρων, φύσει Παρθέ-
νος, ὁ τεχθεὶς καινίζει νόμους φύσε-ως, ἡ νηδὺς δὲ κύει μὴ λοχεύουσα, Θε-ός ὅπου θέλει, νυκτάται φύσεως τάξις· ποιε γὰρ ὅσα βούλεται.

Ὡδὴ ε΄. Ὁ Εἱρμός.

Εκ νυκτὸς ὀρθρίζοντα Φιλάνθρωπε, φωτίσον 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 Φαραώ τῷ πικρῷ, γέγονα Κύριε, Ἰαννῆς καὶ Ἰαμβρῆς τὴν ψυχὴν καὶ τὸ σῶμα, καὶ υποβρύχιος νοῦς, ἀλλὰ βοήθησόν μοι.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Τῷ πηλῷ συμπέφυμαι ὁ τάλας τὸν νοῦν, πλῦνόν με Δέσποτα, τῷ λουτήρι τῶν ἐμῶν, δακρύων δεομαί σου, τὴν τῆς σαρκὸς μου στολήν, λευκάνας ὡς χίόνα.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Ἐὰν ἐρευνήσω μου τὰ ἔργα Σωτήρ, ἀπαντᾷ ἄνθρωπον, ὑπερβάντα ἐμαυτόν, ὅρῳ ταῖς ἀμαρτίαις, ὅτι ἐν γνώσει φρενών, ἡμαρτών, 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.

Φείσαι φείσαι Κύριε, τοῦ πλάσματός σου. Ἡμαρτον ἁνες μοι, ὁ τῇ φύσει καθαρός, αὐτὸς ὑπάρχων μόνος, καὶ ἄλλος πλὴν σου οὐδείς, ὑπάρχει ἕξω ρύπου.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Δι' ἐμὲ Θεὸς ὡν ἐμορφώθης ἐμέ, ἐδείξας θαύματα, ἰασάμενος λεπροῦς, καὶ παραλύτους σφίγγας, Αἰμόρρου στήσας Σωτήρ, ἀφῆ κρασπέδου ρύσιν.

Ὅσια τοῦ θεοῦ, πρέσβεε υπὲρ ἡμῶν.

Ῥεῖθρον Ἰορδάνειον περάσασα, εὔρες ἀνάπαυσιν, τὴν ἀνώδυνον σαρκός, ἡδονὴν ἐκφυγοῦσα, ἂς καὶ ἡμᾶς ἔξελοῦ, σαῖσ προσευχαῖς Ὅσια.

Δόξα.

Σὲ Τριάς δοξάζομεν τὸν ἕνα Θεόν, Ἀγίος, Ἀγίος, Ἀγίος εἰ ὁ Πατήρ, ὁ Υἱός καὶ τὸ Πνεῦμα, ἀπλὴ οὐσία Μονάς, ἀεὶ προσκυνομένη.

Καὶ νῦν.

Ἐκ σοῦ ἡμιφιάσατο τὸ φύραμά μου, ἀφθορε ἀνανδρε, Μητροπάρθενε Θεός, ὃ κτίσας τοὺς αἰώνας, καὶ ἤνωσεν ἐαυτῶ, 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.

Holy Mother Mary, pray to God for us.

Crossing the stream of the Jordan, you found peace, escaping from thedeadening 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.
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.

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

Great Compline

'Ωδή ζ'. Ὅ Εἰρμός.

Ἐβόησα, ἐν ὅλῃ καρδίᾳ μου, πρὸς τὸν οίκτιρμονα 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, ἀεὶ νικῶσα.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Διάβηθι, τοῦ χρόνου τὴν ρέουσαν, φύσιν ως πρὶν ἡ Κιβωτός, καὶ τῆς γῆς ἐκείνης, γενοῦ ἐν κατασχέσει, τῆς ἐπαγγελίας ψυχῆ, Θεὸς κελεύει.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Ὡς ἐσωσάς, τὸν Πέτρον βοήσαντα, σώσον προφθάσας με Σωτήρ, τοῦ θηρός με ρύσαι, ἐκτείνας σου τὴν χείρα, καὶ ἀνάγαγε τοῦ βυθοῦ τῆς ἀμαρτίας.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Λιμένα σε, γινώσκω γαλήνιον, Δέσποτα Δέσποτα Χριστέ, ἀλλ’ ἐκ τῶν ἀδύτων, βυθῶν τῆς ἀμαρτίας, καὶ τῆς ἀπογνώσεως με, προφθάσας ρύσαι.

Δόξα.

Τριάς εἴμι, ἀπλὴ ἀδιαίρετος, διαρετή προσωπικῶς, καὶ Μονὰς ὑπάρχω, τῇ

Ode vi. Heirmos.
φύσει ἡνωμένη. Ὅ Πατήρ φήσιν, ὁ Υἱός καὶ Θεόν Πνεῦμα.

Καὶ νῦν.

Ἡ μήτρα σου, Θεόν ἡμῖν ἔτεκε, μεμορφωμένον καθ’ ἡμᾶς, ἀλλ’ ὡς Κτίστην πάντων, δυσώπει Θεοτόκε, ἵνα ταῖς προσβείαις, ταῖς σαΐς δικαιωθώμεν.

Κοντάκιον. Ἡχος πλ. β’.

Ψυχή μου ψυχή μου, ἀνάστα, τί καθεύδεις; τὸ τέλος ἐγγίζει, καὶ μέλλεις θορυβεῖσθαι ἀνάνηψον ὦν, ἵνα φείσηται σου Χριστὸς ὁ Θεός, ὁ πανταχοῦ παρῶν, καὶ τὰ πάντα πληρῶν.

Ὡδὴ ζ’. Ὁ Εἰρμός.

Ἡμάρτομεν, ἡνομήσαμεν, ἡδικήσαμεν ἐνώπιον σου, οὐδὲ συνετηρήσαμεν, οὐδὲ ἐποίησαμεν, καθὼς ἐνετείλω ἡμῖν, ἀλλὰ μὴ παραδώξῃς ἡμᾶς εἰς τέλος, ὁ τῶν Πατέρων Θεός.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Τοῦ Μανασσῆ, ἐπεσώρευσας, τὰ ἐγκλήματα τῇ προαιρέσει, στήσασα ως βδελύγματα πάθη, καὶ πληθύνουσα ψυχῆ, προσωπικόματα. Ἀλλ’ 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 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. * 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 multiplying abominations. But with fervent heart emulate his repentance and
κτήσαι κατάνυξιν.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Τὸν Ἀχαὰβ παρεξήλωσας, τοῖς μιᾶσμασι ψυχῆ μου, οἴμοι! γέγονας σαρκικῶν μολυσμάτων, καταγώγιον καὶ σκεῦος αἰσχρόν τῶν παθῶν. Ἄλλῃ ἕκ βάθους σου στέναξον, καὶ λέγε θεῶ, τὰς ἀμαρτίας σου.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Ἔκλεισθη σοι, οὐρανὸς ψυχῆ, καὶ λιμὸς θεοῦ κατέλαβέ σε, ὅτε τοῖς Ἑλιοῦ τοῦ θεσβίστου, ὡς ὁ Ἀχαὰβ, ἄπειθησας λόγους ποτὲ. Ἀλλὰ τῇ Σαραφθία ὀμοιώθητι, θρέψον Προφήτου ψυχῆν.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Ἐνέπρησεν Ἑλιοῦ ποτὲ, δίς πεντήκοντα τῆς Ἱεζσαβῆλ, ὅτε τοὺς τῆς αἰσχύνης προφήτας, κατηνάλωσεν, εἰς Ἐλεγχον τοῦ Ἀχαὰβ. Ἀλλὰ φεῦγε τὴν μίμησιν τῶν δύω ψυχῆ, καὶ κραταίωθητι.

Δόξα.

Τριάς ἀπλῆ, ἀδιαιρετε, ὸμοουσίει Μονᾶς ἁγία, φωτα καὶ φῶς καὶ ἁγία τρία, καὶ ἐν ἁγίων ὑμνεῖται θεὸς ἡ Τριάς, ἄλλῃ ἀνύμνησον, δόξασον ζωὴν καὶ ζωάς, ψυχῆ τὸν πάντων θεόν.

Καὶ νῦν.

Ὑμνοῦμέν 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 Tishphath. 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
σκυνούμεν σε Θεογενήτορ, ὃτι τῆς ἀχωρίστου Τριάδος, ἀπεκύψας τὸν ἕνα Υἱὸν καὶ Θεόν, καὶ αὐτὴ προπνέωξας ἡμῖν, τοὺς ἐν γῇ τὰ ἐπουράνια.

'Ωδὴ η'. Ὁ Εἱρμὸς.

'Ον Στραταὶ οὐρανῶν δοξάζουσι καὶ φρίττει τὰ Χερουβεῖμ καὶ τὰ Σεραφεῖμ, πᾶσα πνοὴ καὶ κτίσις ύμνεῖτε, εὐλογεῖτε, καὶ ύπερψιόυτε εἰς πάντας τοὺς αἰῶνας.

'Ελέησον με, ὁ θεός, ἐλέησον με.

Δικαιοκρίτα, Σωτὴρ ἐλέησον, καὶ ῥῦσαι με τοῦ πυρός, καὶ τῆς ἀπειλῆς, ἢς μέλλω ἐν τῇ κρίσει, δικαίως ύποστήναι, ἄνες μοι πρὸ τέλους, δι' ἀρετῆς καὶ μετανοίας.

'Ελέησον με, ὁ θεός, ἐλέησον με.

Ὡς ὁ Λῃστῆς ἐκβοῦσιν Μνήσητι, ὡς Πέτρος κλαίω πικρῶς. Ἄνες μοι Σωτὴρ, κράζω ὡς ὁ Τελώνης, δακρύω ὡς ἡ Πόρνη, δέξαι μου τὸν θρήνον, καθὼς ποτὲ τῆς Χαναναίας.

'Ελέησον με, ὁ θεός, ἐλέησον με.

Τὴν σηπεδόνα, Σωτὴρ θεράπευσον, τῆς ταπεινῆς μου ψυχῆς, μόνε ἱατρέ, μάλαγμα 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
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.
Healing sickness, Christ the Word preached the good tidings to the poor. He cured the crippled, ate with publicans, and conversed with sinners. With the touch of His hand, He brought back the departed soul of Jairus' daughter.

The Publican was saved and the Harlot turned to chastity, but the Pharisee with his boasting was condemned. 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.

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.

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
Great Compline

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 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.
Μέγα Ἀπόδειπνον

Καὶ νῦν.

Τὴν Πόλιν σου φύλαττε, Θεογεννήτορ
πάναγνε’ ἐν σοί γὰρ αὐτή, πιστῶς
βασιλεύουσα, ἐν σοὶ καὶ κρατύνεται,
καὶ διὰ σοῦ νικῶσα, τροποῦται πάντα
πειρασμόν, καὶ σκυλεύει πολεμίους
καὶ διέπει τὸ ὑπῆκοον.

ʿΟ Εἱρμός.

Ασπόρου συλλήψεως, ὁ τόκος ἀνερ-
μήνευτος, Μητρὸς ἀνάνδρου, ἀσπο-
ρος ἡ κύησις. Θεοῦ γὰρ ἡ γέννησις
καινοποιεῖ τὰς φύσεις· διό σε πᾶσαι
αἱ γενεά, ὡς Θεόνυμφον Μητέρα,
ὄρθοδόξως μεγαλύνομεν.

Εἰσιστρέψατε στὴ σελίδα 25

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.

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.

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First Thursday of Great Lent Compline Canon

‘Ωδή α’. Ἡχος πλ. β’. Ὁ Εἰρμός.

Βοηθός καὶ σκεπαστὴς ἐγένετό μοι εἰς σωτηρίαν, οὐτός μου Θεός, καὶ δοξάσω αὐτὸν, Θεὸς τοῦ Πατρὸς μου καὶ υψώσω αὐτὸν ἐνδόξως γὰρ δεδόξασται.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Ὁ Ἀμνὸς ὁ τοῦ Θεοῦ, ὁ αἰρὼν πάντων τὰς ἀμαρτίας, ἄρον τὸν κλοιὸν ἀπ’ ἐμοῦ τὸν βαρύν, τὸν τῆς ἀμαρτίας, καὶ ὡς εὐσπλαγχνὸς μοι δός, δάκρυα κατανύξεως.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Σοὶ προσπίπτω Ἰησοῦ. Ἡμάρτηκα σοι, ἰλάσθητί μοι, ἄρον τὸν κλοιὸν ἀπ’ ἐμοῦ τὸν βαρύν, τὸν τῆς ἀμαρτίας, καὶ ὡς εὐσπλαγχνὸς Θεός, μετανοοῦντα δέξαι με.

Ode i. Mode pl. 2. Heirmos.

He 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.
'Ελέησόν με, ο θεός, ελέησόν με.
Μὴ εἰσέλθῃς μετ' ἑμοῦ, ἐν κρίσει φέρων μου τὰ πρακτέα, λόγους ἐκζητῶν, καὶ εὐθύνων ὄρμας, ἀλλ' ἐν οἰκτιρμοίς σου, παρορών μου τὰ δεινά, σῶσόν με Παντοδύναμη

'Ελέησόν με, ο θεός, ελέησόν με.
Μετανοίας ὁ καιρός, προσέρχομαι σοι τῷ Πλαστουργῷ μου: Ἄρον τὸν κλοιόν ἀπ' ἑμοῦ τὸν βαρύν, τὸν τής ἁμαρτίας, καὶ ως εὐσπλαγχνός μοι δός, δάκρυα κατανύξωσι.

'Ελέησόν με, ο θεός, ελέησόν με.
Τὴν οὐσίαν τῆς ψυχῆς, καταναλώσας τῇ ἁμαρτίᾳ, ἔρημός εἰμι ἁρετῶν εὐσεβῶν, λιμωττῶν δὲ κράζω. ὁ ἐλέους χορηγός, προφθάσας σὺ με οἰκτειρόν.

'Οσία τοῦ θεοῦ, πρέσβευε ύπερ ἡμῶν.
'Ὑποκύψασα Χριστοῦ, τοῖς θείοις νόμοις, τούτῳ προσήλθες, τὰς τῶν ἡδονῶν ἀκαθέκτους ὀρμας, λιποῦσα καὶ πᾶσαν, ἁρετὴν πανευλαβῶς, ως μίαν ἔκατωρθώσας.

Δόξα.
'Ὑπερούσιε Τριάς, ἥ ἐν Μονάδι προσκυνομένη, Ἄρον τὸν κλοιόν, ἀπ' ἑμοῦ τὸν βαρὺν, τὸν τῆς ἁμαρτίας, καὶ ως 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 holiness, 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
κατανύξεως.

Καὶ νῦν.

Θεοτόκε ἡ ἐλπίς, καὶ προστασία ὑμῶν, ἀπὸ ὑμῶν τὸν κλοιον, ἀπ’ ἕμοῦ τὸν βαρὺν, τὸν τῆς ἀμαρτίας, καὶ ὡς Δέσποινα ἁγνῆ, μετανοοῦντα δέξαι με.

Ωδὴ β’. Ὅ Εἰρμός.

"Ιδε, Ιδε, ὅτι ἐγὼ εἰμὶ Θεός, ὁ μάναν ἐπομβρῆσας, καὶ τὸ ὕδωρ ἐκ πέτρας, πηγάσας πάλαι ἐν ἔρημῳ τῷ λαῷ μου, τῇ μόνῃ δεξιᾷ, καὶ τῇ ἰσχύϊ τῇ ἐμῇ.

Ἐλέησον με, ὁ Θεός, ἐλέησόν με.

"Ανδρα ἀπέκτεινα, φησίν, εἰς μῶλωπα ἐμοῖ, καὶ νεανίσκον εἰς τραύμα, Λάμεχ ἑρημῶν ἐβόα· σὺ δὲ οὐ τρέμεις ὃς ψυχή μου, ὑπωθεῖσα, τὴν σάρκα καὶ τὸν νοῦν, κατασπιλώσασα.

Ἐλέησον με, ὁ Θεός, ἐλέησόν με.

Πύργον ἐσφόσω, οἴκουμησαι, ὃς ψυχή, καὶ ὀχύρωμα πῆξαι, ταῖς σαίς ἐπιθυμίαις, εἰμὴ συνέχειν ὁ κτίστης τὰς βουλὰς σου, καὶ κατέαξεν εἰς γῆν, τὰ μηχανήματά σου.

Ἐλέησον με, ὁ Θεός, ἐλέησόν με.

"Ω πῶς ἔζηλωσά, Λάμεχ τὸν πρῶην φονευτῆν, τὴν ψυχήν ὃστερ ἄνδρα, τὸν νοῦν ὡς νεανίσκον, ὡς ἄδελφον 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 Καίν
ο φονεύς, ταῖς φιληδόνοις ὅρμαῖς!

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Ἐβρεξε Κύριος, παρὰ Κυρίου πῦρ
ποτέ, ἀνομίαν ὑργῶσαν, πυρπολήσας
Σοδόμων· σὺ δὲ τὸ πῦρ ἐξέκαυσας τὸ
tῆς γεέννης, ἐν ὧν μέλλεις ψυχή,
συγκατακαίεσθαι πικρῶς.

Ἑ Μήναδος, ἐλέησόν με.

Τέτρωμαι, πέπληγμαι, ἰδοὺ τὰ βέλη
tοῦ ἐχθροῦ, τὰ καταστίξαντά μου, τὴν
ψυχήν καὶ τὸ σῶμα, ἰδοὺ τὰ
τραύματα, τὰ ἐλκί, αἱ περώσεις,
βοῶσα τὰς πληγὰς, τῶν αὐθαιρέτων
μου παθῶν.

Ὁσία τοῦ θεοῦ, πρέσβευε υπὲρ ἡμῶν.

Ὑπλώσας χεῖράς σου, πρὸς τὸν
οἰκτίρμονα Θεόν, Μαρία ἐν ἀβύσσῳ,
κακῶν βυθιζομένη, καὶ ὡς τῷ Πέτρῳ
φιλανθρώπῳς χεῖρα βοηθείας, ἔξετει-
νε τὴν σήν, ἐπιστροφῆν πάντως ζη-
tῶν.

้อย.

Ἀναρχε ἄκτιστε, Τριάς ἀμέριστο Μο-
νάς, μετανοοῦντά με δέξαι, ἡμαρ-
tηκότα σῶσον, σὸν εἴμι πλάσμα, μὴ
παρίδης, ἀλλὰ φεῖσαι καὶ ῥύσαι, 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.
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.

Establish 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.
'Ελέησόν με, ο Θεός, ελέησόν με. Επίστρεψον στέναζον, ψυχή ἄθλια πρὶν ἢ τοῦ βίου, πέρας λάβῃ ἢ πανήγυρις, πρὶν τὴν θύραν κλείσῃ, τοῦ νυμφώνος ὁ Κύριος.

'Ελέησόν με, ο Θεός, ελέησόν με. Μὴ γένῃ στήλη ἄλος, ψυχή στραφείσα εἰς τὰ ὅπισώ, τὸ ὑπόδειγμα φοβεῖτως, καὶ παράσχω, πίστει αἴτουμένοις τὴν ἀφεσιν.

Δόξα.
Μονᾶς ἀπλῆ ἀκτιστε, ἀναρχε φύσις ἢ ἐν Τριάδι, ὑμνομένη ὑποστάσεως, ἡμᾶς σώσον, πίστει προσκυνούντας τὸ κράτος σου.

Καὶ νῦν.
Τὸν ἐκ Πατρὸς ἄχρονον, Ὕλὸν ἐν χρόνῳ Θεογενῆτορ, ἀπειράνδρως ἀπεκύψας, ξένον θαῦμα! μείνασα Παρθένος θηλάζουσα.

Ὁδὴ δ’. ὁ Εἱρμός.
Ἀκήκοεν ὁ Προφήτης, τὴν ἔλευσίν σου Κύριε, καὶ ἑφοβήθη, 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 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.
On hearing about Your advent, * O Lord, the Prophet Habakkuk of old
Ἐλέησόν με, θεός, ἐλέησόν με.

Ὁ χρόνος ὁ τῆς ζωῆς μου, ὀλίγος καὶ πλήρης πόνων καὶ πονηρίας, ἀλλ' ἐν μετανοίᾳ με παράλαβε, καὶ ἐν ἐπιγνώσει ἀνακάλεσαι μή γένωμαι κτήμα, μή βρῶμα τοῦ ἀλλοτρίου. Σωτὴρ αὐτός με οὐκετείρον.

Ἐλέησόν με, θεός, ἐλέησόν με.

Βασίλειον τὴν ἀξίαν, διάδημα καὶ πορφύραν ἡμιρεσμένος, πολυκτήμον ἀνθρώπος καὶ δίκαιος, πλοῦτω ἐπιβρίθων καὶ βοσκήμασιν, ἔξαιρῃς τὸν πλούτον, τὴν δόξαν, τὴν βασιλείαν, πτωχεύσας ἀπεκείρατο.

Ἐλέησόν με, θεός, ἐλέησόν με.

Εἰ δίκαιος ἦν ἐκεῖνος, καὶ ἁμεμπτός παρὰ πάντας, καὶ οὐκ ἀπέδρα, τὰ τοῦ πλάνου ἑνεδρα καὶ σκάμματα, σὺ φιλαμαρτήμον οὐδα τάλαινα, ψυχὴ τὶ ποιήσεις, ἓν τι τῶν ἄδοκήτων, συμβῇ ἐπενεχθῆναι σοι;

Ἐλέησόν με, θεός, ἐλέησόν με.

Ὑψήγορος νῦν ὑπάρχω, θρασὺς δὲ καὶ τὴν καρδίαν, εἰκῆ καὶ μάτιν· μὴ τῷ Φαρισαίῳ συγκαταδικάσῃ με, μᾶλλον τοῦ Τελώνου τὴν ταπείνωσιν, 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
Μέγα Ἀπόδειξιν

παράσχου μοι μόνε οἰκτίρμον, δικαιοκρίτα, καὶ τούτῳ συναρίθμησον.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Ἐξήμαρτον ἐνυβρίσας, τὸ σκέυος τὸ τῆς σαρκὸς μου, οἶδα οἰκτίρμον, ἀλλ’ ἐν μετανοίᾳ με παράλαβε, καὶ ἐν ἐπιγνώσει ἀνακάλεσαι, μὴ γένωμαι κτήμα, μὴ βρῶμα τοῦ ἀλλοτρίου. Σωτὴρ αὐτός με οἰκτειρόν.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Αὐτείδωλον ἐγενόμην, τοῖς πάθεσι τὴν ψυχήν μου καταμολύνας, ἀλλ’ ἐν μετανοίᾳ με παράλαβε, καὶ ἐν ἐπιγνώσει ἀνακάλεσαι, μὴ γένωμαι κτήμα, μὴ βρῶμα τοῦ ἀλλοτρίου. Σωτὴρ αὐτός με οἰκτειρόν.

Ἐλέησόν με, ὁ θεός, ἐλέησόν με.

Οὐκ ἠκουσα τῆς φωνῆς σου, παρῆκουσα τῆς γραφῆς σου τὸν Νομοθέτου, ἀλλ’ ἐν μετανοίᾳ με παράλαβε, καὶ ἐν ἐπιγνώσει ἀνακάλεσαι, μὴ γένωμαι κτήμα, μὴ βρῶμα τοῦ ἀλλοτρίου, Σωτὴρ αὐτός με οἰκτειρόν.

Ὄσια τοῦ θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Μεγάλων ἀτοπημάτων, εἰς βάθος κατενεχθείσα, οὐ κατεσχέθης, ἀλλ’ ἀνέδραμες λογισμῷ 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
Great Compline

Μαρία καταπλήξασα.

Δόξα.

Άμεριστον τῇ οὐσίᾳ, ἀσύγχυτον τοῖς προσώποις θεολογώ σε, τὴν Τρια-
δικήν μίαν Θεότητα, ὡς Ὄμοβασίλειου καὶ σύνθρονον, βοῶ σοι τὸ Ἄσμα, τὸ
μέγα, τὸ ἐν ψύστοις, τρισσῶς ύμνο-

καὶ σύνθρονον.

Kαι νῦν.

Kaὶ τίκτεις καὶ παρθενεύεις, καὶ μένεις δι᾽ ἀμφοτέρων, φύσει Παρ-
θένος, ὃ τεχθεὶς καινίζῃ νόμους φύσε-
ως, ἡ νηδὺς δὲ κὺ εἰ μὴ λοχεύουσα, θεὸς ὁποῦ θέλει, νικάται φύσεως
tάξις· ποιεῖ γὰρ ὅσα βούλεται.

'Ωδή ε΄. Ὅ Εἰρμός.

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

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Τὴν χαμαὶ συγκύπτουσαν μιμοῦ ὃ
ψυχῆ, 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 ύπάρχεις βαθύ,
βλυσόν μοι νάματα, ἐξ ἄχραντων 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.

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.

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 Σαμαρείτις, μηκέτι πίνων διψῶ ζωῆς γὰρ ρεῖθρα βρύεις.

Ἐλησόν με, ὁ θεός, ἐλησόν με.
Σιλωάμ γενέσθω μοι τὰ δάκρυα μου, Δέσποτα Κύριε, ἵνα νιψωμαι κάγω, τὰς κόρας τῆς καρδίας, καὶ ἰδὼ σε νοερῶς, τὸ φῶς τὸ πρὸ αἰώνων.

Ὅσιά τοῦ θεοῦ, πρέσβευε ὑπέρ ἡμῶν.
Ἀσυγκρίτω ἔρωτι πανόλβει, ξύλον ποθήσασα, προσκυνήσαι τοῦ Σταυροῦ, ἥξισαι τοῦ πόθου, ἀξιωσον οὖν κάμε, τυχεῖν τῆς ἄνω δόξης.

Δόξα.
Σὲ Τριὰς δοξάζομεν τὸν ἔνα Θεόν, Ἀγιος, Ἅγιος, Ἅγιος εἶ ὁ Πατήρ, ὁ Υἱὸς καὶ τὸ Πνεῦμα, ἀπλὴ σοῦσια Μονᾶς, ἀεὶ προσκυνομένη.

Καὶ νῦν.
Ἐκ σοῦ ἡμφιάσατο τὸ φύραμά μου, ἀφθορε ἄνανδρε, Μητροπάρθενε Θεός, ὁ κτίσας τοὺς αἰώνας, καὶ ἤνωσεν ἑαυτῷ, τὴν τῶν ἀνθρώπων φύσιν.

Ὡδὴ 5'. Ὅ Ειρμός.
Ἐβόησα, ἐν ὅλῃ καρδίᾳ μου, πρὸς τὸν οἰκτίρμονα Θεόν, καὶ ἐπήκουσέ μου, ἐξ Ἁδου 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-
Great Compline

φθοράς τὴν ζωήν μου.

'Ελέησόν με, ὁ θεός, ἐλέησόν με.

'Εγώ εἰμι, Σωτήρ ἡν ἀπώλεσας, πάλαι βασιλείων δραχμήν, ἀλλ' ἀνάψας λύχνων, τὸν Πρόδρομόν σου Λόγε, ἀναζήτησον, καὶ εὕρε τὴν σὴν εἰκόνα.

'Ελέησόν με, ὁ θεός, ἐλέησόν με.

Ἀντίστηθι, καὶ καταπολέμησον, ώς Ἰησοῦς τὸν Ἀμαλήκ, τῆς σαρκὸς τὰ πάθη, καὶ τοὺς Γαβαωνίτας, τοὺς ἀπατηλοὺς λογισμοὺς, ἀεὶ νικῶσα.

Ὁσία τοῦ θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ἅνα παθῶν, φλογιμὸν κατασβέσῃς, δακρύων ἐβλυζεῖς ἀεί, ὀχετοὺς Μαρία, ψυχὴν πυρπολομένην, ὃν τὴν χάριν νέμοις, κάμοι τῷ σῷ οἴκετη.

Ὅσία τοῦ θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ἀπάθειαν, ἐκτήσω οὐράνιον, δι' ἀκροτάτης ἐπὶ γῆς, πολιτείας, Μῆτερ· διὸ τοὺς σὲ ὑμνοῦντας, ἐκ παθῶν ῥυσθῆλαι, πρεσβείαις σου δυσώπει.

Δόξα.

Τριάς εἰμί, ἀπλὴ ἀδιαίρετος, διαιρετὴ προσωπικῶς, καὶ Μονὰς ὑπάρχω, τῇ φύσει ἴνωμένη. Ὅ 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.

Ὁσία τοῦ θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

圬ν ἁπλὴ σοφία, ἀδιαλείπτος, προσωπικὰς ὑπάρχει, τῇ φύσει ἴνωμένην. Ὀ Πατὴρ φησιν, ὁ 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 un-divided, yet divided in Persons, and I am the Unity by Nature one," says the

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Μέγα Ἀπόδειξιν πονον

Τὸ διὸ καὶ θεῶν Πνεύμα.

Καὶ νῦν.

Ἡ μῆτρα σου, Θεόν ἡμῖν ἔτεκε, μεμορφωμένον καθ’ ἡμᾶς, ἀλλ’ ὡς Κτίστην πάντων, δυσώπει Θεοτόκε, ἵνα ταῖς πρεσβείας, ταῖς σαῖς δικαϊωθῶμεν.

Κοντάκιον. Ἡχος πλ. β.’.

Ψυχή μου ψυχή μου, ἀνάστα, τί καθεύδεις; τὸ τέλος ἐγγίζει, καὶ μέλλεις θορυβεῖσθαι ἀνάνηψον οὖν, ἵνα φείσηται σου Χριστὸς ὁ Θεός, ὁ πανταχοῦ παρών, καὶ τὰ πάντα πληρῶν.

Ὡθῆ ζ’. Ὅ Εἰρμός.

Ἡμάρτομεν, ἦνομήσαμεν, ἡδικήσαμεν ἐνώπιόν σου, οὐδὲ συνετήρησαμεν, οὐδὲ ἐποίησαμεν, καθὼς ἐνετείλω ἡμῖν, ἀλλὰ μὴ παραδώψῃς ἡμᾶς εἰς τέλος, ὁ τῶν Πατέρων Θεός.

Ἐλήπησόν με, ὁ Θεός, ἐλήπησόν με.

Ἐξέλιπον, αἱ ἡμέραι μου, ὡς ἐνύπνιον ἐγειρομένου ὃθεν ὡς Ἐζεκίας δακρύω, ἐπὶ κλίνης μου προσθηκαί μοι χρόνους ζωῆς. Ἀλλὰ τίς Ἦσαῖας, παραστήσεται μοι ψυχή, εἰ μή 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.

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.

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?
'Ελέησον με, ο θεός, ελέησον με.

Προσπίπτω σοι, καὶ προσάγω σοι, ὥσπερ δάκρυα τὰ ῥήματά μου, ἠμαρτόν, ως οὐχ ἠμαρτε Πόρνη, καὶ ἡνόμισα, ως ἄλλος οὕδεις ἐπὶ γῆς. Ἄλλ’ οἰκτείρησον Δέσποτα τὸ ποιήμά σου, καὶ ἀνακάλεσαι με.

'Ελέησον με, ο θεός, ελέησον με.

Κατέχρωσα, τὴν εἰκόνα σου, καὶ παρέφθειρα τὴν ἐντολήν σου, δὸλον ἀπημαυρώθη τὸ κάλλος, καὶ τοῖς πάθεσιν ἑσβέσθη Σωτήρ ἡ λαμπάς’ ἄλλ’ οἰκτείρας ἁπόδοος μοι, ως ψάλλει Δαυΐδ τὴν ἀγαλλίαισιν.

'Ελέησον με, ο θεός, ελέησον με.

'Επίστρεψον, μετανόησον, ἀνακάλυψον τὰ κεκρυμμένα, λέγε Θεῷ τῷ τὰ πάντα εἰδότι. Σὺ γινώσκεις μοι τὰ κρύφια μόνε Σωτήρ, καὶ αὐτός με ἐλέησον, ως ψάλλει Δαυΐδ, κατὰ τὸ ἔλεος σου.

Ὄσια τοῦ θεοῦ, πρέσβευε υπέρ ἡμῶν.

Βοήσασα, πρὸς τὴν ἄχραντον, Θεομήτορα πρὶν ἀπεκρούσω, λύσαν παθῶν βιαίων ὀχλούντων, καὶ κατήςχυνας, ἔχθρον τὸν πτερνίσαντα. Ἀλλὰ δὸς νῦν βοήθειαν ἐκ θλήψεως, κἀμοι τῷ δούλῳ σου.

Ὄσια τοῦ θεοῦ, πρέσβευε υπέρ ἡμῶν.

"Ον ἔστερξας, δν ἐπόθησας, δι’ δν ἔτηξας σάρκας Ὁσία, αἰτήσαι 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
You are seeking Your mercy: I bring of my tears. Like the Harlot, I cry out empty on Your head the alabaster box as precious ointment, O Savior, I 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 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.

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

Μέγα Ἀπόδειξιν

Χριστὸν ὑπὲρ δούλων, ὡς ὑλεῖς γενόμενος πάσιν ἥμιν, εἰρηναίαν κατάστασιν βραβεύσει, τοὺς σεβομένους αὐτὸν.

Δόξα.

Τριάς ἀπλή, ἀδιαίρετε, Ὑμοιούσιε Μονᾶς ἁγία, φῶτα καὶ φῶς καὶ ἁγία τρία, καὶ ἐν ἁγίον ὑμνεῖται Θεός ἡ Ἕας, ἀλλ' ἁνύμνησον, δόξασον ἥμιν καὶ ἥμιν, ψυχή τὸν πάντων Θεόν.

Και νῦν.

Ὑμνοῦμέν σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε Θεογενῆτωρ, ὁ τῆς ἁχωρίστου Τριάδος, ἀπεκύψας τὸν ἔνα Υἱόν καὶ Θεόν, καὶ αὐτῇ προηνεύξας ἥμιν, τοὺς ἐν γῇ τὰ ἐπουράνια.

Ὅτε η'. Ὁ Εἱρμός.

Ὁ Στραταί οὐρανῶν δοξάζουσι καὶ φρίττει τὰ Χερουβεῖμ καὶ τὰ Σεραφεῖμ, πᾶσα πνοή καὶ κτίσις ὑμνεῖτε, εὐλογείτε, καὶ ὑπερψυχεῖτε εἰς πάντας τοὺς αἰῶνας.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Τὸ τῶν δακρύων, Σωτὴρ ἀλάβαστρον, ὡς μύρον κατακεῖνων, ἐπὶ κεφαλῆς, κράζω σοι ὡς ἡ Πόρνη, τὸν ἔλεεν ζητοῦσα, δέησον προσάγω, καὶ ἀφεσίν αἰτῶ λαβεῖν με.
The holy Zosimas was struck with faith. Give light to those who praise you who received the grace of the Spirit, sets illumined you and freed you from the darkness of the passion, 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.

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.

Holy Mother Mary, pray to God for us.

The holy Zosimas was struck with amazement, O Mother, beholding in
"Αγγελον γὰρ ἐώρα, ἐν σώματι καὶ θάμβους, ὁλός ἐπληροῦτο, Χριστὸν ὕμνών εἰς τοὺς αἰώνας.

Εὐλογοῦμεν Πατέρα, Υἱόν, καὶ Άγιον Πνεύμα.

"Αναρχε Πάτερ, Υἱὲ συνάρωπε, Παράκλητο ἀγαθε, Πνεύμα τὸ εὐθές, Δόγου Θεοῦ Γεννήτορ, Πατρὸς ἀνάρχου Λόγη, Πνεύμα ζῶν καὶ κτίζον. Τριάς Μονᾶς ἐλέησόν με.

Καὶ νῦν.

Ὡς ἐκ βαφῆς, ἀλουργίδος Ἀχραντε, ἡ νοητή πορφυρίς, τοῦ Ἐμμανουήλ, ἐνδὸν ἐν τῇ γαστρὶ σου, ἡ σάρξ συνε-ξυφάνθη· θεῖν Θεοτόκον, ἐν ἀληθεία σε τιμῶμεν.

Ὀδηθ’. Ὡ Ειρμός.

Ἀσπόρου συλλήψεως, ὁ τόκος ἄνερ-μήνευτος, Μητρὸς ἀνάνδρου, ἀσπορο-ρος ἡ κύσης. Θεοῦ γὰρ ἡ γέννησις καινοποιεῖ τὰς φύσεις· διό σε πᾶσαι αἱ γενεαί, ὡς Θεόνυμφον Μητέρα, ὀρθοδόξως μεγαλύνομεν.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Σπλαγχνίσθησι σῶσόν με, Υἱὲ Δαυίδ ἔλεησον, ὁ δαιμόνωντας, λόγῳ ἱασά-μενος, φωνήν δὲ τὴν εὐσπλαγχνον, ὡς τῷ Δηστῇ μοι φράσον· Ἀμήν 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 Emmanuel, His flesh, was woven in your womb. Therefore, we honor you as Theotokos 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.

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
διεποστύσσας Ἀδεκματικῶς παραλήμενον εἰς Ἀπροσήλωμα, ἡ Ἕγχνεσυνεκράλ Λέντα ἐπίγνωθι ἡ οὐιν θύραν, τῆς ἐνδόξου βασιλείας σου.

Adobe FON Meclo

Διψᾶς κατηγόρει σοι, Διψῆς ἔθεολόγει σοί. ἀμφότεροι γάρ, σταυρῷ συνεκρέμαντο, ἀλλ' ὁ Πολυεύσταλγχνε, ὥς τῷ πιστῷ Διψῆ σου, τῷ ἐπιγνόντι σε Θεόν, κάμοι ἄνοιξον τὴν θύραν, τῆς ἐνδόξου βασιλείας σου.

Ἄξιος μετανοίας, καρποὺς μὴ ἀπαιτήσῃς με· ἢ γὰρ ἴσχὺς μου, ἐν ἐμοὶ ἔξελιπε, καρδιάν μοι δώρησαι, ἀεὶ συντετριμμένην, πτωχεῖαν δὲ πνευματικῆν, ἵνα ταῦτα σοι προσοίσω, ὡς δεκτὴν θυσίαν μόνε Σώτήρ.

Ὅσια τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ἀπάσας ἐξέστησας, τῇ ξένῃ πολιτείᾳ σου, Ἀγγέλων τάξεις, βροτῶν τὰ συστήματα, ἁυλῶς βιώσασα, καὶ φύσιν υπερβᾶσα, ἀνθ' ὄν ὡς ἁυλὸς τοῖς ποσίν, ἐπιβαίνουσα Μαρία, Ἰορδάνην διεπέρασας.
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.
‘Ο Εἱρμός.

Ασπόρου συλλήψεως, ὁ τόκος ἀνερμήνευτος, Μητρὸς ἀνάνδρου, ἀσπορος ἡ κύησις. Θεοῦ γὰρ ἡ γέννησις καινοποιεῖ τὰς φύσεις· διὸ σὲ πᾶσαι αἱ γενεαὶ, ὡς Θεόνυμφον Μητέρα, ὀρθοδόξως μεγαλύνομεν.

Επιστρέψατε στὴ σελίδα 25

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.

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