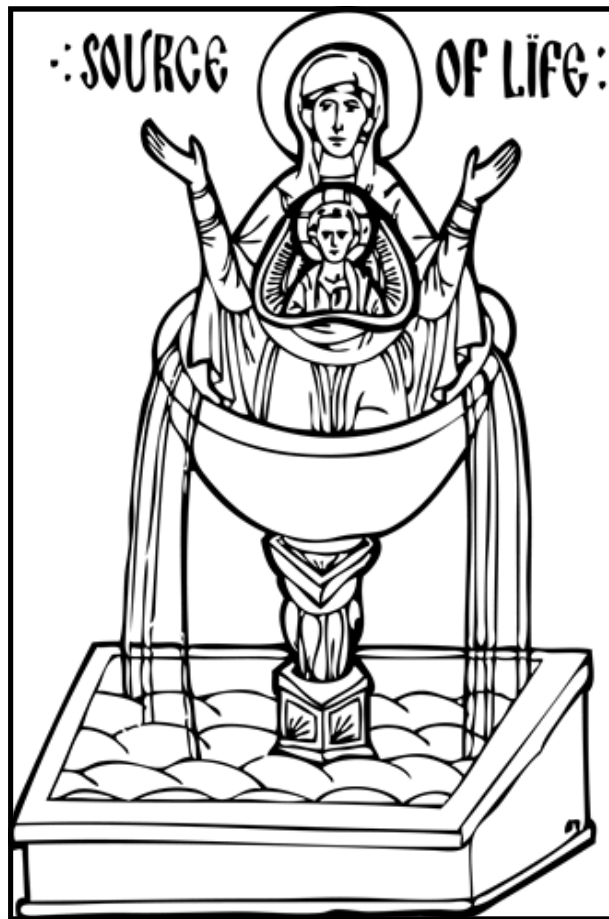


SERVICE OF THE  
**SMALL PARAKLESIS**  
SUPPLICATORY CANON



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

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

**Ἱερεὺς:** Εὐλόγητός ὁ Θεὸς ἡμῶν, πάντοτε, νῦν, καὶ ἀεὶ, 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, εἰσάκουσον τῆς προσευχῆς μου, ἐνώτισαι τὴν δέησίν μου ἐν τῇ ἀληθείᾳ σου, εἰσάκουσόν μου ἐν τῇ δικαιοσύνῃ σου· Καὶ μὴ εἰσέλθῃς εἰς κρίσιν μετὰ τοῦ δούλου σου, ὅτι οὐ δικαιοθήσεται ἐνώπιόν σου πας ζῶν. Ὅτι κατεδίωξεν ὁ ἐχθρὸς τὴν ψυχὴν μου· ἐταπείνωσεν εἰς γῆν τὴν ζωὴν μου. Ἐκάθισέ με ἐν σκοτεινοῖς ὡς νεκροὺς αἰῶνος· καὶ ἠκηδίασεν ἐπ' ἐμέ τὸ πνεῦμα μου, ἐν ἐμοὶ ἐταράχθη ἡ καρδιά μου. Ἐμνήσθην ἡμερῶν ἀρχαίων, ἐμελέτησα ἐν πάσι τοῖς ἔργοις σου, ἐν ποιήμασι τῶν χειρῶν σου ἐμελέτων. Διεπέτασα πρὸς σε τὰς χεῖρας μου, ἡ ψυχὴ μου ὡς γῆ ἀνυδρὸς σοι. Ταχύ εἰσάκουσόν μου, Κύριε, ἐξέλιπε τὸ πνεῦμα μου. Μὴ ἀποστρέψῃς τὸ πρόσωπόν σου ἀπ' ἐμοῦ, καὶ ὁμοιωθήσομαι τοῖς καταβαίνουσιν εἰς λάκκον. Ἀκουστόν ποίησόν μοι τὸ πρωὶ τὸ ἑλός σου, ὅτι ἐπὶ σοὶ ἠλπίσα. Γνώρισόν μοι, Κύριε, ὁδὸν ἐν ἣ πορεύσομαι, ὅτι πρὸς σε ἦρα τὴν ψυχὴν μου. Ἐξελού με ἐκ τῶν ἐχθρῶν μου, Κύριε, πρὸς σε κατέφυγον· διδάξόν με τοῦ ποιεῖν τὸ θέλημά σου., ὅτι σὺ εἶ ὁ Θεὸς μου. Τὸ πνεῦμα σου τὸ ἀγαθὸν ὁδηγήσει με ἐν γῆ εὐθείᾳ· ἕνεκεν τοῦ ὀνόματός σου, Κύριε, ζήσεις με. Ἐν τῇ δικαιοσύνῃ σου ἐξάξεις ἐκ θλίψεως τὴν ψυχὴν μου, καὶ ἐν τῷ ἐλέει σου ἐξολοθρεύσεις τοὺς ἐχθροὺς μου· καὶ ἀπολείς πάντας τοὺς θλίβοντας τὴν ψυχὴν μου, ὅτι ἐγὼ δούλος σου εἰμί.

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 shall utterly destroy my enemies. And you shall destroy all those who afflict my soul; for I am Your servant.

## Ἦχος δ'

## Tone 4

Θεὸς Κύριος, καὶ ἐπέφανεν ἡμῖν, εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

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

Στίχ, α'. Ἐξομολογεῖσθε τῷ Κυρίῳ, καὶ ἐπικαλεῖσθε τὸ ὄνομα τοῦ ἁγίου αὐτοῦ.

Vs. 1. Give thanks to the Lord and call upon His holy name.

Θεὸς Κύριος, καὶ ἐπέφανεν ἡμῖν, εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

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

Στίχ, β'. Πάντα τὰ ἔθνη ἐκύκλωσάν με, καὶ τῷ ὀνόματι Κυρίου ἠμυνάμην αὐτούς.

Vs. 2. All the nations have surrounded me, but in the name of the Lord, I have overcome them.

Θεὸς Κύριος, καὶ ἐπέφανεν ἡμῖν, εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

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

Στίχ, γ'. Παρὰ Κυρίου ἐγένετο αὕτη, καὶ ἐστὶ θαυμαστὴ ἐν ὀφθαλμοῖς ἡμῶν.

Vs. 3 This has been done by the Lord, and it is wonderful in our eyes.

Θεὸς Κύριος, καὶ ἐπέφανεν ἡμῖν, εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

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

## Ἦχος δ'

## Tone 4

Τῇ Θεοτόκῳ ἐκτενωθῶς νῦν προσδράμωμεν, ἁμαρτωλοὶ καὶ ταπεινοὶ, καὶ προσπέσωμεν ἐν μετάνοιᾳ, κρᾶζοντες ἐκ βάθους ψυχῆς, Δέσποινα, βοήθησον ἐφ' ἡμῖν σπλαγχνισθεῖσα, σπεῦσον,

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:

πολλύμεθα ὑπὸ πλήθους πταισμάτων, μὴ ἀποστρέψης σοὺς  
δούλους κενούς, σὲ γὰρ καὶ μόνην ἐλπίδα κεκτήμεθα.

Δόξα...

Το Απολυτίκιον του Ναού

Καὶ νῦν...

Οὐ σιωπήσωμέν ποτε, Θεοτόκε, τὰς δυναστείας σου λαλεῖν οἱ  
ἀνάξιοι εἰμὴ γὰρ σὺ προϊστάσο πρεσβεύουσα, τὶς ἡμᾶς  
ἔρρυσάτο ἐκ τοσοῦτων κινδύνων; Τὶς δὲ διεφύλαξεν ἕως νῦν  
ἐλευθέρους; Οὐκ ἀποστῶμεν, Δέσποινα, ἐκ σοῦ, σοὺς γὰρ  
δούλους σώζεις ἀεὶ, ἐκ παντοίων δεινῶν.

Και ο Ν' Ψαλμὸς χύμα:

Ελεησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου καὶ κατὰ τὸ  
πλῆθος τῶν οἰκτιρῶν σου ἐξάλειψον τὸ ἀνόμημά μου· ἐπὶ  
πλεῖον πλῦνόν με ἀπὸ τῆς ἀνομίας μου καὶ ἀπὸ τῆς ἁμαρτίας  
μου καθάρισόν με. Ὅτι τὴν ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ  
ἁμαρτία μου ἐνώπιόν μου ἐστὶ διαπαντός. Σοὶ μόνῳ ἤμαρτον καὶ  
τὸ πονηρὸν ἐνώπιόν μου ἐποίησα, ὅπως ἂν δικαιωθῆς ἐν τοῖς  
λόγοις σου, καὶ νικήσης ἐν τῷ κρίνεσθαί σε. Ἴδου γὰρ ἐν  
ἀνομίαις συνελήφθην, καὶ ἐν ἁμαρτίας ἐκίσσησέ με ἡ μήτηρ  
μου. Ἴδου γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κρύφια τῆς  
σοφίας σου ἐδήλωσάς μοι. Ραντιεῖς με ὑσώπω, καὶ  
καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι.  
Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην, ἀγαλλιάσονται  
ὅστέα τεταπεινωμένα. Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν  
ἁμαρτιῶν μου καὶ πάσας τὰς ἀνομίας μου ἐξάλειψον. Καρδίαν  
καθαράν κτίσον ἐν ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν  
τοῖς ἐγκάτοις μου. Μὴ ἀπορρίψης με ἀπὸ τοῦ προσώπου σου καὶ  
τὸ πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλης ἀπ' ἐμοῦ. Απόδος μοι τὴν  
ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῷ στήριξόν  
με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ ἀσεβεῖς ἐπὶ σὲ  
ἐπιστρέψουσι. Ρῦσαι με ἐξ αἱμάτων, ὁ Θεὸς ὁ Θεὸς τῆς  
σωτηρίας μου· ἀγαλλιάσεται ἡ γλῶσσά μου τὴν δικαιοσύνην  
σου. Κύριε, τὰ χεῖλη μου ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ  
τὴν αἴνεσίν σου. Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα ἂν·  
ὄλοκαυτώματα 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 Ἱερουσαλήμ· τότε  
εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφοράν καὶ ὄλοκαυτώματα·  
τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μόσχους.

**Ἦχος πλ. δ' Ὠδὴ α'.**

Ἐγρὰν διοδεύσας ὡσεὶ ξηράν, καὶ τὴν αἰγυπτίαν μοχθηρίαν  
διαφυγὼν, ὁ Ἰσραηλίτης ἀνεβόα, Τῷ Λυτρωτῇ καὶ Θεῷ ἡμῶν  
ἄσωμεν.

Υπεραγία Θεοτόκε, σώσον ημᾶς.

Πολλοὶς συνεχόμενος πειρασμοῖς, πρὸς σὲ καταφεύγω,  
σωτηρίαν ἐπιζητῶν, Ὡ Μήτηρ τοῦ Λόγου καὶ Παρθένε, τῶν  
δυσχερῶν καὶ δεινῶν με διάσωσον.

Υπεραγία Θεοτόκε, σώσον ημᾶς.

Lady, come and help us, have compassion upon us; hasten now  
for we are lost in the host of our errors; do not turn your ser-  
vants away, for you alone are a hope to us.

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

(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 unworthy; 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.

Psalm 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 thoroughly from my iniquity, and  
cleans 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 iniquity, 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 steadfast 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 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 Sion; 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.

**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!"

Most holy Theotokos, save us.

By many temptations I am engulfed. Searching for salvation,  
and seeking refuge, I turn to you, Mother of the Word, and Vir-  
gin Maiden. From all affliction and danger, deliver me.

Most holy Theotokos, save us.

Παθῶν μὲ ταράττουσι προσβολαί, πολλῆς ἀθυμίας, ἐμπιπλώσαι μου τὴν ψυχὴν, εἰρήνευσον, Κόρη, τὴ γαλήνη, τὴ τοῦ Υἱοῦ καὶ Θεοῦ σου, Πανάμωμε.

Δόξα...

Σωτήρα τεκούσάν σε καὶ Θεόν, δυσωπῶ, Παρθένε, λυτρωθῆναί με τῶν δεινῶν, σοὶ γὰρ νῦν προσφεύγων ἀνατείνω, καὶ τὴν ψυχὴν καὶ τὴν διάνοιαν.

Καὶ νῦν...

Νοσοῦντα τὸ σῶμα καὶ τὴν ψυχὴν, ἐπισκοπῆς θείας, καὶ προνοίας τῆς παρὰ σοῦ, ἀξιώσον, μόνη Θεομητορ, ὡς ἀγαθὴ ἀγαθοῦ τε λοχεύτρια.

### Ὡδὴ γ'

Οὐρανίας ἀψίδος, ὄροφουργὲ Κύριε, καὶ τῆς Ἐκκλησίας δομητορ, σὺ μὲ στερέωσον, ἐν τῇ ἀγάπῃ τῆ σῆ, τῶν ἐφετῶν ἢ ἀκρότης, τῶν πιστῶν τὸ στήριγμα, μόνε φιλόνητορ.

Υπεραγία Θεοτόκε, σώσον ημᾶς.

Προστασίαν καὶ σκέπη, ζωῆς ἐμῆς τίθημι, Σέ, Θεογεννητορ, Παρθένε, σὺ μὲ κυβέρνησον, πρὸς τὸν λιμένα σου, τῶν ἀγαθῶν ἢ αἰτία, τῶν πιστῶν τὸ στήριγμα, μόνη πανύμνητε.

Υπεραγία Θεοτόκε, σώσον ημᾶς.

Ἴκετεύω, Παρθένε, τὸν ψυχικὸν τάραχον, καὶ τῆς ἀθυμίας τὴν ζάλην, διασκεδάσαι μου, σὺ γὰρ, Θεόνυμφε, τὸν ἀρχηγὸν τῆς γαλήνης, τὸν Χριστὸν ἐκύησας, μόνη πανάχαρante.

Δόξα...

Εὐεργέτην τεκοῦσα, τὸν τῶν καλῶν αἴτιον, τῆς εὐεργεσίας τὸν πλοῦτον, πάσιν ἀνάβλυσον, πάντα γὰρ δύνασαι, ὡς δυνατὸν ἐν Ἰσχυί, τὸν Χριστὸν κύησας, Θεομακάριστε.

Καὶ νῦν....

Χαλεπαὶς ἀρρωστίας, καὶ νοσεροὶς πάθεισιν, ἐξεταζομένω, Παρθένε, σὺ μοὶ βοήθησον, τῶν Ἰαμάτων γὰρ, ἀνελλιπῆ σὲ γινώσκω, θησαυρόν, Πανάμωμε, τὸν ἀδαπάνητον.

Διάσωσον, ἀπὸ κινδύνων, τοὺς δούλους σου, Θεοτόκε, ὅτι πάντες μετὰ Θεόν, εἰς σὲ καταφεύγομεν, ὡς ἄρηκτον τεῖχος καὶ προστασίαν.

Ἐπίβλεψον, ἐν εὐμενείᾳ, πανύμνητε Θεοτόκε, ἐπὶ τὴν ἐμὴν χαλεπὴν τοῦ σώματος κάκωσιν, καὶ ἴασαι 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 unshakable 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.

Ἰερεὺς: Ἐλέησον ἡμᾶς ὁ Θεὸς κατὰ τὸ μέγα ἐλεὸς Σου, δεόμεθα Σου, ἐπάκουσον καὶ ἐλέησον.

Χορός: Κύριε ἐλέησον (3)

Ἰερεὺς: Ἐτι δεόμεθα ὑπὲρ τοῦ Ἀρχιεπισκόπου ἡμῶν (δαινός) καὶ πάσης τῆς ἐν Χριστῷ ἡμῶν ἀδελφότητος.

Χορός: Κύριε ἐλέησον (3)

Ἰερεὺς: Ἐτι δεόμεθα ὑπὲρ ἐλέους, ζωῆς, εἰρήνης, υἰείας, σωτηρίας, ἐπισκέψεως, συγχωρήσεως καὶ ἀφέσεως τῶν ἀμαρτιῶν 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)

Ἰερεὺς: Ἐτι δεόμεθα ὑπὲρ τῶν δούλων τοῦ Θεοῦ, (ὀνόματα), υἰείας καὶ βοηθείας ὑπὲρ αὐτῶν εἰπόμεν.

Χορός: Κύριε ἐλέησον (3)

Ἰερεὺς: Ὅτι ἐλεήμων καὶ φιλόανθρωπος Θεὸς ὑπάρχεις, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

Χορός: Ἀμήν.

### Κάθισμα Ἦχος β'

Πρεσβεία θερμή, καὶ τεῖχος ἀπροσμάχητον, ἐλέους πηγὴ, τοῦ κόσμου καταφύγιον, ἐκτενῶς βοώμεν σοί, Θεοτόκε Δέσποινα, πρόφθασον, καὶ ἐκ κινδύνων λύτρωσαι ἡμᾶς, ἡ μόνη ταχέως προστατεύουσα.

### Ὡδὴ δ

Εἰσακήκοα, Κύριε, τῆς οἰκονομίας σου τὸ μυστήριον, κατενόησα τὰ ἔργα σου, καὶ ἐδόξασά σου τὴν θεότητα.

ὑπεραγία Θεοτόκε, σώσον ἡμᾶς.

Τῶν παθῶν μου τὸν ταραχὸν, ἢ τὸν κυβερνήτην τεκοῦσα Κύριον, καὶ τὸν κλύδωνα κατεύνασον, τῶν ἐμῶν πταισμάτων, Θεοσύμφευτε.

ὑπεραγία Θεοτόκε, σώσον ἡμᾶς.

Εὐσπλαγχνίας τὴν ἄβυσσον, ἐπικαλουμένῳ τῆς σῆς παράσχου μοί, ἢ τὸν εὐσπλαγχνον κυήσασα, καὶ Σωτήρα πάντων, τῶν ὑμνούντων σε.

Δόξα...

Ἀπολαύοντες, Πάναγνε, τῶν σῶν δωρημάτων εὐχαριστήριον, ἀναμέλλομεν ἐφύμνιον, οἱ γινώσκοντές σε Θεομήτορα.

Priest : Have mercy on us, O God, according to Your great love, we pray You, hearken, and have mercy.

People: Lord have mercy (3).

Priest : Again we pray for our Archbishop (name), 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).

Priest : Again we pray for the servants of God. . . (At this time the Priest commemorates those for whom the Paraklesis is sung.)

People : Lord have mercy (3).

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.

People: Amen.

### Kathisma. Tone 2

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, the only protection who speeds to us.

### Ode 4

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.

Most Holy Theotokos, save us.

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.

Most Holy Theotokos, save us.

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.

Glory to...

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 acknowledge you.

Καὶ νύν...

Οἱ ἐλπίδα καὶ στήριγμα, καὶ τῆς σωτηρίας τεῖχος ἀκράδαντον, κεκτημένοι σε, Πανύμνητε, δυσχερείας πάσης, ἐκλυτρούμεθα.

### Ὦδὴ ε'

Φώτισον ἡμᾶς, τοῖς προστάγμασί σου, Κύριε, καὶ τῷ βραχίονί σου τῷ ὑψηλῷ, τὴν σὴν εἰρήνην, παράσχου ἡμῖν, φιλόνητον.

ὑπεραγία Θεοτόκε, σώσον ἡμᾶς.

Ἐμπλησον, Ἄγνη, εὐφροσύνης τὴν καρδίαν μου, τὴν σὴν ἀκήρατον διδοῦσα χαρὰν, τῆς εὐφροσύνης, ἣ γεννήσασα τὸν αἴτιον.

ὑπεραγία Θεοτόκε, σώσον ἡμᾶς.

Λύτρωσαι ἡμᾶς, ἐκ κινδύνων, Θεοτόκε Ἄγνη, ἡ αἰώνιαν τεκοῦσα λύτρωσιν, καὶ τὴν εἰρήνην, τὴν πάντα νοῦν ὑπερέχουσαν.

Δόξα...

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

Καὶ νύν...

Ἰάσαι Ἄγνη, τῶν παθῶν μου τὴν ἀσθένειαν, ἐπισκοπῆς σου ἀξιώσασα, καὶ τὴν ὑγείαν, τὴν πρεσβείαν σου παράσχου μοί.

### Ὦδὴ ς'

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 Ἰωνᾶς, Ἐκ φθορᾶς, ὁ Θεὸς μὲ ἀνάγαγε.

ὑπεραγία Θεοτόκε, σώσον ἡμᾶς.

Θανάτου καὶ τῆς φθορᾶς ὧς ἔσωσεν, ἑαυτὸν ἐκδεδωκῶς τῷ θανάτῳ, τὴν τῆ φθορὰ καὶ θανάτῳ μου φύσιν, κατασχεθεῖσαν, Παρθένε, δυσώπησον, τὸν Κύριόν σου καὶ Υἱόν, τῆς ἐχθρῶν κακουργίας μὲ ῥύσασθαι.

ὑπεραγία Θεοτόκε, σώσον ἡμᾶς.

Προστάτιν σὲ τῆς ζωῆς ἐπίσταμαι, καὶ φρουρὰν ἀσφαλεστάτην, Παρθένε, τῶν πειρασμῶν διαλύουσαν ὄχλον, καὶ ἐπιηρείας δαιμόνων ἐλαύνουσαν, καὶ δέομαι διαπαντός, ἐκ φθορᾶς τῶν παθῶν μου ῥύσθηναι με.

Δόξα...

Ὡς τεῖχος καταφυγῆς κεκτήμεθα, καὶ ψυχῶν σὲ παντελῆ σωτηρίαν, καὶ πλατυσμὸν ἐν ταῖς θλίψεσι, Κόρη, καὶ τῷ φωτί σου αἰεὶ ἀγαλλόμεθα. Ὡ Δέσποινα, καὶ νύν ἡμᾶς, τῶν παθῶν καὶ κινδύνων διάσωσον.

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 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...

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.

Καὶ νῦν...

Ἐν κλίνῃ νῦν ἀσθενῶν κατάκειμαι, καὶ οὐκ ἔστιν ἴασις τῇ σαρκί μου, ἀλλ' ἢ Θεὸν καὶ Σωτῆρα τοῦ κόσμου, καὶ τὸν λυτήρα τῶν νόσων κυήσασα, σοῦ δέομαι τῆς ἀγαθῆς, ἐκ φθορᾶς νοσημάτων ἀνάστησον.

Διάσωσον, ἀπὸ κινδύνων, τοὺς δούλους σου, Θεοτόκε, ὅτι πάντες μετὰ Θεόν, εἰς σὲ καταφεύγομεν, ὡς ἄρρηκτον τεῖχος καὶ προστασίαν.

Ἄχραντε, ἢ διὰ λόγου τὸν Λόγον ἀνερμηνεύτως, ἐπ' ἐσχάτων τῶν ἡμερῶν τεκοῦσα, δυσώπησον, ὡς ἔχουσα μητρικὴν παρρησίαν.

Ἰερεὺς: Ἐλέησον ἡμᾶς ὁ Θεὸς ...

### Κοντάκιον Ἦχος β'

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία πρὸς τὸν Ποιητὴν ἀμετάθετε, Μὴ παρίδῃς ἀμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθὴ, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοί. Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἰκεσίαν, ἢ προστατεύουσα ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.

### Α' Ἀντίφωνον Ἦχος δ'

Ἐκ νεότητός μου, πολλὰ πολεμεῖ με πάθη, ἀλλ' αὐτὸς ἀντιλαβοῦ, καὶ σῶσον, Σωτῆρ μου. (δίς)

Οἱ μισοῦντες Σιών, αἰσχύνθητε ἀπὸ τοῦ Κυρίου, ὡς χόρτος γάρ, πυρὶ ἔσεσθε ἀπεξηραμμένοι. (δίς)

Δόξα...

Ἄγιω Πνεύματι, πᾶσα ψυχὴ ζωοῦται, καὶ καθάρσει ὑψοῦται, λαμπρύνεται τῇ Τριαδικῇ μονάδι, ἱεροκρυφίως.

Καὶ νῦν...

Ἄγιω Πνεύματι, ἀναβλύζει τὰ τῆς χάριτος ρεῖθρα, ἀρδεύοντα ἅπασαν τὴν κτίσιν, πρὸς ζωογονίαν.

### Προκείμενον

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

Στίχ. Ἀκουσον, θύγατερ, καὶ ἴδε, καὶ κλῖνον τὸ οὖς σου, καὶ ἐπιλάθου τοῦ λαοῦ σου, καὶ τοῦ οἴκου τοῦ πατρός σου, καὶ ἐπιθυμήσει ὁ Βασιλεὺς τοῦ κάλλους σου.

Τοῦ ὀνόματός σου ἐν πάσῃ γενεᾷ καὶ γενεᾷ μνησθήσομαι.

Διάκονος: Καὶ ὑπὲρ του καταξιωθῆναι ἡμᾶς τῆς ἀκροάσεως τοῦ ἁγίου Εὐαγγελίου, Κύριον τὸν Θεὸν ἡμῶν ἰκετεύσωμεν.

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).

Διάκονος: Σοφία. Ὁρθοῖ, ἀκούσωμεν τοῦ ἁγίου Εὐαγγελίου.

Ἱερεὺς: Εἰρήνη πᾶσι.

Χορὸς: Καὶ τῷ Πνεύματί σου.

Ἱερεὺς: Ἐκ τοῦ κατὰ Λουκᾶν ἁγίου Εὐαγγελίου το ἀνάγνωσμα Πρόσχωμεν.

Χορὸς: Δόξα σοί, Κύριε, δόξα σοί.

Ἱερεὺς: Ἐν ταῖς ἡμέραις ἐκείναις, ἀναστάσα Μαριάμ ἐπορεύθη εἰς τὴν ὄρεινὴν μετὰ σπουδῆς, εἰς πόλιν Ἰούδα, καὶ εἰσηλθεν εἰς τὸν οἶκον Ζαχαρίου, καὶ ἠσπάσατο τὴν Ἐλισάβετ, καὶ ἐγένετο ὡς ἤκουσεν ἡ Ἐλισάβετ τὸν ἀσπασμὸν τῆς Μαρίας, ἐσκίρτησε τὸ βρέφος ἐν τῇ κοιλίᾳ αὐτῆς, καὶ ἐπλήσθη Πνεύματος Ἁγίου ἢ Ἐλισάβετ, καὶ ἀνεφώνησε φωνὴ μεγάλη, καὶ εἶπεν, Εὐλογημένη 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 ὠτά μου, ἐσκίρτησεν ἐν ἀγαλλιάσει τὸ βρέφος ἐν τῇ κοιλίᾳ μου, καὶ μακαρία ἡ πιστεῦσασα, 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 ταπεινῶσιν τῆς δούλης αὐτοῦ. ἰδοὺ γάρ, ἀπὸ τοῦ νῦν μακαριουσί με πᾶσαι αἱ γενεαί. ὅτι ἐποίησέ μοι μεγάλα ὁ δυνατός, καὶ ἅγιον τὸ τὸ ὄνομα αὐτοῦ. Ἔμεινε δὲ Μαριάμ σὺν αὐτῇ ὡσεὶ μῆνας τρεῖς, καὶ ὑπέστρεψεν εἰς τὸν οἶκον αὐτῆς.

Χορὸς: Δόξα σοί, Κύριε, δόξα σοί.

Δόξα... ᾠχος β'

Πάτερ, Λόγε, Πνεῦμα, Τριάς ἢ ἐν Μονάδι, ἐξάλειψον τὰ πλήθη, τῶν ἑμῶν ἐγκλημάτων.

Καὶ νῦν...

Ταῖς τῆς Θεοτόκου, πρεσβείαις, Ἐλεῆμον, ἐξάλειψον τὰ πλήθη, τῶν ἑμῶν ἐγκλημάτων.

Στίχ. Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου, καὶ κατὰ τὸ πλήθος τῶν οἰκτιρμῶν σου ἐξάλειψον τὸ ἀνόμημά μου.

**ᾠχος πλ. β'**

Μὴ καταπιστεύσης με, ἀνθρωπίνῃ προστασίᾳ, Παναγία δέσποινα, ἀλλὰ δέξαι δέησιν, τοῦ ἱκέτου σου, θλίμις γὰρ ἔχει με, φέρειν οὐ δύναμαι, τῶν δαιμόνων τὰ τοξεύματα, σκέπην οὐ κέκτημαι, οὐδὲ ποῦ προσφύγῃ ὁ ἄθλιος, πάντοθεν πολεμούμενος, καὶ παραμυθίαν οὐκ ἔχω πλὴν σου, Δέσποινα τοῦ κόσμου, ἐλπίς καὶ προστασία τῶν πιστῶν, μὴ μου παρίδῃς τὴν δέησιν, τὸ συμφέρον ποιήσον.

**Ἔτερα Θεοτοκία**

Οὐδεὶς προστρέχων ἐπὶ σοί, κατησχυμένος ἀπὸ σοῦ ἐκπορεύεται, ἀγνή Παρθένη Θεοτόκε, ἀλλ' αἰτεῖται τὴν χάριν, καὶ λαμβάνει τὸ δῶρημα, πρὸς τὸ συμφέρον τῆς αἰτήσεως.

Priest: Wisdom, Arise, Let us hear the Holy Gospel.

Peace be with all.

People: And with your spirit.

Priest : The reading of the Holy Gospel according to Luke. Let us be attentive.

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.

Father, Word, and Spirit, Trinity in oneness, wash away my many personal offenses.

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.



Μεταβολή τῶν θλιβομένων, ἀπαλλαγὴ τῶν ἀσθενούντων  
ὑπάρχουσα, Θεοτόκε Παρθένε, σῶζε πόλιν καὶ λαόν, τῶν  
πολεμιουμένων ἢ εἰρήνην, τῶν χειμαζομένων ἢ γαλήνην, ἢ μόνην  
προστασία τῶν πιστῶν.

Ἰερεὺς: Σῶσον, ὁ Θεός, τὸν λαόν σου, καὶ εὐλόγησον τὴν  
κληρονομίαν σου: ἐπίσκεψαι τὸν κόσμον σου ἐν ἐλέει καὶ  
οἰτιρμοίς: ὕψωσον κέρας Χριστιανῶν Ὁρθοδόξων, καὶ  
κατάπεμψον ἐφ' ἡμᾶς τὰ ἐλέη σου τὰ πλούσια: πρεσβείαις τῆς  
παναχράντου, Δεσποίνης ἡμῶν, Θεοτόκου καὶ ἀειπαρθένου  
Μαρίας: δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ,  
προστασίαις τῶν τιμίων ἐπουρα-νίων Δυνάμεων ἀσωμάτων,  
ἰκεσίαις τοῦ τιμίου, ἐνδόξου, προφήτου προ-δρόμου καὶ  
βαπτιστοῦ Ἰωάννου, τῶν ἀγίων, ἐνδόξων, καὶ πανευφήμων  
Ἀποστόλων. τῶν ἐν ἀγίοις Πατέρων ἡμῶν, μεγάλων Ἱεραρχῶν,  
καὶ Οἴκου-μενικῶν Διδασκάλων, Βασιλείου τοῦ Μεγάλου,  
Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου τοῦ Χρυσοστόμου, Ἀθα-  
νασίου καὶ Κυρίλλου, Ἰωάννου τοῦ Ἐλεήμονος, πατριαρχῶν  
Ἀλεξαν-δρείας: Νικολάου τοῦ ἐν Μύροις τῆς Λυκίας,  
Σπυρίδωνος ἐπισκόπου Τριμυθοῦντος, καὶ Νεκταρίου τῆς  
Πενταπόλεως, τῶν θαυματουργῶν. τῶν ἀγίων ἐνδόξων  
μεγαλομαρτύρων Γεωργίου τοῦ Τροπαιοφόρου, Δημη-τρίου τοῦ  
Μυροβλύτου, Θεοδώρου τοῦ Τήρωνος, καὶ Θεοδώρου τοῦ  
Στρατη-λάτου καὶ Μηνᾶ τοῦ θαυματουργοῦ, τῶν  
ἱερομαρτύρων Χαραλάμπους καὶ Ἐλευθερίου: τῶν ἀγίων,  
ἐνδόξων, μεγάλων μαρτύρων Θέκλας, Βαρβά-ρας, Ἀναστασίας,  
Κυριακῆς Φωτηνῆς, Μαρίνης: Παρασκευῆς καὶ Εἰρήνης: τῶν  
ἀγίων ἐνδόξων καὶ καλλινίκων Μαρτύρων, τῶν ὁσίων καὶ  
θεοφόρων Πατέρων ἡμῶν, (ναοῦ), τῶν ἀγίων καὶ δικαίων  
θεοπατόρων Ἰωακείμ καὶ Ἄννης, τοῦ ἀγίου (ἡμέρας), οὗ καὶ τὴν  
μνήμην ἐπιτελοῦμεν, καὶ πάντων σου τῶν Ἀγίων, ἰκετεύομέν σε,  
μόνε πολυ-έλεε Κύριε, ἐπάκουσον ἡμῶν τῶν ἁμαρ-τωλῶν  
δεομένων σου καὶ ἐλέησον ἡμᾶς.

Χορὸς: Κύριε, ἐλέησον (ιβ')

Ἰερεὺς: Ἐλέει, καὶ οἰκτιρμοίς, καὶ φιlanθρωπία τοῦ μονογενοῦς  
σου Υἱοῦ, μεθ οὗ εὐλογητὸς εἶ, σὺν τῷ παναγίῳ καὶ ἀγαθῷ καὶ  
ζωοποιῶ σου Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν  
αἰῶνων.

Χορὸς Ἀμήν.

### Ὡδὴ ζ'

Οἱ ἐκ τῆς ἰουδαίας, καταντήσαντες Παῖδες ἐν Βαβυλῶνι ποτέ, τὴ  
πίστει τῆς Τριάδος, τὴν φλόγα τῆς καμίνου, κατεπάτησαν  
ψάλλοντες, Ὁ τῶν Πατέρων ἡμῶν Θεός, εὐλογητὸς εἶ.

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς.

Τὴν ἡμῶν σωτηριαν, ὧς ἠθέλησας Σῶτερ, οικονομῆσθαι, ἐν  
μήτρᾳ τῆς Παρθένου, κατῶ κησας τῷ κόσμῳ, ἦν προστάτιν  
ἀνέδειξας, Ὁ τῶν Πατέρων ἡμῶν Θεός, εὐλογητὸς εἶ.

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς.

Θελητὴν τοῦ ἐλέους, ὃν ἐγέννησας, Μητὴρ ἀγνή δυσώπησον,  
ῥυσθῆναι τῶν πταισμάτων, ψυχῆς τε μολυσμάτων, τοὺς ἐν  
πίστει κραυγάζοντας, Ὁ τῶν Πατέρων ἡμῶν Θεός, εὐλογητὸς εἶ.

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 tur-  
moil, the only protection of the faithful.

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 The-  
otokos 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 triumphant, Demetrios the myrrhflowing,  
Theodore of Tyros and Theodore the Commander; of the holy-  
martyrs Charalambos and Eleutherios; of the holy glorious tri-  
umphant 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 πηγὴν ἀφθαρσίας, τὴν σὲ κηύσασαν, καὶ πύργον ἀσφαλείας, καὶ θύραν μετανοίας, τοῖς κραυγάζουσιν ἔδειξας, Ὁ τῶν Πατέρων ἡμῶν Θεός, εὐλογητὸς εἶ.

Καὶ νῦν...

Σωμάτων μαλακίας, καὶ ψυχῶν ἀρρωστίας, Θεογεννήτρια, τῶν πόθῳ προσιόντων, τὴ σκέπη σου τὴ θεία, θεραπεύειν ἀξίωσον, ἢ τὸν Σωτήρα Χριστόν, ἡμῖν ἀποτεκοῦσα.

### Ὡδὴ η'

Τὸν Βασιλέα τῶν οὐρανῶν, ὃν ὕμνοῦσι στρατιαὶ τῶν Ἀγγέλων, ὑμνεῖτε, καὶ ὑπερυψοῦτε εἰς πάντας τοὺς αἰῶνας.

Υπεραγία Θεοτόκε, σώσον ἡμᾶς.

Τοὺς βοθηεῖας τῆς παρὰ σοῦ δεομένους, μὴ παρίδης Παρθένε, ὑμνοῦντας, καὶ ὑπερυψοῦντάς σε, Κόρη, εἰς αἰῶνας.

Υπεραγία Θεοτόκε, σώσον ἡμᾶς.

Τῶν Ἰαμάτων τὸ δαυιλές, ἐπιχέεις τοῖς πιστῶς ὕμνοῦσί σε Παρθένε, καὶ ὑπερυψοῦσι τὸν ἄφραστόν σου τόκον.

Δόξα...

Τὰς ἀσθενείας μου τῆς ψυχῆς ἰατρεύεις, καὶ σαρκὸς τὰς ὀδύνας, Παρθένε, ἵνα σὲ δοξάζω τὴν Κεχαριτωμένην.

Καὶ νῦν...

Τῶν πειρασμῶν σὺ τὰς προσβολὰς ἐκδιώκεις, καὶ παθῶν τὰς ἐφόδους Παρθένε, ὅθεν σὲ ὕμνοῦμεν εἰς πάντας τοὺς αἰῶνας.

### Ὡδὴ θ'

Κυρίως Θεοτόκον, σὲ ὁμολογοῦμεν, οἱ διὰ σοῦ σεσωσμένοι, Παρθένε ἀγνή, σὺν Ἀσωμάτων χορείαις, σὲ μεγαλύνοντες.

Υπεραγία Θεοτόκε, σώσον ἡμᾶς.

Ῥοὴν μου τῶν δακρῶν, μὴ ἀποποιήσης, ἢ τὸν παντὸς ἐκ προσώπου πᾶν δάκρυον, ἀφηρηκότα Παρθένε, Χριστὸν κηύσασα.

Υπεραγία Θεοτόκε, σώσον ἡμᾶς.

Χαράς μου τὴν καρδίαν, πλήρωσον, Παρθένε, ἢ τῆς χαρᾶς δεξαμένη τὸ πλήρωμα, τῆς ἁμαρτίας τὴν λύπην, ἐξαφανίσασα.

Υπεραγία Θεοτόκε, σώσον 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.

Λιμὴν καὶ προστασία, τῶν σοὶ προσφευγόντων, γενοῦ Παρθένε,  
καὶ τεῖχος ἀκράδαντον, καταφυγή τε καὶ σκέπη, καὶ ἀγαλλίαμα.

Δόξα...

Φωτὸς σου ταῖς ἀκτίσι, λάμπρυνον, Παρθένε, τὸ ζοφερὸν τῆς  
ἀγνοίας διώκουσα, τοὺς εὐσεβῶς Θεοτόκον, σὲ καταγγέλλοντας.

Καὶ νῦν...

Κακώσεως ἐν τόπῳ, τῷ τῆς ἀσθενείας, ταπεινωθέντα, Παρθένε,  
θεράπευσον, ἐξ ἀρρωστίας εἰς ῥώσιν, μετασκευάζουσα.

Ἄξιόν ἐστιν ὡς ἀληθῶς, μακαρίζειν σὲ τὴν Θεοτόκον, τὴν  
ἀειμακάριστον καὶ παναμόμητον, καὶ Μητέρα τοῦ Θεοῦ ἡμῶν.  
Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν ἀσυγκρίτως  
τῶν Σεραφεείμ, τὴν ἀδιαφθόρως Θεὸν Λόγον τεκοῦσαν, τὴν  
ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

### Μεγαλυνάρια

Τὴν ὑψηλοτέραν τῶν οὐρανῶν, καὶ καθαρωτέραν λαμπηδόνων  
ἡλιακῶν, τὴν λυτρωσαμένην ἡμᾶς ἐκ τῆς κατάρας, τὴν  
Δέσποιναν τοῦ κόσμου, ὕμνοις τιμήσωμεν.

Ἀπὸ τῶν πολλῶν μου ἀμαρτιῶν, ἀσθενεῖ τὸ σῶμα, ἀσθενεῖ μου  
καὶ ἡ ψυχὴ, πρὸς σὲ καταφεύγω τὴν Κεχαριτωμένην, ἐλπὶς  
ἀπηλπισμένων, σὺ μοὶ βοήθησον.

Δέσποινα καὶ μήτηρ τοῦ Λυτρωτοῦ, δέξαι παρακλήσεις,  
ἀναξίων σῶν ἱκετῶν, ἵνα μεσιτεύσης πρὸς τὸν ἐκ σοῦ τεχθέντα.  
ἮΩ Δέσποινα, τοῦ κόσμου γενοῦ μεσίτρια.

Ψάλλομεν προθύμως σοὶ τὴν ὠδὴν, νῦν τὴ πανυμνήτῳ,  
Θεοτόκῳ χαρμονικῶς, μετὰ τοῦ Προδρόμου, καὶ πάντων τῶν  
Ἁγίων, δυσώπει, Θεοτόκε, τοῦ οἰκτειρήσαι ἡμᾶς.

Ἄλλα τὰ χεῖλη τῶν ἀσεβῶν, τῶν μὴ προσκυνούντων, τὴν  
εἰκόνα σου τὴν σεπτὴν, τὴν ἱστορηθεῖσαν, ὑπὸ τοῦ ἀποστόλου,  
Λουκᾶ ἱερωτάτου, τὴν Ὁδηγήτριαν.

(Το Μεγαλυνάριον τοῦ Ναοῦ)

Πᾶσαι τῶν Ἀγγέλων αἱ στρατιαί, Πρόδρομε Κυρίου,  
Ἀποστόλων ἡ δωδεκάς, οἱ Ἅγιοι Πάντες, μετὰ τῆς Θεοτόκου,  
ποιήσατε πρεσβείαν, εἰς τὸ σωθῆναι ἡμᾶς.

Ἀναγνώστης: Ἀμήν. Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος  
Ἀθάνατος, ἐλέησον ἡμᾶς (ἐκ γ')

Δόξα... Καὶ νῦν ...

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἰλάσθητι ταῖς ἀμαρτίαις  
ἡμῶν, Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν. Ἄγιε, ἐπίσκεψαι  
καὶ ἴασαι τὰς ἀσθενείας 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 well-  
ness, making me whole again.

Truly, you are worthy to be blest, and we call you blessed, The-  
otokos, 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 Sera-  
phim, 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 between your Son and mankind, Mis-  
tress of all the world.

Now with eager voices we sing to you, all-exalted Lady Theoto-  
kos 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.

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

Δόξα... Καὶ νῦν ...

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

Ἱερεὺς: Ὅτι σοῦ ἐστὶν ἡ βασιλεία...

Χορός: Ἀμήν.

[Κατὰ τὸ «Δεκαπενταῦγουστο», ψάλλεται τὸ Ἀπολυτίκιον καὶ Θεοτοκίον τῆς ἡμέρας. Εἰ δε μή:]

### Ἦχος πλ. β'

Ἐλέησον ἡμᾶς, Κύριε, ἐλέησον ἡμᾶς, πάσης γὰρ ἀπολογίας ἀποροῦντες, ταύτην σοὶ τὴν ἱκεσίαν, ὡς Δεσπότη, οἱ ἁμαρτωλοὶ προσφέρομεν, ἐλεῆσον ἡμᾶς.

Δόξα...

Κύριε, ἐλέησον ἡμᾶς, ἐπὶ σοὶ γὰρ πεποιθήσαμεν, μὴ ὀργισθῆς ἡμῖν σφόδρα, μηδὲ μνησθῆς τῶν ἀνομιῶν ἡμῶν, ἀλλ' ἐπίβλεψον καὶ νῦν, ὡς εὐσπλαγχνος, καὶ λύτρωσαι 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 πύλην ἄνοιξον ἡμῖν, εὐλογημένη Θεοτόκε, ἐλπίζοντες εἰς σέ, μὴ ἀστοχήσωμεν, ῥυσθείημεν διὰ σοῦ τῶν περιστάσεων, σὺ γὰρ εἶ ἡ σωτηρία τοῦ γένους τῶν χριστιανῶν.

**Διάκονος:** Ἐλέησον ἡμᾶς ὁ Θεὸς κατὰ τὸ μέγα ἐλεὸς Σου, δεόμεθά Σου, ἐπάκουσον καὶ ἐλέησον.

**Χορός:** Κύριε ἐλέησον (3)

**Διάκονος:** Ἐτι δεόμεθα ὑπὲρ τοῦ Ἀρχιεπισκόπου ἡμῶν (δαινός) καὶ πάσης τῆς ἐν Χριστῷ ἡμῶν ἀδελφότητος.

**Χορός:** Κύριε ἐλέησον (3)

**Διάκονος:** Ἐτι δεόμεθα ὑπὲρ ἐλέους, ζωῆς, εἰρήνης, ὑγείας, 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, συνδορομητῶν καὶ ἀφειρωτῶν τοῦ ἁγίου ναοῦ τούτου.

**Χορός:** Κύριε ἐλέησον (3)

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:** Ἐτι δεόμεθα ὑπὲρ των δούλων του Θεοῦ, (ὀνόματα), υγείας και βοηθείας ὑπὲρ αυτών εἰπωμεν.

**Χορός:** Κύριε ἐλέησον (3)

**Διάκονος:** Ἐτι δεόμεθα ὑπὲρ τοῦ διαφυλαχθῆναι τὴν ἁγίαν Ἐκκλησίαν και τὴν πόλιν ταύτην, και πᾶσαν πόλιν και χώραν ἀπὸ ὀργῆς, λοιμοῦ, λιμοῦ, σεισμοῦ, καταποντισμοῦ, πυρός, μαχαίρας, ἐπιδρομῆς ἀλλοφύλων, ἐμφιλίου πολέμου, και αἰφνιδίου θανάτου, ὑπὲρ τὸν ἕλεων, εὐμενῆ και εὐδιάλακτον, γενέσθαι τὸν ἀγαθὸν και φιλόανθρωπον Θεὸν ἡμῶν, τοῦ ἀποστρέψαι και, διασκεδάσαι πᾶσαν ὀργὴν και νόσον, τὴν καθ' ἡμῶν κινουμένην, και ῥύσασθαι ἡμᾶς ἐκ τῆς ἐπικειμένης δικαίας αὐτοῦ ἀπειλῆς, και ἐλέησαι ἡμᾶς.

**Χορός:** Κύριε ἐλέησον (3)

**Διάκονος:** Ἐτι δεόμεθα και ὑπὲρ τοῦ εἰσακοῦσαι Κύριον τὸν Θεὸν φωνῆς τῆς δεήσεως ἡμῶν τῶν ἀμαρτωλῶν, και ἐλέησαι ἡμᾶς.

**Χορός:** Κύριε ἐλέησον (3)

**Ἱερεὺς:** Ἐπάκουσον ἡμῶν, ὁ Θεός, ὁ Σωτὴρ ἡμῶν, ἡ ἐλπίς πάντων τῶν περάτων τῆς γῆς και τῶν ἐν θαλάσῃ μακρὰν, και ἕλεως, ἕλεως γενοῦ ἡμῖν, Δέσποτα ἐπὶ ταῖς ἀμαρτίαις ἡμῶν, και ἐλέησον ἡμᾶς.

**Χορός:** Κύριε ἐλέησον (3)

**Ἱερεὺς:** Ὅτι ἐλεήμων και φιλόανθρωπος Θεὸς ὑπάρχεις, και σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ και τῷ Υἱῷ και τῷ Ἁγίῳ Πνεύματι, νῦν και ἀεὶ και εἰς τους αἰῶνας των αἰώνων.

**Χορός:** Ἀμήν.

**Ἱερεὺς:** Δόξα σοὶ ὁ Θεός, ἡ ἐλπίς ἡμῶν, Κύριε, δόξα σοὶ. Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν ταῖς πρεσβείαις της παναγράντου και παναμώμου ἁγίας Αὐτοῦ μητρός, δυνάμει του τιμίου και ζωοποιοῦ Σταυροῦ, προστασίαις των τιμίων ἐπουρανίων Δυνάμεων ἀσωμάτων, ἰκεσίαις του τιμίου, ἐνδόξου, προφήτου Προδρόμου και Βαπτιστοῦ Ἰωάννου, των ἁγίων, ἐνδόξων και πανευφήμων Ἀποστόλων, των ἁγίων ἐνδόξων και καλλινίκων Μαρτύρων, των ὁσίων και θεοφόρων Πατέρων ἡμῶν, (τοῦ Ναοῦ) των ἁγίων και δικαίων θεοπατόρων Ἰωακείμ και Ἄννης, του ἁγίου (τῆς ἡμέρας) ου και την μνήμην ἐπιτελούμεν, και πάντων τὸν Ἅγιον, ἐλέησαι και σῶσαι ἡμᾶς, ὡς ἀγαθὸς και φιλόανθρωπος και ἐλεήμων Θεός.

**Ἦχος β' Ὅτε ἐκ τοῦ ξύλου**

Πάντων προστατεύεις, Ἀγαθὴ, τῶν καταφευγόντων ἐν πίστει τῇ κραταίᾳ σου χειρὶ, ἄλλην γὰρ οὐκ ἔχομεν ἀμαρτωλοὶ πρὸς Θεόν, ἐν κινδύνοις και θλίψεσιν, ἀεὶ μεσιτείαν, οἱ κατακαμπτόμενοι ὑπὸ πταισμάτων πολλῶν, Μῆτερ τοῦ Θεοῦ τοῦ Ὑψίστου, ὅθεν σοὶ προσπίπτομεν, Ῥύσαι πάσης περιστάσεως τοὺς δούλους σου.

Πάντων θλιβομένων ἡ χαρὰ, και ἀδικουμένων προστάτις, και πενομένων τροφή, ξένων τε παράκλησις, και βακτηρία τυφλῶν,

**Priest :** Again we pray for the servants of God ... (names of those for whom the Paraklesis is sung.)

**People:** Lord, have mercy (3).

**Priest :** Again we pray for the safekeeping of this holy church and this city, and of all cities and towns from pestilence, famine, earthquake, flood, fire and the sword, from invasion of enemies, civil war, and unforeseen death; for His mercy, that He will be kind to entreat as our good God, Who loves all people and that He may turn away and scatter all wrath and disease that moves against us, and deliver us from His impending, justified chastisement, and have mercy on us.

**People:** Lord, have mercy (3).

**Priest :** Again we pray that the Lord God will hear the voices of the petitions of us sinners and have mercy on us.

**People:** Lord, have mercy (3).

**Priest :** Hear us, O God, our Savior, the hope of all the ends of the earth, and of those who are far off upon the sea; and show compassion on us, O Master, on our many sins, and have mercy upon us.

**People:** Lord, have mercy (3).

**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 the ages.

**People:** Amen.

**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

ἀσθενούντων επίσκεψις, καταπονουμένων σκέπη καὶ ἀντίληψις, καὶ ὀρφανῶν βοηθός, Μήτηρ τοῦ Θεοῦ τοῦ Ὑψίστου, σὺ ὑπάρχεις, Ἄχραντε, σπεῦσον, δυσωποῦμεν, ῥύσασθαι τοὺς δούλους σου.

#### 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 σὲ ἀνατίθηναι, Μήτηρ τοῦ Θεοῦ, φύλαξόν με ὑπὸ τὴν σκέπην σου.

(Κατὰ τὴν περίοδον τοῦ 15 Αὐγούστου εἴθισται ἵνα ψάλλωνται, ἀντὶ τῶν ἀνω-τέρω Θεοτοκίων, τὰ ἐπόμενα Ἐξαπο-στειλάρια, κατ' ἔθος Αθηναϊκόν. )

#### Ἦχος γ'

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

Ὁ γλυκασμὸς τῶν Ἀγγέλων, τῶν θλιβομένων ἢ χαρά, χριστιανῶν ἢ προστάτις, Παρθένε Μήτηρ Κυρίου, ἀντιλαβοῦ μου καὶ ῥύσαι, τῶν αἰώνιων βασάνων.

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

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

**Ἱερεὺς:** Δι' εὐχῶν τῶν Ἁγίων Πατέρων ἡμῶν...

**Χορός:** Ἀμήν.

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.