



THE SERVICE OF THE SMALL PARAKLESIS

The Service of the Small Paraklesis (Intercessory Prayer) to the Most Holy Theotokos

Translated and set to meter by

Demetri Kangelaris and Nicholas Kasemeotes

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

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"A poem of the monk Theosterictus, but ascribed by others to Theophanes."

PUBLISHER'S NOTE

The service of the Small Paraklesis, conducted daily during the first fourteen days of August as well as on many other occasions, is one of the most popular services of the Orthodox Church. Until now, it was not always possible for all those who attended the services to participate in them fully because of the language difficulty. By providing, in addition to the original Greek text, an English translation in meter that fits the traditional Byzantine melody, and a transliteration, makes it possible for all Orthodox to participate fully.

Thus, it is with particular joy that Holy Cross Orthodox Press offers this edition of the Paraklesis to the Orthodox faithful, a labor of love on the part of Fathers Demetri Kangelaris and Nicholas Kasemeotes, recent graduates of Holy Cross Greek Orthodox School of Theology, now serving the Church in Los Angeles and St. Louis respectively.

Our special thanks then go to Fathers Demetri and Nicholas. May the Theotokos continue to bless them and their ministry and grant them every spiritual gift.

N. M. Vaporis, Director

TRANSLATORS' NOTE

It is with great joy and hope that we present this service book for use by our congregations. The service of the Small Paraklesis or "Intercessory Prayer" to the Most Holy Theotokos, the Mother of God, is chanted during the Lenten period of I to 14th August, preceding the Feast of the Koimesis or "Falling Asleep" of the Virgin Mary. The service is also chanted, as the prefix indicates, "in every tribulation and in sorrow of soul."

The purpose of this service book is to enable our congregations to participate more fully in the chanting of this service. The English phonetics have been provided along side of the Greek text to enable our non-Greek reading people to also chant the service. Second, an English translation has been provided which can be sung on the same melodic line as the Greek. Whether the service is sung in Greek or English, we encourage everyone to chant these very simple yet beautiful hymns and prayers.

We would like to acknowledge a previous translation, The Service of Small Supplicatory Canon to the Most Holy Mother of God, translated by the Holy Transfiguration Monastery, which was helpful in the formation of this translation. We would also like to thank members of the faculty of Hellenic College/Holy Cross Greek Orthodox School of Theology for their assistance: Fr. Alkiviadis Calivas, Professor Savas Savas, Dr. Penelope Tzougros, Mrs. Ioanna Clarke and Miss Georgia Stathopoulou.

We thank them and pray that through the prayers of the Theotokos, our Lord will bless them as well as all those who sing this service.

ΜΙΚΡΟΣ ΠΑΡΑΚΛΗΤΙΚΟΣ ΚΑΝΩΝ
ΤΗΣ ΥΠΕΡΑΓΙΑΣ ΘΕΟΤΟΚΟΥ

THE SMALL PARAKLESIS CANON
TO THE MOST HOLY THEOTOKOS

Τερεύς: Εὐλογητὸς ὁ Θεὸς ἡμῶν, πάντοτε, νύν,
καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

Λαός: Ἀμήν.

Ψαλμὸς 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 δικαιωθήσεται ἐνώπιόν σου πᾶς ζῶν
ὅτι κατεδίωξεν ὁ ἐχθρὸς τὴν ψυχὴν μου
ἐταπείνωσεν εἰς γῆν τὴν ζωὴν μου ἐκάθισέ
με ἐν σκοτεινοῖς ὥς νεκροὺς αἰῶνος καὶ
ἠκηδίασεν ἐπ' ἐμὲ τὸ πνεῦμά μου ἐν ἐμοὶ
ἐταράχθη ἡ καρδία 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 ὥς γῆ ἄνυδρός σοι.

Ταχὺ εἰσάκουσόν μου Κύριε ἐξέλιπε τὸ
πνεῦμά μου· μὴ ἀποστρέψῃς τὸ πρόσωπόν
σου ἀπ' ἐμοῦ καὶ ὁμοιωθήσομαι τοῖς
καταβαίνουσιν εἰς λάκκον ἀκουστὸν
ποιήσόν μοι τὸ πρῶτ' τὸ ἔλεός σου ὅτι ἐπὶ σοὶ
ἠλπισα· γνώρισόν μοι Κύριε ὁδὸν ἐν ἣ
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 σου τὸ
ἀγαθὸν ὁδηγήσει με ἐν γῇ 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 ἐχθρούς μου καὶ
ἀπολεῖς πάντας τοὺς θλίβοντας τὴν ψυχὴν
μου ὅτι ἐγὼ δοῦλός σου εἰμι.

Ἦχος δ'

Θεὸς Κύριος, καὶ ἐπέφανεν ἡμῖν,

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

People: Amen.

Psalms 142

O Lord, hear my prayer, give ear to my sup-
plications 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 perse-
cuted 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 ref-
uge. 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.

Tone 4

God is the Lord; and has revealed Himself to

εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

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

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

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

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

Στίχ, γ'. Παρὰ Κυρίου ἐγένετο αὕτη, καὶ ἔστι θαυμαστή ἐν ὀφθαλμοῖς ἡμῶν.

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

Ἦχος δ' Ὁ ὑψωθείς ἐν τῷ Σταυρῷ.

Τῇ Θεοτόκῳ ἐκτενῶς νῦν προσδράμωμεν,
ἀμαρτωλοὶ 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.

Δόξα... (Ἀπολυτίκιον τοῦ Ναοῦ)

Εὐλογητὸς εἶ Χριστέ, ὁ Θεὸς ἡμῶν, ὁ
πανσόφους τοὺς ἁλιεῖς ἀναδείξας,
καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ ἅγιον,
καὶ δι' αὐτῶν τὴν οἰκουμένην σαγηνεύσας.
Φιλάνθρωπε δόξα σοι.

Καὶ νῦν...

Οὐ σιωπήσωμέν ποτε, Θεοτόκε,
τὰς δυναστείας σου λαλεῖν οἱ ἀνάξιοι·
εἰμὴ γὰρ σὺ προΐστασο πρεσβεύουσα,

us, blessed is he who comes in the name of the Lord.

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

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

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

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

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

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

Tone 4

To the Theotokos, let us run now most fervently,
As sinners and lowly ones,
Let us fall down in repentance,
Crying from the depths of our soul:
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 servants away,
For you alone are a hope to us.

Glory to the Father and the Son and the Holy Spirit

Blessed are You, O Christ our God, Who did show forth the fishermen to be all-wise, by sending down upon the Holy Spirit, and through them You drew the world into Your Net. O Friend of man, glory to You.

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

τις ἡμᾶς ἐρρύσατο
ἐκ τοσούτων κινδύνων;
Τίς δὲ διεφύλαξεν
ἕως νῦν ἐλευθέρους;
Οὐκ ἀποστῶμεν, Δέσποινα, ἐκ σοῦ·
σοὺς γὰρ δούλους σώζεις αἰεί,
ἐκ παντοίων δεινῶν.

Ψαλμὸς 50

Ἐλέησόν με ὁ Θεὸς κατὰ τὸ μέγα ἐλεός σου καὶ
κατὰ τὸ πλήθος των οἰκτιρμῶν 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
διὰ παντός. Σοὶ μόνῳ ἤμαρτον καὶ τὸ πονηρὸν
ἐνώπιόν σου ἐποίησα ὅπως ἂν δικαιωθῇς ἐν
τοῖς λόγοις σου καὶ νικήσῃς ἐν τῷ κρίνεσθαί σε.
ἰδοὺ γὰρ ἐν ἀνομίαις συνελήφθην καὶ ἐν
ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου.

ἰδοὺ 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 ἁμαρτιῶν μου καὶ
πάσας τὰς ἀνομίας μου ἐξάλειψον. καρδίαν
καθαράν κτίσον ἐν ἐμοὶ ὁ Θεὸς καὶ πνεῦμα
εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις μου. μὴ
ἀπορρίψῃς με ἀπὸ τοῦ προσώπου σου καὶ τὸ
πνεῦμά σου τὸ ἅγιόν μὴ ἀντανέλῃς ἀπ' ἐμοῦ.
ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου
καὶ πνεύματι ἡγεμονικῶ στήριζόν με.

διδάξω ἀνόμους τὰς ὁδοὺς σου καὶ ἀσεβεῖς
ἐπὶ σὲ ἐπιστρέψουσι. ῥῦσαί με ἐξ αἱμάτων ὁ
Θεός, ὁ Θεός τῆς σωτηρίας μου ἀγαλλιάσεται
ἡ γλῶσσά μου τὴν δικαιοσύνην σου. Κύριε τὰ
χείλη μου ἀνοίξεις καὶ τὸ στόμα μου
ἀναγγελεῖ τὴν αἰνεσίαν σου. ὅτι εἰ ἠθέλησας
θυσίαν ἔδωκα ἂν, ὀλοκαυτώματα οὐκ
εὐδοκήσεις. Θυσία τῷ Θεῷ πνεῦμα
συντετριμμένον καρδίαν συντετριμμένην καὶ

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.

Then we read: 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 hear joy and 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

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.

Ὦδὴ α΄. Ὁ Εἰρμός. Ἦχος πλ. δ΄

Υγρὰν διοδεύσας ὥσει ξηρὰν,
καὶ τὴν αἰγυπτίαν μοχθηρίαν διαφυγών,
ὁ Ἰσραηλίτης ἀνεβόα·
τῷ Λυτρωτῇ καὶ Θεῷ ἡμῶν ἄσωμεν.

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς

Πολλοῖς συνεχόμενος πειρασμοῖς,
πρὸς σὲ καταφεύγω,
σωτηρίαν ἐπιζητῶν·
ὦ Μήτηρ τοῦ Λόγου καὶ Παρθέने,
τῶν δυσχερῶν καὶ δεινῶν με διάσωσον.

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς

Παθῶν με ταράττουσι προσβολαί,
πολλῆς ἀθυμίας,
ἐμπιπλῶσαί μου τὴν ψυχὴν,
εἰρήνευσον, Κόρη, τῇ γαλήνῃ,
τῇ τοῦ Υἱοῦ καὶ Θεοῦ σου, Πανάμωμε.

Δόξα...

Σωτῆρα τεκοῦσάν σε καὶ Θεόν,
δυσωπῶ, Παρθέने,
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,
ἀξίωσον, μόνη Θεομήτορ,
ὡς ἀγαθὴ ἀγαθοῦ τε λοχεύτρια.

Ὦδὴ γ΄. Ὁ Εἰρμός.

Οὐρανίας ἀψίδος,
ὀροφουργὲ Κύριε,

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 righteous-
ness, with oblation and whole burnt offer-
ings. Then they shall offer bulls on Your altar.

Ode 1. The Heirmos. Plagal of the 4th Tone

Crossing the waters as on dry land,
In that way escaping From the evils of Egypt's land,
The Israelites cried out exclaiming:
To our Redeemer and God, now let us sing.

Most Holy Theotokos save us

With many temptations surrounding me,
Searching for salvation,
I have hastened unto you;
O Mother of the Word, and ever-Virgin,
From all distresses and dangers deliver me.

Most Holy Theotokos save us

Assaults of the passions have shaken me,
My soul to its limits
Has been filled with much despair;
Bring peace, O Maiden, in the calmness,
Of your own Son and your God, all-blameless One.

Glory to the Father and the Son and the Holy Spirit

To God and the Savior you've given birth;
I ask you, O Virgin,
From the dangers deliver me;
For now I run to you for refuge,
With both my soul and my reasoning.

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

Diseased is the body and the soul;
Deem me truly worthy
Of divine guidance and your care;
For you alone are God's Mother,
As the good and the birthgiver of the Good.

Ode 3. The Heirmos.

The apse of the heavens,
Are you O Lord, Fashioner,

καὶ τῆς Ἐκκλησίας δομητορ,
σύ με στερέωσον,
ἐν τῇ ἀγάπῃ τῇ σῇ,
τῶν ἐφετῶν ἡ ἀκρότης,
τῶν πιστῶν τὸ στήριγμα,
μόνε φιλάνθρωπε.

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς

Προστασίαν καὶ σκέπην,
ζωῆς ἐμῆς τίθημι,
Σέ, Θεογεννήτορ, Παρθένε,
σύ με κυβέρνησον,
πρὸς τὸν λιμένα σου,
τῶν ἀγαθῶν ἡ αἰτία,
τῶν πιστῶν τὸ στήριγμα,
μόνη πανύμνητε.

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς

Ἰκετεύω, Παρθένε,
τὸν ψυχικὸν τάραχον,
καὶ τῆς ἀθυμίας τὴν ζάλην,
διασκεδάσαι μου·
σύ γάρ, Θεόνυμφε,
τὸν ἀρχηγὸν τῆς γαλήνης,
τὸν Χριστὸν ἐκύησας,
μόνη πανάχαρτε.

Δόξα...

Εὐεργέτην τεκοῦσα,
τὸν τῶν καλῶν αἴτιον,
τῆς εὐεργεσίας τὸν πλοῦτον,
παῖσιν ἀνάβλυσον·
πάντα γὰρ δύνασαι,
ὡς δυνατὸν ἐν ἰσχύϊ,
τὸν Χριστὸν κυήσασα,
Θεομακάριστε.

Καὶ νῦν....

Χαλεπαῖς ἀρρωστίαις,
καὶ νοσηροῖς πάθεσιν,
ἐξεταζομένω, Παρθένε,
σύ μοι βοήθησον·
τῶν ἱαμάτων γάρ,
ἀνελλιπῇ σε γινώσκω,

And the Holy Church's great Founder,
Likewise establish me,
In constant love for You
For You're the height of our longing;
Support of the faithful,
The only Friend of all.

Most Holy Theotokos save us

A protection and shelter,
I have with you in my life,
You, the Theotokos and the Virgin,
Pilot me towards your port;
For you are the cause,
The cause of that which is good,
Support of the faithful,
The only all-praised One.

Most Holy Theotokos save us

I entreat you, O Virgin,
Disperse the storm of my grief,
and the soul's most inward confusion,
Scatter it far from me;
You are the Bride of God,
For you have brought forth the Christ,
the Prince of Peace;
Only, all-blameless One.

Glory to the Father and the Son and the Holy Spirit

Having brought forth unto us
the cause and giver of good,
From your great abundance of kindness,
Pour forth upon us all;
For all is possible,
For you who carried the Christ,
Who is mighty in power;
You, who are blessed of God.

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

With most serious ailments,
And with the passions so dark,
I am being tested, O Virgin,
Come and bring help to me;
For I have known of you,
That you are without fail

θησαυρόν, Πανάμωμε,
τὸν ἀδαπάνητον.

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 χαλεπήν
τοῦ σώματος κάκωσιν,
καὶ ἴασαι τῆς ψυχῆς μου τὸ ἄλγος.

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

Λαός: Κύριε ἐλέησον (3).

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

Λαός: Κύριε ἐλέησον (3).

Τερεὺς: 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.

Λαός: Κύριε ἐλέησον (3).

Τερεὺς: Ἐτι δεόμεθα ὑπὲρ τῶν δούλων τοῦ
Θεοῦ, (ὀνόματα).

Λαός: Κύριε ἐλέησον (3).

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

Λαός: Ἀμήν.

the endless treasure of cures,
Only all-blameless One.

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.

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
living and visiting in this community and
city, the members, council members, con-
tributors, and benefactors of this holy
church.

People: Lord have mercy (3).

Priest: Again we pray for the servants of God.
.. (Names.)

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.

Κάθισμα. Ἦχος β' Τὰ ἄνω ζητῶν.

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

Ὡδὴ δ'. Ὁ Εἰρμός.

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

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς

Τῶν παθῶν μου τὸν ταραχον,
ἢ τὸν κυβερνήτην
τεκοῦσα Κύριον,
καὶ τὸν κλύδωνα κατεύνασον,
τῶν ἐμῶν παισμάτων, Θεονύμφευτε.

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς

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

Δόξα...

Απολαύοντες, Πάναγνε,
τῶν σῶν δωρημάτων
εὐχαριστήριον,
ἀναμέλπομεν ἐφύμνιον,
οἱ γινώσκοντές σε Θεομήτορα.

Καὶ νῦν...

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

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. The Heirmos.

O Lord, I have heard of
the wondrous mystery
of Your salvation;
I have contemplated all Your works
And I have glorified Your great divinity.

Most Holy Theotokos, save us

Still the darkest of passions,
Calm the sea of errors
In your great peacefulness;
It was you who bore the guiding Lord,
And you who are the blessed bride of God.

Most Holy Theotokos save us

Your depth of compassion
Grant unto me
As one beseeching you;
You have carried the Compassionate
The Savior of those praising you.

Glory to the Father and the Son and the Holy Spirit

We are thankful for all the gifts
Which we have been given
by you the Spotless One;
And to you, we sing a hymn of praise,
Knowing you to be the Mother of God.

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

As a hope and foundation,
And a wall unshaken
Of our salvation;
Having you, the all-lauded One,
From afflictions do you rescue us.

Ὡδὴ ε'. Ὁ Εἰρμός.

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

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς

Ἐμπλησον, Ἀγνή,
εὐφροσύνης τὴν καρδίαν μου,
τὴν σὴν ἀκήρατον διδοῦσα χαράν,
τῆς εὐφροσύνης,
ἣ γεννήσασα τὸν αἴτιον.

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς

Λύτρωσαι ἡμᾶς,
ἐκ κινδύνων, Θεοτόκε Ἀγνή,
ἣ αἰωνίαν τεκοῦσα λύτρωσιν,
καὶ τὴν εἰρήνην,
τὴν πάντα νοῦν ὑπερέχουσιν.

Δόξα...

Λῦσον τὴν ἀχλύν,
τῶν πταισμάτων μου, Θεόνυμφε,
τῷ φωτισμῷ τῆς σῆς λαμπρότητος,
ἣ φῶς τεκοῦσα,
τὸ θεῖον καὶ προαιώνιον.

Καὶ νῦν...

Ἰασαι Ἀγνή,
τῶν παθῶν μου τὴν ἀσθένειαν,
ἐπισκοπῆς σου ἀξιόσασα,
καὶ τὴν υἰεῖαν,
τῇ πρεσβείᾳ σου παράσχου μοι.

Ὡδὴ ς'. Ὁ Εἰρμός.

Τὴν δέησιν ἐκχεῶ πρὸς Κύριον,
καὶ αὐτῷ ἀπαγγελῶ μου τὰς θλίψεις,
ὅτι κακῶν
ἡ ψυχὴ μου ἐπλήσθη,
καὶ ἡ ζωὴ μου τῷ Ἄϊδι προσήγγισε,
καὶ δέομαι ὡς Ἰωνᾶς·

Ode 5. The Heirmos.

Lord, enlighten us,
With Your precepts that can guide our lives,
And with Your arm most powerful
Grant to us Your peace,
O You Who are the Friend of all.

Most Holy Theotokos, save us

Pure one, fill my heart
with a merriment, a happiness;
Bestow on me your spotless joy,
For you have given birth
to Him Who is the cause of joy.

Most Holy Theotokos, save us

Deliver all of us
From the dangers, Theotokos, most pure,
For you bore the timeless deliverer,
And you bore the peace,
the peace which has surpassed all thought.

Glory to the Father and the Son and the Holy Spirit

Dissipate the cloud
Of my sinfulness, O bride of God,
With the brightness of your eminence;
For you brought forth the Light,
The Divine, which was before all time.

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

Heal me from the ills
O Most Pure One which the passions bring,
Make me worthy of your guiding care,
And unto me grant health,
Through your intercessions and your prayers.

Ode 6. The Heirmos.

My petition, I pour out to the Lord,
And to Him I will confess all my sorrows;
For many woes
Fill my soul to its limits,
And unto Hades my whole life has now approached,
Like Jonah, I pray to You,

Ἐκ φθορᾶς, ὁ Θεὸς με ἀνάγαγε.

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς

Θανάτου καὶ τῆς φθορᾶς ὡς ἔσωσεν,
ἑαυτὸν ἐκδεδωκώς τῷ θανάτῳ,
τὴν τῇ φθορᾷ
καὶ θανάτῳ μου φύσιν,
κατασχεθεῖσαν, Παρθένε, δυσώπησον,
τὸν Κύριόν σου καὶ Υἱόν,
τῆς ἐχθρῶν κακουργίας με ῥύσασθαι.

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς

Προστάτιν σε τῆς ζωῆς ἐπίσταμαι,
καὶ φρουρὰν ἀσφαλεστάτην, Παρθένε,
τῶν πειρασμῶν
διαλύουσιν ὄχλον,
καὶ ἐπηρείας δαιμόνων ἐλαύνουσιν,
καὶ δέομαι διαπαντός,
ἐκ φθορᾶς τῶν παθῶν μου ῥυσθῆναί με.

Δόξα...

Ὡς τεῖχος καταφυγῆς κεκτήμεθα,
καὶ ψυχῶν σε παντελῇ σωτηρίαν,
καὶ πλατυσμὸν
ἐν ταῖς θλίψεσι, Κόρη,
καὶ τῷ φωτί σου αἰεὶ ἀγαλλόμεθα·
ὦ Δέσποινα, καὶ νῦν ἡμᾶς,
τῶν παθῶν καὶ κινδύνων διάσωσον.

Καὶ νῦν...

Ἐν κλίνῃ νῦν ἀσθενῶν κατὰκειμαι,
καὶ οὐκ ἔστιν ἴασις τῇ σαρκί μου,
ἀλλ' ἢ Θεὸν
καὶ Σωτῆρα τοῦ κόσμου,
καὶ τὸν λυτῆρα 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.

From corruption, O God, now raise me.

Most Holy Theotokos, save us

From death and corruption He has saved
My nature, held by death and corruption;
For unto death
He Himself has surrendered;
For which reason, O Virgin, please intercede
With Him who is your Lord and Son,
From the enemies' evils deliver me.

Most Holy Theotokos, save us

I know you as the protection of my life,
A steadfast shelter and refuge, O Virgin;
Disperse the host
Of my many temptations,
And force away the demonic attacks from me;
I pray to you unceasingly,
From corruption of passions deliver me.

Glory to the Father and the Son and the Holy Spirit

We have you as a wall of refuge,
And our soul's most perfect salvation;
You are an aid,
In affliction, O Maiden,
And in your light we rejoice to eternity;
O Lady, also now,
From the passions and dangers deliver us.

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

I lie now on a bed of infirmities,
And there is no healing at all for my body
Except for you,
Who has brought forth our Savior,
God, the healer of all our infirmities;
Of your goodness, I pray to you,
From corruption of sicknesses raise me.

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.

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

Ὁ Τερεὺς μνημονεύει ὡς δεδήλωται.

Κοντάκιον. Ἦχος β'

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

Α' Ἀντίφωνον. Ἦχος δ'

Ἐκ νεότητός μου, πολλὰ πολεμεῖ μὲ πάθη,
ἀλλ' αὐτὸς ἀντιλαβοῦ, καὶ σῶσον, Σωτὴρ
μου. (2)

Οἱ μισοῦντες Σιών, αἰσχύνθητε ἀπὸ τοῦ
Κυρίου, ὥς χόρτος γάρ, πυρὶ ἔσεσθε
ἀπεξηραμμένοι. (2)

Δόξα...

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

Καὶ νύν...

Ἀγίῳ Πνεύματι, ἀναβλύζει τὰ τῆς χάριτος
ῥεῖθρα, ἀρδεύοντα ἅπασαν τὴν κτίσιν, πρὸς
ζωογονίαν.

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

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

A protection of Christians unshamable,
Intercessor to our Holy Maker, unwavering,
Please reject not
The prayerful cries of those who are in sin.
Instead, come to us, for you are good;
Your loving help bring unto us,
Who are crying in faith to you:
Hasten to intercede
And speed now to supplicate,
As a protection for all time,
Theotokos, for those who honor you.

1st Antiphon of the Anavathmoi. 4th Tone

From the years of my youth, many passions
combat me; but You, Who are my Savior, as-
sist me and save me. (2)

You haters of Zion shall be put to shame by
the Lord Almighty, for as grass in the fire, you
shall all be withered. (2)

Glory to the Father and the Son and the Holy Spirit

By the Holy Spirit, every soul is made living, is
exalted, and made shining through purification,
by the Threefold Oneness, in a hidden manner.

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

By the Holy Spirit, the streams of grace are
flowing, watering, all of the creation, granting
life upon it.

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

Στίχ. Ακουσον, 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.

Τερεὺς: Καὶ ὑπὲρ του καταξιωθῆναι ἡμᾶς
της ἀκροάσεως του ἁγίου Εὐαγγελίου,
Κύριον τὸν Θεὸν ἡμῶν ἱκετεύσωμεν.

Λαός: Κύριε, ἐλέησον (3).

Τερεὺς: Σοφία. Ὁρθοί, ἀκούσωμεν τοῦ ἁγίου
Εὐαγγελίου. Εἰρήνη πᾶσι.

Λαός: Καὶ τῷ Πνεύματί σου.

Τερεὺς: Ἐκ τοῦ κατὰ Λουκᾶν ἁγίου
Εὐαγγελίου. Πρὸς ὅσωμεν.

Λαός: Δόξα σοί, Κύριε, δόξα σοί.

Τερεὺς: Ἀναστάσα δὲ Μαριάμ ἐν ταῖς ἡμέραις
ταύταις ἐπορεύθη εἰς τὴν ὄρεινὴν μετὰ
σπουδῆς, εἰς πόλιν Ἰούδα, καὶ εἰσῆλθεν εἰς τὸν
οἶκον Ζαχαρίου, καὶ ἡσπάσατο τὴν Ἐλισάβετ,
καὶ ἐγένετο ὡς ἤκουσεν ἡ Ἐλισάβετ τὸν
ἀσπασμὸν τῆς Μαρίας, ἐσκίρτησε τὸ βρέφος ἐν
τῇ κοιλίᾳ αὐτῆς, καὶ ἐπλήσθη Πνεύματος
Ἁγίου ἡ Ἐλισάβετ, καὶ ἀνεφώνησε φωνὴ
μεγάλῃ, 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 ὦτά μου, ἐσκίρτησεν ἐν
ἀγαλλιάσει τὸ βρέφος ἐν τῇ κοιλίᾳ μου, καὶ
μακαρία ἡ πιστεύσασα, 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 ταπείνωσιν
τῆς δούλης αὐτοῦ. ἰδοὺ γάρ, ἀπὸ τοῦ νῦν
μακαριούσί με πᾶσαι αἱ γενεαί. ὅτι ἐποίησέ μοι
μεγάλεια ὁ δυνατός, καὶ ἅγιον τὸ τὸ ὄνομα
αὐτοῦ. Ἐμείνε δὲ Μαριάμ σὺν αὐτῇ ὥσει μῆνας

*Verse: Listen, O Daughter, and see, and incline
your ear, and forget your people and your fa-
ther's house and the King will desire your beau-
ty.*

Your Holy Name I shall remember from gen-
eration to generation.

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

People: Lord, have mercy (3).

Priest: Wisdom, Arise, Let us hear the Holy
Gospel. Peace be with all.

People: And with your spirit.

Priest: The reading of the Holy Gospel ac-
cording 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 rejoic-
es 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,

τρεις, καὶ ὑπέστρεψεν εἰς τὸν οἶκον αὐτῆς.

Λαός: Δόξα σοί, Κύριε, δόξα σοί.

Ἦχος β'

Δόξα...

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

Καὶ νύν...

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

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

Ἦχος πλ. β' Ὅλην ἀποθέμενοι.

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

Ἔτερα Θεοτοκία

Οὐδεὶς προστρέχων ἐπὶ σοί, κατησχυμένος
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

and returned to her home.

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

Tone 2

Glory to the Father and the Son and the Holy Spirit

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

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

Through the intercessions of the Theotokos, merci-
ful 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.*

Plagal of the 2nd Tone

Put me not into the hands
Of any human protection,
O our Lady, most holy,
But do now receive the prayers of your suppliant;
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;
Embattled from all sides am I
And no consolation have I but you
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 ad-
vantage of their own request.

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

πολεμουμένων ή ειρήνη, τών χειμαζομένων
ή γαλήνη, ή μόνη προστασία τών πιστών.

Ιερεύς: Σώσον, ό Θεός, τόν λαόν σου, και
εὐλόγησον τήν κληρονομίαν σου: επίσκεψαι τόν
κόσμον σου έν έλέει και οϊτιρμοίς: ὕψωσον κέρας
Χριστιανῶν Ὁρθοδόξων, και κατάπεμψον έφ
ήμᾱς τὰ έλέη σου τὰ πλούσια: πρεσβείαις της
παναχράντου, Δεσποίνης ήμῶν, Θεοτόκου και
άειπαρθένου Μαρίας: δυνάμει του τιμίου και
ζωοποιοῦ Σταυροῦ, προστασίαις των τιμίων
έπουρανίων Δυνάμεων άσωμάτων, ίκεσίαις του
τιμίου, ένδόξου, προφήτου προδρόμου και
βαπτιστοῦ Ἰωάννου, των άγιων, ένδόξων, και
πανευφήμων Αποστόλων. των έν άγίοις
Πατέρων ήμῶν, μεγάλων Ἱεραρχῶν, και
Οϊκουμενικῶν Διδασκάλων, Βασιλείου του
Μεγάλου, Γρηγορίου του Θεολόγου και Ἰωάννου
του Χρυσοστόμου, Αθανασίου και Κυρίλλου,
Ἰωάννου του Έλεήμονος, πατριαρχῶν
Αλεξανδρείας: Νικολάου του έν Μύροις,
Σπυριδῶνος επισκόπου Τριμιθοῦντος των
θαυματουργῶν. των άγιων ένδόξων
μεγαλομαρτύρων Γεωργίου του Τροπαιοφόρου,
Δημητρίου του Μυροβλύτου, Θεοδώρου του
Τήρωνος, και Θεοδώρου του Στρατηλάτου, των
ίερομαρτύρων Χαραλάμπους και Έλευθερίου,
των άγιων ένδόξων και καλλινίκων Μαρτύρων,
των όσίων και θεοφόρων Πατέρων ήμῶν, (ναοῦ),
των άγιων και δικαίων θεοπατόρων Ἰωακείμ και
Άννης, (ήμέρας), και πάντων σου των Αγίων.
ίκετεϋομέν σε, μόνε πολυέλεε Κύριε, έπάκουσον
ήμῶν των άμαρτωλῶν δεομένων σου και
έλέησον ήμᾱς.

Λαός: Κύριε, έλέησον (ιβ').

Ιερεύς: Έλέει, και οϊκτιρμοίς, και
φιλανθρωπία του μονογενοῦς σου Υίου,
μεθ οῦ εὐλογητὸς εἰ, σὺν τῷ παναγίῳ και
άγαθῷ και ζωοποιῷ σου Πνεύματι, νῦν και
αἰεὶ και εἰς τους αἰῶνας των αἰώνων.

Λαός: Αμήν.

peace of those in conflict, The calm of those in
turmoil, 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 Theotokos and ever-
virgin Mary, through the power of the pre-
cious and life-giving Cross; through the pro-
tection 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 Theolo-
gian, and John Chrysostom; Athanasios and
Cyril, John the Merciful, patriarchs of Alexan-
dria; Nicholas of Myra, Spyridon bishop of
Trimythous, the wonder-workers; of the holy
glorious great martyrs George the trium-
phant, Demetrios the myrrhflowing, Theo-
dore of Tyros and Theodore the Commander;
of the holy-martyrs Charalambos and Eleu-
therios; of the holy glorious triumphant Mar-
tyrs; of our pious and God-bearing Fathers; of
(the Saint of the Church); of the holy and right-
eous Ancestors of God, Joachim and Anna; of
Saint (Name) whose memory we celebrate to-
day; 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.

Ωδή ζ'. Ὁ Εἰρμός.

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

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς

Τὴν ἡμῶν σωτηρίαν,
ὡς ἠθέλησας Σῶτερ, οἰκονομήσασθαι,
ἐν μήτρᾳ τῆς Παρθένου,
κατώκησας τῷ κόσμῳ,
ἣν προστάτιν ἀνέδειξας·
Ὁ τῶν Πατέρων ἡμῶν Θεός, εὐλογητὸς εἶ.

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς

Θελητὴν τοῦ ἐλέους,
ὄν ἐγέννησας, Μῆτερ ἀγνὴ δυσώπησον,
ρύσθῃναι τῶν πταισμάτων,
ψυχῆς τε μολυσμάτων,
τοὺς ἐν πίστει κραυγάζοντας·
Ὁ τῶν Πατέρων ἡμῶν Θεός, εὐλογητὸς εἶ.

Δόξα...

Θησαυρὸν σωτηρίας,
καὶ πηγὴν ἀφθαρσίας, τὴν σὲ κύησας,
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,
τῇ σκέπῃ σου τῇ θείᾳ,
θεραπεύειν ἀξίωσον,
ἢ τὸν Σωτῆρα Χριστόν, ἡμῖν ἀποτεκοῦσα.

Ωδή η'. Ὁ Εἰρμός.

Τὸν Βασιλέα τῶν οὐρανῶν,

Ode 7. The Heirmos.

Coming out of Judea,
Once the young men did go to the land of Babylon;
The flame of the furnace,
They trampled down while chanting,
With their faith in the Trinity:
O the God of our Fathers, Blessed are You, our God.

Most Holy Theotokos, save us

As You willed, O our Savior,
To dispense our salvation through Your economy
Inside the Virgin's womb;
You showed to all the people
That she was our own guardian;
O the God of our fathers, Blessed are You, our God.

Most Holy Theotokos, save us

The bestower of mercy
That you bore, O pure Mother, entreat on our behalf;
From sins deliver us,
And from the soul's defilement,
We who cry out most faithfully:
O the God of our fathers, Blessed are You, our God.

Glory to the Father and the Son and the Holy Spirit

A fountain of pureness
And a tower of safety is she who carried You,
A treasure of salvation
And the door of repentance,
She has been shown to those that cry;
O the God of our fathers, Blessed are You, our God.

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

The illnesses of body,
and the soul's ailing sickness, of those who run to you.
For divine protection,
As God's holy Mother,
Make them worthy of remedy:
For the Savior Christ was born from you.

Ode 8. The Heirmos.

The King of heaven, Who is praised,

ὄν ὕμνοῦσι στρατιαὶ τῶν Ἀγγέλων, ὑμνεῖτε,
καὶ ὑπερυψοῦτε
εἰς πάντας τοὺς αἰῶνας.

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς

Τοὺς βοηθείας τῆς παρὰ σοῦ δεομένους,
μὴ παρίδῃς Παρθέने, ὑμνοῦντας,
καὶ ὑπερυψοῦντάς
σε, Κόρη, εἰς αἰῶνας.

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς

Τῶν ἱαμάτων τὸ δαψιλές, ἐπιχέεις
τοῖς πιστῶς ὕμνοῦσί σε Παρθέने,
καὶ ὑπερυψοῦσι
τὸν ἄφραστόν σου τόκον.

Δόξα...

Τὰς ἀσθενείας μου τῆς ψυχῆς ἰατροεῖς,
καὶ σαρκὸς τὰς ὀδύνας, Παρθέने,
ἵνα σε δοξάζω
τὴν Κεχαριτωμένην.

Καὶ νύν...

Τῶν πειρασμῶν σὺ τὰς προσβολὰς ἐκδιώκεις,
καὶ παθῶν τὰς ἐφόδους Παρθέने·
ὅθεν σε ὕμνοῦμεν
εἰς πάντας τοὺς αἰῶνας.

Ὡδὴ θ'. Ὁ Εἰρμός.

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

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς

Ροήν μου τῶν δακρῶν,
μὴ ἀποποιήσης,
ἢ τὸν παντός ἐκ προσώπου πᾶν δάκρυον,
ἀφηρηκότα Παρθέने,
Χριστὸν κυήσασα.

And is hymned by the host of the angels;
Praise Him and exalt Him
Throughout the many ages.

Most Holy Theotokos, save us

Do not neglect those who seek the help you grant
They hymn you, O Virgin Maiden,
And they do exalt you
Throughout the many ages.

Most Holy Theotokos, save us

O Virgin, you pour a wealth of healing
On those who faithfully hymn you,
And those who exalt your
Childbearing wonder.

Glory to the Father and the Son and the Holy Spirit

The infirmities of my soul are healed by you,
And the pains of my body, O Virgin,
So that I may praise you,
O Lady, in God's favor.

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

You drive away the assaults of temptations,
And attacks of the passions, O Virgin,
Therefore do we praise you
Throughout the many ages.

Ode 9. The Heirmos.

Saved through you, O pure Virgin,
Hence we do confess you
To be most truly the birthgiver of our Lord;
With choirs of bodiless Angels,
You do we magnify.

Most Holy Theotokos, save us

The streams of my many tears,
Reject not, Holy Virgin;
For you gave birth to the One who dried all the tears,
From all the faces of people;
The Christ was born of you.

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς

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

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς

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

Δόξα...

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

Καὶ νῦν...

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

Ιερεὺς: Ἄξιόν ἐστιν ὧς ἀληθῶς,
μακαρίζειν σὲ τὴν Θεοτόκον,
τὴν αἰμακάριστον καὶ παναμώμητον,
καὶ Μητέρα τοῦ Θεοῦ ἡμῶν.

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

Τὴν ὑψηλοτέραν τῶν οὐρανῶν,
καὶ καθαρωτέραν
λαμπηδόνων ἡλιακῶν,

Most Holy Theotokos, save us

With gladness fill my heart,
Most holy Virgin lady,
For you are she who received the abundant joy;
Take the grief of my sinfulness,
And make it disappear.

Most Holy Theotokos, save us

A shelter and protection
And a wall unshaken,
Become, O Virgin., for those who flee to you,
A sheltered cover and refuge,
And a place of joy.

Glory to the Father and the Son and the Holy Spirit

O Virgin, from the brightness
Of your light illumine
The ones who call you God's Mother most piously,
Take all the gloom of our ignorance
And banish it away.

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

Oppressed I am, O Virgin;
In a place of sickness,
I have been humbled; I ask you: bring remedy,
Transform my illness, my sickness,
Into a wholesomeness.

Priest: Truly you are worthy to be blessed,
Mother of our God, the Theotokos,
You the ever blessed one, and all blameless one,
And the Mother of our God.

People: You are honored more than the Cherubim,
And you have more glory,
when compared, to the Seraphim;
You, without corruption,
did bear God, the Logos;
You are the Theotokos;
You do we magnify.

Higher than the heavens above are you,
And you are much purer
Than the radiance of the sun;

τὴν λυτρωσαμένην
ἡμᾶς ἐκ τῆς κατάρας,
τὴν Δέσποιναν τοῦ κόσμου,
ὑμνοῖς τιμήσωμεν.

Ἀπὸ τῶν πολλῶν μου ἁμαρτιῶν,
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,
ἵνα μεσιτεύσης
πρὸς τὸν ἐκ σοῦ τεχθέντα.
Ὡ Δέσποινα, τοῦ κόσμου
γενοῦ μεσίτρια.

Ψάλλομεν προθύμως σοὶ τὴν ᾠδὴν,
νῦν τὴ παννυμνήτῳ,
Θεοτόκῳ χαρμονικῶς,
μετὰ τοῦ Προδρόμου,
καὶ πάντων τῶν Ἀγίων,
δυσώπει, Θεοτόκε,
τοῦ οἰκτειρῆσαι ἡμᾶς.

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

Τοῦ Ναοῦ

Πνεῦμα τὸ πανάγιον καταβάν, ἐν πυρίναῖς
γλώσσαις, Ἀποστόλους σοφοὺς ποιεῖ,
φθεγγομένους ξένα, ἐν γλώσσαις ταῖς ἑτέραις,
τὰ θεῖα μεγαλεῖα σοῦ τοῦ Θεοῦ ἡμῶν.

Πᾶσαι τῶν Ἀγγέλων αἱ στρατιαί,
Πρόδρομε Κυρίου,
Ἀποστόλων ἡ δωδεκάς,
οἱ Ἅγιοι Πάντες,

You who have redeemed us
From the curse which is upon us;
The Lady of all people,
In hymns, do we honor you.

From the great multitude of my sins,
Ill am I in body, Ill am I also in my soul;
I am fleeing to you,
The one who is all-blessed,
The hope of all the hopeless,
Please come bring help to me.

Lady and the Mother of Him who saves,
Receive the supplications
Of the lowly who pray to you;
Mediate between us
And the One you brought forth;
O Lady of all people,
Intercede for us.

Now with zeal we chant this Ode to you;
You, the all praised Lady,
Theotokos, we hymn with joy;
With the saints most holy,
Together with the Baptist,
Beseech, O Theotokos,
For God's mercy on us

Speechless be the lips of impious ones,
Those who do not reverence
Your great icon, the sacred one
Which is called Directress,
And was depicted for us
By one of the apostles,
Luke the Evangelist.

Of the church

The All-Holy Spirit descended, as tongues of
fire making the Apostles wise. They spoke
with foreign words, in various languages, the
divine mighty works, of You, our God.

With the hosts of Angels, God's messengers,
With the Lord's Forerunner,
And Apostles, the chosen twelve,
With the saints most holy,

μετὰ τῆς Θεοτόκου,
ποιήσατε πρεσβείαν,
εἰς τὸ σωθῆναι ἡμᾶς.

Λαός: Ἅγιος ὁ Θεός, Ἅγιος ἰσχυρός, Ἅγιος
Ἀθάνατος, ἐλέησον ἡμᾶς (3).

Δόξα... Καὶ νύν... Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἰάσθητι
ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς
ἀνομίας ἡμῖν. Ἄγιε, ἐπίσκεψαι καὶ ἴασαι τὰς
ἀσθενείας ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου.

Κύριε, ἐλέησον (3).

Δόξα... Καὶ νύν... Ἀμήν.

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

Ιερεὺς: 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.

Λαός: Ἀμήν.

Ἦχος πλ. β'

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

Δόξα...

Κύριε, ἐλέησον ἡμᾶς,
ἐπὶ σοὶ γὰρ πεποίθαμεν,
μὴ ὀργισθῇς ἡμῖν σφόδρα,
μηδὲ μνησθῇς τῶν ἀνομιῶν ἡμῶν,
ἀλλ' ἐπίβλεψον καὶ νύν, ὥς εὐσπλαγχνος,
καὶ λύτρωσαι ἡμᾶς ἐκ τῶν ἐχθρῶν ἡμῶν,

And with you, the Theotokos,
We seek your intercession
For our salvation.

People: Holy God, Holy Mighty, Holy Immor-
tal, have mercy upon us (3).

Glory..., Both now... Amen.

Most holy Trinity, have mercy upon us; Lord,
pardon our sins; Master, forgive our trans-
gressions; Holy One, visit and heal our infir-
mities, for Your name's sake.

Lord have mercy (3).

Glory..., Both now... 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 tres-
passes 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.

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;

σὺ γὰρ εἶ Θεὸς ἡμῶν, καὶ ἡμεῖς λαὸς σου,
πάντες ἔργα χειρῶν σου,
καὶ τὸ ὄνομά σου ἐπικεκλήμεθα.

Καὶ νύν...

Τῆς εὐσπλαγχνίας τὴν πύλην ἀνοίξον ἡμῖν,
εὐλογημένη Θεοτόκε,
ἐλπίζοντες εἰς σέ, μὴ ἀστοχήσωμεν,
ῥυσθείμεν διὰ σοῦ τῶν περιστάσεων,
σὺ γὰρ εἶ ἡ σωτηρία τοῦ γένους τῶν χριστιανῶν.

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

Λαός: Κύριε, ἐλέησον (3).

Τερεὺς: Ἐτι δεόμεθα ὑπὲρ τοῦ
Ἀρχιεπισκόπου ἡμῶν, (δεῖνος) καὶ πάσης
τῆς ἐν Χριστῷ ἡμῶν ἀδελφότητος.

Λαός: Κύριε, ἐλέησον. (3).

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

Λαός: Κύριε, ἐλέησον (3).

Τερεὺς: Ἐτι δεόμεθα ὑπὲρ τῶν δούλων τοῦ
Θεοῦ, (ὀνόματα).

Λαός: Κύριε, ἐλέησον (3).

Τερεὺς: Ἐτι δεόμεθα ὑπὲρ τοῦ διαφυλαχθῆναι τὴν
ἁγίαν Ἐκκλησίαν 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 τὸν ἴλεον, εὐμενῇ καὶ εὐδιάλακτον,
γενέσθαι τὸν ἀγαθὸν καὶ φιλόανθρωπον Θεὸν ἡμῶν,
τοῦ ἀποστρέψαι καὶ, διασκεδάσαι πᾶσαν ὀργὴν καὶ
νόσον, τὴν καθ' ἡμῶν κινουμένην, καὶ ῥύσασθαι

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.

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

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 liv-
ing and visiting in this community and city,
the members, council members, contributors,
and benefactors of this holy church.

People: Lord, have mercy (3).

Priest: Again we pray for the servants of
God ... (Names).

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, earth-
quake, flood, fire and the sword, from inva-
sion 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

ἡμᾶς ἐκ τῆς ἐπικειμένης δικαίας αὐτοῦ ἀπειλῆς, καὶ ἐλεῆσαι ἡμᾶς.

Λαός: Κύριε, ἐλέησον (3).

Ἱερεὺς: Ἐτι δεόμεθα καὶ ὑπὲρ τοῦ εἰσακοῦσαι Κύριον τὸν Θεὸν φωνῆς τῆς δεήσεως ἡμῶν τῶν ἁμαρτωλῶν, καὶ ἐλεῆσαι ἡμᾶς.

Λαός: Κύριε, ἐλέησον (3).

Ἱερεὺς: Ἐπάκουσον ἡμῶν, ὁ Θεός, ὁ Σωτὴρ ἡμῶν, ἡ ἐλπίς πάντων τῶν περάτων τῆς γῆς καὶ τῶν ἐν θαλάσῃ μακράν, καὶ ἴλεως, ἴλεως γενοῦ ἡμῖν, Δέσποτα ἐπὶ ταῖς ἁμαρτίαις 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.

Λαός: Ἀμήν.

Ἱερεὺς: Δόξα σοι ὁ Θεός, ἡ ἐλπίς ἡμῶν, Κύριε, δόξα Σοι.

Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν ταῖς πρεσβείαις τῆς παναχράντου καὶ παναμώμου ἁγίας Αὐτοῦ μητρὸς, τῶν ἁγίων, ἐνδόξων καὶ πανευφήμεων Ἀποστόλων, τῶν ἁγίων ἐνδόξων καὶ καλλινίκων Μαρτύρων, τῶν ὁσίων καὶ θεοφόρων Πατέρων ἡμῶν, (τοῦ Ναοῦ) τῶν ἁγίων καὶ δικαίων θεοπατόρων Ἰωακεὶμ καὶ Ἄννης, (τῆς ἡμέρας) καὶ πάντων τῶν ἁγίων, ἐλεῆσαι καὶ σῶσαι ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος καὶ ἐλεήμων Θεός.

Ἦχος β' Ὅτε ἐκ τοῦ ξύλου.

Πάντων προστατεύεις, Ἀγαθή,
τῶν καταφευγόντων ἐν πίστει
τὴ κραταιά σου χειρὶ,
ἄλλην γὰρ οὐκ ἔχομεν
ἁμαρτωλοὶ πρὸς Θεόν,
ἐν κινδύνοις καὶ θλίψεσιν,
ἀεὶ μεσιτείαν,
οἱ κατακαμπτόμενοι

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.

For a merciful and loving God are You, 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.

Tone 2

All those do you shelter, O Good One,
Those who in their faith flee unto you,
With your strong hand, you protect;
We who sin have no one else,
Who intercedes for us
Before God, praying endlessly,
In ills and all dangers,
For us who are laden with

ὑπὸ πταισμάτων πολλῶν,
Μῆτερ τοῦ Θεοῦ τοῦ Ὑψίστου,
ὅθεν σοὶ προσπίπτομεν, Ῥύσαι
πάσης περιστάσεως τοὺς δούλους σου.

Ὅμοιον

Πάντων θλιβομένων ἡ χαρά,
καὶ ἀδικουμένων προστατίς,
καὶ πενομένων τροφή,
ξένων τε παράκλησις,
καὶ βακτηρία τυφλῶν,
ἀσθενούντων ἐπίσκεψις,
καταπονουμένων
σκέπη καὶ ἀντίληψις,
καὶ ὀρφανῶν βοηθός,
Μῆτερ τοῦ Θεοῦ τοῦ Ὑψίστου,
σὺ ὑπάρχεις, Ἀχραντε, 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 ἀνατίθην,
Μῆτερ τοῦ Θεοῦ,
φύλαξόν με ὑπὸ τὴν σκέπην σου.

Τερεῦς: Δι' εὐχῶν τῶν ἁγίων Πατέρων
ἡμῶν, Κύριε Ἰησοῦ Χριστέ, ὁ Θεὸς ἡμῶν,
ἐλέησον καὶ σῶσον ἡμᾶς.

Λαός: Ἀμήν.



Our many sins and mistakes;
Mother, of our God in the Highest
Therefore, we fall down to you, humbly;
From all the misfortunes, keep your servants safe.

The same

For those in great sorrow you are joy,
And for the oppressed, a protection,
And for the hungry, their food,
Comfort unto those estranged;
You are a staff to the blind,
Visitation of all those sick,
And to those held by pain
Shelter and a comforting,
And to the orphaned, an aid;
Mother, of our God in the highest,
You who are the Spotless One, hasten,
Save your servants from their sin, we ask of you.

Plagal of the 4th Tone

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.

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

People: Amen.



Κατὰ τὴν περίοδον τοῦ 15 Αὐγούστου
εἴθισται ἵνα ψάλλωνται, ἀντὶ τῶν ἀνωτέρω
Θεοτοκίων, τὰ ἐπόμενα Ἐξαποστειλάρια.

Ἦχος γ' Ὁ οὐρανὸν τοῖς ἄστροις.

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 αἰωνίων βασάνων.

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

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

Ἱερεὺς: Δι' εὐχῶν τῶν ἁγίων Πατέρων
ἡμῶν, Κύριε Ἰησοῦ Χριστέ, ὁ Θεὸς ἡμῶν,
ἐλέησον καὶ σῶσον ἡμᾶς.

Λαός: Ἀμήν.

During the period from the 1st to the 15th of August, instead of chanting the previous Theotokion, we chant the following Exaposteilaria:

Tone 3

O You Apostles from far off,
Being gathered together
in the village of Gethsemane,
Lay my body in burial,
And You, my Son, and my God,
Receive now my spirit from me.

You are the sweetness of Angels,
The gladness of the afflicted ones,
A protection of all Christians,
O Virgin Mother of our Lord;
Grant me now help and save me
From the eternal torments.

I have you as Mediator
Before God who loves mankind;
May He not question my action
Before the hosts of the Angels,
I ask of you, O Virgin,
Hasten now quickly to my aid.

You are a tower adorned with gold,
A city surrounded by twelve walls,
A shining throne touched by the sun,
A royal seat for the King,
O unexplainable wonder,
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.