

First Ode of the Canon

from the Paraklesis Service

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.

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.

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.

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.

