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**DIGITAL CHANT STAND**  
OF THE GREEK ORTHODOX ARCHDIOCESE OF AMERICA

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**Service of the Great Paraklesis**  
**to the Most-holy Theotokos**  
**Translated by Fr. Seraphim Dedes**

**Texts in Greek and English**

## Sources

[ **GOASD** ] Greek Orthodox Archdiocese of America. Fr. Seraphim Dedes. [ **AC** ] Anthony Cook. [ **GKD** ] George K. Duvall. [ **KW** ] Kallistos Ware. [ **RB** ] Richard Barrett. [ **SD** ] Fr. Seraphim Dedes.  
[ **TC** ] Thomas Carroll. [ **VPA** ] Virgil Peter Andronache. [ **GOA** ] Greek Orthodox Archdiocese of America. [ **HC** ] Holy Cross Orthodox Press. [ **OCA** ] Orthodox Church in America.

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**Ἀκολουθία τοῦ Μεγάλου  
Παρακλητικοῦ Κανόνος  
εἰς τὴν Ὑπεραγίαν Θεοτόκον**  
(Ποίημα τοῦ Βασιλέως Θεοδώρου  
Δούκα τοῦ Λασκάρεως)

**ΙΕΡΕΥΣ**

Εὐλογητὸς ὁ Θεὸς ἡμῶν πάντοτε, νῦν καὶ  
ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

**ΑΝΑΓΝΩΣΤΗΣ**

Ἀμήν.

**Ψαλμὸς ΡΜΒ΄ (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 πᾶς ζῶν.  
Ὅτι κατεδίωξεν ὁ ἐχθρὸς τὴν ψυχὴν μου,  
ἐταπείνωσεν εἰς γῆν τὴν ζωὴν μου, ἐκάθισέ  
με ἐν σκοτεινοῖς ὡς νεκροὺς αἰῶνος· καὶ  
ἠκηδίασεν ἐπ’ ἐμὲ τὸ πνεῦμά μου, ἐν ἐμοὶ  
ἐταράχθη ἡ καρδιά μου. Ἐμνήσθην ἡμερῶν  
ἀρχαίων, ἐμελέτησα ἐν πᾶσι τοῖς ἔργοις  
σου, ἐν ποιήμασι τῶν χειρῶν σου ἐμελέτων.  
Διεπέτασα πρὸς σὲ τὰς χεῖράς μου· ἡ ψυχὴ  
μου ὡς γῆ ἄνυδρός σοι. Ταχὺ εἰσάκουσόν  
μου, Κύριε, ἐξέλιπε τὸ πνεῦμά μου. Μὴ  
ἀποστρέψῃς τὸ πρόσωπόν σου ἀπ’ ἐμοῦ, καὶ  
ὀμοιωθῆσομαι τοῖς καταβαίνουσιν εἰς λάκκον.  
Ἄκουστών ποιήσόν μοι τὸ πρῶτὸν τὸ ἔλεός σου,  
ὅτι ἐπὶ σοὶ ἤλπισα. Γνώρισόν μοι, Κύριε, ὁδόν,  
ἐν ἧ πορεύσομαι, ὅτι πρὸς σὲ ἤρα τὴν ψυχὴν  
μου. Ἐξελοῦ με ἐκ τῶν ἐχθρῶν μου, Κύριε·  
πρὸς σὲ κατέφυγον. Δίδαξόν με τοῦ ποιεῖν τὸ  
θέλημά σου, ὅτι σὺ εἶ ὁ Θεός μου. Τὸ πνεῦμά

**Service of the Great Paraklesis**

**to the Most-holy Theotokos**  
(by Emperor Theodore Doukas Laskaris)

**PRIEST**

Blessed is our God always, now and ever,  
and to the ages of ages.

**READER**

Amen.

**Psalm 142 (143).**

O Lord, hear my prayer; give ear to my  
supplication in Your truth; answer me in Your  
righteousness; do not enter into judgment  
with Your servant, for no one living shall  
become righteous in Your sight. For the enemy  
persecuted my soul; he humbled my life to the  
ground; he caused me to dwell in dark places  
as one long dead, and my spirit was in anguish  
within me; my heart was troubled within me.  
I remembered the days of old, and I meditated  
on all Your works; I meditated on the works  
of Your hands. I spread out my hands to You;  
my soul thirsts for You like a waterless land.  
Hear me speedily, O Lord; my spirit faints  
within me; turn not Your face from me, lest I  
become like those who go down into the pit.  
Cause me to hear Your mercy in the morning,  
for I hope in You; make me know, O Lord, the  
way wherein I should walk, for I lift up my  
soul to You. Deliver me from my enemies, O  
Lord, for to You I flee for refuge. Teach me to  
do Your will, for You are my God; Your good  
Spirit shall guide me in the land of uprightness.

σου τὸ ἀγαθὸν ὁδηγήσει με ἐν γῆ εὐθείᾳ·  
 ἔνεκεν τοῦ ὀνόματός σου, Κύριε, ζήσεις με,  
 ἐν τῇ δικαιοσύνῃ σου ἐξάξεις ἐκ θλίψεως τὴν  
 ψυχὴν μου· καὶ ἐν τῷ ἐλέει σου ἐξολοθρεύσεις  
 τοὺς ἐχθρούς μου καὶ ἀπολεῖς πάντας τοὺς  
 θλίβοντας τὴν ψυχὴν μου, ὅτι ἐγὼ δοῦλός σου  
 εἰμι.

*Καὶ εὐθὺς τό· Θεὸς Κύριος, ἐξ ἐκατέρων τῶν Χορῶν, ὡς  
 ἐξῆς·*

### ΧΟΡΟΣ

#### Ἦχος δ'.

Θεὸς Κύριος καὶ ἐπέφανεν ἡμῖν.  
 Εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

**Στίχ. α'.** Ἐξομολογεῖσθε τῷ Κυρίῳ καὶ  
 ἐπικαλεῖσθε τὸ ὄνομα τὸ ἅγιον αὐτοῦ.

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

**Στίχ. γ'.** Παρὰ Κυρίου ἐγένετο αὕτη καὶ  
 ἔστι θαυμαστὴ ἐν ὀφθαλμοῖς ἡμῶν.

#### Τροπάρια.

**Ἦχος δ'.** Ὁ ὑψωθεὶς ἐν τῷ Σταυρῷ.

Τῇ Θεοτόκῳ ἐκτενῶς, νῦν προσδράμωμεν,  
 ἁμαρτωλοὶ καὶ ταπεινοί, καὶ προσπέσωμεν  
 ἐν μετανοίᾳ, κράζοντες ἐκ βάθους ψυχῆς·  
 Δέσποινα βοήθησον, ἐφ ἡμῖν σπλαγχνισθεῖσα,  
 σπεῦσον ἀπολλύμεθα, ὑπὸ πλήθους  
 πταισμάτων, μὴ ἀποστρέψῃς σοὺς δούλους  
 κενούς· σὲ γὰρ καὶ μόνην ἐλπίδα κεκτήμεθα.

For Your name's sake, O Lord, give me life;  
 in Your righteousness You shall bring my  
 soul out of affliction. In Your mercy You shall  
 destroy my enemies; You shall utterly destroy  
 all who afflict my soul, for I am Your servant.

[SAAS]

*Then "God is the Lord" is sung four times, with or  
 without the verses.*

### CHOIR

#### Mode 4.

God is the Lord, and He revealed Himself  
 to us. Blessed is he who comes in the name of  
 the Lord. [SAAS]

**Verse 1:** Give thanks to the Lord and call  
 upon His holy name.

**Verse 2:** All the nations surrounded me,  
 but in the name of the Lord I defended myself  
 against them.

**Verse 3:** And this came about from the  
 Lord, and it is wonderful in our eyes.

#### Troparia.

**Mode 4.** You who were lifted.

O humble sinners, let us now run  
 in earnest \* unto the Theotokos, and in  
 repentance \* fall down to her and cry out from  
 the depths of our souls: \* Show compassion  
 unto us \* and provide your assistance. \*  
 Hasten; we are perishing \* in our many  
 transgressions. \* Turn not your servants  
 empty-handed away; \* for we have found you,  
 O Lady, our only hope. [SD]

Δόξα. **Τὸ αὐτό.**

Καὶ νῦν. **Ὅμοιον.**

Οὐ σιωπήσωμέν ποτε, Θεοτόκε, τὰς δυναστείας σου λαλεῖν οἱ ἀνάξιοι· εἰμὴ γὰρ σὺ προΐστασο πρεσβεύουσα, τίς ἡμᾶς ἐρρύσατο ἐκ τοσοῦτων κινδύνων; Τίς δὲ διεφύλαξεν ἕως νῦν ἐλευθέρους; Οὐκ ἀποστῶμεν, Δέσποινα, ἐκ σοῦ· σοὺς γὰρ δούλους σῶζεις ἀεὶ, ἐκ παντοίων δεινῶν.

### ΑΝΑΓΝΩΣΤΗΣ

**Ψαλμὸς Ν' (50).**

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν σου ἐξάλειψον τὸ ἀνόμημά μου. Ἐπὶ πλεῖον πλῦνόν με ἀπὸ τῆς ἀνομίας μου, καὶ ἀπὸ τῆς ἀμαρτίας μου καθάρισόν με. Ὅτι τὴν ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἀμαρτία μου ἐνώπιόν μου ἐστὶ διὰ παντός. Σοὶ μόνῳ ἤμαρτον καὶ τὸ πονηρὸν ἐνώπιόν σου ἐποίησα, ὅπως ἂν δικαιωθῆς ἐν τοῖς λόγοις σου, καὶ νικήσης ἐν τῷ κρίνεσθαί σε. Ἴδου γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν ἀμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου. Ἴδου γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι. Ῥαντιεῖς με ὑσσώπῳ, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι. Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην, ἀγαλλιάσονται ὅστέα τεταπεινωμένα. Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν ἀμαρτιῶν μου, καὶ πάσας τὰς ἀνομίας μου ἐξάλειψον. Καρδίαν καθαρὰν κτίσον ἐν ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις μου. Μὴ ἀπορρίψῃς με ἀπὸ τοῦ προσώπου σου

Glory. **Repeat.**

Both now. **Same Melody.**

We the unworthy shall not ever be silent, \* O Theotokos, from proclaiming your powers. \* For were you not concerned to intercede for us, \* who would have delivered us \* from such manifold dangers, \* and who else would up to now \* have preserved us in freedom? \* O Lady, we shall not depart from you, \* for you ever save your servants \* from evils of every kind. [SD]

### READER

**Psalm 50 (51).**

Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me. Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged. For behold, I was conceived in transgressions, and in sins my mother bore me. Behold, You love truth; You showed me the unknown and secret things of Your wisdom. You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow. You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice. Turn Your face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from Your presence,

καὶ τὸ πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλης ἀπ' ἐμοῦ. Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῶ στήριζόν με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ῥῥασά με ἐξ αἱμάτων, ὁ Θεός, 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 ἄν· ὀλοκαυτώματα οὐκ εὐδοκήσεις. Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν συντετριμμένην καὶ τεταπεινωμένην ὁ Θεὸς οὐκ ἐξουδενώσει. Ἀγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθήτω τὰ τεῖχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὀλοκαυτώματα. Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μόσχους.

### Ὁ Κανὼν

*Ψάλλεται ὁ κανὼν τῆς Μικρᾶς ἢ τῆς Μεγάλης Παρακλήσεως ἄνευ τῶν εἰρμῶν.*

### ΧΟΡΟΣ

**ᾠδὴ α΄. ᾠχος πλ. δ΄. Ὁ Εἰρμός.**

*(Ὁ εἰρμός δὲν ψάλλεται.)*

Ἀρματηλάτην Φαραῶ ἐβύθισε,  
τερατουργοῦσα ποτέ, Μωσαϊκὴ ράβδος,  
σταυροτύπως πλήξασα, καὶ διελοῦσα  
θάλασσαν· Ἰσραὴλ δὲ φυγάδα, πεζὸν ὁδίτην  
διέσωσεν, ᾧσμα τῷ Θεῷ ἀναμέλλοντα.

and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit. I will teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness. O Lord, You shall open my lips, and my mouth will declare Your praise. For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings. A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise. Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built; then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings; then shall they offer young bulls on Your altar. [SAAS]

### The Canon

*In many monasteries and churches, the Canon of the Paraklesis is chanted without the Heirmoi (except perhaps in Ode ix of Small Paraklesis, in order to make an even number of troparia and thus to avoid repeating one.)*

### CHOIR

**Ode i. Mode pl. 4. Heirmos.**

*(The Heirmos may be omitted.)*

The rod of Moses working wonders once submerged Phar'onic charioteers \* when it smote the waters \* in the figure of a cross and thereby split the sea in two; \* while it rescued on dry land wayfaring fugitive Israel, \* which to God resoundingly sang a song.

**Τροπάρια.**

Ἵπεραγία Θεοτόκε, σῶσον ἡμᾶς.

Τῶν λυπηρῶν ἐπαγωγαὶ χειμάζουσι τὴν ταπεινὴν μου ψυχὴν, καὶ συμφορῶν νέφη, τὴν ἐμὴν καλύπτουσι, καρδίαν Θεονύμφευτε, ἀλλ' ἡ φῶς τετοκυῖα, τὸ θεῖον καὶ προαιώνιον, λάμπσον μοι τὸ φῶς τὸ χαρμόσυνον.

Ἵπεραγία Θεοτόκε, σῶσον ἡμᾶς.

Ἐξ ἀμέτρητων ἀναγκῶν καὶ θλίψεων, καὶ ἐξ ἐχθρῶν δυσμενῶν, καὶ συμφορῶν βίου, λυτρωθεὶς Πανάχραντε, τῇ κραταιᾷ δυνάμει σου, ἀνυμνῶ μεγαλύνω, τὴν ἄμετρόν σου συμπάθειαν, καὶ τὴν εἰς ἐμέ σου παράκλησιν.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Νῦν πεποιθῶς ἐπὶ τὴν σὴν κατέφυγον, ἀντίληψιν κραταιάν, καὶ πρὸς τὴν σὴν σκέπη, ὀλοψύχως ἔδραμον, καὶ γόνυ κλίνω Δέσποινα, καὶ θρηνῶ καὶ στενάζω, μὴ με παρίδης τὸν ἄθλιον, τῶν Χριστιανῶν καταφύγιον.

Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Οὐ σιωπήσω τοῦ βοᾶν τρανώτατα, τὰ μεγαλεῖα τὰ σά· εἰμὴ γὰρ σὺ Κόρη, πάντοτε προΐστασο, ὑπὲρ ἐμοῦ πρεσβεύουσα, τῷ Υἱῷ καὶ Θεῷ σου, τίς ἐκ τοσοῦτου με κλύδωνος, καὶ δεινῶν κινδύνων ἐρρύσατο.

**Troparia.**

*Most-holy Theotokos, save us.*

Relentless onslaughts of distressing troubles now disquiet my humble soul. \* And the gloomy clouds of tribulation shroud my heart. \* But since you are, O Bride of God, \* Theotokos and Mother \* of the divine pre-eternal Light, \* shine on me the light that is full of joy. [SD]

*Most-holy Theotokos, save us.*

I have been saved from countless grave necessities and tribulations and woes, \* hostile adversaries \* and from life's calamities \* by your prevailing power; hence, \* all-immaculate Maiden, \* I praise and magnify the immense \* sympathy and solace you offer me. [SD]

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

Now trusting fully in your mighty patronage, for safety there have I fled; \* and unto your shelter \* have I run wholeheartedly, \* O Lady, and I bend my knees \* and lament sighing deeply. \* Do not disdain me the wretched one. \* For you are the refuge of Christians all. [SD]

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

I shall not cease from speaking most emphatically of your magnificent deeds. \* For were you not always \* standing up on my behalf, \* petitioning your Son and God, \* from so violent a tempest \* and such formidable

**Ὡδή γ'. Ὁ Εἰρμός.**

(Ὁ εἰρμός δὲν ψάλλεται.)

Οὐρανίας ἀψῖδος, ὄροφουργὲ Κύριε, καὶ τῆς Ἐκκλησίας Δομῆτορ, σὺ με στερέωσον, ἐν τῇ ἀγάπῃ τῇ σῆ, τῶν ἐφετῶν ἢ ἀκρότης, τῶν πιστῶν τὸ στήριγμα, μόνε φιλόνητορ.

**Τροπάρια.**

*Ἐπεραγία Θεοτόκε, σῶσον ἡμᾶς.*

Ἀπορήσας ἐκ πάντων, ὀδυνηρῶς κράζω σοι· πρόφθασον θερμὴ προστασία, καὶ σὴν βοήθειαν, δὸς μοι τῷ δούλῳ σου, τῷ ταπεινῷ καὶ ἀθλίῳ, τῷ τὴν σὴν ἀντίληψιν, ἐπιζητοῦντι θερμῶς.

*Ἐπεραγία Θεοτόκε, σῶσον ἡμᾶς.*

Ἐθαυμάστωσας ὄντως, νῦν ἐπ' ἐμοὶ Δέσποινα, τὰς εὐεργεσίας σου Κόρη, καὶ τὰ ἐλέη σου· ὅθεν δοξάζω σε, καὶ ἀνυμνῶ καὶ γεραίρω, τὴν πολλὴν καὶ ἄμετρον, κηδεμονίαν σου.

*Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.*

Καταιγὶς με χειμάζει, τῶν συμφορῶν Δέσποινα, καὶ τῶν λυπηρῶν τρικυμῖα, καταποντίζουσιν· ἀλλὰ προφθάσασα, χεῖρά μοι δὸς βοηθείας, ἢ θερμὴ ἀντίληψις, καὶ προστασία μου.

jeopardy, \* who else would there be to deliver me? <sup>[SD]</sup>

**Ode iii. Heirmos.**

(The Heirmos may be omitted.)

O divine Master Builder of the celestial vault, \* as the only Lover of mankind and Founder of the Church, \* establish me, O Lord, in love for You, the believers' \* firm support and ultimate object of all desire.

**Troparia.**

*Most-holy Theotokos, save us.*

Altogether bewildered, with pain I cry unto you. \* Come to me, O earnest protection, and hasten to provide \* assistance unto me, \* your poor and mis'rable servant \* ardently imploring for \* the aid which comes from you.

<sup>[SD]</sup>

*Most-holy Theotokos, save us.*

Now, O Maiden, upon me \* your servant you have indeed \* magnified your mercies, O Lady, and beneficial deeds. \* Therefore I sing your praise \* and glorify you and honor \* your extensive patronage \* to which there is no end.

<sup>[SD]</sup>

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

I am drowning, O Lady, under the tide of distress, \* and I am distraught by the blizzard of life's adversities. \* Come quickly, I entreat, \* and lend a hand of assistance. \* For you are my Patroness \* earnestly helping me. <sup>[SD]</sup>



Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Ἀληθῆ Θεοτόκον, ὁμολογῶ Δέσποινα, σὲ τὴν τοῦ θανάτου τὸ κράτος, ἐξαφανίσασαν· ὡς γὰρ φυσίζωος, ἐκ τῶν δεσμῶν τῶν τοῦ ᾄδου, πρὸς ζωὴν ἀνήγαγες, εἰς γῆν με ρεύσαντα.

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

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

### ΙΕΡΕΥΣ

Ἐλέησον ἡμᾶς ὁ Θεὸς κατὰ τὸ μέγα ἔλεός σου, δεόμεθα σου, ἐπάκουσον καὶ ἐλέησον.

( Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον. )

Ἔτι δεόμεθα ὑπὲρ τῶν εὐσεβῶν καὶ ὀρθοδόξων χριστιανῶν.

( Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον. )

Ἔτι δεόμεθα ὑπὲρ τοῦ Ἀρχιεπισκόπου ἡμῶν (τοῦ δεῖνος).

( Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον. )

Ἔτι δεόμεθα ὑπὲρ ἐλέους, ζωῆς, εἰρήνης, υἰείας, σωτηρίας, ἐπισκέψεως, συγχωρήσεως καὶ ἀφέσεως τῶν ἁμαρτιῶν τῶν δούλων τοῦ Θεοῦ, πάντων τῶν εὐσεβῶν καὶ

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

I acknowledge, O Lady, as Theotokos in truth \* you who have destroyed the dominion of death; for you gave birth \* to Him who is the Life, \* and from the prison of Hades \* unto life you raised me up \* who tumbled down to earth. [SD]

Deliver us your humble servants from perils, O Theotokos, as for refuge, after God, we all flee to you, an impregnable fortress and protection. [SD]

Look graciously upon your servant, all-praiseworthy Theotokos, and upon my painful physical suffering, and remedy my anguish of spirit. [SD]

### PRIEST

Have mercy on us, O God, according to Your great mercy, we pray You, hear us and have mercy.

( *Lord, have mercy. Lord, have mercy. Lord, have mercy.* )

Let us pray for pious and Orthodox Christians.

( *Lord, have mercy. Lord, have mercy. Lord, have mercy.* )

Again we pray for our Archbishop (name).

( *Lord, have mercy. Lord, have mercy. Lord, have mercy.* )

Again we pray for mercy, life, peace, health, salvation, protection, forgiveness, and remission of the sins of the servants of God, all pious Orthodox Christians residing

ὀρθοδόξων χριστιανῶν, τῶν κατοικούντων  
καὶ παρεπιδημούντων ἐν τῇ πόλει ταύτῃ,  
τῶν ἐνοριτῶν, ἐπιτρόπων, συνδρομητῶν καὶ  
ἀφιερωτῶν τοῦ ἁγίου ναοῦ τούτου.

( Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,  
ἐλέησον. )

Ἔτι δεόμεθα ὑπὲρ τῶν δούλων τοῦ Θεοῦ  
(καὶ μνημονεύει ὀνομαστικῶς τῶν δι' οὓς ἡ  
παρακλήσις τελεῖται).

( Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,  
ἐλέησον. )

Ἔτι δεόμεθα ὑπὲρ τῶν καρποφορούντων  
καὶ καλλιεργούντων ἐν τῷ ἁγίῳ καὶ πανσέπτῳ  
ναῷ τούτῳ, κοπιόντων, ψαλλόντων καὶ ὑπὲρ  
τοῦ περιστώτους λαοῦ, τοῦ ἀπεκδεχομένου τὸ  
παρὰ σοῦ μέγα καὶ πλούσιον ἔλεος.

( Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,  
ἐλέησον. )

### ΙΕΡΕΥΣ

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.

( Ἀμήν. )

### ΧΟΡΟΣ

#### Κάθισμα.

**Ἦχος β'.** Τὰ ἄνω ζητῶν.

Πρεσβεία θερμῆ, καὶ τεῖχος  
ἀπροσμάχητον, ἐλέους πηγὴ, τοῦ κόσμου  
καταφύγιον, ἐκτενῶς βοῶμέν σοι·  
Θεοτόκε Δέσποινα, πρόφθασον, καὶ ἐκ  
κινδύνων λύτρωσαι ἡμᾶς, ἢ μόνη ταχέως  
προστατεύουσα.

and visiting in this city: the parishioners, the  
members of the parish council, the stewards,  
and benefactors of this holy church.

( Lord, have mercy. Lord, have mercy.  
Lord, have mercy. )

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

( Lord, have mercy. Lord, have mercy.  
Lord, have mercy. )

Again we pray for those who bear fruit and  
do good works in this holy and all-venerable  
church, for those who labor and those who  
sing, and for the people here present who await  
Your great and rich mercy.

( Lord, have mercy. Lord, have mercy.  
Lord, have mercy. )

### PRIEST

For You are a merciful God Who loves  
mankind, and to You we offer up glory, to the  
Father and to the Son and to the Holy Spirit,  
now and forever and to the ages of ages.

( Amen. )

### CHOIR

#### Kathisma.

**Mode 2.** In seeking the heights.

O Mother of God, intently we cry out  
to you \* the wellspring of mercy and the  
refuge of the world. \* O vehement advocate, \*  
unassailable fortress, anticipate \* and deliver  
us from perilous ordeals, \* O Lady who alone  
are swift to fend for us. [SD]

**Ὡδή δ'. Ὁ Εἰρμός.**

(Ὁ εἰρμός δὲν ψάλλεται.)

Σύ μου ἰσχύς, Κύριε· σύ μου καὶ δύναμις·  
 σὺ Θεός μου· σύ μου ἀγαλλίαμα, ὁ πατρικούς  
 κόλπους μὴ λιπών, καὶ τὴν ἡμετέραν,  
 πτωχείαν ἐπισκεψάμενος· διὸ σὺν τῷ προφήτῃ,  
 Ἀββακούμ σοι κραυγάζω· Τῆ δυνάμει σου  
 δόξα Φιλάνθρωπε.

**Τροπάρια.***Ὑπεραγία Θεοτόκε, σῶσον ἡμᾶς.*

Καὶ ποῦ λοιπόν, ἄλλην εὐρήσω ἀντίληψιν;  
 ποῦ προσφύγω; ποῦ δὲ καὶ σωθήσομαι;  
 τίνα θερμὴν ἔξω βοηθόν, θλίψεσι τοῦ βίου  
 καὶ ζάλαις οἴμοι! κλονούμενος; Εἰς σέ  
 μόνην ἐλπίζω, καὶ θαρρῶ καὶ καυχῶμαι, καὶ  
 προστρέχω τῆ σκέπη σου σῶσόν με.

*Ὑπεραγία Θεοτόκε, σῶσον ἡμᾶς.*

Τὸν ποταμόν, τὸν γλυκερόν τοῦ ἐλέους  
 σου, τὸν πλουσίασι δωρεαῖς δροσίσαντα, τὴν  
 παναθλίαν καὶ ταπεινὴν, πάναγνε ψυχὴν μου,  
 τῶν συμφορῶν καὶ τῶν θλίψεων, καμίνω  
 φλογισθεῖσαν, μεγαλύνω κηρύττω, καὶ  
 προστρέχω τῆ σκέπη σου σῶσόν με.

*Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.*

Σὲ τὴν ἀγνήν, σὲ τὴν Παρθένον καὶ  
 ἄσπιλον, μόνην φέρω, τεῖχος ἀπροσμάχητον,  
 καταφυγὴν σκέπην κραταιάν, ὄπλον  
 σωτηρίας μὴ με παρίδης τὸν ἄσωτον,

**Ode iv. Heirmos.**

(The Heirmos may be omitted.)

You are my strength. \* You are my power,  
 O Christ my Lord. \* God my Savior, You  
 are my exceeding joy. You came to us, never  
 absent from the bosom of the Father, \* and  
 You assumed human poverty. \* And so I join  
 the Prophet Habakkuk, singing: Glory \* to  
 Your strength, O Lord who love humanity!

**Troparia.***Most-holy Theotokos, save us.*

Where, in the end, \* am I to find other  
 patronage? \* Where shall I seek refuge, where  
 shall I be saved? \* Whom shall I have as my  
 fervent aid, \* who, alas, am rattled \* by life's  
 afflictions and turbulence? \* I hope and I take  
 courage \* and I boast in you only; \* and I run  
 to your shelter. Deliver me. [SD]

*Most-holy Theotokos, save us.*

O purest Maid, \* now I proclaim and  
 I magnify \* the sweet river of your tender-  
 loving care \* which has refreshed with  
 abundant gifts \* my completely wretched  
 \* and humble soul which is burning in \*  
 the furnace of disasters \* and of grievous  
 afflictions. \* And I run to your shelter. Deliver  
 me. [SD]

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

You are the pure, \* you are the Virgin,  
 the undefiled, \* whom alone I have as an  
 impregnable \* fortress and wall, shelter and  
 defense, \* weapon of salvation. \* Do not  
 despise me the prodigal, \* O hope of the

ἐλπίς ἀπηλπισμένων, ἀσθενῶν συμμαχία,  
θλιβομένων χαρὰ καὶ ἀντίληψις.

*Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.*

Πῶς ἐξειπεῖν, σοῦ κατ' ἀξίαν δυνήσομαι,  
τοὺς ἀμέτρους, οἰκτιρμούς ᾧ Δέσποινα, τοὺς  
τὴν ἐμὴν πάντοτε ψυχὴν, δεινῶς πυρουμένην,  
ὡς ὕδωρ περιδροσίσαντας; Ἄλλ' ᾧ τῆς σῆς  
προνοίας, καὶ τῆς εὐεργεσίας, ἧς ἀφθόνως  
αὐτὸς παραπήλαυσα!

### **Ὁδὴ ε΄. Ὁ Εἰρμός.**

*(Ὁ εἰρμός δὲν ψάλλεται.)*

Ἵνα τί με ἀπώσω, ἀπὸ τοῦ προσώπου  
σου τὸ φῶς τὸ ἄδυτον, καὶ ἐκάλυψέ με,  
τὸ ἀλλότριον σκότος τὸν δείλαιον; Ἄλλ'  
ἐπίστρεψόν με, καὶ πρὸς τὸ φῶς τῶν ἐντολῶν  
σου, τὰς ὁδοὺς μου κατεύθυνον δέομαι.

### **Τροπάρια.**

*Ἵπεραγία Θεοτόκε, σῶσον ἡμᾶς.*

Εὐχαρίστως βοῶ σοι· χαῖρε  
Μητροπάρθενε, χαῖρε Θεόνυμφε χαῖρε θεία  
σκέπη, χαῖρε ὄπλον καὶ τεῖχος ἀπόρθητον,  
χαῖρε προστασία, καὶ βοηθὲ καὶ σωτηρία, τῶν  
εἰς σὲ προστρεχόντων ἐκ πίστεως.

*Ἵπεραγία Θεοτόκε, σῶσον ἡμᾶς.*

Οἱ μισοῦντες με μάτην, βέλεμνα καὶ  
ξίφη καὶ λάκκον ηὐτρέπισαν, καὶ ἐπιζητοῦσι,  
τὸ πανάθλιον σῶμα σπαράξαι μου, καὶ  
καταβιβάσαι, πρὸς γῆν Ἁγνὴ ἐπιζητοῦσιν· ἀλλ'  
ἐκ τούτων προφθάσασα σῶσόν με.

dejected, \* O ally of the feeble, \* O assistance  
and joy of the suffering. [SD]

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

O Lady, how \* shall I be able to worthily  
\* tell of your immeasurable charity \* that you  
pour out constantly on me \* like refreshing  
water \* to soothe my painfully burning soul?  
\* O providence and labors \* of benevolent  
kindness \* which from you I have plentifully  
enjoyed! [SD]

### **Ode v. Heirmos.**

*(The Heirmos may be omitted.)*

Why reject me, Your servant, \* from  
before Your face, O Lord the light that never  
sets? \* Miserable sinner that I am, now  
this strange darkness covers me. \* Savior,  
I implore You to bring me back to Your  
commandments, \* which are light, and I pray  
You to guide my ways.

### **Troparia.**

*Most-holy Theotokos, save us.*

Now I gratefully cry out: \* Rejoice, O  
virgin Mother; rejoice, O Bride of God! \* O  
divine protection \* and impregnable fortress  
and shield, rejoice! \* O rejoice, the helper \*  
and the defense and the salvation \* of your  
servants who faithfully run to you! [SD]

*Most-holy Theotokos, save us.*

They who hate me have vainly \* readied  
all their arrows and swords and have dug a pit.  
\* And my wretched body \* they are seeking  
to strike at and tear apart. \* And they are  
attempting, \* O purest Maiden, to reduce me \*

*Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.*

Ἀπὸ πάσης ἀνάγκης, θλίψεως καὶ νόσου καὶ βλάβης με λύτρωσαι, καὶ τῇ σῇ δυνάμει, ἐν τῇ σκέπη σου φύλαξον ἄτρωτον, ἐκ παντὸς κινδύνου, καὶ ἐξ ἐχθρῶν τῶν πολεμούντων, καὶ μισούντων με Κόρη πανύμνητε.

*Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰῶνων. Ἀμήν.*

Τί σοι δῶρον προσάξω, τῆς εὐχαριστίας ἀνθ' ὧν περ ἀπήλαυσα, τῶν σῶν δωρημάτων, καὶ τῆς σῆς ἀμετρήτου χρηστότητος; Τοιγαροῦν δοξάζω, ὑμνολογῶ καὶ μεγαλύνω, σοῦ τὴν ἄμετρον πρὸς με συμπάθειαν.

### **Ὡδὴ Σ'. Ὁ Εἰρμός.**

*(Ὁ εἰρμός δὲν ψάλλεται.)*

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

### **Τροπάρια.**

*Ὑπεραγία Θεοτόκε, σῶσον ἡμᾶς.*

Τὰ νέφη, τῶν λυπηρῶν ἐκάλυψαν, τὴν ἀθλίαν μου ψυχὴν καὶ καρδίαν, καὶ σκοτασμὸν ἐμποιοῦσι μοι Κόρη, ἀλλ' ἡ γεννήσασα φῶς τὸ ἀπρόσιτον, ἀπέλασον ταῦτα μακρὰν, τῇ ἐμπνεύσει τῆς θείας πρεσβείας σου.

to the ground. So come quickly and rescue me.

*[SD]*

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

Out of every affliction, \* illness and necessity and harm deliver me. \* O all-lauded Maiden, \* by your power preserve me uninjured from \* enemies that hate me \* and war against me. And from danger \* keep me covered beneath your protective veil. *[SD]*

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

What can I now present you \* as a worthy gift in token of my gratitude \* for your boundless kindness \* and the bounties that I have enjoyed from you? \* Therefore am I praising \* and glorifying and exalting \* your ineffable sympathy unto me. *[SD]*

### **Ode vi. Heirmos.**

*(The Heirmos may be omitted.)*

I pour out my supplication to the Lord, \* and I tell Him all about my afflictions, \* and that my soul has been flooded with evils, \* and that my life has come close to being in hell. \* Like Prophet Jonah, I entreat, \* "Raise me up from corruption, O Lord my God."

### **Troparia.**

*Most-holy Theotokos, save us.*

My mis'erable \* soul and heart are covered up \* by the clouds of pain and sorrow, O Damsel, \* causing in me a condition of darkness. \* But since you gave birth to Light unapproachable, \* dispel them far away from

*Ὑπεραγία Θεοτόκε, σῶσον ἡμᾶς.*

Παράκλησιν, ἐν ταῖς θλίψεσιν οἶδα, καὶ τῶν νόσων ἰατρὸν σε γινώσκω, καὶ παντελεῖ συντριμμὸν τοῦ θανάτου, καὶ ποταμὸν τῆς ζωῆς ἀνεξάντλητον, καὶ πάντων τῶν ἐν συμφοραῖς, ταχινήν καὶ ὀξεῖαν ἀντίληψιν.

*Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.*

Οὐ κρύπτω σου, τὸν βυθὸν τοῦ ἐλέους, καὶ τὴν βρύσιν τῶν ἀπείρων θαυμάτων, καὶ τὴν πηγὴν τὴν ἀέναον ὄντως, τῆς πρὸς ἐμὲ συμπαθείας σου Δέσποινα· ἀλλ' ἅπασιν ὁμολογῶ, καὶ βοῶ καὶ κηρύττω καὶ φθέγγομαι.

*Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.*

Ἐκύκλωσαν, αἱ τοῦ βίου με ζάλαι, ὥσπερ μέλισσαι κηρίον Παρθένε, καὶ τὴν ἐμὴν κατασχοῦσαι καρδίαν, κατατιτρώσκουσι βέλει τῶν θλίψεων· ἀλλ' εὐροίμι σε βοηθόν, καὶ διώκτην καὶ ρύστην Πανάχραντε.

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

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

me \* with the breath of your holy petitioning.

[SD]

*Most-holy Theotokos, save us.*

I recognize \* you as solace in trouble, \* and I know you as the healer of ailments, \* and as the one who to death dealt destruction, \* and as a river of life inexhaustible, \* and as a quick and eager source \* of assistance for those in calamities. [SD]

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

I do not hide \* the abyss of your mercy, \* nor the wellspring of your infinite wonders, \* nor yet the truly perpetual fountain \* of the compassion, O Lady, you have for me. \* But rather I confess to all \* and announce and proclaim and enunciate. [SD]

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

The dizzying \* cares of life surround me now \* like the bees round a honeycomb, O Virgin; \* and being seized of my heart, O pure Maiden, \* they sorely sting it with darts of adversities. \* Oh, how I wish to find in you \* a defender and helper and rescuer! [SD]

Deliver us your humble servants from perils, O Theotokos, as for refuge, after God, we all flee to you, an impregnable fortress and protection. [SD]

Entreat for us, \* O spotless Maiden who gave birth to the divine Word \* inexplicably through a word in the latter days, \* since you indeed \* speak with motherly freedom. [SD]

**ΙΕΡΕΥΣ**

Ἐλέησον ἡμᾶς ὁ Θεὸς κατὰ τὸ μέγα ἔλεός σου, δεόμεθά σου, ἐπάκουσον καὶ ἐλέησον.

( Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον. )

Ἔτι δεόμεθα ὑπὲρ τῶν εὐσεβῶν καὶ ὀρθοδόξων χριστιανῶν.

( Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον. )

Ἔτι δεόμεθα ὑπὲρ τοῦ Ἀρχιεπισκόπου ἡμῶν (τοῦ δεῖνος).

( Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον. )

Ἔτι 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, συνδρομητῶν καὶ ἀφιερωτῶν τοῦ ἁγίου ναοῦ τούτου.

( Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον. )

Ἔτι δεόμεθα ὑπὲρ τῶν δούλων τοῦ Θεοῦ (καὶ μνημονεῦει ὀνομαστὶ τῶν δι' οὓς ἡ παράκλησις τελεῖται).

( Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον. )

Ἔτι δεόμεθα ὑπὲρ τῶν καρποφορούντων καὶ καλλιεργούντων ἐν τῷ ἁγίῳ καὶ πανσέπτῳ ναῷ τούτῳ, κοπιόντων, ψαλλόντων καὶ ὑπὲρ τοῦ περιστώτος λαοῦ, τοῦ ἀπεκδεχομένου τὸ παρὰ σοῦ μέγα καὶ πλούσιον ἔλεος.

( Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον. )

**PRIEST**

Have mercy on us, O God, according to Your great mercy, we pray You, hear us and have mercy.

( Lord, have mercy. Lord, have mercy. Lord, have mercy. )

Let us pray for pious and Orthodox Christians.

( Lord, have mercy. Lord, have mercy. Lord, have mercy. )

Again we pray for our Archbishop (name).

( Lord, have mercy. Lord, have mercy. Lord, have mercy. )

Again we pray for mercy, life, peace, health, salvation, protection, forgiveness, and remission of the sins of the servants of God, all pious Orthodox Christians residing and visiting in this city: the parishioners, the members of the parish council, the stewards, and benefactors of this holy church.

( Lord, have mercy. Lord, have mercy. Lord, have mercy. )

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

( Lord, have mercy. Lord, have mercy. Lord, have mercy. )

Again we pray for those who bear fruit and do good works in this holy and all-venerable church, for those who labor and those who sing, and for the people here present who await Your great and rich mercy.

( Lord, have mercy. Lord, have mercy. Lord, have mercy. )

**ΙΕΡΕΥΣ**

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.

( Ἀμήν. )

**ΧΟΡΟΣ****Κοντάκιον. ᾠχος β΄.**

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε, μὴ παρίδης, ἀμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἰκεσίαν, ἡ προστατεύουσα ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.

*(Δύναται νὰ παραληφθῇ τὸ Ἀντίφωνον καὶ νὰ ψάλλεται εὐθὺς τὸ Προκείμενον.)*

**Ἀντίφωνον Α΄.****ᾠχος δ΄.**

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

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

Δόξα.

Ἁγίῳ Πνεύματι πᾶσα ψυχὴ ζωοῦται, καὶ καθάρσει ὑποῦται, λαμπρύνεται, τῇ τριαδικῇ μονάδι ἱεροκρυφίως.

Καὶ νῦν.

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

**PRIEST**

For You are a merciful God Who loves mankind, and to You we offer up glory, to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages.

( Amen. )

**CHOIR****Kontakion. Mode 2.**

O Protection of Christians that never falls, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you. **[SD]**

*(The Antiphon may be omitted, in which case we immediately sing the Prokeimenon.)*

**First Antiphon.****Mode 4.**

From my youth, many passions war against me. O my Savior, I implore You, uphold me and save me. **(2)** **[GOASD]**

You who hate Zion, be shamed by the Lord; for you will be withered like grass in the fire. **(2)** **[GOASD]**

Glory.

By the Holy Spirit every soul is animated, and when purified, it is mystically uplifted and brightened by the triune Godhead. **[GOASD]**

Both now.

From the Holy Spirit the streams of grace well forth; they water all creation, so that life be engendered. **[GOASD]**



**Προκείμενον. Ψαλμός ΜΔ' (44).**

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

**Στίχ.** Ἄκουσον, 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.

Μνησθήσομαι τοῦ ὀνόματός σου ἐν πάσῃ  
γενεᾷ καὶ γενεᾷ.

**ΙΕΡΕΥΣ**

Καὶ ὑπὲρ τοῦ καταξιωθῆναι ἡμᾶς τῆς  
ἀκροάσεως τοῦ ἁγίου Εὐαγγελίου, Κύριον τὸν  
Θεὸν ἡμῶν ἱκετεύσωμεν.

( Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,  
ἐλέησον. )

**ΙΕΡΕΥΣ**

Σοφία. Ὁρθοί. Ἀκούσωμεν τοῦ ἁγίου  
Εὐαγγελίου.

**ΙΕΡΕΥΣ**

Εἰρήνη πᾶσι.

( Καὶ τῷ πνεύματί σου. )

**ΙΕΡΕΥΣ**

Ἐκ τοῦ κατὰ Λουκᾶν ἁγίου Εὐαγγελίου τὸ  
ἀνάγνωσμα.

**ΙΕΡΕΥΣ**

Πρόσχωμεν.

( Δόξα σοι, Κύριε, δόξα σοι. )

**ΙΕΡΕΥΣ**

ἰ' 38-42, ια' 27-28

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθεν ὁ Ἰησοῦς  
εἰς κώμην τινά· γυνὴ δέ τις ὀνόματι Μάρθα  
ὑπεδέξατο αὐτὸν εἰς τὸν οἶκον αὐτῆς. Καὶ  
τῆδε ἦν ἀδελφὴ καλουμένη Μαρία, ἣ καὶ  
παρακαθίσασα παρὰ τοὺς πόδας τοῦ Ἰησοῦ

**Prokeimenon. Psalm 44 (45).**

I will remember your name from  
generation to generation. (2)

**Verse:** Listen, O daughter, behold and  
incline your ear, and forget your people and  
your father's house. For the King desired your  
beauty.

I will remember your name from  
generation to generation. [SAAS]

**PRIEST**

Let us pray to the Lord our God that we  
may be made worthy to hear the holy Gospel.

( Lord, have mercy. Lord, have mercy.  
Lord, have mercy. )

**PRIEST**

Wisdom. Arise. Let us hear the holy  
Gospel.

**PRIEST**

Peace be with all.

( And with your spirit. )

**PRIEST**

The reading is from the holy Gospel  
according to Luke.

**PRIEST**

Let us be attentive.

( Glory to You, O Lord, glory to You. )

**PRIEST**

10:38-42; 11:27-28

At that time, Jesus entered a village; and  
a woman called Martha received him into  
her house. And she had a sister called Mary,  
who sat at the Lord's feet and listened to his  
teaching. But Martha was distracted with much

ἤκουε τὸν λόγον αὐτοῦ. Ἡ δὲ Μάρθα περιεσπᾶτο περὶ πολλὴν διακονίαν· ἐπιστᾶσα δὲ εἶπε· Κύριε, οὐ μέλει σοι ὅτι ἡ ἀδελφή μου μόνην με κατέλιπε διακονεῖν; εἰπέ οὖν αὐτῇ ἵνα μοι συναντιλάβηται. Ἀποκριθεὶς δὲ εἶπεν αὐτῇ ὁ Ἰησοῦς· Μάρθα Μάρθα, μεριμνᾷς καὶ τυρβάζῃ περὶ πολλά· ἐνὸς δὲ ἐστὶ χρεία· Μαρία δὲ τὴν ἀγαθὴν μερίδα ἐξελέξατο, ἣτις οὐκ ἀφαιρεθήσεται ἀπ' αὐτῆς. Ἐγένετο δὲ ἐν τῷ λέγειν αὐτὸν ταῦτα ἐπάρασά τις γυνὴ φωνὴν ἐκ τοῦ ὄχλου εἶπεν αὐτῷ· μακαρία ἡ κοιλία ἡ βαστάσασά σε καὶ μαστοὶ οὓς ἐθήλασας, αὐτὸς δὲ εἶπε· μενοῦνγε μακάριοι οἱ ἀκούοντες τὸν λόγον τοῦ Θεοῦ καὶ φυλάσσοντες αὐτόν.

( Δόξα σοι, Κύριε, δόξα σοι. )

#### ΧΟΡΟΣ

Δόξα. ᾠχος β'.

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

Καὶ νῦν.

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

ᾠχος πλ. β'. Ὅλην ἀποθέμενοι.

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

Μὴ καταπιστεύσης με, ἀνθρωπίνη προστασία, Παναγία δέσποινα, ἀλλὰ δέξαι δέησιν, τοῦ ἱκέτου σου· θλιψίς γὰρ ἔχει με, φέρειν οὐ δύναμαι, τῶν δαιμόνων τὰ τοξεύματα, σκέπην οὐ κέκτημαι, οὐδὲ ποῦ

servicing; and she went to him and said, "Lord, do you not care that my sister has left me to serve you alone? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things; one thing is needful. Mary has chosen the good portion, which shall not be taken away from her." As he said this, a woman in the crowd raised her voice and said to him, "Blessed is the womb that bore you, and the breasts that you sucked!" But he said, "Blessed rather are those who hear the word of God and keep it!"

[RSV]

( Glory to You, O Lord, glory to You. )

#### CHOIR

Glory. **Mode 2.**

Father, Word and Spirit, the Trinity in Union, O Lord of mercy, blot out my many offenses. [SD]

Both now.

At the intercession of the Theotokos, O Lord of mercy, blot out my many offenses. [SD]

**Mode pl. 2.** When the saints deposited.

**Verse:** Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression.

O Lady, entrust me not \* to any human protection, \* but rather accept the prayer \* of your humble supplicant, \* O all-holy one. \* Troubles encompass me. \* No more can I endure \* all the arrows demons shoot at me.

προσφύγω ὁ ἄθλιος, πάντοθεν πολεμούμενος,  
καὶ παραμυθίαν οὐκ ἔχω πλὴν σου· Δέσποινα  
τοῦ κόσμου, ἐλπίς καὶ προστασία τῶν πιστῶν,  
μή μου παρίδης τὴν δέησιν, τὸ συμφέρον  
ποίησον.

### Θεοτοκία.

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

Μεταβολὴ τῶν θλιβομένων, ἀπαλλαγὴ τῶν  
ἀσθενούντων ὑπάρχουσα, Θεοτόκε Παρθένε,  
σῶζε πόλιν καὶ λαόν, τῶν πολεμουμένων ἢ  
εἰρήνη, τῶν χειμαζομένων ἢ γαλήνη, ἢ μόνη  
προστασία τῶν πιστῶν.

### ΙΕΡΕΥΣ

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ  
εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι  
τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς·  
ὑψωσον κέρας χριστιανῶν ὀρθοδόξων  
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 ἐπουρανίων  
Δυνάμεων ἀσωμάτων, ἰκεσίαις τοῦ τιμίου  
ἐνδόξου Προφήτου Προδρόμου καὶ Βαπτιστοῦ  
Ἰωάννου, τῶν ἁγίων ἐνδόξων καὶ πανευφήμων  
Ἀποστόλων, τῶν ἐν ἁγίοις Πατέρων ἡμῶν  
μεγάλων Ἱεραρχῶν καὶ οἰκουμενικῶν  
Διδασκάλων, Βασιλείου τοῦ Μεγάλου,  
Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου  
τοῦ Χρυσοστόμου, Ἀθανασίου, Κυρίλλου  
καὶ Ἰωάννου τοῦ Ἐλεήμονος Πατριαρχῶν

\* From every side am I \* under fire, mis'erable  
that I am. \* Shelter I do not possess, \* and no  
consolation have I but you. \* Patronage and  
hope of \* the faithful, Sovereign Lady of the  
world, \* O disregard not my litany. \* Do that  
which is best for me. [SD]

### Theotokia.

No one who runs to you for help comes  
back from you ever frustrated in his cause, O  
Virgin Theotokos. But he asks for the favor  
and receives the bestowal which is appropriate  
for his request. [SD]

You are a turning for the better for those in  
trouble and deliverance of the sick, O Virgin  
Theotokos. Save your people and your flock,  
since you are the peace of the embattled,  
tranquil calm of those in agitation, and the  
believers' only patronage. [SD]

### PRIEST

O God, save Your people and bless  
Your inheritance. Look upon Your world  
with mercy and compassion. Raise the  
Orthodox Christians in glory, and send  
down upon us Your rich mercies, through  
the intercessions of our most pure Lady,  
the Theotokos and ever virgin Mary; the  
power of the precious and life-giving Cross;  
the protection of the honorable, heavenly,  
bodiless powers; the supplications of the  
honorable, glorious prophet and forerunner  
John the Baptist; the holy, glorious, and  
praiseworthy apostles; our fathers among the  
saints, the great hierarchs and ecumenical  
teachers Basil the Great, Gregory the  
Theologian, and John Chrysostom; Athanasios,  
Cyril, and John the Merciful, patriarchs  
of Alexandria, Nicholas, bishop of Myra,

Ἀλεξανδρίας· Νικολάου τοῦ ἐν Μύροις,  
Σπυρίδωνος Τριμυθοῦντος καὶ Νεκταρίου  
Πενταπόλεως τῶν θαυματουργῶν· τῶν ἁγίων  
ἐνδόξων Μεγαλομαρτύρων Γεωργίου τοῦ  
Τροπαιοφόρου, Δημητρίου τοῦ Μυροβλήτου,  
Θεοδώρου τοῦ Τήρωνος, Θεοδώρου τοῦ  
Στρατηλάτου, Μηνᾶ τοῦ θαυματουργοῦ· τῶν  
Ἱερομαρτύρων Χαραλάμπους καὶ Ἐλευθερίου,  
τῆς ἁγίας ἐνδόξου Μεγαλομάρτυρος καὶ  
πανευφήμου Εὐφημίας· τῶν ἁγίων ἐνδόξων  
Μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας,  
Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνης,  
Παρασκευῆς καὶ Εἰρήνης· τῶν ὁσίων καὶ  
Θεοφόρων Πατέρων ἡμῶν· (τοῦ Ἁγίου τοῦ  
Ναοῦ)· τῶν ἁγίων καὶ δικαίων Θεοπατόρων  
Ἰωακείμ καὶ Ἄννης, καὶ πάντων σου τῶν  
Ἁγίων. Ἰκετεύομέν σε, μόνη πολυέλεε Κύριε,  
ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν δεομένων  
σου καὶ ἐλέησον ἡμᾶς.

**ΧΟΡΟΣ**

Κύριε, ἐλέησον. (ιβ')

**ΙΕΡΕΥΣ**

Ἐλέει καὶ οἰκτιρμοῖς καὶ φιλανθρωπία τοῦ  
μονογενοῦς σου Υἱοῦ, μεθ' οὗ εὐλογητὸς εἶ,  
σὺν τῷ παναγίῳ καὶ ἀγαθῷ καὶ ζωοποιῷ σου  
Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων.

( Ἀμήν. )

**Ὡδὴ ζ'. Ὁ Εἰρμός.**

(Ὁ εἰρμός δὲν ψάλλεται.)

Παῖδες Ἑβραίων ἐν καμίνῳ, κατεπάτησαν  
τὴν φλόγα θαρσαλέως, καὶ εἰς δρόσον τὸ πῦρ,  
μετέβαλον βοῶντες· Εὐλογητὸς εἶ Κύριε, ὁ  
Θεὸς εἰς τοὺς αἰῶνας.

Spyridon, bishop of Trimythous, Nektarios  
of Pentapolis, the wonder-workers; the  
holy, glorious, great martyrs George the  
victorious, Demetrios the Myrobletes,  
Theodore Teron, and Theodore Stratelates;  
Menas the wonderworker; Charalambos  
and Eleutherios, the Hieromartyrs; the holy,  
glorious, and victorious martyrs; the glorious  
great Martyr and all-laudable Euphemia; the  
holy and glorious Martyrs Thecla, Barbara,  
Anastasia, Katherine, Kyriake, Fotene, Marina,  
Paraskeve and Irene; our venerable and God-  
bearing fathers; (local patron saint); holy and  
righteous ancestors of God Joachim and Anna;  
and all Your saints; We beseech you, only  
merciful Lord, hear us sinners who pray to you  
and have mercy on us.

**CHOIR**

Lord, have mercy. (12)

**PRIEST**

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

( Amen. )

**Ode vii. Heirmos.**

(The Heirmos may be omitted.)

Servants, descendants of the Hebrews, \*  
bravely trampled down the flame within the  
furnace; \* and they changed into dew \* the  
fire, and they chanted: \* Blessed are You, O  
Lord, the God \* of our fathers to the ages.

**Τροπάρια.**

Ἵπεραγία Θεοτόκε, σῶσον ἡμᾶς.

Φῶς ἡ τεκοῦσα Θεοτόκε, σκοτισθέντα με νυκτὶ ἀμαρτημάτων, φωταγωγήσον σύ, φωτὸς οὐσα δοχεῖον, τὸ καθαρὸν καὶ ἄμωμον, ἵνα πόθῳ σε δοξάζω.

Ἵπεραγία Θεοτόκε, σῶσον ἡμᾶς.

Σκέπη γενοῦ καὶ προστασία, καὶ ἀντίληψις καὶ καύχημα Παρθένε, γυμνωθέντι μοι νῦν, ἀπάσης βοηθείας, ἀβοήθητων δύναμις, καὶ ἐλπίς ἀπηλπισμένων.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Ὅλη ψυχῇ καὶ διανοίᾳ, καὶ καρδίᾳ σε καὶ χεῖλεσι δοξάζω, ἀπολαύσας τῶν σῶν, μεγάλων χαρισμάτων ἀλλ' ὡς τῆς σῆς χρηστότητος, καὶ ἀπέιρων σου θαυμάτων!

Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Βλέψον ἰλέῳ ὄμματί σου, καὶ ἐπίσκεψαι τὴν κάκωσιν ἣν ἔχω, καὶ δεινῶν συμφορῶν, καὶ βλάβης καὶ κινδύνων, καὶ πειρασμῶν με λύτρωσαι, ἀμετρήτῳ σου ἐλέει.

**Ὡδὴ η΄. Ὁ Εἰρμός.**

(Ὁ εἰρμός δὲν ψάλλεται.)

Τὸν ἐν ὄρει ἁγίῳ δοξασθέντα, καὶ ἐν βάτῳ πυρὶ τὸ τῆς Ἀειπαρθένου, τῷ Μωϋσῆ μυστήριον γνωρίσαντα, Κύριον ὑμνεῖτε, καὶ ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

**Troparia.**

*Most-holy Theotokos, save us.*

Mother of Light and Theotokos, \* now illuminate me lying in the darkness \* of the nighttime of sin, \* O pure and stainless vessel \* of light, that I may glorify \* you with longing, O pure Maiden. [SD]

*Most-holy Theotokos, save us.*

Shelter, assistance and protection, \* and the cause of boasting be for me the sinner \* who am destitute now \* of every help, O Virgin. \* The power of the helpless are you, \* and the hope of the despairing. [SD]

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

I have enjoyed so many favors; \* hence with all my soul and reason I extol you. \* With my heart and my lips \* I glorify you, Lady. \* How awesome are your charity \* and your never ending wonders! [SD]

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

Graciously look upon your servant, \* and attend to the affliction that besets me. \* And redeem me from all \* calamities, temptations \* and perils and from injury, \* in your infinite compassion. [SD]

**Ode viii. Heirmos.**

(The Heirmos may be omitted.)

O extol Him, who on the holy mountain \* showed His glory, as Lord, \* and in the bush with fire \* revealed to Moses knowledge of

**Τροπάρια.**

Ἵπεραγία Θεοτόκε, σῶσον ἡμᾶς.

Διὰ σπλάγχνα ἐλέους σου Παρθένε,  
μὴ παρίδης σεμνή, ποντούμενόν με σάλῳ,  
βιοτικῶν κυμάτων, ἀλλὰ δίδου μοι χεῖρα  
βοηθείας, καταπονουμένῳ, κακώσεσι τοῦ βίου.

Ἵπεραγία Θεοτόκε, σῶσον ἡμᾶς.

Περιστάσεις καὶ θλίψεις καὶ ἀνάγκαι,  
εὐροσάν με Ἀγνή, καὶ συμφοραὶ τοῦ βίου,  
καὶ πειρασμοὶ με πάντοθεν ἐκύκλωσαν· ἀλλὰ  
πρόστηθί μοι, καὶ ἀντιλαβοῦ μου, τῇ κραταιᾷ  
σου σκέπη.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Ἐν ταῖς ζάλαις ἐφεῦρον σε λιμένα, ἐν ταῖς  
λύπαις χαρὰν καὶ εὐφροσύνην, καὶ ἐν ταῖς  
νόσοις ταχινὴν βοήθειαν, καὶ ἐν τοῖς κινδύνοις,  
ρύστιν καὶ προστάτιν, ἐν τοῖς πειρατηρίοις.

Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Χαῖρε θρόνε πυρίμορφε Κυρίου, χαῖρε  
θεία καὶ μανναδόχε στάμνε, χαῖρε χρυσὴ  
λυχνία, λαμπὰς ἄσβεστος, χαῖρε τῶν παρθένων  
δόξα καὶ μητέρων, ὠραῖσμα καὶ κλέος.

the mystery \* of the Ever-Virgin, supremely  
exalting Him unto all the ages.

**Troparia.**

*Most-holy Theotokos, save us.*

Overlook not your servant who is  
drowning \* in the billowing waves \* of  
everyday existence. \* O noble Virgin,  
lend a helping hand to me \* in your great  
compassion; \* for I am exhausted by life's  
unending evils. [SD]

*Most-holy Theotokos, save us.*

Tribulations and crises and privations \*  
and the trials of life \* have found me, O pure  
Maiden. \* On every side temptations have  
surrounded me. \* Care for me and help me \*  
and provide protection beneath your mighty  
shelter. [SD]

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

I have found you a harbor in the tempest,  
\* and rejoicing and happiness in sorrows, \* a  
speedy help in sickness and infirmity, \* also a  
protectress \* in ordeals, and likewise a rescuer  
in perils. [SD]

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

O rejoice, fiery throne of the Master! \*  
O rejoice, sacred manna-holding vessel! \*  
O golden lampstand, unextinguished torch,  
rejoice! \* Pride of pious virgins, \* O rejoice,  
the glory and ornament of mothers! [SD]

**Ὡδή θ'. Ὁ Εἰρμός.**

(Ὁ εἰρμός δὲν ψάλλεται.)

Ἐξέστη ἐπὶ τούτῳ ὁ οὐρανός, καὶ τῆς γῆς  
κατεπλάγη τὰ πέρατα, ὅτι Θεός, ὥφθη τοῖς  
ἀνθρώποις σωματικῶς, καὶ ἡ γαστήρ σου  
γέγονεν, εὐρυχωροτέρα τῶν οὐρανῶν· διό σε  
Θεοτόκε, Ἀγγέλων καὶ ἀνθρώπων, ταξιαρχία  
μεγαλύνουσι.

**Τροπάρια.***Ἵπεραγία Θεοτόκε, σῶσον ἡμᾶς.*

Πρὸς τίνα καταφύγω ἄλλην Ἄγνη; ποῦ  
προσδράμω λοιπὸν καὶ σωθήσομαι; ποῦ  
πορευθῶ; ποῖαν δὲ ἐφεύρω καταφυγήν; ποῖαν  
θερμὴν ἀντίληψιν; ποῖον ἐν ταῖς θλίψεσι  
βοηθόν; Εἰς σέ μόνην ἐλπίζω, εἰς σέ μόνην  
καυχῶμαι, καὶ ἐπὶ σέ θαρρῶν κατέφυγον.

*Ἵπεραγία Θεοτόκε, σῶσον ἡμᾶς.*

Οὐκ ἔστιν ἀριθμήσασθαι δυνατόν,  
μεγαλεῖα τὰ σὰ Θεονύμφευτε, καὶ τὸν βυθόν,  
τὸν ἀνεξερεύνητον ἐξειπεῖν, τῶν ὑπὲρ νοῦν  
θαυμάτων σου, τῶν τετελεσμένων διηνεκῶς,  
τοῖς πόθῳ σε τιμῶσι, καὶ πίστει προσκυνοῦσιν,  
ὡς ἀληθῆ Θεοῦ λοχεύτριαν.

*Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.*

Ἐν ὕμνοις εὐχαρίστοις δοξολογῶ, καὶ  
γεραίρω τὸ ἄμετρον ἔλεος, καὶ τὴν πολλήν,  
δύναμίν σου ὁμολογῶ καὶ τὰς εὐεργεσίας σου,  
ἅς ὑπερέκένωσας εἰς ἐμέ, κηρύττω, μεγαλύνω,

**Ode ix. Heirmos.**

(The Heirmos may be omitted.)

The heavens were astounded because  
of this, \* and the ends of the earth were  
astonished, because God himself \* bodily  
appeared to the human race, \* O Theotokos,  
coming forth \* from your virgin womb, which  
indeed became \* more spacious than the  
heavens. \* And therefore by the orders \* of  
men and angels you are magnified.

**Troparia.***Most-holy Theotokos, save us.*

O pure one, unto whom else am I to flee?  
\* Where am I now to run? Where shall I be  
saved? Where shall I go? \* Where am I to find  
any other place \* of refuge, other fervent aid,  
\* or another helper in my distress? \* My hope  
is in you only. \* In you alone I glory. \* And  
taking courage, I have fled to you. [SD]

*Most-holy Theotokos, save us.*

Impossible it is to enumerate \* your  
magnificent wonders, O Bride of God, and  
to acclaim \* aptly the unfathomable abyss \*  
of your stupendous miracles \* that are done  
continually for all \* who honor you with  
longing \* and faithfully pay rev'rence \* to you  
the true Birthgiver of our God. [SD]

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

With grateful hymns I glorify and extol \*  
your immeas'urable mercy, and I acknowledge  
unto all \* the enormous power that you  
possess, \* O Lady. And the benefits \* which  
you have so lavishly poured on me \* I magnify

ψυχῆ τε καὶ καρδία, καὶ λογισμῶ καὶ γλῶσση πάντοτε.

*Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.*

Τὴν δέησίν μου δέξαι τὴν πενιχράν, καὶ κλαυθμὸν μὴ παρίδης καὶ δάκρυα, καὶ στεναγμὸν, ἀλλ' ἀντιλαβοῦ μου ὡς ἀγαθῆ, καὶ τὰς αἰτήσεις πλήρωσον· δύνασαι γάρ πάντα ὡς πανσθενοῦς, Δεσπότης Θεοῦ Μήτηρ, εἰ νεύσεις ἔτι μόνον, πρὸς τὴν ἐμὴν οἰκτρὰν ταπείνωσιν.

### **Μεγαλυνάρια.**

Ἄξιόν ἐστιν ὡς ἀληθῶς, μακαρίζειν σὲ τὴν Θεοτόκον, τὴν ἀειμακάριστον καὶ παναμώμητον, καὶ Μητέρα τοῦ Θεοῦ ἡμῶν.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

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, ἐλπίς ἀπηλπισμένων, σὺ μοὶ βοήθησον.

Δέσποινα καὶ μήτηρ τοῦ Λυτρωτοῦ, δέξαι παρακλήσεις, ἀναξίων σῶν ἱκετῶν,

and herald \* with heart and soul, O Virgin, \* and with my mind and tongue forevermore. [SD]

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

Accept my poor and negligible appeal; \* and my weeping and tears and my sighing too do not ignore. \* But since you are good, come unto my aid, \* fulfilling my petitions all. \* You can do all things, as the Mother of \* our God and Lord Almighty. \* Just nod in the direction \* of my lamentable humility. [SD]

### **Megalynaria.**

It is truly right to call you blessed, Theotokos, the ever-blessed and all-blameless one and the Mother of our God. [SD]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

Offering this chanting of hymns to you, \* we accord you honor as the Lady of all the world, \* higher than the heavens and purer than the sunshine, \* O Maiden who redeemed us \* from the ancestral curse. [SD]

Owing to the multitude of my sins, \* ailing is my body and diseased also is my soul. \* O help me, I pray you the hope of the despairing. \* To you I come for refuge, \* O Maiden full of grace. [SD]

From unworthy servants of yours accept \* petitions requesting mediation on our behalf \* with Him whom you brought forth, O Mother



ἵνα μεσιτεύσης πρὸς τὸν ἐκ σοῦ τεχθέντα. Ὡς  
Δέσποινα, τοῦ κόσμου γενοῦ μεσίτρια.

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

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

*Κατὰ τὰς ἡμέρας τῆς Μεταμορφώσεως, τὸ  
Μεγαλυνάριον τῆς ἐορτῆς μπορεῖ νὰ ψάλλεται ἐδώ.*

Θέλων ἐπιδειξαι τοῖς Μαθηταῖς, δύναμιν  
ἐξ ὕψους καὶ σοφίαν παρὰ Πατρός, ἐν ὄρει  
ἀνῆλθες, Χριστέ τῷ Θαβωρίῳ, καὶ λάμπας ὡς  
Δεσπότης τούτους ἐφώτισας.

*Τὸ Μεγλυνάριον τοῦ Ναοῦ.*

*Εἶτα τὸ ἐξῆς:*

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

## ΑΝΑΓΝΩΣΤΗΣ

### Τρισάγιον.

Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος  
Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

of the Savior. \* Become our Mediatrix, \* O  
Lady of the world. [SD]

Unto you the Birthgiver of our God \*  
praised by all, rejoicing now we eagerly  
chant this ode. \* Together implore with  
the Forerunner and all Saints \* that unto us  
compassion \* be shown, O Mother of God. [SD]

Speechless be the lips of impious men \*  
who refuse to rev'rence your august Icon which  
is called \* the Mother of God the Directress,  
and was painted \* by the divine Apostle \*  
Luke the Evangelist. [SD]

*During the feast of the Transfiguration, the following  
Megalynarion for that feast may be inserted here.*

Wishing to display power from on high  
\* and the Father's wisdom to Your three holy  
and divine \* Disciples, O Christ, You ascended  
Mount Tabor, \* and shining as the Master, \*  
there You illumined them. [SD]

*Then, the Megalynarion of the local church.*

*Then, the following:*

Join the Theotokos, all you arrays \* of  
angelic powers, honored Forerunner of the  
Lord, \* holy Twelve Apostles \* and all the  
Saints together, \* and pray for our salvation,  
and intercede for us. [SD]

## READER

### Trisagion Prayers.

Holy God, Holy Mighty, Holy Immortal,  
have mercy on us. (3)

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

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἰλάσθητι ταῖς ἀμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῶν. Ἅγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου.

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγιασθήτω 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 ῥύσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

### ΙΕΡΕΥΣ

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

### ΧΟΡΟΣ

Ἀμήν.

### Ἦχος πλ. β΄.

Ἐλέησον ἡμᾶς, Κύριε, ἐλέησον ἡμᾶς· πάσης γὰρ ἀπολογίας ἀποροῦντες, ταύτην σοι τὴν ἰκεσίαν ὡς Δεσπότη, οἱ ἀμαρτωλοὶ προσφέρομεν· Ἐλέησον ἡμᾶς.

Δόξα.

Κύριε ἐλέησον ἡμᾶς· ἐπὶ σοὶ γὰρ πεποίθαμεν, μὴ ὀργισθῆς ἡμῖν σφόδρα, μηδὲ μνησθῆς τῶν ἀνομιῶν ἡμῶν, ἀλλ' ἐπίβλεψον

All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for Your name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory to the Father and to the Son and to 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 ages of ages.

### CHOIR

Amen.

### Mode pl. 2.

Have mercy on us, Lord have mercy on us. For with nothing to say in our own defense, we sinners offer this supplication to you our Master. Have mercy on us. <sup>[SD]</sup>

Glory.

Lord have mercy on us, for in You we trust. Be not enraged with us greatly, nor remember our iniquities. But look upon us

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. **Θεοτοκίον.**

Τῆς εὐσπλαγχνίας τὴν πύλην ἀνοιξον ἡμῖν, εὐλογημένη Θεοτόκε· ἐλπίζοντες εἰς σέ, μὴ ἀστοχήσωμεν· ῥυσθείημεν διὰ σοῦ τῶν περιστάσεων· σὺ γὰρ εἶ ἡ σωτηρία, τοῦ γένους τῶν Χριστιανῶν.

### ΙΕΡΕΥΣ

Ἐλέησον ἡμᾶς ὁ Θεὸς κατὰ τὸ μέγα ἔλεός σου, δεόμεθά σου, ἐπάκουσον καὶ ἐλέησον.

( Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον. )

Ἔτι δεόμεθα καὶ ὑπὲρ τοῦ διαφυλαχθῆναι τὴν ἁγίαν τοῦ Χριστοῦ Μεγάλην Ἐκκλησίαν, τὴν Ἱερὰν ἡμῶν Ἀρχιεπισκοπὴν (καὶ τὴν Ἱερὰν ταύτην Μητρόπολιν), καὶ τὴν πόλιν ταύτην, καὶ πᾶσαν πόλιν καὶ χώραν, ἀπὸ ὀργῆς, λοιμοῦ, λιμοῦ, σεισμοῦ, καταποντισμοῦ, πυρός, μαχαίρας, ἐπιδρομῆς ἀλλοφύλων, ἐμφυλίου πολέμου καὶ αἰφνιδίου θανάτου· ὑπὲρ τοῦ ἵλεων, εὐμενῆ καὶ εὐδιάλλακτον γενέσθαι τὸν ἀγαθὸν καὶ φιλόνητον Θεὸν ἡμῶν, τοῦ ἀποστρέψαι καὶ διασκεδάσαι πᾶσαν ὀργὴν καὶ νόσον τὴν καθ' ἡμῶν κινουμένην, καὶ ρύσασθαι ἡμᾶς ἐκ τῆς ἐπικειμένης δικαίας αὐτοῦ ἀπειλῆς, καὶ ἐλεῆσαι ἡμᾶς.

( Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον. )

Ἔτι δεόμεθα καὶ ὑπὲρ τοῦ εἰσακοῦσαι Κύριον τὸν Θεὸν ἡμῶν φωνῆς τῆς δεήσεως ἡμῶν τῶν ἀμαρτωλῶν, καὶ ἐλεῆσαι ἡμᾶς.

now, being compassionate, and deliver us from our enemies. For You are our God, and we Your people, all of us the work of Your hands, and now we have invoked Your name. <sup>[SD]</sup>

Both now. **Theotokion.**

Open the gate of compassion for us, O blessed Theotokos. For hoping in you, let us not fail in our aim. Through you may we be delivered from adversities. For you are the salvation of the Christian race. <sup>[SD]</sup>

### PRIEST

Have mercy on us, O God, according to Your great mercy, we pray You, hear us and have mercy.

( Lord, have mercy. Lord, have mercy. Lord, have mercy. )

Again we pray for the protection of the holy Great Church of Christ, our sacred Archdiocese (and this sacred Metropolis), this city and every city and land, from wrath, famine, pestilence, earthquake, flood, fire, sword, foreign invasion, civil strife, and accidental death. That our good and loving God may be merciful, gracious and kindly-disposed, and may divert and disperse all anger and disease coming against us, and deliver us from His own just threat hanging over us, and have mercy on us.

( Lord, have mercy. Lord, have mercy. Lord, have mercy. )

Again we pray that the Lord our God may hear the prayer of us sinners, and have mercy on us.

( Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον. )

**ΙΕΡΕΥΣ**

Ἐπάκουσον ἡμῶν, ὁ Θεός, ὁ Σωτὴρ ἡμῶν, ἡ ἐλπίς πάντων τῶν περάτων τῆς γῆς καὶ τῶν ἐν θαλάσῃ μακρὰν· καὶ ἴλεως, ἴλεως γενοῦ ἡμῖν, Δέσποτα, ἐπὶ ταῖς ἀμαρτίαις ἡμῶν, καὶ ἐλέησον ἡμᾶς.

Ἐλεήμων γὰρ 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.

( Ἀμήν. )

**ΙΕΡΕΥΣ**

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν, ταῖς πρεσβείαις τῆς παναχράντου καὶ παναμόμου ἁγίας αὐτοῦ Μητρός, δυνάμει τοῦ τιμίου καὶ ζωοποιῦ Σταυροῦ, προστασίαις τῶν τιμίων ἐπουρανίων δυνάμεων ἀσωμάτων, ἰκεσίαις τοῦ τιμίου, ἐνδόξου, προφήτου, προδρόμου καὶ βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων καὶ πανευφήμων ἀποστόλων, τῶν ἁγίων ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν ὁσίων καὶ θεοφόρων πατέρων ἡμῶν· **(τοῦ Ἁγίου τοῦ Ναοῦ)**· τῶν ἁγίων καὶ δικαίων θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ πάντων τῶν ἁγίων, ἐλεῆσαι καὶ σώσαι ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος καὶ ἐλεήμων Θεός.

**ΧΟΡΟΣ**

**ᾠχος β΄.** Ὅτε ἐκ τοῦ ξύλου.

Πάντων προστατεύεις Ἀγαθή, τῶν καταφευγόντων ἐν πίστει, τῇ κραταιᾷ σου χειρὶ· ἄλλην γὰρ οὐκ ἔχομεν, ἀμαρτωλοὶ πρὸς Θεόν, ἐν κινδύνοις καὶ θλίψεσιν, ἀεὶ μεσιτείαν, οἱ κατακαμπτόμενοι, ὑπὸ πταισμάτων πολλῶν. Μῆτερ τοῦ Θεοῦ τοῦ Ὑψίστου· ὅθεν σοι

( Lord, have mercy. Lord, have mercy. Lord, have mercy. )

**PRIEST**

Hear us, O God our Savior, the hope of all those who live everywhere on earth and those far out at sea. Be gracious toward our sins, Master, and have mercy on us.

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.

( Amen. )

**PRIEST**

Glory to You, O God, glory to You.

May Christ our true God, through the intercessions of His all-pure and all-immaculate holy Mother, the power of the precious and life-giving Cross, the protection of the honorable, bodiless powers of heaven, the supplications of the honorable, glorious prophet and forerunner John the Baptist, of the holy, glorious, and praiseworthy apostles, of the holy, glorious, and triumphant martyrs, of our righteous and God-bearing fathers, **(local patron saint)**; of the holy and righteous ancestors of God Joachim and Anna, and of all the saints, have mercy on us and save us, for He is good and merciful and loves mankind.

**CHOIR**

**Mode 2.** Joseph took You down.

All those who for refuge flee with faith \* unto you, O good one, you shelter beneath your mighty hand. \* We your servants have no other intercessor like you \* always praying to God for us \* in dangers and sorrows, \* sinners that we are, bent down because of

προσπίπτομεν ῥῦσαι, πάσης περιστάσεως τοὺς δούλους σου.

### Ὅμοιον.

Πάντων θλιβομένων ἡ χαρά, καὶ ἀδικουμένων προστάτις, καὶ πενομένων τροφή, ξένων τε παράκλησις, καὶ βακτηρία τυφλῶν, ἀσθενούντων ἐπίσκεψις, καταπονουμένων, σκέπη καὶ ἀντίληψις, καὶ ὀρφανῶν βοηθός, Μήτηρ τοῦ Θεοῦ τοῦ Ὑψίστου, σὺ ὑπάρχεις, Ἄχραντε, σπεῦσον, δυσωποῦμεν σῶζεσθαι τοὺς δούλους σου.

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

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

*Κατὰ τὴν περίοδον τοῦ 15 Αὐγούστου (ἢ μόνον τῆ 14ῃ Αὐγούστου) εἴθισται ἵνα ψάλλωνται, ἀντὶ τῶν ἀνωτέρω Θεοτοκίων, τὰ ἐπόμενα Ἐξαποστειλάρια.*

### Ἦχος γ´.

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

Ὁ γλυκασμὸς τῶν Ἀγγέλων, τῶν θλιβομένων ἡ χαρά, Χριστιανῶν ἡ προστάτις, Παρθένε Μήτηρ Κυρίου, ἀντιλαβοῦ μου καὶ ῥῦσαι, τῶν αἰώνιων βασάνων.

many misdeeds. \* Therefore, we fall prostrate before you. \* Rescue us from every affliction, \* since you are the Mother of the Most High God. <sup>[SD]</sup>

### Same Melody.

For all who are troubled you are joy, \* and of the abused a protectress, the paupers' nourishment, \* strangers' consolation and a walking staff of the blind, \* visitation of the infirm, \* assistance and shelter \* for the weary and oppressed, help of the orphans as well. \* Hasten to deliver your servants, \* fervently we beg you, O pure one, \* since you are the Mother of the Most High God. <sup>[SD]</sup>

Lady, receive the supplications of your servants, and rescue us from all necessity and affliction. <sup>[SD]</sup>

O Mother of God, I have committed my every hope wholly unto you. Keep me under your shelter. <sup>[SD]</sup>

*During the period from the 1st to the 14th of August, or as the practice is in some places only on the 14th of August, instead of the preceding hymns, the following Exaposteilaria are chanted:*

### Mode 3.

Apostles, you have assembled \* from every corner of the earth \* here in Gethsemane today; \* now come and bury my body. \* And You, my Son and my God, \* receive my departing spirit. <sup>[SD]</sup>

O sweetness of the Angels, \* O joy of those in affliction, \* and the protectress of Christians, \* O Virgin Mother of the Lord,

Καὶ σὲ μεσίτριαν ἔχω, πρὸς τὸν  
φιλόανθρωπον 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;

#### ΙΕΡΕΥΣ

Δι' εὐχῶν τῶν ἁγίων πατέρων ἡμῶν,  
Κύριε Ἰησοῦ Χριστέ ὁ Θεός, ἐλέησον καὶ  
σῶσον ἡμᾶς.

( Ἀμήν. )

\* come to my aid and redeem me \* from the  
eternal torments. [SD]

I have you as mediatrix \* before the God  
who loves mankind. \* May He not censure  
my actions \* in the sight of the Angels. \* I  
entreat you, O Virgin, \* come quickly to my  
assistance. [SD]

O Tower fashioned of pure gold, \* and  
City which has a twelfefold wall, \* O Throne  
agliter with sunshine, \* magnificent Chair of  
the King, \* incomprehensible wonder, \* how  
did you nurse the Master? [SD]

#### PRIEST

Through the prayers of our holy fathers,  
Lord Jesus Christ, our God, have mercy on us  
and save us.

( Amen. )