The Service of the Small Paraklesis
Supplicatory Canon

(For the First Two Weeks of August)

by Theosteriktos the Monk

From the Translation of N. M. Vaporis

Hymns translated and set to music by N. Takis
unless otherwise indicated.
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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To the Theotokos, let us run now devoutly, As sinners and lowly ones, Let us fall in repentance, Cry-ing from the depths of our soul:

Lady, come and help us, Have com-pas-sion up-on us;

Has-ten now for we are lost In the host of our errors;

Do not turn your serv-ants a-way, For you a- lone 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.

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 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 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 blood-guiltiness, O God, the God of my salvation, my tongue shall rejoice in Your righteousness. 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.
1. 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.

2. 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. Most holy Theotokos, save us.

3. 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.  

4. 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.  

5. 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.
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 ever-praised, 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-im-
- mac-u-late Maid-en; you have giv-en birth to Christ, who is the
Prince of Peace. Glo-ry to the Fa-ther and to the Son and to the Ho-ly
Spir - it. 4. Let the wealth of your kind-ness up-on all
men show-er down, for you are the Moth-er of Good-ness
from whom comes eve-ry good; and you can do all things, for in your
womb you have car-ried the Al-might-y Christ, your Son, and you are
blest by God. Both now and ev-er and to the ag-es of
ag-es. A - men. 5. With most griev-ous af-flic-tions and filled with
dark suf-fer-ing I am put to tri-al, O Vir-gin. Has-ten to
help me now, for you are known to me, All-Blame-less Maid-en and
Vir-gin, as an end-less treas-ur - y of cures and heal-ing
De - liv - er us, all of your serv - ants, from dan - ger, O The-o-
Turn to me, in your good fa - vor, all praise - wor - thy The-o-
to - kos; af - ter God, we all flee to you, for shel - ter and cov - er - ing, as an un-
to - kos; look up - on all of my grave ills, which pain - ful - ly sting my flesh and heal the
-shak-a -ble wall and our pro - tec-tion.
soul's pain and suf - fer-ing.

(The priest commemorates those for whom the Paraklesis is sung.)

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.

Tone 2. Kathisma.
1. 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. 2. Send your calmness up on 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. 3. 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.
Glo-ry to the Fa-ther and to the Son and to the Ho-ly Spir-it.

4. We de-light in your gifts to us and we sing a hymn of thanks-giv-ing, prai-sing you. You a- lone who are un-stained by sin, as the Moth-er of God, we ac-knowl-edge you. Both now and ev-er, and to the ag-es of ag-es. A-men. 5. Our hope and the cor-ner-stone of man-kind’s sal-va-tion are you, All-Laud-ed One. A de-fend-ing wall un-shak-a-ble, from all dan-ger and strife you de-liv-er us.
1. 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.

2. 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.

3. 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.
Glo-ry to the Fa-ther and to the Son and to the Ho-ly Spir-it.

4. Cast a-way the gloom of my sin-ful-ness, O Bride of God, with all the bright-ness of your ra-di-ance. You are the Moth-er of the Light Di-vine be-fore all time. Both now and ev-er, and to the ages of ages. A-men.

5. Heal my eve-ry ill that my pas-sions bring, O Pur-est One, and make me wor-thy of re-

ceiv-ing you, and grant me heal-ing through your grace and in-ter-ced-ing prayers.
1. 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.

2. 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.

3. 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. Un-
ceasingly I pray to you! From corruption and danger, deliver me.

Glory to the Father and to the Son and to the Holy Spirit. 4. 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.

Both now and ever, and to the ages of ages. Amen. 5. I lie a-bed, 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, Theotokos; after
spotless one, who by a word, brought to us the Word eternal in the
God, we all flee to you, for shelter and covering, an unshakable
last days, too great for words; and now do you plead with him as the one with the
wall and our protection.
motherly favor.

Kontakion. Tone 2.

Moderato

O protection of Christians which cannot be put to shame, Meditation 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.
From my youth do many passions war against me; but do You Yourself defend and save me, O my Savior. You haters of Zion shall be shamed by the Lord; for, like grass, by the fire shall you be withered.

Glory...etc. In the Holy Spirit every soul is quickened and through cleansing is exchanged and made radiant by the Triple Unity in a hidden sacred manner.

Now and ever...etc. 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.

Verse: (Intoned.) 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. (Repeat Prokeimenon with long ending.)

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.

Verse: (Intoned.) 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. (Repeat Prokeimenon with long ending.)

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

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First Antiphon of the Anavathmoi of the 4th Tone.

Verse: (Intoned.) 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. (Repeat Prokeimenon with long ending.)

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.

Verse: (Intoned.) 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. (Repeat Prokeimenon with long ending.)

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

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People: And with your spirit.


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

Put me not into the hands of any human protection, O Our Lady, most holy, but do now receive the prayers of your suppliant; I am taken by grief, and I am unable to withstand and bear the demon's darts; shelter I do not have, nor a place to go, worth-less that I am; Lady of human-i-ty, the shel-ter of the faith-ful and their hope, do not re-ject my prayers to you, do the things that pro-fit me.
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 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 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.
1. 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.

2. 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.

3. 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. Glory to the Father and to the Son and to the Holy Spirit. 4. As a tower of safety, and the door to repentance, a fountain 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 and ever, and to the ages of ages. Amen.

5. 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!
1. We sing our praises un-to the King of the Heav-ens, Whom the
Hosts of the an-gels are prais-ing, and ex-alt Him great-ly from
a-ges to all a-ges. Most Ho-ly The-o-to-kos, save us.

2. Turn not a-way from those who en-treat your as-sis-tance as they
sing hymns to praise you, O Vir-gin. Great-ly they ex-alt you from
ag-es to all ag-es. Most Ho-ly The-o-to-kos, save us.

3. From you, has poured forth your great a-bun-dance of heal-ing on the
faith-ful who sing out your prais-es and ex-alt you great-ly from
ag-es to all ag-es. Glo-ry to the Fa-ther and to the Son and to the
Holy Spirit. 4. 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 and ever, and to the ages of ages. Amen. 5. 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 Nine

1. Most right-ly we con-fess you, Mo-ther who brought forth God,

through you we have been de-liv-ered, O Vir-gin most pure; and with the

chor-us of an-gels, you do we mag-ni-fy. Most Ho-ly The-o-

to-kos, save us.

2. I beg of you, O Vir-gin, turn not from the
tor-rent of all the tears I am weep-ing, for you have brought
forth your Son who dries all our tear-drops, Christ, Who was born of

you. Most Ho-ly The-o-to-kos, save us.

3. I ask of you, O Vir-gin, fill my heart with glad-ness, for by re-ceiv-ing with-in you the

Full-ness of Joy, you have cast off and have ban-ished sorrows of

sin-ful-ness. Most Ho-ly The-o-to-kos, save us.
4. 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 to the Father and to the Son and to the Holy Spirit. 5. 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 and ever, and to the ages of ages. Amen.

6. 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.
Axion Estin

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, theou i mon. Tin ti-mi-o-te-ran ton He-rou-vim are the Mother of our God. Higher still in honor than Cherubim, Seraphim, ke endho xo te ran a sing kri tos ton Seraphim, free from all corruption, you gave birth to the Word God and Se-ra-fim, tin a dhi af tho ros The on Lo-ghon te kou san tin truly are God’s mother. You do we magnify. on dos The o to kon se me gha li no men.
1. Higher than the heavens above are you, and you are much

   purer than the radiance of the sun, for you have re-

   deemed us from the curse that has held us. With hymns we sing your

   praises, Maiden who rules the world.

2. 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.

3. 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.

4. Now with eager voices we

   sing to you, all-exalted Lady Theotokos in hymns of
joy, joining John the Baptist and the saints’ holy-chorus. Bestow, O Theotokos, God’s mercy over us.

5. 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.

6. (The Megalynarion of the local church’s patron is chanted here to the model melody.)

7. All the hosts of angels and all the saints, all the twelve apostles and the Fore-runner of the Lord join you, Theotokos, interceding for mankind that we may find salvation and our deliverance.
People: (Read.) Holy God, Holy Mighty, Holy Immortal, have mercy upon us (3).

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

(Here chant the daily apolytikion and its associated Theotokion.)

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).

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: 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.)
To all who in great sorrow,- you are joy; for all those oppressed, a defender; a guiding staff to the blind; to the sick, a

Healer; for you are loving and good. We who sin have

none but you to intercede with our God and unceasingly pray to

visiter; to those who hunger, a meal; to the strangers, a kindly

word assistance to orphans; shelter and defending shield to the de-

flictions of sin. Mother of our God in the highest, humbly we bow

feat ed and weak. Mother of our God in the highest, hearken to our

down here before you. Keep your servants safe from all adversity.

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

Moderato

O Apostles assembled gathered from earth’s far

reach es 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.

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 from everlasting torment. You are a gold-adorned tower, a glorious twelve-walled city;

O Virgin Mother of our Lord, be now my helper and save me that you will swiftly help me.

You are 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?