SERVICE OF THE
SMALL PARAKLESIS
SUPPLICATORY CANON

by Theosteriktos the Monk

English Translation by Fr. N. M. Vaporis

Canon, Kontakion, Megalynaria, and Exapostilaria texts by N. Takis.
Other hymn texts by Kangelaris and Kasemeotes.
The Service of the Small Paraklesis
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The service of the Small Paraklesis is chanted in times of distress and sorrow of soul and during the first fourteen days of

'Hos 142

Κύριε, εισάκουσον της προσευχής μου, ενώτισαι την δέησιν μου εν τη αληθεία σου, εισάκουσον μου εν τη δικαιοσύνη σου. Και μη εισέλθης εις το κρισίς μετά του δούλου σου, σου δικαιοθήσεται ενώπιον σου σε ζων. Οτι καταδιωξας το γεράρος την ψυχήν μου εταπείνωσεν εις γην την ζωην μου. Εκάθεσε με εν σκοτεινοις εις νεκροις αιωνιοι και κηδεσθης επε με το πενεύμα μου, εν εμοι εταραξήθη η καρδιά μου. Εμνισθη ημερών αρχαιως, εμελέτησα εν ματι τους εργους σου, εν ποιμασι των χειριων σου εμελετων. Διεπεταις προς σε τας χειριας μου, η ψυχη μου εγενετο ητοιν ουνορος σου. Ταχαι εισάκουσον μου, Κύριε, εξελεπτε το πενεύμα μου. Μη αποστρέψης το προσωπον σου απε εμου, και ομοιωθησομαι τους καταβιανουσιν εις λακκον. Ακοισουν ποιησον μου το προι το ελεος σου, ωτ επι σοι ημπισα. Κύριε, οδον εν πορευομαι, ωτ προσ εν ηρα την ψυχην μου. Εξελει με εκ των ερνων μου, Κύριε, προς σε κατεφυγον διαδαζω με του θελημα σου, ωτ συ ει ο Θεος μου. Το πενεύμα σου το αγαθον οδηγησε με εν γη εις φωτιαν ενεκεν ουνοματος σου, Κύριε, ζητεις με. Εν τη δικαιουσιν σου εξαετε εκ θλιμεος την ψυχην μου, και εν τω ελει σου ηκηδιασε εις εχθροις μου, και απολεις παντας διαλυοντας την ψυχην μου, ητο ει τω δουλου σου εμει.

'Hos 142

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.

Hos 142

The Lord is God and has revealed Himself to us, blessed is he who comes in the name of the Lord.

Psalm 142

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 justi-fied. 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 shall utterly destroy my ene-mies. And you shall destroy all those who afflict my soul; for I am Your servant.

Tone 4

The Lord is God and has revealed Himself to us, blessed is he who comes in the name of the Lord.

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Tone 4

To the Theotokos, let us run now most fervently, as sinners and lowly ones, let us fall down in repentance, crying from the depths of our soul:
καὶ εἷς ἁγίας ἑλευθέρους ἀλήθειαν τοῖς σοῦ τὴν ἀγαλλίασιν — Πολλοὶς ὁλοκαυτώματα διαφυγῶν Ὑγρὰν Σιών τότε εὐδοκήσεις. Οὐκ γὰρ τοσούτων ἐνώπιόν μου δεινῶν ἡμᾶς ἐξουδενώσει τὴν θυσίαν σου εὐδοκήσεις, Οδηγήσω σου τὴν ἀγαλλίασιν. Πολλοὶς ὁλοκαυτώματα διαφυγῶν, θεωτόκε, οἱ ἐγκαίνισον ἂν αὐτὸν τὸ κρίνεσθαί τοῦ εὐδοκίας σου ἐπὶ τὴν ἀνοµίας σου τὴν ἐκίσσησέ με καὶ τῷ ἐκίσσησέ με τὸν θὸν αὐτὸν ἐν τῷ θυμῷ σου ἑξουδενώσεις. Οὐκ ἀρέσχατοι σοῦ ἐν τῷ ἐκίσσησέ με τῷ θὸν αὐτὸν ἐν τῷ θυμῷ σου ἑξουδενώσεις. Οὐκ ἐπιζητῶν Θεοτόκε. Θεοτόκε ῼσὰς ἐξουδενώσεις. Οὐκ γὰρ τοσούτων ἐνώπιόν μου δεινῶν ἡμᾶς ἐξουδενώσει τὴν θυσίαν σου εὐδοκήσεις. Οδηγήσω σου τὴν ἀγαλλίασιν. Πολλοὶς ὁλοκαυτώματα διαφυγῶν Ὑγρὰν Σιών τότε εὐδοκήσεις.
Παθῶν μὲ ταράττουσι προσβολά, πολλῆς ἀθυμίας, ἐμπυλώσαι μου τὴν ψυχήν, εἰρήνευσον, Κόρη, τῇ γαλήνῃ, τῇ τοῦ Υἱοῦ καὶ Ἰησοῦ σου, Πανάμωμε.

Δόξα...

Σωτήρα τεκούσαν σε καὶ Θεόν, δυσώπητο, Παρθένε, λυτρωθήναι με τοὺς δεινοὺς, σοὶ γὰρ νῦν προσφεύγων ἄνατεῖνο, καὶ τὴν ψυχήν καὶ τὴν διάνοιαν.

Καὶ νῦν...

Νοσοῦντα τὸ σῶμα καὶ τὴν ψυχήν, ἐπισκοπῆς θείας, καὶ προνοίας τῆς παρὰ σοῦ, ἄξιοσον, μόνη Ἰσχύωντορ, ὡς ἀγαθὴ ἀγάθου τε λοχεύτρια.

Ωδή γ’

Οὐρανίας ἀγίως, ὀρφοουργὴν Ἰερός, καὶ τῆς ᾿Εκκλησίας δοκήτα, σὺ μὲ στερέωσον, ἐν τῇ ἀγάπῃ τῇ σῇ, τῶν ἐφετῶν ἡ ἀκρότης, τῶν πιστῶν τὸ στήριγµα, μόνη πανύµνητε.

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς.

Προστασίαν καὶ σκέπην, ἡμᾶς ἐπισκέπτεσθαι, σὺ μὲ κυβέρνησον, τῆς πανύµνητος, τῶν ἐφετῶν τῆς γαλήνης, τῶν ἐσπερίαν καὶ τῆς ἀρχῆς, τῶν πιστῶν τὸ στήριγµα, μόνη πανύµνητε.

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς.

Ὑπεραγία Θεοτόκε, σῦ καὶ ἀγαθὴ πανυµνητε.

Τὴν πανύµνητα, Ἰακώβου, τὸν γυμνόν κάψον, καὶ τῆς ἀθυμίας τὴν ἡµέραν, ἰσακεφαλίστηκαν, σὺ των ἐφετῶν τῆς γαλήνης, τῶν ἐκμακρύνας, μόνη πανύµνητε.

Δόξα...

Εὐρεγέτην τεκούσα, τὸν τῶν καλῶν αἴτιον, τῆς εὐφροσύνης τῶν πλούτων, πάσιν ανάβλυσον, πάντα γὰρ δύνασαι, ὡς δυνατὸν ἐν Ἰσχύι, τῶν Ἑρωτῶν κυθήρας, Ἰσχυράκαρστε.

Καὶ νῦν....

Χαλεπαῖς ἀρρωστίαις, καὶ νοσεροῖς πάθεσιν, ἐξεπαρτόμενον, Παρθένε, σὺ μοί βοήθησον, τῶν Ἱαμάτων γὰρ, ἀνελλιπὴ σὲ γνώσικε, θησαυρὸν, Πανάμωμε, τῶν ἀδαπάνητον.

Διάσωσον, ἀπὸ κινδύνων, τοὺς δοῦλους σου, Θεοτόκε, ὅτι πάντες μετὰ Θεόν, εἰς σὲ καταφεύγομεν, ὡς ἄρρηκτον τὶς μοί παρὰ καὶ προστασίαν.

Ἐπιβλέψον, ἐν εὐμενείᾳ, πανύµνητε Θεοτόκε, ἐπὶ τὴν ἐμὴν χαλεπὴν τοῦ σώματος κάκωσιν, καὶ ἰασαι τῆς ψυχῆς μου τὸ ἄλγος.

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.

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

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.

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

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.

Ode 3

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.

Most Holy Theotokos, save us.

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.

Most Holy Theotokos, save us.

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.

Glory...

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.

Both now...

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.

Deliver us, all of your servants, from danger, O Theotokos; after God, we all flee to you, for shelter and covering, as an unshakably wall and our protection.

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.
Πρεσβεία θερμή, και τέχνη άποροσμαχήτων, ἐλέους πηγή, τοῦ κόσμου καταφύγιον, ἐκτενῶς βοώμεν σοι, Θεοτόκε Δέσποινα, πρόφθασον, και έκ κινδύνων λύτρωσαι ἡμᾶς, ὡς μόνη ταχέως προστατεύουσα.

Κάθισμα Ἡχων β’

Εἰς αὐτὰ συναίνεισα, κύριε, τῆς οἰκονομίας σου τοῦ μυστήριον, κατενόησα τὰ ἔργα σου, καὶ ἐδοξάσα σου τὴν θεότητα.

Ὑπεραγία Θεοτόκε, σώσον ἡμᾶς.

Τῶν παθῶν μου τὸν τάραχον, ἢ τὸν κυβερνήτην τῆς καθημερινότητος, κύριον, καὶ τὸν κλώδωνα κατεύνασον, τῶν ἐμῶν πταισµάτων, Θεονύµφεωτε.

Ὑπεραγία Θεοτόκε, σώσον ἡμᾶς.

Εὔσπλαγχνας τὴν ἀβυσσίναν, ἑπικαλουµένω τῆς σής παράσχου μοι, ἢ τῶν εὐσπλήγχνου κυβέρνας, καὶ Σωτήρα πάντων, τῶν ὑµοῦντων σε.

Δόξα...

Ἀπολαύσοντες, Πάναγε, τῶν σὸν δωρηµάτων εὐχαριστήριων, ἀναµέλποµεν ἐφώµινοι, οἱ γινώσκοντες σε Θεοµήτορα.

Πρεσβεύοντες Ἰησοῦς Ἰησοῦς, Ἡγεῖται, Ἡγεῖται, πάσης συνδοροµητῶν παρεπιδήµουν ἁµαρτιῶν ὀρθοδόξων Ἱερεὺς Ἱερεὺς Χορός Χορός.

Προσεύχεσθε συνενεχώς, πάντων τῶν εὐσεβῶν καὶ ὀρθοδόξων, τῶν κατοικίων τοῦ θεοῦ, τῶν ἐντόνων τῆς καθημερινής τύπης, πάντων τῶν ἑπισκόπων και παρεπιστέψων, καὶ συγχωρήσων, συγκαταθητών καὶ παρεπιστέψων ἐν τῇ πόλῃ της ἀγίου ναοῦ τούτου.

Κάθισμα Ἡχων β’

Η ἐπισκέψεως νῦν βοήθειας καταφύγιον καὶ ἀφειρωτῶν τῆς σου, σώσον ὑπέρ τῶν τῶν ἀνίκων ἀναµέλποµεν ἔστω ἡµᾶς ἐν [...].

Ὑπεραγία Θεοτόκε, σώσον ἡµᾶς.

Δόξα...

Ἀπολαύσοντες, Πάναγε, τῶν σὸν δωρηµάτων εὐχαριστήριων, ἀναµέλποµεν ἐφώµινοι, οἱ γινώσκοντες σε Θεοµήτορα.

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Both now...

Our hope and the cornerstone of mankind’s salvation are you, All-Lauded One. A defending wall unshakable, from all danger and strife you deliver us.

Ode 5

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.

Most Holy Theotokos, save us.

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 joyfulness.

Most Holy Theotokos, save us.

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.

Glory…

Cast away the gloom of my sinful self, 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…

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.
Και νῦν...

Ἐν κλίνη νῦν ἁθηνῶν κατάκειμαι, καὶ οὐκ ἔστιν ἰασίς τῇ σαρκὶ μου, ἀλλὰ ἡ Θεὸν καὶ Σωτῆρα τοῦ κόσμου, καὶ τὸν λυτῆρα τῶν νόσων κυψάσα, σοῦ δεόμαι τῆς ἁγάθης, ἐκ φθορᾶς νοσημάτων ἀνάστησιν.

Διάσωσον, ἀπὸ κινδύνων, τοὺς δούλους σου, Θεοτόκε, ὅτι πάντες μετὰ Θεού, εἰς σε καταφεύγομεν, ὡς ἄρρητον τεῖχος καὶ προστάσιαν.

Ἄχραντε, ἢ διὰ λόγου τοῦ Λόγου ἀνερρημένωτος, ἐπὶ ἐσχάτων τῶν ἡμερῶν τεκοῦσα, δοσιώσουσιν, ὡς ἐχούσα μητρικῆς παρμητῆμα.

Ἰερεὺς: Ἐλέησον ἡμᾶς ὁ Θεός...

Κοντάκιον Ἡχος β'

Προστασία τῶν Χριστιανῶν ἀκατάσχετε, μεσαίεα πρὸς τὸν Ποιητὴν ἀμέτακτην, Μὴ παρίσις ἀμαρτωλῶν δήσεως φωνάς, ἀλλὰ πρόβοσκαν, ὡς ἁγιάσθην ἡμῶν, τῶν πιστῶς κραυγαζοµένων σοι. Ἁγιασμὸν εἰς προσβεβιά, καὶ σπεύδασιν εἰς ἰκεῖσαι, ἢ προσταστέουσα σᾶς, Ἡ Θεοτόκε, τῶν τιμῶντος σε.

Α' Ἀντίφωνον Ἡχος δ'

Ἔκ νεότητος μου, πολλὰ πολεµεὶ μὲ πάθη, ἀλλὰ αὐτὸς ἀντιλαβοῦ, καὶ σῶσον, Σωτήρ μου. (δίς)

Οἱ μισοῦντες Σιών, ἀισχύνθητε ἀπὸ τοῦ Κυρίου, ὡς χόρτος γὰρ, πωρὶ ἔσσατε ἀπεξηραµµένοι. (δίς)

Δόξα...

Αγίῳ Πνεύματι, πάσα ψυχή ἴσως, καὶ καθάρσει ψυχάστηκα, λαμπρύνεται τῇ Τριαδικῇ μονάδι, ἱεροκρυφίῳ.

Και νῦν...

Ἀγίῳ Πνεύματι, ἀναβλύζει τὰ τῆς χάριτος ρέθρα, ἀρδεύωντα ἰασιὰν τὴν κτίσιν, πρὸς ζωογίον.

Προκείμενον

Μνησθῆσομεν τοῦ ὀνόματός σου ἐν πάσῃ γενεᾷ καὶ γενεᾷ. (2)

Στίχ. Λαοῦσον τῷ Θεῷ καὶ Ιησοῦ τῷ Χριστῷ, τῷ Εὐαγγελίῳ, τῷ Θεῷ ἀληθείᾳ, τῷ Θεῷ ἀλήθειᾳ, οὐκ ἔστε ἀδικόσως, οὐκ ἔστε ἀδικόσως.

Τοῦ ὀνόματός σου ἐν πάσῃ γενεᾷ καὶ γενεᾷ μνησθῆσομαι.

Διάκονος: Καὶ ὑπὲρ του καταξιωθηκών ἡμᾶς τῆς ἁθησαμένης τοῦ ἄγιου Εὐαγγελίου, Κύριον τὸν Θεὸν ἡμῶν ἱκετεύσομεν.

Χορὸς: Κύριε, ἐλέησον (γ').

Both now...

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.

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.

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.

The priest commemorates as before.

Kontakion. Tone 2

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.

1st Antiphon. Tone 4

From my youth do many passions war against me; but do You Yourself defend and save me, O my Savior. (2)

You haters of Sion shall be shamed by the Lord; for, like grass, by the fire shall you be withered. (2)

Glory...

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.

Both now...

By the Holy Spirit, the streams of grace gush forth, watering all creation unto the begetting of life.

Prokeimenon

I shall remember your Holy Name from generation to generation. (2)

Verse: 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.

I shall remember Your Holy Name from generation to generation.

Priest : Let us pray to the Lord, our God, that we may be deemed worthy to hear the Holy Gospel,

People: Lord, have mercy (3).
Priest: Wisdom, Arise, Let us hear the Holy Gospel.
Peace be with all.
People: And with your spirit.
People: Glory to You, O Lord, glory to You.

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.

People: Glory to You, O Lord, glory to You.

Glory... Tone 2.

Both now...

Through the intercessions of the Theotokos, merciful One, wash away my many personal offenses.

Verse: Have mercy upon me, O God, according to Your great mercy; and according to the multitude of Your compassions blot out my transgressions.

Tone 2 Plagal

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.

The Theotokia

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.
Metabolh tôn thlambmenon, upallagê tôn asthenouonton upárhousa. Theotokhe Parthené, sôsê pòlin kai laon, tôn polemoumenon éi epíthenh, tôn cheimazomenon ëi galethn, ëi mònha proostasia tôn pistôn.


Ìorós: Kýrie, ëléyson (ìb’)

Ìereus: Êléi, kai oiktrímou, kai phílanthropia tì mononýmou tì Yídou, med ò ëulogítus eì, sun tè pánagaí kai Æsthê th Zôiopoiw sou Ænteimati, ñwn kai ãei kai eìs tòus aíóías tìs aííon.

Ìorós Amin.

Ωδή 3’

Oî èk tìs iouáías, kataámpýsan Páides en Vavbòlìni potè, tìn pístei tìs Tríadó, tìn ðygha tìs kaiwini, kapeptásein vàllontes, Ò tôn Páteron ëmwn Òhkh, ëulogítus eì.

Ýperagía Theotóke, sòsoun ëmá.

Tìn ëmwn sotírián, òs ñèlèshas Sôtèp, Íkoonumírasebai, èn mútta Ò tôn Parthenó, katho ñesas tò kósmo, ò ñproostáian ànèdeiáza, Ò tôn Páteron ëmwn Òhkh, ëulogítus eì.

Ýperagía Theotóke, sòsoun ëmá.

Thelhth tòu ëlèou, òn ñegíménas, Míter ãgni ðusóímen, xúthsh tìn pásias, ñegíth tè molúsmata, toutò en pístei krapíaçontas, Ò tôn Páteron ëmwn Òhkh, ëulogítus eì.

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 prosperity of your pistons.

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 mercies, 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 eccumenical 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 Trinithous, the wonder-workers; of the holy glorious martyrs George the triumphant, Demetrios the myrrhflowing, Theodore of Tyros and Theodore the Commander; of the holy-martyrs Charalambs and Eleutherios; of the holy glorious triumphant 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.

People: Amen.

Ode 7

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 Trinity: Blessed are You, the God of our Fathers.

Most Holy Theotokos, save us.

It was Your will, O Savior, to send forth our salvation from within the Virgin 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.

Most Holy Theotokos, save us.

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.
Δόξα...

Θησαυρόν σωτηρίας, καὶ πηγήν ἁφαρσίας, τὴν σὲ κυήσασαν, καὶ πύργον ασφαλείας, καὶ θύραν μετανοίας, τοὺς κραυγάζουσιν ἔδειξας, Ὄ τὸν Πατέρων ἡμῶν Θεός, εὐλογητός εἰ.

Καὶ νῦν...

Σωμάτων μαλακίας, καὶ ψυχῶν ἄρροστίας, Θεογεννήτρια, τὸν πόθῳ προσίτων, τῇ σκέψῃ σοῦ τῇ θείᾳ, θεραπεύειν αἴξιωσόν, ἢ τὸν Σωτῆρα Χριστόν, ἡμῖν ἀποτεκούσα.

Ѳώδη η'

Τὸν Βασιλέα τὸν οὐρανόν, ὃν ὑμνοῦσι στρατιά τῶν Ἀγγέλων, ὑμεῖς ἄνει, καὶ ὑπερψυψάτε ἐς πάντας τοὺς αἰώνας.

Υπεραγία Θεοτόκε, σώζων ἡμᾶς.

Τοὺς βοηθείας τῆς παρὰ σοῦ δικημένους, μὴ παρίδες Παρθένε, ὑμνοῦσάς, καὶ ὑπερψυψώστε σε, Κόρη, εἰς αἰώνας.

Υπεραγία Θεοτόκε, σώζων ἡμᾶς.

Τὸν Ἰαμάτων τὸν δακρύλης, ἐπιχείς τοῖς πιστῶς ὑμνοῦσί σε Παρθένε, καὶ ὑπερψυψώστε τὸν ἄφραστον σου τόκον.

Δόξα...

Τὰς ἀθανασίας μου τὴς ψυχῆς ἱστρεπίσαις, καὶ σωρὸς τὰς ὀδύνας, Παρθένε, ἵνα σὲ δοξάζω τὴν Κεχαριτωμένην.

Καὶ νῦν...

Τὸν πειρασμόν σὺ τὰς προσβολάς ἐκδιώκεις, καὶ παθῶν τὰς ἐφόδους Παρθένε, ὅθεν σὲ ὑμνοῦσαν εἰς πάντας τοὺς αἰώνας.

Ѳώδη θ'

Κυρίως Θεοτόκε, σὲ ὑμολογοῦμεν, οἴ διὰ σοῦ σεσωσήμενοι, Παρθένε ἄγνη, σὺν Ἀσωμάτων χορείαις, σὲ μεγαλοννοτες.

Υπεραγία Θεοτόκε, σώζων ἡμᾶς.

Ῥοήν μου τὸν δακρύλη, μὴ ἀποποιήσῃς, ἢ τὸν παντὸς ἀκροβυσσὸν πᾶν δάκρυσα, ἀφηρικότα Παρθένε, Χριστὸν κυήσασα.

Υπεραγία Θεοτόκε, σώζων ἡμᾶς.

Χαράς μου τὴν καρδιάν, πληρίσσον, Παρθένε, ἢ τῆς χαρᾶς δεξαμενῆ τὸ πλήρωμα, τῆς ἁμαρτίας τὴν λύπην, ἐξαραφάσσασα.

Υπεραγία Θεοτόκε, σώζων ἡμᾶς.

 Glory...

As a tower of safety, and the door to repentance, a fount of purity, and treasure of salvation, so You have shown Your Mother to Your people who cry aloud: Blessed are You, the God of our Fathers.

Both now...

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!

Ode 8.

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.

Most Holy Theotokos, save us.

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.

Most Holy Theotokos, save us.

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.

Glory...

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.

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.

Ode 9

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.

Most Holy Theotokos, save us.

I beg of you, O Virgin, turn not from the torrent of all the tears I am weeping, for you have brought forth your Son who dries all our teardrops, Christ, Who was born of you.

Most Holy Theotokos, save us.

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.

Most Holy Theotokos, save us.
∆έσποιναν τῶν αειµακάριστον Ἀπὸ καὶ ἀγνοίας Κακώσεως ἀναξίων Λιµὴν Ἄλαλα Θεοτόκω Αποστόλων Παναγία το τεῖχος ἱασαι Σεραφείµ...

Και νῦν...

Κακώσεως εν τόπῳ, το τῆς ἁσθενείας, ταπεινωθέντα, Παρθένε, θεράπευσον, εξ ἀρρωστίας εἰς ρώσιν, μετασκευαζούσα.

Ἄξιον ἦν ὡς ἀληθῶς, μακαρίζειν σὲ τὴν Θεοτόκουν, τὴν ἀειµακάριστον καὶ παναιµακάριστον και Μητέρα τοῦ Θεοῦ ἡμῶν. Ἡ ἀνάλογα τῶν Χρηστοτέλων, καὶ ἐνδοξότερας ἀνυγκρίτως τῶν Σεραφείων, ἡ ἀνδραφόρος Θεόν Λύγον τεκοῦσαν, τὴν ἄνω τοῦ Θεοτόκου, σὲ μεγαλύνομεν.

Μεγαλυνάρια

Τὴν ψυχιστοτέραν τῶν ὑπαρχόντων, καὶ καθαρωτέραν λαμπηδόνων ἡλικίας, τὴν λυτρωσαμένην ἡμᾶς ἐκ τῆς κατάρας, τὴν Δέσποιναν τοῦ κόσμου, ὑμίνως τιμήσωμεν.

Ἄπο τόν πολλόν μου ἁμαρτιῶν ἁπαθεῖνε τὸ σῶμα, ἁπαθεῖνε μου καὶ ἡ ψυχή, πρὸς σὲ καταφεύγω τὴν Ἐκσπρωτισμωτέραν, ἐλλείπει ἀπροσωπευμένον, σὺ μοι βοήθησον.

Δέσποινα καὶ μήτηρ τοῦ Λυτροστοῦ, δέξας παρακλήσεις, ἀναμένων σὺν ἱκετών, ἵνα μεσπερεύης πρὸς τὸν ἐκ σοῦ τεχθέντα. Ὡ Δέσποινα, τοῦ κόσμου γενόμενο μεσίτρια.

Ψάλλομεν προθύμως σοι τὴν ὁδὴν, νῦν τῇ πανυψηλώτητα, Θεοτόκου χαριμνικάς, μετὰ τοῦ Προδρόμου, καὶ πάνων τῶν Ἁγίων, δυσώπησε, Θεοτόκε, τοῦ σκεπτήμηται ἡμᾶς.

Ἀλλα τὰ χείλη τῶν ἁσθενῶν, τός μη προσκεκυνύντων, τὴν εἰκόνα σου τὴν σεπτήν, τὴν ἱστορηθέσαν, ὑπὸ τοῦ ἡμῶν, Λουκᾶ και ἱερωτάτου, τὴν Ὀδηγήτριαν.

(Το Μεγαλυνάριον του Ναοῦ)

Πάσας τῶν Ἁγίων αἰς στρατιαί, Πρόδρομε Κυρίου, Ἀποστόλων οἱ διώκες, οἱ Ἁγίοι Πάντες, μετὰ τῆς Θεοτόκου, ποιήσαις προσεβίας, εἰς τὸ σωθῆται ἡμᾶς.

Ἀναγνώστη: Ἀμήν. Ἁγίος ὁ Θεός, Ἁγίος Ἡσυχόος, Ἁγίος Ἀθανάτος, ἐλέησον ἡμᾶς (ἐκ γ’) Δόξα... Και νῦν ...

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἱλασθήτες ταῖς ἁμαρτίαις ἡμῶν. Δέσποινα, συγχωρήσων τὰς ἁμαρτίας ἡμῶν. Ἁγίε, ἐπίσκεψαι καὶ σωθῆναι τὰς ἁσθενεῖς ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου.

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.

Glory...

Illumine us with brightness from your light, O Virgin, while all the darkness of folly and sin is dispelled, for we in piety call you Mother who brought forth God.

Both now...

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.

Truly, you are worthy to be blest, and we call you blessed, Theotokos, you the ever-blessed 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.

The Megalynaria

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.

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.

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 for your Son and mankind, Mistress of all the world.

Now with eager voices we sing to you, allelukated Lady Theotokos in hymns of joy, joining John the Baptist and the saints’ holy chorus. Bestow, O Theotokos, God’s mercy over us.

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.

(Insert the Megalynarion of the church.)

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.

People: Amen. Holy God, Holy Mighty, Holy Immortal, have mercy upon us (3). Glory to ..., now and forever .... Amen.

Most holy Trinity, have mercy upon us; Lord, pardon our sins; Master, forgive our transgressions; Holy One, visit and heal our infirmities, for Your name’s sake.
Lord have mercy (3).

Glory to the Father, and the Son and the Holy Spirit, now and forever 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 Yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

People: Amen.

(Then we chant the following troparia, except for the first two weeks of August when instead, the apolytikion of the day and its associated Theotokion are chanted.)

**Plagal of the 2nd Tone.**

Have 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 and the Son and the 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…

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.

Priest: Have mercy on us, O God, according 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, forgiveness, and remission of the sins of the servants of God, all pious and Orthodox 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).
Διάκονος: Ετι δεόμεθα ύπερ των δούλων του Θεού, (όνομα), υγείας και βοηθείας ύπερ αυτών εἰπομεν.

Χορός: Κύριε ἐλέησον (3)

Διάκονος: Ετι δεόμεθα ύπερ του διαφυλαχθῆναι τὴν ἄγιαν Ἐκκλησίαν καὶ τὴν πόλιν ταύτην, καὶ πάσαν πόλιν καὶ χώραν ἀπὸ όργῆς, λοιμοῦ, λιμοῦ, σεισμοῦ, καταστροφῆς, πυρός, μαγαρίας, ἐπιδρομῆς ἀλλοφυλῶν, ἔμφυτου πολέμου, καὶ αιρετοῦ ψυχῆς, ύπερ τὸν θεὸν, εὐμενῆς καὶ εὐδοκικοῦ, γενέσθαι τὸν ἄγαθον καὶ φιλανθρώπον Θεὸν ἤμων, τοῦ ἀστροφινεία καὶ διασκέδασαι πάσαν όργήν καὶ νόσον, τὴν καθ’ ἡμῶν κυνωμένην, καὶ ὑστεροθῆναι ἡμᾶς ἐκ τῆς ἐπικείμενης δικαίας αὐτοῦ ἀπελλῆς, καὶ ἐλέησαι ἡμᾶς.

Χορός: Κύριε ἐλέησον (3)

Πρέσβης: Ἡμᾶς καὶ ὑπάγωμεν διὰ τῆς ἐίσακοψαί Κύριον τὸν Θεὸν φωνῆς τῆς δήσεως ἡμῶν τὸν ἀμαρτωλόν, καὶ ἐλέησαι ἡμᾶς.

Χορός: Κύριε ἐλέησον (3)

Πρέσβης: Ἡμῶν, ὁ Θεός, ὁ Σωτήρ ἡμῶν, ἡ ἐλπὶς πάντων τῶν περάτων τῆς γῆς καὶ τῶν ἐν θαλάσσῃ μακράν, καὶ υἱῶν, υἱῶν γενοῦς ἡμῶν, Δέσποτα ἐπὶ ταῖς ἀμαρτίαις ἡμῶν, καὶ ἐλέησαι ἡμᾶς.

Χορός: Κύριε ἐλέησον (3)

Πρέσβης: Ὡς ἐλεήσωμεν καὶ φιλανθρωπος Θεός ἵππες ὑπάρχεις, καὶ σοὶ τὴν δόξαν ἀναπέμπουμεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Αγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τῶν αἰώνων τῶν αἰώνων.

Χορός: Αμήν.

Πρέσβης: Δόξα σοι ὁ Θεός, ἠ ἐλπὶς ἡμῶν, Κύριε, δόξα Σοι. Χριστὸς ὁ ἀληθινὸς Θεός ἡμῶν παὶς πρεσβείας τῆς παναγίας καὶ παναμβίου υγίας Αὐτοῦ μητρός, δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ, προστάσας τῶν τιμίων ἐπουρανίων κυρίων, ἀγιών, ἐνδόξων, καὶ λιμενικών Αγίων, τῶν Οσίων, καὶ Θεοφόρων Πατέρων, (τοῦ Ναοῦ) τῶν ἁγίων καὶ δικαίων θεοπατορῶν Ιωακείμ καὶ Νανθείς, τοῦ αἰώνος (τῆς ἡμέρας) οὐ καὶ τὴν μνήμην επιτελοῦμεν, καὶ πάντων τῶν Αγίων, ἐλέησαι καὶ σώσαι ἡμᾶς, ὡς ἀγαθὸς καὶ φιλανθρωπος καὶ εὐλόγιος Θεός.

Χορός: Ράφετο τῷ τοῦ ξέλου.

Πάντων προσπαθεῖσις, Ἀγαθή, τῶν καταφευγόντων ἐν πίστει τῇ κραταιᾷ σου χαιρε, ἄλλην γὰρ σου ἔχουμεν ἀμαρτωλοὶ πρὸς Θεόν, ἐν κινδύνοις καὶ θλίψεις, ἀεὶ μεσεῖσθαί, οἱ κατακαμπτόμενοι υπὸ πτωσίμων πολύων, Μήτρα τοῦ Θεοῦ τῷ Υἱῷ σου, ἔθελεν οἱ προσπάθησις, Ράφετο σάς πασί περιστάσεως τοὺς δούλους σου.

Πάντων χλειμένου ἤ χαρά, καὶ ἀδικουμένου προστάτης, καὶ πενυμένων τρόφη, ξένον τε παράκλησις, καὶ βακτηρία τυφλῶν,

Πρέσβης: 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.

(Εἰς την Μετάκλησιν τῶν Αγίων ἰδιοτροφῶν, εἰς τὴν Μετάκλησιν τῶν ἱεροσωλίων τῆς Παλαιάς Χριστιανικής καὶ τῆς Νεολαίας Χριστιανικής)

Τόνη 2

Πρέσβης: Προσευχήσεστε εἰς τὸ Χριστόν τοῦ Θεοῦ, ἐν οἷς ὑπάρχει τὸ τέλος, ὥσπερ καὶ ἐν τῷ Χριστῷ τῷ ἐν οἷς ἐν οἷς ἐστιν ἡ εἰρήνη τοῦ Θεοῦ, ἐν οἷς ἐστιν ἡ ὁμοθετία, ἐν οἷς ἐστιν ἡ ἀγάπη τοῦ Θεοῦ, ἐν οἷς ἐστιν ἡ προσωποποίησις τοῦ Θεοῦ.

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
ζηθευούντων ἔπισκεψις, καταπονοομένων σκέπη καὶ ἀντίληψις, καὶ όρφανῶν βοήθιος, Μήτηρ τοῦ Θεοῦ τοῦ Ὕψιστου, σὺ ὑπάρχεις. Ἀρχαντε, σπεύδου, δυσωπούμεν, ρύσασθαι τοὺς δούλους σου.

'Ἡχος πλ. δ'

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

'Ἡχος β'

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

(Κατὰ τὴν περίοδον τοῦ 15 Αὐγούστου εἴθισται ἵνα ψάλλωνται, ἀντὶ τῶν ἀνωτέρω Θεοτοκίων, τὰ ἑπόμενα Ἐξαποστειλάρια, κατ’ έθος Ἀθηναϊκόν.)

'Ἡχος γ'

Ἄποστολοι ἐκ περάτων, συναθροισθέντες ἐνθάδε, Γεθσημανὴ τῶν χωρίω, κηδεύσατέ μου τὸ σῶµα, καὶ σὺ, Υἱὲ καὶ Θεέ μου, παράλαβέ μου τὸ πνεῦµα.

Ὁ γλυκασµὸν τῶν Ἀγγέλων, τῶν θλιβοµένων ἡ χαρά, χριστιανῶν ἡ προστάτις, Παρθένε Μήτηρ Κυρίου, ἀντιλαβοῦ μου καὶ ῥύσαι, τῶν αἰωνίων βασάνων.

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

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

Ἰερέας: Δ’ εὐχῶν τῶν Ἁγίων Πατέρων ἡμῶν...

Χορός: Ἄμην.

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, hearken to our plea as we cry out: Hasten to your servants and deliver us.

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, entreat-ing 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.

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