

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.



METROPOLIS
OF ATLANTA