

Ἦχος πλ. δ'

Δέσποινα, πρόσδεξαι τὰς δεήσεις τῶν δούλων σου, καὶ λύτρωσαι ἡμᾶς, ἀπὸ πάσης ἀνάγκης καὶ θλίψεως.

Ἦχος β'

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

(Κατὰ τὴν περίοδον τοῦ 15 Αὐγούστου εἰθίσται ἵνα ψάλλωνται, ἀντὶ τῶν ἀνωτέρω Θεοτοκίων, τὰ ἐπόμενα Ἐξαποστειλάρια, κατ' ἔθος Ἀθηναϊκόν.)

Ἦχος γ'

Ἀπόστολοι ἐκ περάτων, συναθροισθέντες ἐνθάδε, Γεθσημανῆ τῷ χωρίῳ, κηδεύσατέ μου τὸ σῶμα, καὶ σύ, Υἱὲ καὶ Θεέ μου, παράλαβέ μου τὸ πνεῦμά.

Ὁ γλυκασμὸς τῶν Ἀγγέλων, τῶν θλιβομένων ἢ χαρᾶ, χριστιανῶν ἢ προστάταις, Παρθένε Μήτηρ Κυρίου, ἀντιλαβού μου καὶ ῥύσαι, τῶν αἰωνίων βασάνων.

Καὶ σέ μεσίτριαν ἔχω, πρὸς τὸν φιλάνθρωπον Θεόν, μή μου ἐλέγξῃ τὰς πράξεις, ἐνώπιον τῶν Ἀγγέλων, παρακαλῶ σε, Παρθένε, βοήθησόν μοι ἐν τάχει.

Χρυσοπλοκώτατε πύργε, καὶ δωδεκάτεχε πόλις, ἡλιοστάλακτε θρόνε, καθέδρα τοῦ Βασιλέως, ἀκατανόητον θαῶμα, πῶς γαλουχεῖς τὸν Δεσπότην;

Ἱερεῦς: Δι' εὐχῶν τῶν Ἁγίων Πατέρων ἡμῶν...

Χορός: Ἀμήν.

Tone 4 Plagal

Lady, do you receive, from your servants, their many prayers; and deliver all of us from all sadness and necessity.

Tone 2

My numerous hopes are placed before you, most holy One; Mother of our God, guard me with care, within your sheltered arms.

(During the period from the 1st to the 15th of August, instead of chanting the previous Theotokion, we chant the following Exapostilaria.)

Tone 3

O Apostles assembled gathered from earth's far reaches in the vale of Gethsemane, lay now to rest my body. And You, my Son and my God, receive from me now my spirit.

You are the sweetness of angels. You are the joy of those distressed and the Protection of Christians. O Virgin Mother of our Lord, be now my helper and save me from everlasting torment.

Before our God who loves mankind, you are the one who intercedes. Before the host of the angels do not reveal what I have done. I come, O Virgin, entreating that you will swiftly help me.

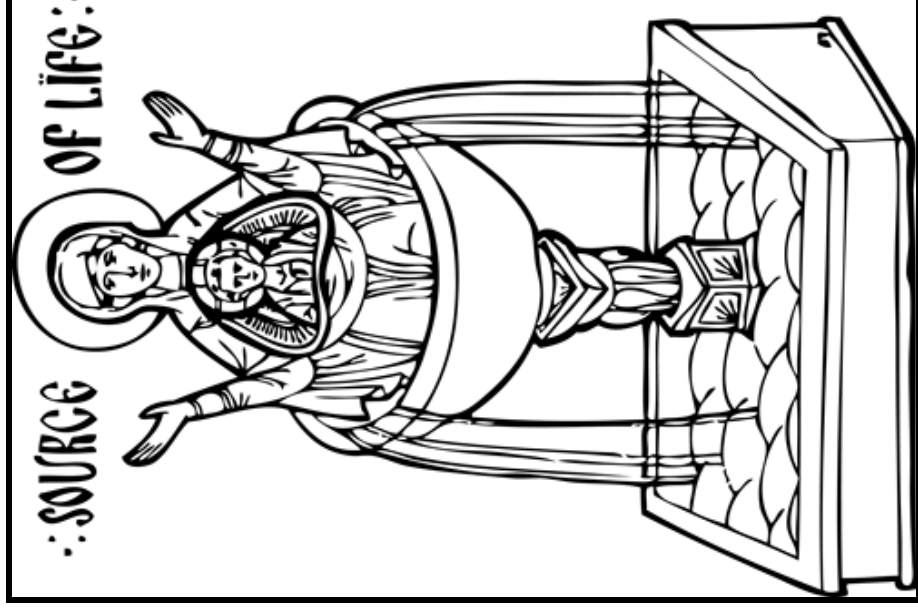
You are a gold-adorned tower, a glorious twelve-walled city; a shining throne lit with sunbeams fit for the King of all things. O great wonder beyond what we can know! How do you nurse the master?

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

People: Amen.

SERVICE OF THE SMALL PARAKLESIS

SUPPLICATORY CANON



by Theosteriktos the Monk

English Translation by Fr. N. M. Vaporis

Canon, Kontakion, Megalyrnaria, and Exapostilaria texts by N. Takis.
Other hymn texts by Kangelaris and Kasemeteotes.

The Service of the Small Paraklesis

by Theosteriktos the Monk

The service of the Small Paraklesis is chanted in times of distress and sorrow of soul and during the first fourteen days of August.

Ἱερεὺς: Εὐλόγητός ὁ Θεός ἡμῶν, πάντοτε, νύν, καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

Priest : Blessed is our God always, now and forever and to the ages of ages.

Χορός: Ἀμήν.

People : Amen.

Ψαλμὸς 142

Psalms 142

Κύριε, εισάκουσον τῆς προσευχῆς μου, ἐνώπιον τῆν δέησίν μου ἐν τῇ ἀληθείᾳ σου, εἰσάκουσόν μου ἐν τῇ δικαιοσύνῃ σου· Καὶ μὴ ἐσεέλθῃς εἰς κρίσιν μετὰ τοῦ δούλου σου, ὅτι οὐ δικαιωθήσεται ἐνώπιον σου πᾶς ζῶν. Ὅτι κατεδίωξεν ὁ ἐχθρὸς τὴν ψυχὴν μου· ἐταπεινώσεν εἰς γῆν τὴν ζωὴν μου. Ἐκάθισέ με ἐν σκοτεινοῖς ὡς νεκροῦς αἰώνος· καὶ κηρδίασεν ἐπ' ἐμέ το πνεῦμα μου, ἐν ἐμοὶ ἐταράχθη ἡ καρδίᾳ μου.

Εἰμνήσθην ἡμερῶν ἀρχαίων, ἐμελέτησα ἐν πᾶσι τοῖς ἔργοις σου, ἐν ποιήμασι τῶν χειρῶν σου ἐμελέτην. Διεπέτασα πρὸς σε τὰς χεῖράς μου, ἡ ψυχὴ μου ὡς γῆ ἀνυδρὸς σοι. Τὰχὺ εἰσάκουσόν μου, Κύριε, ἐξέλυτε το πνεῦμα μου. Μὴ ἀποστρέψῃς το πνεῦμα μου ἀπ' ἐμοῦ, καὶ ομοιωθήσῃμαι τοῖς καταβάνουσιν εἰς λάκκον. Ἀκουστὸν ποιήσόν μοι το πρῶτό το ἔλεός σου, ὅτι ἐπὶ σοι ἠλπισα. Γνωρίσόν μοι, Κύριε, ὁδὸν ἐν ἣ πορεύσομαι, ὅτι πρὸς σε ἦρα τὴν ψυχὴν μου. Ἐξέλυθ' με ἐκ τῶν ἐχθρῶν μου, Κύριε, πρὸς σε κατέφυγον· διδάξον με τοῦ ποιῆν το θέλημά σου, ὅτι σὺ εἶ ὁ Θεός μου. Το πνεῦμα σου το αγαθὸν ὡδήγησέ με ἐν γῆ εὐθείᾳ· ἔνεκεν τοῦ ονόματος σου, Κύριε, ζήσεις με. Ἐν τῇ δικαιοσύνῃ σου ἐξέλιξ' ἐκ θλίψεως τὴν ψυχὴν μου, καὶ ἐν τῷ ἐλέει σου ἐξολοθρεύσεις τοὺς ἐχθρούς μου· καὶ ἀπολείς πάντας

O Lord, hear my prayer, give ear to my supplications in Your truth; hear me in Your righteousness. Do not enter into judgment, with Your servant, for in Your sight no one living is justified.

For the enemy has persecuted my soul; he has crushed my life to the ground; he has made me dwell in darkness, like those who have long been dead, and my spirit is overwhelmed within me; my heart within me is distressed. I remembered the days of old; I meditated on all Your works: I pondered on the work of Your hands. I spread out my hands to You; my soul longs for You, like a thirsty land.

Hear me quickly, O Lord; my spirit fails. Do not turn Your face away from me, lest I be like those who go down into the pit. Cause me to hear Your mercy in the morning, for in You I have put my trust. Cause me to know, O Lord, the way in which I should walk, for I lift up my soul to You. Rescue me, lord, from my enemies; to You have I fled for refuge. Teach me to do Your will, for You are my God. Your good Spirit shall lead me in the land of uprightness. For Your name's sake, O Lord, You shall quicken me. In Your righteousness You shall bring my soul out of trouble, and in Your mercy, You

Δόξα σοὶ ὁ Θεός, ἡ ἐλπίς ἡμῶν, Κύριε, δόξα σοί. Χριστός ὁ ἀληθινὸς Θεός ἡμῶν ταῖς πρεβείαις τῆς παναρχάντου καὶ παναμίμου ἁγίας Ἀβροῦ μητρός, δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ, προστασίας τῶν τιμίων ἐπουρανίων Δυναμέων ἁσωμάτων, ἰκεσίας τοῦ τιμίου, ἐνδόξου, προφήτου Προδρόμου καὶ Βαπτιστοῦ Ἰωάννου, τῶν ἁγίων, ἐνδόξων καὶ πανευφημίων Ἀποστόλων, τῶν ἁγίων ἐνδόξων καὶ καλλινικῶν Μαρτύρων, τῶν ὁσίων καὶ θεοφόρων Πατέρων ἡμῶν, (τοῦ Ναοῦ) τῶν ἁγίων καὶ δικαίων Θεοπατέρων Ἰωακείμ καὶ Ἄννης, τοῦ ἁγίου (τῆς ἡμέρας) οὐ καὶ τὴν μνήμην ἐπιτελούμεν, καὶ πάντων τῶν Ἁγίων, ἐλέησαι καὶ σῶσαι ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος καὶ ἐλεήμων Θεός.

Ἦχος β' Ὅτε ἐκ τοῦ ζύλου

Πάντων προστατεύεις, Ἀγαθὴ, τῶν καταφευγόντων ἐν πίστει τῇ κραταίᾳ σου χειρὶ, ἄλλην γὰρ οὐκ ἔχομεν ἁμαρτωλοὶ πρὸς Θεόν, ἐν κινδύνους καὶ θλίψεσιν, αἱεὶ μεστειᾶται, οἱ κατακαμπτόμενοι ὑπὸ πταισμάτων πολλῶν, Μητέρα τοῦ Θεοῦ τοῦ Ὑψίστου, ὅθεν σοὶ προσπίπτομεν, Ἦρσαι πάσης περιστάσεως τοὺς δούλους σου.

Πάντων θλιβομένων ἡ χαρὰ, καὶ ἀδικουμένων προστατίς, καὶ πενομένων τροφή, ξένων τε παράκλησις, καὶ βακτηρία τυφλῶν, ἀσθενούντων ἐπίσκεψις, καταπονουμένων σκέπη καὶ ἀντίληψις, καὶ ὀρφανῶν βοήθης, Μητέρα τοῦ Θεοῦ τοῦ Ὑψίστου, σὺ ὑπάρχεις, Ἄχραντε, σπεῦσον, δούσωπούμεν, ῥύσασθαι τοὺς δούλους σου.

Priest : Glory to You, O God, our hope, glory to You. May Christ our true God, through the intercessions of Your all-pure and blameless holy Mother; of the holy glorious and praise-worthy Apostles; of the holy glorious and triumphant martyrs; of (the Saint of the Church); of the holy righteous ancestors of God Joachim and Anna; of Saint (name) whose memory we celebrate today; and of all the Saints, have mercy and save us, as a good and loving God.

(The Christian faithful reverence the icon of the Theotokos while the following troparia are chanted.)

Tone 2

To all who in faith have fled to you, with your mighty hand you give shelter, for you are loving and good. We who sin have none but you to intercede with our God and unceasingly pray to Him. We bow down before you, burdened by our many faults and the afflictions of sin. Mother of our God in the highest, humbly we bow down here before you. Keep your servants safe from all adversity.

For all in great sorrow, you are joy; for all those oppressed, a defender; a guiding staff to the blind; to the sick, a visitor; to those who hunger, a meal; to the strangers, a kindly word assistance to orphans; shelter and defending shield to the defeated and weak. Mother of our God in the highest, harken to our plea as we cry out: Hasten to your servants and deliver us.

<p>και βοηθειάς υπέρ τωντων είποιμεν. Χορός: Κύριε ἐλέησον (3)</p>	<p>the Paraklesis is sung.) People: Lord, have mercy (3).</p>	<p>shall utterly destroy my enemies. And you shall destroy all those who afflict my soul; for I am Your servant.</p>
<p>Διάκονος: Ἐπι δεόμεθα ὑπὲρ τοῦ διαφυλαχθῆναι τὴν ἁγίαν Ἐκκλησίαν και τὴν πόλιν ταύτην, και πᾶσαν πόλιν και χώραν ἀπὸ ὀργῆς, λοιμοῦ, λιμοῦ, σεισμοῦ, καταποντισμοῦ, πυρῶς, μαχαίρας, ἐπιδρομῆς ἀλλοφύλων, ἐμφιλίου πολέμου, και αἰφνιδίου θανάτου, ὑπὲρ τὸν ἕλεον, εὐμενῆ και εὐδιάλακτον, γενέσθαι τὸν ἀγαθὸν και φιλάνθρωπον Θεὸν ἡμῶν, τοῦ ἀποστρέψαι καί, διασκεδάσαι πᾶσαν ὀργὴν και νόσον, τὴν καθ' ἡμῶν κινουμένην, και ῥύσασθαι ἡμᾶς ἐκ τῆς ἐπικειμένης δικαίας αὐτοῦ ἀπειλῆς, και ἐλέησαι ἡμᾶς.</p>	<p>Ἦχος δ' Θεὸς Κύριος, και ἐπέφρανεν ἡμῖν, εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου. Στίχ. α'. Ἐξομολογεῖσθε τῷ Κυρίῳ, και ἐπικαλεῖσθε τὸ ὄνομα τὸ ἅγιον αὐτοῦ. Θεὸς Κύριος, και ἐπέφρανεν ἡμῖν, εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου. Στίχ. β'. Πάντα τὰ ἔθνη ἐκύκλωσάν με, και τὸ ὄνοματι Κυρίου ἤμυνάμην αὐτοῦς.</p>	<p>The Lord is God and has revealed Himself to us, blessed is he who comes in the name of the Lord. Vs. 1. Give thanks to the Lord and call upon His holy name. The Lord is God and has revealed Himself to us, blessed is he who comes in the name of the Lord. Vs. 2. All the nations have surrounded me, but in the name of the Lord, I have overcome them. The Lord is God and has revealed Himself to us, blessed is he who comes in the name of the Lord. Vs. 3 This has been done by the Lord, and it is wonderful in our eyes. The Lord is God and has revealed Himself to us, blessed is he who comes in the name of the Lord.</p>
<p>Χορός: Κύριε ἐλέησον (3) Διάκονος: Ἐπι δεόμεθα και ὑπὲρ τοῦ εισακοῦσαι Κύριον τὸν Θεὸν φωνῆς τῆς δεήσεως ἡμῶν τῶν ἁμαρτωλῶν, και ἐλέησαι ἡμᾶς.</p>	<p>Ἦχος δ' Τη Θεοτόκω ἐκτενωῶς νῦν προσδράμωμεν, ἁμαρτωλοὶ και ταπεινοὶ, και προσπέσωμεν ἐν μετανοίᾳ, κρίζοντες ἐκ βλάβους ψυχῆς, Δέσποινα, βοήθησον ἐφ' ἡμῖν σπλαγχνισθεῖσα, σπεῦσον, πολλύμεθα ὑπὸ πλήθους πταισμάτων, μὴ ἀποστρέψῃς σοῦς δούλους κενούς, σὲ γὰρ και μόνην ἐλπίδα κεκτήμεθα.</p>	<p>Vs. 1. Give thanks to the Lord and call upon His holy name. The Lord is God and has revealed Himself to us, blessed is he who comes in the name of the Lord. Vs. 2. All the nations have surrounded me, but in the name of the Lord, I have overcome them. The Lord is God and has revealed Himself to us, blessed is he who comes in the name of the Lord. Vs. 3 This has been done by the Lord, and it is wonderful in our eyes. The Lord is God and has revealed Himself to us, blessed is he who comes in the name of the Lord.</p>
<p>Χορός: Κύριε ἐλέησον (3) Ἱερεὺς: Ἐπάκουσον ἡμῶν, ὁ Θεός, ὁ Σωτὴρ ἡμῶν, ἡ ἐλπίς πάντων τῶν περᾶτων τῆς γῆς και τῶν ἐν θαλάσῃ μακρᾶν, και ἕλεως, ἕλεως γενεῶν ἡμῖν, Δέσποτα ἐπὶ ταῖς ἁμαρτίας ἡμῶν, και ἐλέησον ἡμᾶς.</p>	<p>Ἦχος δ' Τη Θεοτόκω ἐκτενωῶς νῦν προσδράμωμεν, ἁμαρτωλοὶ και ταπεινοὶ, και προσπέσωμεν ἐν μετανοίᾳ, κρίζοντες ἐκ βλάβους ψυχῆς, Δέσποινα, βοήθησον ἐφ' ἡμῖν σπλαγχνισθεῖσα, σπεῦσον, πολλύμεθα ὑπὸ πλήθους πταισμάτων, μὴ ἀποστρέψῃς σοῦς δούλους κενούς, σὲ γὰρ και μόνην ἐλπίδα κεκτήμεθα.</p>	<p>Vs. 1. Give thanks to the Lord and call upon His holy name. The Lord is God and has revealed Himself to us, blessed is he who comes in the name of the Lord. Vs. 2. All the nations have surrounded me, but in the name of the Lord, I have overcome them. The Lord is God and has revealed Himself to us, blessed is he who comes in the name of the Lord. Vs. 3 This has been done by the Lord, and it is wonderful in our eyes. The Lord is God and has revealed Himself to us, blessed is he who comes in the name of the Lord.</p>
<p>Χορός: Κύριε ἐλέησον (3) Ἱερεὺς: Ὅτι ἐλεήμων και φιλάνθρωπος Θεός υπάρχεις, και σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ και τῷ Υἱῷ και τῷ Ἁγίῳ Πνεύματι, νῦν και αἰεὶ και εἰς τοὺς αἰῶνας των αἰώνων.</p>	<p>Δόξα...</p>	<p>Glory to the Father and the Son and the Holy Spirit.</p>

Το Απολυτίκιον του Ναού

Καὶ νῦν...

Ὁὐ σιωπήσωμέν ποτε, Θεοτόκε, τὰς
δυναστείας σου λαλεῖν οἱ ἀνάξιοι εἰμὴ
γάρ σὺ προΐστατο πρεσβεύουσα, τίς
ἡμᾶς ἐρρύσατο ἐκ τοσοῦτων κινδύνων;
Τίς δὲ διεφύλαξεν ἕως νῦν ἐλευθέρους;
Ὁὐκ ἀποστῶμεν, Δέσποινα, ἐκ σοῦ,
σοὺς γὰρ δούλους σώξεις ἀεὶ, ἐκ
παντοίων δεινῶν.

Και ο Ν' Ψαλμὸς γύμνα:

Ἐλεησὼν με, ὁ Θεός, κατὰ τὸ μέγα
ἔλεός σου καὶ κατὰ τὸ πλήθος τῶν
οἰκτιρμῶν σου ἐξάλειψον τὸ ἀνόμιμά
μου· ἐπὶ πλεῖον πλύνον με ἀπὸ τῆς
ἀνομιᾶς μου καὶ ἀπὸ τῆς ἁμαρτίας μου
καθάρισόν με. Ὅτι τὴν ἀνομιαν μου
ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία μου
ἐνώπιόν μου ἐστὶ διαπαντός. Σοὶ μόνω
ἤμαρτον καὶ τὸ πονηρὸν ἐνώπιόν σου
ἐποίησα, ὅπως ἂν δικαιωθῆς ἐν τοῖς
λόγοις σου, καὶ νικήσῃς ἐν τῷ
κρίνεσθαί σε. Ἴδου γὰρ ἐν ἀνομιαῖς
συνελήφθην, καὶ ἐν ἁμαρτίας
ἐκίστησέ με ἡ μήτηρ μου. Ἴδου γὰρ
ἀλήθειαν ἠγάπησας, τὰ ἀδύρῳκα καὶ τὰ
κρύφια τῆς σοφίας σου ἐδηλώσάς μοι.
Ραντίεις με ὑσσώπω, καὶ
καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ
χίονα λευκανθήσομαι. Ἀκουτίεις μοι
ἀγαλλίασιν καὶ εὐφροσύνην,
ἀγαλλιάσονται ὀστέα τεταπεινωμένα.
Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ
τῶν ἁμαρτιῶν μου καὶ πάσας τὰς
ἀνομιὰς μου ἐξάλειψον. Καρδίαν
καθαράν κτίσον ἐν ἐμοί, ὁ Θεός, καὶ
πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς
ἐγκάτοις μου. Μὴ ἀπορρίψῃς με ἀπὸ
τοῦ προσώπου σου καὶ τὸ πνεῦμά σου

(Repeat the above or the Apolytikion
of the Church.)

Now and forever and to the ages of
ages. Amen.

O Theotokos, we shall never be silent
of your mighty acts, all we the unwor-
thy; had you not stood to intercede for
us who would have delivered us, from
the numerous perils?

Who would have preserved us all
until now with our freedom?

O Lady, we shall not depart from you;
for you always save your servants from
all tribulation.

Psalms 50

Have mercy on me, O God, according
to Your great mercy; and according to
the multitude of Your compassion blot
out my transgression. Wash me thor-
oughly from my iniquity, and cleanse
me from my sin. For I acknowledge my
iniquity, and my sin is ever before me.
Against You, You only, have I sinned,
and done this evil in Your sight, that
You may be found just when You
speak, and blameless when You judge.
For behold, I was conceived in iniq-
uity, and in sin my mother bore me.
For behold, You have loved truth: You
have made known to me the secret
things of Your wisdom. You shall
sprinkle me with hyssop, and I shall be
made clean: You shall wash me, and I
shall be whiter than snow. Make me to
hear joy and gladness, that bones which
You have broken may rejoice. Turn
Your face away from my sins, and blot
out all my iniquities. Create in me a
clean heart, O God, and renew a stead-
fast 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

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...

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 adversi-
ties, for you are the salvation of the
Christian faith.

Priest : Have mercy on us, O God, ac-
cording to your great love, we pray to
you, hear us, and have mercy.

People: Lord, have mercy (3).

Priest : Again we pray for our
Archbishop (name), and our Bishop
(name), and all the clergy and the laity
in Christ.

People: Lord, have mercy (3).

Priest : Again we pray for mercy, life,
peace, health, salvation, visitation, for-
giveness, and remission of the sins of
the servants of God, all pious and Or-
thodox Christians, those who reside
and visit in this city, the members,
council members, contributors, and
benefactors of this holy church.

People : Lord, have mercy (3).

Priest : Again we pray for the servants
of God ... (names of those for whom

Κύριε, ἐλέησον ἡμᾶς, ἐπὶ σοὶ γὰρ
πεποιθήμεν, μὴ ὀργισθῆς ἡμῖν σφοδρᾶ,
μηδὲ μνησθῆς τῶν ἀνομιῶν ἡμῶν, ἀλλ'
ἐπιβλέψον καὶ νῦν, ὡς εὐσπλαγχνός,
καὶ λυτρωσαι ἡμᾶς ἐκ τῶν ἐχθρῶν
ἡμῶν, σὺ γὰρ εἶ Θεὸς ἡμῶν, καὶ ἡμεῖς
λαὸς σου, πάντες ἔργα χειρῶν σου, καὶ
τὸ ὄνομά σου ἐπικεκλήμεθα.

Καὶ νῦν...

Τῆς εὐσπλαγχνίας τὴν πύλιν ἀνοιξόν
ἡμῖν, ἐυλογημένη Θεοτόκε, ἐλπίζοντες
εἰς σέ, μὴ ἀστοχίσωμεν, ρυσθειήμεν
διὰ σοῦ τῶν περιστάσεων, σὺ γὰρ εἶ ἡ
σωτηρία τοῦ γένους τῶν χριστιανῶν.

Διάκονος: Ἐλέησον ἡμᾶς ὁ Θεός κατὰ
τὸ μέγα ἔλεός σου, δεόμεθά σου,
ἐπάκουσον καὶ ἐλέησον.

Χορός: Κύριε ἐλέησον (3)

Διάκονος: Ἐπι δεόμεθα ὑπὲρ τοῦ
Ἀρχιεπισκόπου ἡμῶν (δενικός) καὶ
πάσης τῆς ἐν Χριστῷ ἡμῶν
ἀδελφότητος.

Χορός: Κύριε ἐλέησον (3)

Διάκονος: Ἐπι δεόμεθα ὑπὲρ ἐλέους,
ζωῆς, εἰρήνης, υἰείας, σωτηρίας,
ἐπισκέψεως, συγχωρήσεως καὶ
ἀφέσεως τῶν ἁμαρτιῶν τῶν δούλων
τοῦ Θεοῦ, πάντων τῶν εὐσεβῶν καὶ
ὀρθοδόξων χριστιανῶν, τῶν
κατοικούντων καὶ παρεπιδημούντων ἐν
τῇ πόλει ταύτῃ, τῶν ἐνοριτῶν,
ἐπιτρόπων, συνδρομητῶν καὶ
ἀφειρωτῶν τοῦ ἁγίου ναοῦ τούτου.

Χορός: Κύριε ἐλέησον (3)

Διάκονος: Ἐπι δεόμεθα ὑπὲρ τῶν
δούλων τοῦ Θεοῦ, (ὀνόματα), υἰείας

Δόξα... Καὶ νῦν ...	Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.	το ἅγιον μὴ ἀντανέλης ἀπ' ἐμοῦ. Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σπυτηρίου σου καὶ πνεύματι ἡμεμονικῶ στήριξόν με. Διοῶξω ἀνόμους τὰς ὁδοὺς σου, καὶ ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ρῦσά με ἐξ αἰμάτων, ὁ Θεὸς ὁ Θεὸς τῆς σωτηρίας μου· ἀγαλλιάσεται ἡ γλῶσσά μου τὴν δικαιοσύνην σου. Κύριε, τὰ χεῖρά μου ἀνοιξέεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν αἴνεσιν σου. Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα ἄν· ὀλοκαυτώματα οὐκ εὐδοκήσεις. Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν συντετριμμένην καὶ τεταπεινωμένην ὁ Θεὸς οὐκ ἐξουδενώσει. Ἀγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθῆτω τὰ τεῖχη Ἱερουσαλὴμ· Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὀλοκαυτώματα· τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μύσχος.	establish me with Your governing Spirit. I shall teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from bloodguiltiness, O God, the God of my salvation, my tongue shall rejoice in Your righteousness. O Lord, open my lips, and my mouth shall show forth Your praise. For if You had desired sacrifice, I would give it: You do not delight in burnt offering. A sacrifice to God is a broken spirit, God will not despise a broken and humbled heart. Do good in Your good pleasure to Zion; and let the walls of Jerusalem be built. Then You shall be pleased with a sacrifice of righteousness, with oblation and whole burnt offerings. Then they shall offer bulls on Your altar.
Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἰάσθητι ταῖς ἀμαρτίαις ἡμῶν, Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῶν. Ἄγιστε, ἐπίσκεισθε καὶ ἴασαι τὰς ἀσθενείας ἡμῶν, ἔνεκεν τοῦ ὀνόματός σου.	Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἰάσθητι ταῖς ἀμαρτίαις ἡμῶν, Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῶν. Ἄγιστε, ἐπίσκεισθε καὶ ἴασαι τὰς ἀσθενείας ἡμῶν, ἔνεκεν τοῦ ὀνόματός σου.	Ἦχος πλ. δ' Ὁδὴ α' Ὁ Εἰρμὸς Υγρὰν διοδεύσας ὡσεὶ ξηρὰν, καὶ τὴν ἀγυπτίαν μοχθηρίαν διαφυγῶν, ὁ Ἰσραηλίτης ἀνεβόα, Τῷ Ἀνθρωπῆ καὶ Θεῷ ἡμῶν ἄσοιμεν.	Ode 1. Tone 4 Plagal Traversing the water as on dry land, taking flight from Egypt, and all the misery that it held, the people of Israel were crying, "Unto our God and Redeemer, we sing your praise!"
Κύριε, ἐλέησον, Κύριε, ἐλέησον, Κύριε, ἐλέησον.	Κύριε, ἐλέησον, Κύριε, ἐλέησον, Κύριε, ἐλέησον.	Υπεραγία Θεοτόκε, σώσον ἡμᾶς.	Most holy Theotokos, save us.
Δόξα... Καὶ νῦν ...	Δόξα... Καὶ νῦν ...	Πολλοὶς συνεχόμενος περασμοῖς, πρὸς σὲ καταφεύγω, σωτηρίαν ἐπιζητῶν, Ὁ Μῆτηρ τοῦ Λόγου καὶ Παρθένε, τῶν δυσχερῶν καὶ δεινῶν μὲ διάσωσον.	By many temptations I am engulfed. Searching for salvation, and seeking refuge, I turn to you, Mother of the Word, and Virgin Maiden. From all affliction and danger, deliver me.
Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἀγισθῆτω τὸ ὄνομά σου, ἐλθέτω ἡ βασιλεία σου, γενηθῆτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ, καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σημερον, καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν, καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.	Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἀγισθῆτω τὸ ὄνομά σου, ἐλθέτω ἡ βασιλεία σου, γενηθῆτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ, καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σημερον, καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν, καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.	Υπεραγία Θεοτόκε, σώσον ἡμᾶς.	Most holy Theotokos, save us.
Ἰερεὺς: Ὅτι σοῦ ἐστὶν ἡ βασιλεία...	Ἰερεὺς: Ὅτι σοῦ ἐστὶν ἡ βασιλεία...	Υπεραγία Θεοτόκε, σώσον ἡμᾶς.	Most holy Theotokos, save us.
Χορός: Ἀμήν.	Χορός: Ἀμήν.	Παθῶν μὲ ταραττουσι προσβολαί, πολλῆς ἀθυμίας, ἐμπιπλώσαι μου τὴν ψυχὴν, εἰρήνευσον, Κόρη, τὴ γαλήνη, τὴ τοῦ Υἱοῦ καὶ Θεοῦ σου, Πανάμωμε.	An onslaught of suffering troubles me, filling me with sorrow until my soul with grief overflows. Grant that I might find the peace and calmness, All-Blameless Maiden, that come from your Son and God.
[Κατὰ το «Δεκαπενταῦγουστο», ψάλλεται το Απολυτίκιον καὶ Θεοτοκίον τῆς ἡμέρας. Εἰ δε μὴ.]	[Κατὰ το «Δεκαπενταῦγουστο», ψάλλεται το Απολυτίκιον καὶ Θεοτοκίον τῆς ἡμέρας. Εἰ δε μὴ.]	Υπεραγία Θεοτόκε, σώσον ἡμᾶς.	Most holy Theotokos, save us.
Ἦχος πλ. β'	Ἦχος πλ. β'	Ἐλέησον ἡμᾶς, Κύριε, ἐλέησον ἡμᾶς, πάσης γὰρ ἀπολογίας ἀποροῦντες, ταῦτην σοὶ τὴν ἱκεσίαν, ὡς Δεσπότη, οἱ ἀμαρτωλοὶ προσφέρομεν, ἐλεῆσον ἡμᾶς.	Most holy Theotokos, save us.
Δόξα...	Δόξα...	Ἐλέησον ἡμᾶς, Κύριε, ἐλέησον ἡμᾶς, πάσης γὰρ ἀπολογίας ἀποροῦντες, ταῦτην σοὶ τὴν ἱκεσίαν, ὡς Δεσπότη, οἱ ἀμαρτωλοὶ προσφέρομεν, ἐλεῆσον ἡμᾶς.	Most holy Theotokos, save us.

<p>Δόξα...</p> <p>Σωτήρα τεκούσάν σε και Θεόν, δυσωπῶ, Παρθένε, λυτρωθήναι με τῶν δεινῶν, σοὶ γὰρ νὺν προσφεύγουν ἀνατείνω, και τὴν ψυχὴν και τὴν διάνοιαν.</p> <p>Καὶ νὺν...</p> <p>Νοσοῦντα τὸ σῶμα και τὴν ψυχὴν, ἐπισκοπῆς θείας, και προνοίας τῆς παρὰ σοῦ, ἀξίωσον, μόνῃ Θεομήτορ, ὡς ἀγαθὴ ἀγαθοῦ τε λοχεύτρια.</p> <p>Ὡδὴ γ'</p> <p>Ὁυρανίας ἀμίδος, ὄροφουργέ Κυρίε, και τῆς Ἐκκλησίας δομητορ, σὺ μὲ στερέωσον, ἐν τῇ ἀγάπῃ τῇ σῆ, τῶν ἐφετῶν ἢ ἀκρότης, τῶν πιστῶν τὸ στήριγμα, μόνε φιλάνθρωπε.</p> <p>Υπεργία Θεοτόκε, σῶσον ημᾶς.</p> <p>Προστασίαν και σκέπην, ζώῃς ἐμῆς τίθημι, Σέ, Θεογενήτορ, Παρθένε, σὺ μὲ κυβέρνησον, πρὸς τὸν λιμένα σου, τῶν ἀγαθῶν ἢ αἰτία, τῶν πιστῶν τὸ στήριγμα, μόνῃ πανύμνητε.</p> <p>Υπεργία Θεοτόκε, σῶσον ημᾶς.</p> <p>Ἰκετεύω, Παρθένε, τὸν ψυχικὸν τάρχαρον, και τῆς ἀθυμίας τὴν ζάλην, διασκεδάσαι μου, σὺ γὰρ, Θεόνυμφε, τὸν ἀρχηγὸν τῆς γαλήνης, τὸν Χριστὸν ἐκύρσας, μόνῃ πανάχαρANTE.</p>	<p>Μεγαλυνάρια</p> <p>Τὴν ὑψηλοτέραν τῶν οὐρανῶν, και καθαροτέραν λυμνηδόων ἡλιακῶν, τὴν λυτρωσαμένην ἡμᾶς ἐκ τῆς κατάρσας, τὴν Δέσποιναν τοῦ κόσμου, ὕμνοις τιμήσωμεν.</p> <p>Ἀπὸ τῶν πολλῶν μου ἀμαρτιῶν, ἀσθενεῖ τὸ σῶμα, ἀσθενεῖ μου και ἡ ψυχὴ, πρὸς σέ καταφεύγω τὴν Κεχαριτωμένην, ἐλπὶς ἀπηλπισμένων, σὺ μοι βοήθησον.</p> <p>Δέσποινα και μήτηρ τοῦ Λυτρωτοῦ, δέξαι παρακλήσεις, ἀναξίων σῶν ἱκετῶν, ἵνα μεσιτεύσης πρὸς τὸν ἐκ σοῦ τεχθέντα. Ὡ Δέσποινα, τοῦ κόσμου γενεοῦ μεσιτρια.</p> <p>Ψάλλομεν προθύμως σοὶ τὴν ὠδὴν, νὺν τὴ παννυμνίτῳ, Θεοτόκῳ χαρμονικῶς, μετὰ τοῦ Προδρόμου, και πάντων τῶν Ἁγίων, δυσώπει, Θεοτόκε, τοῦ οἰκτειρήσαι ημᾶς.</p> <p>Ἄλλα τὰ χεῖλη τῶν ἀσεβῶν, τῶν μὴ προσκυνούντων, τὴν εἰκόνα σου τὴν σεπτήν, τὴν ἱστορηθεῖσαν, ὑπὸ τοῦ ἀποστόλου, Λουκᾶ ἱεροπάτου, τὴν Ὁδηγήτριαν.</p> <p>(Το Μεγαλυνάρτιον του Ναοῦ)</p> <p>Πᾶσαι τῶν Ἀγγέλων αἱ στρατιαί, Πρόδρομε Κυρίου, Ἀποστόλων ἡ δωδεκάς, οἱ Ἅγιοι Πάντες, μετὰ τῆς Θεοτόκου, ποιήσατε πρεσβείαν, εἰς τὸ σωθῆναι ημᾶς.</p> <p>Ἀναρωσπίης: Ἀμήν. Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος Ἀθάνατος, ἐλέησον ημᾶς (ἐκ γ')</p>	<p>The Megalynaria</p> <p>Higher than the heavens above are you, and you are much purer than the radiance of the sun, for you have redeemed us from the curse that has held us. With hymns we sing your praises, Maiden who rules the world.</p> <p>From the vast abundance of all my sins, greatly have I suffered, both in the body and in my soul. You shall be my refuge, and the hope of the hopeless. I pray you, therefore, help me, you who are filled with grace.</p> <p>We who are unworthy bow down to you, Lady and the Mother of our Redeemer, receive our prayer, listen to our pleading for your prayers interceding between your Son and mankind, Mistress of all the world.</p> <p>Now with eager voices we sing to you, allelaxed Lady Theotokos in hymns of joy, joining John the Baptist and the saints' holy chorus. Bestow, O Theotokos, God's mercy over us.</p> <p>Let the lips of impious men be still, for they will not bow down to your icon which we revere. In your sacred image you are clearly depicted by Luke, the Lord's apostle, showing God's way to us.</p> <p>(The Megalynarion of the church.)</p> <p>All the hosts of angels and all the saints, all the twelve apostles and the Forerunner of the Lord join you, Theotokos, interceding for mankind that we may find salvation and our deliverance.</p> <p>People: Holy God, Holy Mighty, Holy Immortal, have mercy upon us (3).</p>
<p>Glory to the Father and to the Son and to the Holy Spirit.</p> <p>To God and the Savior, did you give birth. Virgin, I implore you, from all affliction deliver me. Unto you I come in search of refuge, with both my soul and my reason to offer you.</p> <p>Both now and ever and to the ages of ages. Amen.</p> <p>My body and soul suffer from disease. Deem me to be worthy of your divine guidance and your care. You alone are truly God's own mother. You are both good and the Mother of Goodness.</p> <p>Ode 3</p> <p>The high dome of the heavens have You, O Lord, lifted up. You, who are the Church's foundation, also establish me in constant love for You, our God alone who loves mankind, as the height of our desire and staff of faithful hearts.</p> <p>Most Holy Theotokos, save us.</p> <p>I have you as protection and as my life's guardian. You who are God's Mother, O Virgin, set my course, guiding me into your sheltered port. You are the source of all goodness and alone are everpraised, the staff of those with faith.</p> <p>Most Holy Theotokos, save us.</p> <p>I entreat you, O Virgin, to calm the storm loose in me, quiet the distress of my sorrow and of my soul's unrest. You are the Bride of God, the all-immaculate Maiden; you have given birth to Christ, who is the Prince of Peace.</p>	<p>Τὴν ὑψηλοτέραν τῶν οὐρανῶν, και καθαροτέραν λυμνηδόων ἡλιακῶν, τὴν λυτρωσαμένην ἡμᾶς ἐκ τῆς κατάρσας, τὴν Δέσποιναν τοῦ κόσμου, ὕμνοις τιμήσωμεν.</p> <p>Ἀπὸ τῶν πολλῶν μου ἀμαρτιῶν, ἀσθενεῖ τὸ σῶμα, ἀσθενεῖ μου και ἡ ψυχὴ, πρὸς σέ καταφεύγω τὴν Κεχαριτωμένην, ἐλπὶς ἀπηλπισμένων, σὺ μοι βοήθησον.</p> <p>Δέσποινα και μήτηρ τοῦ Λυτρωτοῦ, δέξαι παρακλήσεις, ἀναξίων σῶν ἱκετῶν, ἵνα μεσιτεύσης πρὸς τὸν ἐκ σοῦ τεχθέντα. Ὡ Δέσποινα, τοῦ κόσμου γενεοῦ μεσιτρια.</p> <p>Ψάλλομεν προθύμως σοὶ τὴν ὠδὴν, νὺν τὴ παννυμνίτῳ, Θεοτόκῳ χαρμονικῶς, μετὰ τοῦ Προδρόμου, και πάντων τῶν Ἁγίων, δυσώπει, Θεοτόκε, τοῦ οἰκτειρήσαι ημᾶς.</p> <p>Ἄλλα τὰ χεῖλη τῶν ἀσεβῶν, τῶν μὴ προσκυνούντων, τὴν εἰκόνα σου τὴν σεπτήν, τὴν ἱστορηθεῖσαν, ὑπὸ τοῦ ἀποστόλου, Λουκᾶ ἱεροπάτου, τὴν Ὁδηγήτριαν.</p> <p>(Το Μεγαλυνάρτιον του Ναοῦ)</p> <p>Πᾶσαι τῶν Ἀγγέλων αἱ στρατιαί, Πρόδρομε Κυρίου, Ἀποστόλων ἡ δωδεκάς, οἱ Ἅγιοι Πάντες, μετὰ τῆς Θεοτόκου, ποιήσατε πρεσβείαν, εἰς τὸ σωθῆναι ημᾶς.</p> <p>Ἀναρωσπίης: Ἀμήν. Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος Ἀθάνατος, ἐλέησον ημᾶς (ἐκ γ')</p>	<p>The Megalynaria</p> <p>Higher than the heavens above are you, and you are much purer than the radiance of the sun, for you have redeemed us from the curse that has held us. With hymns we sing your praises, Maiden who rules the world.</p> <p>From the vast abundance of all my sins, greatly have I suffered, both in the body and in my soul. You shall be my refuge, and the hope of the hopeless. I pray you, therefore, help me, you who are filled with grace.</p> <p>We who are unworthy bow down to you, Lady and the Mother of our Redeemer, receive our prayer, listen to our pleading for your prayers interceding between your Son and mankind, Mistress of all the world.</p> <p>Now with eager voices we sing to you, allelaxed Lady Theotokos in hymns of joy, joining John the Baptist and the saints' holy chorus. Bestow, O Theotokos, God's mercy over us.</p> <p>Let the lips of impious men be still, for they will not bow down to your icon which we revere. In your sacred image you are clearly depicted by Luke, the Lord's apostle, showing God's way to us.</p> <p>(The Megalynarion of the church.)</p> <p>All the hosts of angels and all the saints, all the twelve apostles and the Forerunner of the Lord join you, Theotokos, interceding for mankind that we may find salvation and our deliverance.</p> <p>People: Holy God, Holy Mighty, Holy Immortal, have mercy upon us (3).</p>

<p>προσώπου πᾶν δάκρυον, ἀφρηρηκότα Παρθένε, Χριστὸν κηύσασα.</p>	<p>ing, for you have brought forth your Son who dries all our teardrops, Christ, Who was born of you.</p>	<p>Δόξα...</p>	<p>Glory...</p>
<p>Υπεραγία Θεοτόκε, σώσον ημᾶς.</p>	<p>Most Holy Theotokos, save us.</p>	<p>Εὐεργέτην τεκοῦσα, τὸν τῶν καλῶν αἵτιον, τῆς εὐεργεσίας τὸν πλουῖον, πᾶσιν ἀνάβλησον, πάντα γὰρ δύνασαι, ὡς δυνατὸν ἐν Ἰσχυί, τὸν Χριστὸν κηύσασα, Θεομακάριστε.</p>	<p>Let the wealth of your kindness upon all men shower down, for you are the Mother of Goodness from whom comes every good; and you can do all things, for in your womb you have carried the Almighty Christ, your Son, and you are blest by God.</p>
<p>Χαράς μου πὴν καρδίαν, πλήρωσον, Παρθένε, ἢ τῆς χαρᾶς δεξιμένη τὸ πλήρωμα, τῆς ἁμαρτίας τὴν λύπην, ἐξαφανίσασα.</p>	<p>I ask of you, O Virgin, fill my heart with gladness, for by receiving within you the Fullness of Joy, you have cast off and have banished sorrows of sinfulness.</p>	<p>Καὶ νῦν....</p>	<p>Both now...</p>
<p>Υπεραγία Θεοτόκε, σώσον ημᾶς.</p>	<p>Most Holy Theotokos, save us.</p>	<p>Χαλεπταῖς ἀρρωστίαις, καὶ νοσεροῖς πάθεισιν, ἐξεταζομένω, Παρθένε, σὺ μοι βοήθησον, τῶν ἱαμάτων γάρ, ἀνελλιπῆ σὲ γνώσκω, θησαυρόν, Πανάμωμε, τὸν ἀδάσκητον.</p>	<p>With most grievous afflictions and filled with dark suffering I am put to trial, O Virgin. Hasten to help me now, for you are known to me, All-Blameless Maiden and Virgin, as an endless treasury of cures and healing.</p>
<p>Λιμὴν καὶ προστασία, τῶν σοὶ προσφρονόντων, γενοῦ Παρθένε, καὶ τεύχος ἀκράδαντον, καταφυγὴ τε καὶ σκέπη, καὶ ἀγαλλίαμα.</p>	<p>A haven and protection be for us, O Virgin, and may all those who seek refuge find comfort and joy, a wall that cannot be shaken, shelter, and place of rest.</p>	<p>Διάσωσον, ἀπὸ κινδύνων, τοῦς δούλους σου, Θεοτόκε, ὅτι πάντες μετὰ Θεόν, εἰς σὲ καταφεύγομεν, ὡς ἀρρηκτον τεύχος καὶ προστασίαν.</p>	<p>Deliver us, all of your servants, from danger, O Theotokos; after God, we all flee to you, for shelter and covering, as an unshakable wall and our protection.</p>
<p>Δόξα...</p>	<p>Glory...</p>	<p>Επιβλεπον. ἐν εὐμενείᾳ, παννύμητε Θεοτόκε, ἐπὶ τὴν ἐμὴν χολεπὴν τοῦ σώματος κάκωσιν, καὶ ἴασαι τῆς ψυχῆς μου τὸ ἄλγος.</p>	<p>Turn to me, in your good favor, all praise-worthy Theotokos; look upon my grave illnesses, which painfully sting my flesh and heal the cause of my soul's pain and suffering.</p>
<p>Καὶ νῦν...</p>	<p>Both now...</p>	<p>Χορός: Κύριε ἐλέησον (3)</p>	<p>People: Lord have mercy (3).</p>
<p>Κακώσεως ἐν τόπῳ, τῷ τῆς ἀσθενείας, ταπεινωθέντα, Παρθένε, θεράπευσον, ἐξ ἀρρωστίας εἰς ῥῶσιν, μετασκευάζουσα.</p>	<p>Laid low am I, O Virgin, in a place of illness inside a dwelling of anguish. Grant mercy to me. Transform my sickness to wellness, making me whole again.</p>	<p>Ἱερεὺς: Ἐλέησον ἡμᾶς ὁ Θεὸς κατὰ τὸ μέγα ἐλεὸς Σου, δέομεθά Σου, ἐπάκουσον καὶ ἐλέησον.</p>	<p>Priest: Have mercy on us, O God, according to Your great love, we pray You, hearken, and have mercy.</p>
<p>Ἄξιόν ἐστιν ὡς ἀληθῶς, μακαρίζειν σὲ τὴν Θεοτόκον, τὴν ἀειμακάριστον καὶ παναμώμητον, καὶ Μητέρα τοῦ Θεοῦ ἡμῶν. Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφόρως Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.</p>	<p>Truly, you are worthy to be blest, and we call you blessed, Theotokos, you the everblessed One and the all-blameless one, you who are the Mother of our God. Higher still in honor than Cherubim, greater still in glory beyond compare than the Seraphim, free from all corruption, you gave birth to the Word God and truly are God's mother. You do we magnify.</p>	<p>Χορός: Κύριε ἐλέησον (3)</p> <p>Ἱερεὺς: Ἐπι δεόμεθα ὑπὲρ ἐλέους, ζωῆς, εἰρήνης, ὑγείας, σωτηρίας, ἐπισκέψεως, συγχωρήσεως καὶ ἀφέσεως τῶν ἁμαρτιῶν τῶν δούλων</p>	<p>Priest: Again we pray for our Archbishop (name), our Bishop (name), and all the clergy and the laity in Christ.</p> <p>People: Lord have mercy (3).</p> <p>Priest: Again we pray for mercy, life, peace, health, salvation, visitation, forgiveness and remission of the sins of the servants of God, all pious and Or-</p>

<p>του Θεοῦ, πάντων των εὐσεβῶν και ὀρθοδόξων χριστιανῶν, των κατοικούντων και περιπεριδημούντων ἐν τη πόλει ταύτη, των ἐνοριτῶν, ἐπιτρόπων, συνδορομητῶν και ἀφειρωτῶν του ἁγίου ναοῦ τούτου.</p>	<p>thodox Christians, those who reside and visit in this city, the members, council members, contributors, and benefactors of this holy church.</p>	<p>Ὡδὴ η'</p> <p>Τὸν Βασιλέα τῶν οὐρανῶν, ὃν ὑμνοῦσι στραταὶ τῶν Ἀγγέλων, ὑμνεῖτε, και ὑπερψοῦτε εἰς πάντας τοὺς αἰῶνας.</p>	<p>Ode 8.</p> <p>We sing our praises unto the King of the Heavens, Whom the Hosts of the angels are praising, and exalt Him greatly from ages to all ages.</p>
<p>Χορός: Κύριε ἐλέησον (3)</p>	<p>People: Lord have mercy (3).</p>	<p>Υπεραγία Θεοτόκε, σώσον ημᾶς.</p>	<p>Most Holy Theotokos, save us.</p>
<p>Ἱερεὺς: Ἐπι δεόμεθα ὑπὲρ των δοῦλων του Θεοῦ, (ὀνόματα), υγιείας και βοηθειας ὑπὲρ αυτῶν εἰτωμεν.</p>	<p>Priest : Again we pray for the servants of God . . . (At this time the Priest commemorates those for whom the Paraklesis is sung.)</p>	<p>Τοὺς βοηθειᾶς τῆς παρὰ σοῦ δεομένων, μὴ παρίδης Παρθένε, ὑμνοῦντας, και ὑπερψωνῦντάς σε, Κόρη, εἰς αἰῶνας.</p>	<p>Turn not away from those who entreat your assistance as they sing hymns to praise you, O Virgin. Greatly they exalt you from ages to all ages.</p>
<p>Χορός: Κύριε ἐλέησον (3)</p>	<p>People : Lord have mercy (3).</p>	<p>Υπεραγία Θεοτόκε, σώσον ημᾶς.</p>	<p>Most Holy Theotokos, save us.</p>
<p>Ἱερεὺς: Ὅτι ἐλεήμων και φιλόθρωπος Θεὸς ὑπάρχεις, και σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ και τῷ Υἱῷ και τῷ Ἁγίῳ Πνεύματι, νῦν και αἰεὶ και εἰς τοὺς αἰῶνας των αἰῶνων.</p>	<p>Priest : For You are a merciful and loving God, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.</p>	<p>Τῶν Ἱαμάτων τὸ δαμνῆς, ἐπιχέεις τοῖς πιστῶς ὑμνοῦσί σε Παρθένε, και ὑπερψοῦσι τὸν ἄφραστόν σου τόκον.</p>	<p>From you, has poured forth your great abundance of healing on the faithful who sing out your praises and exalt you greatly from ages to all ages.</p>
<p>Χορός: Ἀμήν.</p>	<p>People: Amen.</p>	<p>Δόξα...</p>	<p>Glory...</p>
<p>Κάθισμα Ἦχος β'</p>	<p>Kathisma. Tone 2</p>	<p>Τὰς ἀσθενείας μου τῆς ψυχῆς ἰατρεύεις, και σαρκὸς τὰς ὀδύνας, Παρθένε, ἵνα σὲ δοξάζω τὴν Κεχαριτωμένην.</p>	<p>You give us healing for all the body's afflictions, and relief for the soul's painful suffering. Maiden full of God's grace, for this I sing your glory.</p>
<p>Πρεσβεία θερμῆ, και τεῖχος ἀπροσμάχητον, ἐλέους πηγὴ, τοῦ κόσμου καταφύγιον, ἐκτενῶς βοώμεν σοί, Θεοτόκε Δέσποινα, πρόφθασσον, και ἐκ κινδύνων λύτρωσαι ἡμᾶς, ἢ μόνη ταχέως προστατεύουσα.</p>	<p>A fervent prayer, and wall most unshakable; a merciful spring and shelter of all mankind; fervently, we cry to you: Theotokos, our Lady, come to us and from all dangers now deliver us, and the only protection who speeds to us.</p>	<p>Καὶ νῦν... Τῶν πειρασμῶν σὺ τὰς προσβολὰς ἐκδιώκεις, και παθῶν τὰς ἐφόδους Παρθένε, ὅθεν σὲ ὑμνοῦμεν εἰς πάντας τοὺς αἰῶνας.</p>	<p>Both now... You banish danger of all temptations and dampen all the flames of our passions, O Virgin. Thus, with hymns we praise you from ages to all ages.</p>
<p>Ὡδὴ δ</p>	<p>Ode 4</p>	<p>Ὡδὴ θ'</p>	<p>Ode 9</p>
<p>Εἰσακήκοα, Κύριε, τῆς οἰκονομίας σου τὸ μυστήριον, κατενόησα τὰ ἔργα σου, και ἐδόξασά σου τὴν θεότητα.</p>	<p>I have heard of the mystery of Your dispensation bestowed on us, O Lord. I have contemplated all Your works, and with glory I praised Your divinity.</p>	<p>Κυρίως Θεοτόκον, σὲ ὀμολογοῦμεν, οἱ διὰ σοῦ σεσωσμένοι, Παρθένε ἀγνή, σὺν Ἀσωμάτων χορείαις, σὲ μεγαλῶνοντες.</p>	<p>Most rightly we confess you, Mother who brought forth God, through you we have been delivered, O Virgin most pure; and with the chorus of angels, you do we magnify.</p>
<p>Υπεραγία Θεοτόκε, σώσον ημᾶς.</p>	<p>Most Holy Theotokos, save us.</p>	<p>Υπεραγία Θεοτόκε, σώσον ημᾶς.</p>	<p>Most Holy Theotokos, save us.</p>
<p>Τῶν παθῶν μου τὸν πάραχον, ἢ τὸν κυβερνήτην τεκοῦσα Κύριον, και τὸν κλύδωνα κατεύνασον, τῶν ἐμῶν πταισιμάτων, Θεονόμφευτε.</p>	<p>Send your calmness upon my sin. Soothe the raging storm of my inner suffering. You have given birth, O Bride of God, to the governing Lord, Who shall guide us safe.</p>	<p>Ῥοῆν μου τῶν δακρῶν, μὴ ἀποποιήσης, ἢ τὸν παντὸς ἐκ</p>	<p>I beg of you, O Virgin, turn not from the torrent of all the tears I am weep-</p>

Χορὸς Ἀμὴν.	People: Amen.	Υπεραγία Θεοτόκε, σώσον ημᾶς.	Most Holy Theotokos, save us.
Ὡδὴ ζ'	Ode 7	Εὐσπλαγγίαις τὴν ἄβυσσον, ἐπικαλούμεν τῆς σῆς παράσχου μοί, ἢ τὸν εὐσπλαγγον κυήσασα, καὶ Σωτήρα πάντων, τὸν ἠμούντων σε.	From your mercy's unbounded depths in your great compassion, to me be merciful; you gave birth to the All- Merciful, and the Savior of all who sing praise to you.
Οἱ ἐκ τῆς ἰουδαίας, κατανήσαντες Παῖδες ἐν Βαβυλώνι ποτέ, τὴ πίστιν τῆς Τριάδος, τὴν φλόγα τῆς καμίνου, κατεπάτησαν ψάλλοντες. Ὁ τῶν Πατέρων ἡμῶν Θεός, εὐλογητὸς εἶ.	Long ago in Judea, when the children went down to the land of Babylon, they chanted in the furnace, while trampling down the fire by their faith in the Trin- ity: Blessed are You, the God of our Fathers.	Δόξα...	Glory to...
Υπεραγία Θεοτόκε, σώσον ημᾶς.	Most Holy Theotokos, save us.	Ἀπολαύοντες, Πάνταγε, τῶν σῶν δωρημάτων εὐχαριστηρίων, ἀναμέλλομεν εὐφύνιον, οἱ γινώσκοντές σε Θεομήτορα.	We delight in your gifts to us and we sing a hymn of thanksgiving, praising you. You alone who are unstained by sin, as the Mother of God, we acknowl- edge you.
Τὴν ἡμῶν σωτηρίαν, ὃς ἠθέλησας Σῶτερ, οικονομήσασθαι, ἐν μήτρᾳ τῆς Παρθένου, κατὰ κησας τῷ κόσμῳ, ἦν προστάτιν ἀνέδειξας, Ὁ τῶν Πατέρων ἡμῶν Θεός, εὐλογητὸς εἶ.	It was Your will, O Savior, to send forth our salvation from within the Vir- gin womb. And thus we come to know her as our intercessor when You set forth the way to us. Blessed are You, the God of our Fathers.	Καὶ νύν...	Both now...
Υπεραγία Θεοτόκε, σώσον ημᾶς.	Most Holy Theotokos, save us.	Οἱ ἐλπίδα καὶ στήριγμα, καὶ τῆς σωτηρίας τείχος ἀράδαντον, κεκτημένοι σε, Πανύμνητε, ὀυσχερείας πάσης, ἐκλυτρούμεθα.	Our hope and the cornerstone of man- kind's salvation are you, All-Lauded One. A defending wall unshakable, from all danger and strife you deliver us.
Θελητὴν τοῦ ἐλέους, ὃν ἐγέννησας, Μήτηρ ἀγνή δυσόπτησον, ρυσθῆναι τῶν πταισμάτων, ψυχῆς τε μολυσμάτων, τοὺς ἐν πίστει κραυγάζοντας. Ὁ τῶν Πατέρων ἡμῶν Θεός, εὐλογητὸς εἶ.	Purest Mother, deliver our petitions for mercy to Him brought forth from you, and save from all transgressions and from the souls' defilement those whose voices cry out in faith: Blessed are You, the God of our Fathers.	Ὡδὴ ε'	Ode 5
Δόξα...	Glory...	Φόπισον ἡμᾶς, τοὺς προστάγμασί σου, Κύριε, καὶ τῷ βραχίονί σου τῷ ὑψηλῷ, τὴν σὴν εἰρήνην, παράσχου ἡμῖν, φιλάνθρωπε.	Shed Your light on us by Your statutes and commandments, Lord. And with the power of Your upraised arm, make peace to shine down over us, because You love mankind.
Θησαυρὸν σωτηρίας, καὶ πηγὴν ἀφθαρσίας, τὴν σὲ κυήσασαν, καὶ πύργον ἀσφαλείας, καὶ θύραν μετανοίας, τοὺς κραυγάζουσιν ἐδειξας, Ὁ τῶν Πατέρων ἡμῶν Θεός, εὐλογητὸς εἶ.	As a tower of safety, and the door to repentance, a fount of purity, and treas- ure of salvation, so You have shown Your Mother to Your people who cry aloud: Blessed are You, the God of our Fathers.	Υπεραγία Θεοτόκε, σώσον ημᾶς.	Most Holy Theotokos, save us.
Καὶ νύν...	Both now...	Ἐμπλήσον, Ἀγνή, εὐφροσύνης τὴν καρδίαν μου, τὴν σὴν ἀκίρατον διδοῦσα χαρὰν, τῆς εὐφροσύνης, ἡ γεννήσασα τὸν αἴτιον.	Overflow my heart with rejoicing and great happiness, for from your womb, O most pure Maiden, comes the purest Gladness, and the Source of all our joy- fulness.
Σωμάτων μαλακίας, καὶ γυχῶν ἀρρωστίας, Θεογεννήτρια, τῶν πόθῳ προσιόντων, τὴ σκέπη σου τὴ θεία, θεραπεύειν ἀξίωσον, ἡ τὸν Σωτήρα Χριστόν, ἡμῖν ἀποτεκοῦσα.	Grant to us restoration of the souls and the bodies of all who run to you for your divine protection. Bestow your healing power on the faithful who come to you, Mother of Christ, who brought forth the Savior!	Υπεραγία Θεοτόκε, σώσον ημᾶς.	Most Holy Theotokos, save us.
		Λύτρωσαι ἡμᾶς, ἐκ κινδύνων, Θεοτόκε Ἀγνή, ἡ αἰωνίαν τεκοῦσα λύτρωσιν, καὶ τὴν εἰρήνην, τὴν πάντα νοῦν ὑπερέχουσαν.	You have given birth to Redemption that shall have no end, and to the Peace beyond our reasoning. Pure Theotokos, from all dangers do deliver us.

Δόξα...

Λύσον τὴν ἀγλὴν, τῶν πταισμάτων μου, Θεόνυμφε, τῷ φωτισμῷ τῆς σῆς λαμπρότητος, ἡ φῶς τεκούσα, τὸ θεῖον καὶ προαιώνιον.

Καὶ νῦν...

Ἰασαι Ἀγνή, τῶν παθῶν μου τὴν ἀσθένειαν, ἐπισκοπῆς σου ἀξιώσασα, καὶ τὴν ὕψαιον, τῆ πρεσβεΐα σου παράσχου μοί.

Ωδὴ 5'

Τὴν δέησιν ἐκχεῶ πρὸς Κύριον, καὶ αὐτῷ ἀπαγγελῶ μου τὰς θλίψεις, ὅτι κακῶν ἡ ψυχὴ μου ἐπλήσθη, καὶ ἡ ζωὴ μου τῷ Ἄδῃ προσήγγισε, καὶ δέομαι ὡς Ἴωνάς. Ἐκ φθορᾶς, ὁ Θεός με ἀνάγαγε.

Υπεραγία Θεοτόκε, σῶσον ημᾶς.

Θανάτου καὶ τῆς φθορᾶς ὡς ἔσωσεν, ἐαυτὸν ἐκδεδωκὸς τῷ θανάτῳ, τὴν τὴ φθορὰ καὶ θανάτου μου φύσιν, κατασχεθεῖσαν, Παρθένε, δυσώπησον, τὸν Κύριόν σου καὶ Υἱόν, τῆς ἔχθρῶν κακουργίας με ῥύσασθα.

Υπεραγία Θεοτόκε, σῶσον ημᾶς.

Προστάτιν σὲ τῆς ζωῆς ἐπίσταμαι, καὶ φρουρὰν ἀσφαλεστάτην, Παρθένε, τῶν πειρασμῶν διαλύουσαν ὄχλον, καὶ ἐπιρείας δαιμόνων ἐλύουσαν, καὶ δέομαι διαπαντός, ἐκ φθορᾶς τῶν παθῶν μου ῥυσθῆναι με.

Δόξα...

Glory...

Cast away the gloom of my sinfulness, O Bride of God, with all the brightness of your radiance. You are the Mother of the Light Divine before all time.

Both now ...

Heal my every ill that my passions bring, O Purest One, and make me worthy of receiving you, and grant me healing through your grace and interceding prayers.

Ode 6

Before the Lord I come to pour forth my plea, and before Him I proclaim all my sorrows, because my soul overflows with injustice; my very life unto Hades is drawing near. Like Jonah I call out to You! Raise me up from corruption, O God, I pray.

Most Holy Theotokos, save us.

O Virgin Maiden I come to ask of you: intercede before your Son and your Lord God that He redeem me from death and corruption, from every evil and harm of the enemy. Delivering Himself to death, He has saved us from death and corrupting sins.

Most Holy Theotokos, save us.

A steadfast refuge and shielding guardian and my life's protection I have found in you. Cast off the lot of my many temptations, and render silent the demons' deceitful tongues. Unceasingly I pray to you! From corruption and danger, deliver me.

Glory...

τὰ ἐλέη σου τὰ πλοῦσιαι: πρεσβεΐαις τῆς παναρχάντου, Δεσποίνης ἡμῶν, Θεοτόκου καὶ ἀειπαρθένου Μαρίας: δυνάμει του τιμίου καὶ ζωοποιῶς Σταυροῦ, προστασίας των τιμίων ἐπουρανίου Δυνάμεων ἀσωμάτων, ικεστίας του τιμίου, ἐνδόξου, προφήτου προδρόμου καὶ βαπτιστοῦ Ἰωάννου, των ἁγίων, ἐνδόξων, καὶ πανευφημίων

Ἀποστόλων. των ἐν ἁγίοις Πατέρων ἡμῶν, μεγάλων Ἱεραρχῶν, καὶ Οἰκουμενικῶν Διοσκάλων, Βασιλείου του Μεγάλου, Γρηγορίου του Θεολόγου καὶ Ἰωάννου του Χρυσόστομου, Ἀθανασίου καὶ Κυρίλλου, Ἰωάννου του Ἐλεήμονος, πατριαρχῶν Ἀλεξανδρείας: Νικολάου του ἐν Μύροις τῆς Λυκίας, Σπυριδωνος ἐπισκόπου Τριφυθόντος, καὶ Νεκταρίου τῆς Πενταπόλεως, των θαυματουργῶν. των ἁγίων ἐνδόξων μεγαλομαρτύρων Γεωργίου του Προπαιφόρου, Δημητρίου του Μυροβλήτου, Θεοδώρου του Τήρωνος, καὶ Θεοδώρου του Στρατηλάτου καὶ Μηνᾶ του θαυματουργοῦ, των ἱερομαρτύρων Χαραλάμπους καὶ Ἐλευθερίου: των ἁγίων, ἐνδόξων, μεγάλων μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας, Κυριακῆς Φωτηνῆς, Μαρίνης: Παρασκευῆς καὶ Εἰρήνης: των ἁγίων ἐνδόξων καὶ καλλινίκων Μαρτύρων, των ὁσίων καὶ θεοφόρων Πατέρων ἡμῶν, (ναοῦ), των ἁγίων καὶ δικαίων θεοπατόρων Ἰσαακίμ καὶ Ἄννης, του ἁγίου (ἡμέρας), οὗ καὶ τὴν μνήμην ἐπιτελοῦμεν, καὶ πάντων σου των Ἁγίων, ικετεῦόμεν σε, μόνη πολλοῦ ἔλεε Κύριε, ἐπάκουσον ἡμῶν των ἀμαρτωλῶν δεομένων σου καὶ ἐλέησον ἡμᾶς.

Χορὸς: Κύριε, ἐλέησον (ιβ')

Ἱερεὺς: Ἐλέει, καὶ οἰκτιρμοίς, καὶ φιλανθρωπία του μονογενοῦς σου Υἱοῦ, μεθ οὐ εὐλογητός εἰ, σὺν τῷ παναγίῳ καὶ ἀγαθῷ καὶ ζωοποιῷ σου Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τους αἰῶνας των αἰώνων.

cies, through the intercessions of our all-pure Lady, the Theotokos and ever-virgin Mary, through the power of the precious and life-giving Cross; through the protection of the honorable, heavenly bodiless powers; of the honorable, glorious prophet, the Forerunner John the Baptist; of the holy glorious and all-praised Apostles; of our holy fathers the great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian, and John Chrysostom; Athanasios and Cyril, John the Merciful, patriarchs of Alexandria; Nicholas of Myra, Spyridon bishop of Trimythous, the wonder-workers; of the holy glorious great martyrs George the triumphphant, Demetrios the myrrhflowing, Theodore of Tyros and Theodore the Commander; of the holy-martyrs Charalambos and Eleutherios; of the holy glorious triumphphant Martyrs; of our pious and God-bearing Fathers; of (the Saint of the Church); of the holy and righteous Ancestors of God, Joachim and Anna; of Saint (Name) whose memory we celebrate today; and of all Your Saints, we beseech You Lord, Who alone are all merciful; hear the prayers of us sinners and have mercy upon us.

People: Lord, have mercy (12).

Priest: By the mercy and compassion, and love of Your only begotten Son, with whom You are blessed, together with Your all-holy and life giving Spirit, now and forever and to the ages of ages.

<p>Καὶ νῦν...</p> <p>Ταῖς τῆς Θεοτόκου, πρεσβειαῖς, Ἐλεῆμον, ἐξώλειψον τὰ πλήθη, τῶν ἐμῶν ἐγκληματίων.</p> <p>Στή. Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου, καὶ κατὰ τὸ πλήθος τῶν οἰκτιρῶν σου ἐξώλειψον τὸ ἀνόμημά μου.</p>	<p>Ὡς τεῖχος καταφυγῆς κекτήμεθα, καὶ ψυχῶν σὲ παντελῆ σωτηρίαν, καὶ πλατυσμόν ἐν ταῖς θλίψεσι, Κόρη, καὶ τῷ φωτὶ σου αἰεὶ ἀγαλλόμεθα. Ὡ Δέσποινα, καὶ νῦν ἡμῶς, τῶν παθῶν καὶ κινδύνων διάσασον.</p> <p>Καὶ νῦν...</p> <p>Ἐν κλίην νῦν ἀσθενῶν κατάκειμαι, καὶ οὐκ ἔστιν ἴσσις τῆ σαρκί μου, ἀλλ' ἡ Θεὸν καὶ Σωτήρα τοῦ κόσμου, καὶ τὸν λυτήρα τῶν νόσων κηήσασα, σοῦ δέομαι τῆς ἀγαθῆς, ἐκ φθορᾶς νοσημάτων ἀνάστησον.</p>	<p>In you we have a mighty defending wall, and we have our souls' most perfect salvation. You are relief from our anguish, O Virgin, and in your light shall we ever exult with joy. Our Lady, we beseech you now. From our passions and afflictions, raise us up.</p> <p>Both now...</p> <p>I lie abed, full of pain and suffering, with no healing remedy for my body, except for you, who has borne the world's Savior, Who has relieved us from every infirmity. I pray to you, for you are good! Lift me up from corruptions and illnesses.</p>
<p>Ἦχος πλ. β'</p> <p>Μὴ καταπιστεύσης με, ἀνθρωπίνη προστασία, Παναγία δέσποινα, ἀλλὰ δέξαι δέησιν, τοῦ ἱκέτου σου, θλίψις γὰρ ἔχει με, φέρειν οὐ δύναμαι, τῶν δαιμόνων τὰ τοξεύματα, σκέπην οὐ κέκτημαι, οὐδὲ ποῦ προσφύγω ὁ ἄθλιος, πάντοθεν πολειοῦμενος, καὶ παραμυθίαν οὐκ ἔχω πλὴν σου, Δέσποινα τοῦ κόσμου, ἑλπίς καὶ προστασία τῶν πιστῶν, μή μου παρῖδις τὴν δέησιν, τὸ συμφέρον ποιήσων.</p>	<p>Διάσασον, ἀπὸ κινδύνων, τοῦς δούλους σου, Θεοτόκε, ὅτι πάντες μετὰ Θεόν, εἰς σὲ καταφεύγομεν, ὡς ἄρηκτον τεῖχος καὶ προστασίαν.</p> <p>Ἄχραντε, ἡ διὰ λόγου τὸν Λόγον ἀνεμνηνεύως, ἐπ' ἐσχάτων τῶν ἡμερῶν τεκοῦσα, δυσώπησον, ὡς ἔχουσα μητρικὴν παρηρησίαν.</p> <p>Ἰερεὺς: Ἐλέησον ἡμᾶς ὁ Θεός ...</p>	<p>Deliver us, all of your servants, from dangers, O Theotokos; after God, we all flee to you, for shelter and covering, As an unshakable wall and our protection.</p> <p>Spotless one, who by a word, did bring to us the Word eternal, in the last days ineffably; do you now plead with him As the one with the motherly favor.</p> <p>The priest commemorates as before.</p>
<p>Ἦτερα Θεοτοκία</p> <p>Οὐδέις προστρέχων ἐπὶ σοί, κατηργημένος ἀπὸ σοῦ ἐκπορεύεται, ἀγνή Παρθένε Θεοτόκε, ἀλλ' αἰτεῖται τὴν χάριν, καὶ λαμβάνει τὸ δῶρημα, πρὸς τὸ συμφέρον τῆς αἰτήσεως.</p> <p>Μεταβολὴ τῶν θλιβομένων, ἀπαλλαγὴ τῶν ἀσθενούντων ὑπάρχουσα, Θεοτόκε Παρθένε, σῶξε πόλιν καὶ λαόν, τῶν πολεμουμένων ἢ εἰρήνη, τῶν χειμαζομένων ἢ γαλήνη, ἢ μόνη προστασία τῶν πιστῶν.</p> <p>Ἰερεὺς: Σῶσον, ὁ Θεός, τὸν λαόν σου, καὶ εὐλόγησον τὴν κληρονομίαν σου: ἐπίσκεψαι τὸν κόσμον σου ἐν ἔλει καὶ οἰτιμοίς: ὑψωσον κέρας Χριστιανῶν Ὁρθοδόξων, καὶ κατὰπεμνον ἐφ' ἡμᾶς</p>	<p>Κοντάκιον Ἦχος β'</p> <p>Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία πρὸς τὸν Ποιητὴν ἀμετάθετε, Μη παρῖδις ἀμαρτωλῶν δεήσεων φωνᾶς, ἀλλὰ πρόφθασον, ὡς ἀγαθὴ, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κρυναυζόντων σοί. Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἰκεσίαν, ἢ προστατεύουσα αἰεὶ, Θεοτόκε, τῶν τιμώντων σε.</p>	<p>Κοντάκιον. Tone 2</p> <p>O protection of Christians which cannot be put to shame, Mediation unto the Creator unwavering, do not turn from the pleading voices of those who have sinned, but come quickly now unto the aid of all the faithful who cry out unto you, who are kind and good. Hasten your intercession, and speedily make supplication, for you at all times will protect, Theotokos, those who honor you.</p>
<p>Both now...</p> <p>Through the intercessions of the Theotokos, merciful One, wash away my many personal offenses.</p> <p>Verse : Have mercy upon me, O God, according to Your great mercy; and according to the multitude of Your compassions blot out my transgressions.</p>	<p>Καὶ νῦν...</p> <p>Ἐν κλίην νῦν ἀσθενῶν κατάκειμαι, καὶ οὐκ ἔστιν ἴσσις τῆ σαρκί μου, ἀλλ' ἡ Θεὸν καὶ Σωτήρα τοῦ κόσμου, καὶ τὸν λυτήρα τῶν νόσων κηήσασα, σοῦ δέομαι τῆς ἀγαθῆς, ἐκ φθορᾶς νοσημάτων ἀνάστησον.</p>	<p>In you we have a mighty defending wall, and we have our souls' most perfect salvation. You are relief from our anguish, O Virgin, and in your light shall we ever exult with joy. Our Lady, we beseech you now. From our passions and afflictions, raise us up.</p> <p>Both now...</p> <p>I lie abed, full of pain and suffering, with no healing remedy for my body, except for you, who has borne the world's Savior, Who has relieved us from every infirmity. I pray to you, for you are good! Lift me up from corruptions and illnesses.</p>
<p>Tone 2 Plagal</p> <p>Put me not into the hands of any human protection, O our Lady, most holy, but do now receive the prayers of your supplicant; sorrow has taken me, and I am unable to withstand and bear the demon's darts; shelter I do not have, Nor a place to go, worthless that I am; Lady of humanity, the shelter of the faithful and their hope, do not reject my prayers to you, do the things that profit me.</p>	<p>Διάσασον, ἀπὸ κινδύνων, τοῦς δούλους σου, Θεοτόκε, ὅτι πάντες μετὰ Θεόν, εἰς σὲ καταφεύγομεν, ὡς ἄρηκτον τεῖχος καὶ προστασίαν.</p> <p>Ἄχραντε, ἡ διὰ λόγου τὸν Λόγον ἀνεμνηνεύως, ἐπ' ἐσχάτων τῶν ἡμερῶν τεκοῦσα, δυσώπησον, ὡς ἔχουσα μητρικὴν παρηρησίαν.</p> <p>Ἰερεὺς: Ἐλέησον ἡμᾶς ὁ Θεός ...</p>	<p>Deliver us, all of your servants, from dangers, O Theotokos; after God, we all flee to you, for shelter and covering, As an unshakable wall and our protection.</p> <p>Spotless one, who by a word, did bring to us the Word eternal, in the last days ineffably; do you now plead with him As the one with the motherly favor.</p> <p>The priest commemorates as before.</p>
<p>The Theotokia</p> <p>No one is turned away from you, ashamed and empty, who flee unto you, O pure virgin Theotokos; but one asks for the favor, and the gift is received from you to the advantage of their own request.</p> <p>The transformation of the afflicted, you are the cure of those in sickness, Theotokos, O Virgin; save your people and your town. You are the peace of those in conflict, the calm of those in turmoil, the only protection of the faithful.</p> <p>Priest : O God, save Your People, and bless Your inheritance; look upon Your world with mercy and compassion; raise the Orthodox Christians to glory, and shower us with your abundant mer-</p>	<p>Κοντάκιον Ἦχος β'</p> <p>Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία πρὸς τὸν Ποιητὴν ἀμετάθετε, Μη παρῖδις ἀμαρτωλῶν δεήσεων φωνᾶς, ἀλλὰ πρόφθασον, ὡς ἀγαθὴ, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κρυναυζόντων σοί. Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἰκεσίαν, ἢ προστατεύουσα αἰεὶ, Θεοτόκε, τῶν τιμώντων σε.</p>	<p>Κοντάκιον. Tone 2</p> <p>O protection of Christians which cannot be put to shame, Mediation unto the Creator unwavering, do not turn from the pleading voices of those who have sinned, but come quickly now unto the aid of all the faithful who cry out unto you, who are kind and good. Hasten your intercession, and speedily make supplication, for you at all times will protect, Theotokos, those who honor you.</p>

<p>Α' Ἀντίφωνον Ἦχος δ'</p> <p>Ἐκ νεότητός μου, πολλὰ πολέμει μεῖ πάθη, ἀλλ' ἀνὸς ἀνταβουῦ, καὶ σῶσον, Σωτήρ μου. (δίς)</p> <p>Οἱ μισοῦντες Σιών, αἰσχύνθητε ἀπὸ τοῦ Κυρίου, ὡς χόρτος γάρ, πυρὶ ἔσσεθε ἀπεξηραμμένοι. (δίς)</p> <p>Δόξα...</p> <p>Ἅγιος Πνεῦματι, πᾶσα ψυχὴ ζωοῦται, καὶ καθάρσει ὑψοῦται, λαμπρύνεται τῇ Τριαδικῇ μονάδι, ἰεροκρυφίως.</p> <p>Καὶ νῦν...</p> <p>Ἅγιος Πνεῦματι, ἀναβλύζει τὰ τῆς χάριτος ρεῖθρα, ἀρδεύοντα ἅπασαν τὴν κτίσιν, πρὸς ζωογονίαν.</p> <p>Προκαίμενον</p> <p>Μνησθήσομαι τοῦ ὀνόματός σου ἐν πάσῃ γενεᾷ καὶ γενεᾷ. (2)</p> <p>Στήξ. Ἀκουσον, θύγατερ, καὶ ἴδε, καὶ κλῖνον τὸ οὖς σου, καὶ ἐπιλάθου τοῦ λαοῦ σου, καὶ τοῦ οἴκου τοῦ πατρὸς σου, καὶ ἐπιθυμήσει ὁ Βασιλεὺς τοῦ κάλλους σου.</p> <p>Τοῦ ὀνόματός σου ἐν πάσῃ γενεᾷ καὶ γενεᾷ μνησθήσομαι.</p> <p>Διάκονος; Καὶ ὑπὲρ τοῦ καταξιοθῆναι ἡμᾶς τῆς ἀκροάσεως τοῦ ἁγίου Εὐαγγελίου, Κύριον τὸν Θεὸν ἡμῶν ἱκετεύσωμεν.</p> <p>Χορὸς; Κύριε, ἐλέησον (γ').</p> <p>Διάκονος; Σοφία. Ὁρθοί, ἀκούσωμεν τοῦ ἁγίου Εὐαγγελίου.</p>	<p>1st Antiphon. Tone 4</p> <p>From my youth do many passions war against me; but do You Yourself defend and save me, O my Savior. (2)</p> <p>You haters of Sion shall be shamed by the Lord; for, like grass, by the fire shall you be withered. (2)</p> <p>Glory...</p> <p>In the Holy Spirit every soul is quickened and through cleansing is exalted and made radiant by the Triple Unity in a hidden sacred manner.</p> <p>Both now...</p> <p>By the Holy Spirit, the streams of grace gush forth, watering all creation unto the begetting of life.</p> <p>Prokeimenon</p> <p>I shall remember your Holy Name from generation to generation. (2)</p> <p>Vers: Listen, O Daughter, and see, and incline your ear, and forget your people and your father's house and the King will desire your beauty.</p> <p>I shall remember Your Holy Name from generation to generation.</p> <p>Priest : Let us pray to the Lord, our God, that we may be deemed worthy to hear the Holy Gospel,</p> <p>People: Lord, have mercy (3).</p> <p>Priest: Wisdom, Arise, Let us hear the Holy Gospel.</p>	<p>Ἱερεὺς; Εἰρήνη πᾶσι.</p> <p>Χορὸς; Καὶ τῷ Πνεύματι σου.</p> <p>Ἱερεὺς; Ἐκ τοῦ κατὰ Λουκᾶν ἁγίου Εὐαγγελίου το ἀνάρθρωμα Πρόσχωμεν.</p> <p>Χορὸς; Δόξα σοί, Κύριε, δόξα σοί.</p> <p>Ἱερεὺς; Ἐν ταῖς ἡμέραις εκεῖναις, ἀναστάσα Μαριάμ ἐπορεύθη εἰς τὴν ὄρεινὴν μετὰ σπουδῆς, εἰς πόλιν Ἰουδα, καὶ εἰσῆλθεν εἰς τὸν οἶκον Ζαχαρίου, καὶ ἠσπᾶσατο τὴν Ἐλισάβητ, καὶ ἐγένετο ὡς ἤκουσεν ἡ Ἐλισάβητ τὸν ἀσπασμὸν τῆς Μαρίας, ἐσκίρτησε τὸ βρέφος ἐν τῇ κοιλίᾳ αὐτῆς, καὶ ἐπλήσθη Πνεύματος Ἁγίου ἡ Ἐλισάβητ, καὶ ἀνεφώνησε φωνῇ μεγάλῃ, καὶ εἶπεν, Εὐλόγημένη σὺ ἐν γυναιξί, καὶ εὐλογημένος ὁ καρπὸς τῆς κοιλίας σου, καὶ πόθεν μοι τοῦτο, ἵνα ἔλθῃ ἡ μήτηρ τοῦ Κυρίου μου πρὸς με; ἰδοὺ γάρ, ὡς ἐγένετο ἡ φωνὴ τοῦ ἀσπασμοῦ σου εἰς τὰ ὦτά μου, ἐσκίρτησεν ἐν ἀγαλλιάσει τὸ βρέφος ἐν τῇ κοιλίᾳ μου, καὶ μακαρία ἡ πιστεύουσα, ὅτι ἔσται τελείωσις τοῖς λελαλημένοις αὐτῇ παρὰ Κυρίου. Καὶ εἶπε Μαριάμ, Μεγαλύνει ἡ ψυχὴ μου τὸν Κύριον, καὶ ἠγαλλίασε τὸ πνεῦμα μου ἐπὶ τῷ Θεῷ τῷ σωτήρι μου, ὅτι ἐπέβλεψεν ἐπὶ τὴν ταπεινώσιν τῆς δούλης αὐτοῦ. ἰδοὺ γάρ, ἀπὸ τοῦ νῦν μακαριοῦσί με πᾶσαι αἱ γενεαί. ὅτι ἐποίησέ μοι μεγαλεῖα ὁ δυνατός, καὶ ἅγιον τὸ τὸ ὄνομα αὐτοῦ. Ἔμεινε δὲ Μαριάμ σὺν αὐτῇ ὥσθι μῆνας τρεῖς, καὶ ὑπέστρεψεν εἰς τὸν οἶκον αὐτῆς.</p> <p>Χορὸς; Δόξα σοί, Κύριε, δόξα σοί.</p> <p>Δόξα... Ἦχος β'</p> <p>Πάτερ, Λόγε, Πνεῦμα, Τριάς ἡ ἐν Μονάδι, ἐξάλειψον τὰ πλήθη, τῶν ἐμῶν ἐγκλημάτων.</p>	<p>Peace be with all.</p> <p>People: And with your spirit.</p> <p>Priest : The reading of the Holy Gospel according to Luke. Let us be attentive.</p> <p>People: Glory to You, O Lord, glory to You.</p> <p>Priest : In those days Mary arose and went in haste into the hill country, to a city of Judah, and she entered the house of Zachariah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit and she exclaimed with a loud cry, Blessed are you among women, and blessed is the fruit of your womb! And why is this granted me, that the mother of my Lord should come to me? For behold, when the voice of your greeting came to my ears, the babe in my womb leaped for joy. And blessed is she who believed, for there would be a fulfillment of what was spoken to her from the Lord." And Mary said, "My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has regarded the lowly estate of his handmaiden. For behold henceforth all generations will call me blessed; for he who is mighty has done great things for me, and holy is his name." And Mary remained with her about three months, and returned to her home.</p> <p>People : Glory to You, O Lord, glory to You.</p> <p>Glory... Tone 2.</p> <p>Father, Word, and Spirit, Trinity in oneness, wash away my many personal offenses.</p>
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