

## THE GREAT CANON OF ST. ANDREW OF CRETE

**Reader:** Through the prayers of our Holy Fathers, O Lord Jesus Christ, save us and have mercy on us.

**Reader (continues):** Amen. Glory to Thee our God, glory to Thee. O Heavenly King, the Comforter, the Spirit of Truth. Who art everywhere and fillest all things. Treasury of blessings and Giver of life, come and abide in us and cleanse us from every impurity and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (x3)

*Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.*

O Most Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for Thy 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 ever and unto 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 the evil One.

Lord have mercy (x12). Come let us worship God our King. Come, let us worship and fall down before Christ our King and our God. Come, let us worship and fall down before Christ Himself, our King and our God.

### **Psalm 69**

Make haste, O God, to deliver me! Make haste to help me, O Lord! Let them be ashamed and confounded who seek my life; let them be turned back because of their shame who say, "Aha, aha!" Let all those who seek You rejoice and be glad in You; and let those who love Your salvation say continually, "Let God be magnified!" But I am poor and needy; Make haste to me, O God! You are my help and my deliverer; O Lord, do not delay.

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**Monday**

**ODE 1**

**Irmos:** *A helper and a protector, He has become my salvation. This is my God, I will glorify Him, my father's God will I exalt, for gloriously has He been glorified.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

**TROPARIA**

Where shall I begin to lament the deeds of my wretched life? How shall I begin, O Christ, to relieve my present tears? But as Thou art deeply compassionate, grant me forgiveness of sins.

Come, O wretched soul, and together with thy body confess to the Creator of all so that henceforth, thou shalt abstain from thy past foolishness and offer tears of repentance to God.

Having rivaled the first-formed Adam by my transgressions, I have found myself stripped naked of God, of the everlasting kingdom and all its delights, because of my sins.

Woe is me, O wretched soul, for thou art become like the first Eve! For thou hast looked in wickedness and wast bitterly wounded; for thou hast touched the tree and rashly tasted the forbidden fruit.

In the place of the physical Eve, the temptation of Eve hath taken flesh in my mind, showing me what seems to be sweet; but making me taste and swallow bitterness.

Adam was rightly banished from Eden, O Savior, because he disobeyed one of Thy commandments. What then shall I suffer, for constantly rejecting Thy words of life?

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

**To the Trinity:** O Trinity, Who surpasses all creation and is adored in Unity, take from me the heavy yoke of sin, and in Thy compassion grant me tears of compunction.

*Now and ever and unto ages of ages. Amen.*

O Theotokos, the hope and protection of those who praise thee, take from me the heavy yoke of sin and as thou art our Most-pure Lady, accept me in repentance.

## ODE 2

*Irmos: Attend, O heaven, and I will speak, and will sing of Christ, Who from the Virgin took flesh to dwell with us.*

*Refrain: Have mercy on me, O God, have mercy on me.*

### TROPARIA

Attend O heaven and I will speak; give ear, O earth to the voice of one who repents before God and sings His praises.

Look upon me, O God my Savior, with Thy merciful eye, and accept my fervent confession.

I have sinned above all men, I alone have sinned against Thee; but as God take pity on Thy creature, O Savior.

My lustful desires have formed in me the deformity of my passions and have disfigured the beauty of my mind.

A storm of passions surrounds me, O compassionate Lord. But stretch out Thine hand to me, as once Thou didst to Peter.

I have stained the garment of my flesh and have defiled that which was made in Thine image and likeness, O Savior.

I have darkened the beauty of my soul with passionate pleasures and have turned my whole mind entirely to dust.

I have torn the garment that the Creator first wove for me in the beginning, and therefore I lie naked.

I have clothed myself in the torn robe that the serpent hath spitefully stitched for me by his counsel, and now I am ashamed.

I offer to Thee, O merciful One, the tears of a harlot. Cleanse me, O Savior, in Thy compassion.

I looked upon the beauty of the forbidden tree and my mind was deceived; and now I lie naked and ashamed.

The demons of passion have ploughed long furrows on my back, prolonging their wickedness upon me.

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

**To the Trinity:** I sing praises to the One in Three Persons, God of all, Father, Son and Holy Spirit.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** O Most-pure Theotokos and All-laudable Virgin, fervently intercede for our salvation.

### **ODE 3**

**Irmos:** *Establish Thy Church, O Christ, on the unshakable rock of Thy commandments.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

### **TROPARIA**

The Lord once rained fire from heaven and consumed the land of Sodom.

Seek salvation on the mountain as did Lot, O my soul, and find thy refuge in Zoar.

Flee from the flames, O my soul, flee from the burning heat of Sodom, flee the destruction of the divine fire.

I alone have sinned against Thee, I have sinned above all men; reject me not, O Christ my Savior.

Thou art the Good Shepherd: seek me, the lamb that has gone astray and do not forsake me.

Thou art my sweet Jesus, Thou art my Creator, and in Thee shall I be justified, O Savior.

I confess that I have sinned, I have sinned against Thee, O Savior. But in Thy compassion absolve me and forgive me.

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

**To the Trinity:** O God, the Trinity, One in Unity, save us from delusion and temptation and distress.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** Rejoice, O Womb that bore Divinity! Rejoice, O Throne of the Lord! Rejoice, O Mother of our Life!

#### ODE 4

**Irmos:** *The prophet heard of Thy coming, O Lord, and was afraid that Thou wast to be born of a Virgin and appear to men, and he said, 'I have heard the report of Thee and am afraid.' Glory to Thy power, O Lord.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

#### TROPARIA

Despise not Thy works, O Righteous Judge, and forsake not Thy creation though I alone have sinned more than any other man. Yet Thou, as the Lord of all, hast the power to remit all sins, O Lover of mankind.

The end draws near, O my soul, the end draws near; yet thou dost not prepare, neither dost thou care. The time grows short.

Arise, for the Judge is at the very doors. The days of our lives pass quickly, as if they were a dream, as if they were a flower, O why do we trouble ourselves in vain?

Arise, O my soul and consider all the deeds which thou hast done and set them up before thine eyes. Now pour out the drops of thy tears and boldly confess to Christ of thy deeds and thoughts, and so be thou justified.

In life's course, O Savior, there has been no sin, no deed, no wicked thing, that I did not commit. I have sinned as no one has ever before, in mind, word and intent, in purpose, deed and thought.

For this I am condemned and for this, wretch that I am, I am convicted by mine own conscience, more severe than all else in the world, O my Judge and Redeemer, Who knowest my heart, spare me, deliver me, and save me, Thy servant.

The ladder seen of old by the great Patriarch Jacob is an example, O my soul, both of ascent through action and of ascent through spiritual understanding. If, therefore, it is thy desire to live by thy works, with understanding and contemplation, be thou made new.

Bearing the burning heat by day and the frost by night because of his privation, Jacob endured making daily gains, shepherding, struggling, and slaving in order to win two wives.

By the two wives, understand that one is action, and the other is spiritual understanding in contemplation. Leah represents action, for she had many children; and Rachel spiritual understanding, for she endured great toil. For without labor, O my soul, neither action nor contemplation will succeed.

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

**To the Trinity:** I confess Thee as undivided in Essence, unconfused in Persons, One Triune Divinity, co-reigning and co-enthroned! And to Thee, I raise the great Thrice-holy hymn that is sung on high.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** Thou gavest birth and art a virgin, and in both thou remainest a virgin by nature. He Who is born renews the laws of nature, and the womb gives birth without travail. When God so wills, the order of nature is overruled, for He does whatsoever He wills.

### **ODE 5**

**Irmos:** *Out of the night watching early for Thee, enlighten me I pray, O Lover of man, and guide me in Thy commandments and teach me O Savior, to do Thy will.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

### **TROPARIA**

The whole of my life has passed by in the night, for the darkness of sin has covered me like a thick fog in the middle of the night. But make me a son of the day, O Savior.

Imitating Rueben, I have devised a wicked and lawless act against God Most High, having defiled my bed as he defiled the bed of his father.

I confess to Thee, O Christ my King, that I have sinned. I have sinned like the brothers of Joseph of old, who sold the fruit of purity and chastity.

His righteous and gentle soul was bound by his kinsmen, and he was sold into slavery as a foretelling of the Lord. But thou, O my soul, hast sold thyself entirely to thy sins.

O my miserable and wretched soul, imitate the righteous and chaste mind of Joseph; and do not defile thyself by continuing to indulge thy wanton and irrational desires.

When Joseph was cast down into the pit, O Lord and Master, it was to prefigure Thy Burial and Resurrection. But what offering such as this shall I ever make to Thee?

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

**To the Trinity:** We glorify Thee, O Trinity, as One God! Holy, Holy, Holy, art Thou, Father, Son and Holy Spirit; simple Essence and Unity worshipped forever.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** From thee, O Virgin undefiled and maiden Mother, has God the Creator of the ages, become vested in my human flesh, uniting to Himself the nature of man.

### ODE 6

**Irmos:** *With my whole heart, I cried unto the compassionate God: and He heard me, and He lifted up my soul from the depths of hell and from corruption.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

### TROPARIA

I offer to Thee in purity the tears of mine eyes and the sighs from the depth of my heart, which cries: I have sinned against Thee, O God, have mercy on me.

Thou hast turned thyself away from thy Lord, O my soul, as did Dathan and Abiram; but cry out from the lowest depths of hell: 'Spare me', that the earth may not open up and swallow thee.

Do not be like Ephraim stung to madness like a stampeding calf, O my soul, but rather, save thy life like a gazelle fleeing from the snare on the wings of action, resolve and contemplation.

Let the hand of Moses assure us, O my soul, that God can cleanse and make again as white as snow a leprous life. So do not despair, though thou thyself art leprous.

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

**To the Trinity:** 'I am the Trinity, simple and undivided, yet divided in Three Persons; and I am the Unity, united by Nature', says the Father and the Son and the Divine Spirit.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** Thy womb bore God for us, fashioned in our image. Implore thou Him as the Creator of all, O Theotokos, that we may be justified through thine intercessions.

**Kontakion:** My soul, my soul arise! Why art thou sleeping? The end is drawing near, and thou wilt be confounded. Awake then and be watchful, that thou mayest be spared by Christ God, Who is everywhere and fillest all things.

### ODE 7

**Irmos:** *We have sinned, transgressed, done wrong before Thee. We have not watched or done as Thou hast commanded us. But do not give us up utterly, O God of our fathers.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

## TROPARIA

I have sinned, I have transgressed, and I have rejected Thy commandments, for in sins have I progressed and have added sores to my wounds. But in Thy compassion have mercy on me, O God of our fathers.

I have confessed to Thee the secrets of my heart, O my Judge. See my humility and behold my affliction and consider now my condemnation. But in Thy compassion have mercy on me, O God of our fathers.

Once, when Saul went searching for his father's lost herds, he found himself proclaimed as king. Be watchful, O my soul, lest while searching for thine animal desires thou shouldst overlook the Kingdom of Christ.

David, the forefather of God, once sinned doubly, O my soul; being pierced with the arrow of adultery and struck with the spear of murder's remorse. But thou, my soul, art more gravely ill than he, for worse than any acts are the urgings of thy will.

David once joined sin to sin when he mixed adultery with murder; yet then he showed at once a twofold repentance. But thou, my soul, hast done worse things than he, yet thou hast not repented before God.

David once composed a hymn, setting forth, as in an icon, all the evils he had done; and he condemned them, crying, 'Have mercy on me, for against Thee only have I sinned, O God of all, cleanse me!'

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

**To the Trinity:** O Trinity, simple and undivided, consubstantial and of One Nature. We praise Thee, Light and Lights, One Holy and Three Holies, God the Trinity! Sing, O my soul, and glorify the Life of Lives, the God of all.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** We praise thee, we bless thee, we venerate thee, O Mother of God: for thou hast given birth to Christ God, One of the undivided Trinity, and hast opened the Heavens to us on earth.

## ODE 8

**Irmos:** *Him whom the hosts of heaven glorify, whom the Cherubim and Seraphim dread, let every breath and creature praise, bless, and magnify throughout all ages.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*



## TROPARIA

I have sinned, O Savior, have mercy on me. Awaken my mind to conversion, accept my repentance and take pity on me as I cry: Against Thee only have I sinned and have done evil in Thy sight, have mercy on me.

Elijah once ascended above all earthly things in the chariot of his virtues as if to Heaven. Meditate, then O my soul, on this ascent.

Elisha once took up the mantle of Elijah and received a double portion of grace from the Lord. But thou, O my soul, hast no share in this grace because of thine uncontrolled desires.

With the mantle of Elijah, Elisha made the streams of the Jordan stand still on either side. But thou, O my soul, hast no share in this grace because of thine uncontrolled desires.

The Shunammite woman graciously gave shelter to the righteous man, but thou, O my soul, hast welcomed neither stranger nor traveler into thy house. Therefore, shalt thou be cast out weeping from the bridal chamber.

In all ways hast thou imitated the unclean thoughts of Gehazi, O my wretched soul. At least now, in thine old age, rid thyself of his greed and flee from the fires of hell, turning away from thine evil ways.

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

**To the Trinity:** O Eternal Father, Co-eternal Son and Gracious Comforter, the Spirit of Righteousness, Father of the Divine Word, Word of the Eternal Father, and Living and Creating Spirit, O Trinity, One in Unity, have mercy on me!

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** The spiritual purple of Emmanuel was woven inside thy womb as if from scarlet silk, O Most-pure Virgin. Therefore, we honor thee as truly Theotokos.

## ODE 9

**Irmos:** *Ineffable is the childbearing of a seedless conception; a mother remaining pure. For the birth of God renews nature's birth; so, in all ages we magnify thee in an Orthodox manner as the Mother and Bride of God.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

## TROPARIA

My mind is wounded, my body is feeble, my spirit is sick, my speech has lost its power, my life is ebbing, and the end is at the door. What shalt thou do, O miserable soul, when the Judge comes to examine thy deeds?

I have reviewed for thee, O my soul, Moses' account of the creation of the world, and then all the canonical Scripture that tells the story of both the righteous and the wicked. But thou, my soul, hast followed the ways of the wicked and hast sinned against God.

The Law is grown weak, the Gospel unpracticed, and the whole of Scripture is ignored by thee; the Prophets fail and the words of the righteous are useless. Thy wounds, O soul, have multiplied, and there is no physician to heal thee.

I will now show thee, O my soul, examples from the New Testament, to lead thee to repentance. Follow the example of the righteous and avoid following the ways of the sinners and strive to regain the grace of Christ through prayer and fasting, purity and reverence.

Christ became man, calling thieves and harlots to repentance. Repent then, O my soul! For the doors of the Kingdom are already opened and the Publicans and penitent Pharisees and adulterers pass through before thee.

Christ became man by assuming my flesh and He willingly experienced all that belongs to our nature apart from our sin. Thus, He set before thee, O my soul, an example and image of His own condescension.

Christ saved the Magi, called the Shepherds, transformed a host of infants into Martyrs and glorified the Elders and the aged Widows, whose lives, and deeds thou hast chosen to ignore, O my soul. But woe unto thee when the time of thy Judgement comes!

When the Lord had fasted for forty days in the wilderness, He became hungry thus showing us His human nature. Do not be dismayed, O my soul, and when the enemy attacks thee, drive him away through prayer and fasting.

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

**To the Trinity:** Let us glorify the Father, let us exalt the Son and with faith let us worship the Divine and Holy Spirit, the Trinity undivided, Unity in Essence; Light of Lights, Life and Lives, giving light and life to the ends of the earth.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** Protect this, thy habitation, O Most-pure Mother of God, for through thee she reigns in faith, by thee she is made strong, by thee she is made victorious defeating every trial and temptation, despoiling every enemy, and ruling over her obedient servants.

*Venerable Father Andrew, pray to God for us.*

**To Saint Andrew:** O Venerable and Thrice-blessed Father Andrew, the shepherd of Crete; cease not to offer thy prayers for us who sing thy praises; that we may be delivered from every danger and affliction, from corruption and sin, who honor thy memory with faith.

**Katavasia, Irmos 9:** *Ineffable is the childbearing of a seedless conception; a mother remaining pure. For the birth of God renews nature's birth; so, in all ages we magnify thee in an Orthodox manner as the Mother and Bride of God.*

#### **PSALM 4**

When I called upon Thee, O God of my righteousness, Thou didst hearken unto me; in mine affliction Thou hast enlarged me. Have compassion on me and hear my prayer. O ye sons of men, how long will ye be slow of heart? Why do ye love vanity, and seek after falsehood? Know also that the Lord hath made wondrous His holy one; the Lord will hearken unto me when I cry unto Him. Be angry, and sin not; feel compunction upon your beds for what ye say in your hearts. Sacrifice a sacrifice of righteousness, and hope in the Lord. Many say: Who will show unto us good things? The light of Thy countenance, O Lord, hath been signed upon us; Thou hast given gladness to my heart. From the fruit of their wheat, wine, and oil are they multiplied. In peace in the same place I shall lay me down and sleep. For Thou, O Lord, alone hast made me to dwell in hope.

#### **PSALM 6**

O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. Have mercy on me, O Lord, for I am weak. Heal me, O Lord, for my bones are troubled, and my soul is troubled greatly; but Thou, O Lord, how long? Turn to me again, O Lord, deliver my soul; save me for Thy mercy's sake. For in death there is none that is mindful of Thee, and in hades who will confess Thee? I toiled in my groaning; every night I will wash my bed, with tears will I water my couch. Through wrath is mine eye become troubled, I have grown old among all mine enemies. Depart from me all ye that work vanity, for the Lord hath heard the voice of my weeping. The Lord hath heard my supplication, the Lord hath received my prayer. Let all mine enemies be greatly put to shame and be troubled, let them be turned back, and speedily be greatly put to shame.

#### **PSALM 12**

How long, O Lord, wilt Thou utterly forget me? How long wilt Thou turn Thy face away from me? How long shall I take counsel in my soul with grievings in my heart by day and by night? How long shall mine enemy be exalted over me? Look upon me, hear me, O Lord my God; enlighten mine eyes, lest at any time I sleep unto death. Lest at any time mine enemy say: I have prevailed against him. They that afflict me will rejoice if I am shaken; but as for me, I have hoped in Thy mercy. My heart will rejoice in Thy salvation. I will sing unto the Lord, Who is my benefactor, and I will chant unto the name of the Lord Most High. Look upon me, hear me, O Lord my God; enlighten mine eyes, lest at any time I sleep unto death. Lest at any time mine enemy say: I have prevailed against him

*Glory to the Father and to the Son and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.*

Alleluia, alleluia, alleluia. Glory to Thee, O God. (x3)

Lord, have mercy. (x3)

*Glory to the Father and to the Son and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.*

#### **PSALM 24**

Unto Thee, O Lord, have I lifted up my soul. O my God, in Thee have I trusted; let me never be put to shame, nor let mine enemies laugh me to scorn. Yea, let none that wait on Thee be put to shame; let them be ashamed which are lawless without a cause. Make Thy ways, O Lord, known unto me and teach me Thy paths. Lead me in Thy truth and teach me, for Thou art God my Savior; for on Thee have I waited all the day long. Remember Thy compassions; O Lord, and Thy mercies, for they are from everlasting. The sins of my youth and mine ignorances remember not; according to Thy mercy remember Thou me, for the sake of Thy goodness, O Lord. Good and upright is the Lord; therefore, will He set a law for them that sin in the way. He will guide the meek in judgment, He will teach the meek His ways. All the ways of the Lord are mercy and truth, unto them that seek after His covenant and His testimonies. For the sake of Thy name, O Lord, be gracious unto my sin; for it is great. Who is the man that feareth the Lord? He will set him a law in the way which He hath chosen. His soul shall dwell among good things, and his seed shall inherit the earth. The Lord is the strength of them that fear Him, and His covenant shall be manifested unto them. Mine eyes are ever toward the Lord, for He it is that will draw my feet out of the snare. Look upon me and have mercy on me; for I am one only-begotten and poor. The afflictions of my heart are multiplied; bring me out from my necessities. Behold my lowliness and my toil and forgive all my sins. Look upon my enemies, for they are multiplied, and with an unjust hatred they have hated me. Keep my soul and rescue me; let me not be put to shame, for I have hoped in Thee. The innocent and the upright have cleaved unto me, for I waited on Thee, O Lord. Redeem Israel, O God, out of all his afflictions.

#### **PSALM 30**

In Thee, O Lord, have I hoped, let me not be put to shame in the age to come; in Thy righteousness deliver me, and rescue me. Bow down Thine ear unto me, make haste to rescue me, be Thou unto me a God to defend me and a house of refuge to save me. For my strength and my refuge art Thou, and for Thy name's sake wilt Thou guide me and nourish me. Thou wilt bring me out of this snare which they have hid for me, for Thou art my defender, O Lord. Into Thy hands I will commit my spirit; Thou hast redeemed me, O Lord God of truth. Thou hast hated them that cling to empty vanities; but I have hoped in the Lord. I will rejoice and be glad in Thy mercy, for Thou hast regarded my lowliness; Thou hast saved my soul out of necessities, and hast not shut me up in the hands of enemies; Thou hast set my feet in a spacious place. Have mercy on me, O Lord, for I am afflicted; mine eye is troubled with anger, as also my soul and my belly.

For my life is spent with grief, and my years with groanings; my strength hath grown weak in poverty, and my bones are troubled. I am become a reproach among all mine enemies, and greatly for my neighbors also, and a fear to mine acquaintances. They that saw me without fled from me. I am forgotten by the heart like a dead man. I am become like a broken vessel. For I have heard the reproach of many that dwell round about; when they assembled together against me, they devised to take away my life. But as for me, I have hoped in Thee, O Lord; I said: Thou art my God; in Thy hands are my lots. Deliver me from the hands of mine enemies, and from them that persecute me. Make Thy face to shine upon Thy servant, save me in Thy mercy. O Lord, let me not be put to shame, for I have called upon Thee; let the ungodly be put to shame and let them be brought down into hades. Speechless be the deceitful lips which speak iniquity against the righteous man with arrogance and contempt. How great is the multitude of Thy goodness, O Lord, which Thou hast hid for them that fear Thee, which Thou hast wrought for them that hope in Thee before the sons of men. Thou shalt hide them in the secrecy of Thy presence from the disturbance of men; Thou shalt shelter them in the tabernacle from contradiction of tongues. Blessed is the Lord, for He hath made His mercy wondrous in a fortified city. But as for me, I said in mine ecstasy: I am cast away from the presence of Thine eyes. Therefore, hast Thou heard the voice of my supplication when I cried unto Thee. O love ye the Lord, all ye His saints, for the Lord requireth truth; and unto them that act with exceeding pride, He rendereth them their due. Be ye manful, and let your heart be strengthened, all ye that hope in the Lord.

### **PSALM 90**

He that dwelleth in the help of the Most High shall abide in the shelter of the God of heaven. He shall say unto the Lord: Thou art my helper and my refuge. He is my God, and I will hope in Him. For He shall deliver thee from the snare of the hunters and from every troubling word. With His shoulders will He overshadow thee, and under His wings shalt thou have hope. With a shield will His truth encompass thee; thou shalt not be afraid for the terror by night, nor for the arrow that flieth by day, nor for the thing that walketh in darkness, nor for the mishap and demon of noonday. A thousand shall fall at thy side, and ten thousand at thy right hand, but unto thee shall it not come nigh. Only with thine eyes shalt thou behold, and thou shalt see the reward of sinners. For Thou, O Lord, art my hope. Thou madest the Most High thy refuge; No evils shall come nigh thee, and no scourge shall draw nigh unto thy dwelling. For He shall give His angels charge over thee, to keep thee in all thy ways. On their hands shall they bear thee up, lest at any time thou dash thy foot against a stone. Upon the asp and basilisk shalt thou tread, and thou shalt trample upon the lion and dragon. For he hath set his hope on Me, and I will deliver him; I will shelter him because he hath known My name. He shall cry unto Me, and I will hearken unto him. I am with him in affliction, and I will rescue him and glorify him. With length of days will I satisfy him, and I will show him My salvation.

*Glory to the Father and to the Son and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.*

Alleluia, alleluia, alleluia. Glory to Thee, O God. (x3)

Lord, have mercy. (x3)

*Glory to the Father and to the Son and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.*

**Reader:** God is with us, understand, O ye nations, and submit yourselves: for God is with us.

**Response:** Hearken ye unto the ends of the earth.

**Refrain:** For God is with us. *(The choir repeats the refrain continuously as the Reader chants the verses).*

For if ye again strengthen yourselves, ye shall again be vanquished.

And whatsoever counsel ye shall take, the Lord shall bring it to naught.

And the word, whatsoever ye speak, shall not remain with you.

And of your fear we shall be neither afraid nor in dread.

But the Lord our God, Him will we hallow, and he shall be fear unto us.

And if I be trusting in Him, He shall be unto me sanctification.

And I will be hoping in Him and shall be saved by Him.

Behold I and the children which God hath given me.

The people that walk in darkness have seen a great light.

Ye that dwell in the region and shadow of death, a light shall shine upon you.

For unto us a Child is born, unto us a Son is given.

Whose government is upon His shoulder.

And of His peace there is no end.

And His name shall be called Angel of Great Counsel.

Wonderful Counselor.

Mighty God, Ruler, Prince of Peace.

Father of the age to come.

**Response:** God is with us, understand, O ye nations, and submit yourselves: for God is with us.

**Reader:** Glory to the Father, and to the Son, and to the Holy Spirit.

**Response:** For God is with us.

**Reader:** Now and ever, and unto the ages of ages. Amen.

**Response:** God is with us. For God is with us!

**Reader:** The day being past, I give Thee thanks, O Lord; the evening, I pray, together with the night without sin grant me, O Savior, and save me.

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

The day being past, I glorify Thee, O Master; the evening, I pray, together with the night without temptation grant me, O Savior, and save me.

*Now and ever, and unto the ages of ages. Amen.*

The day being past, I hymn Thee, O Holy One; the evening, I pray, together with the night without peril grant me, O Savior, and save me.

The bodiless nature of the Cherubim with unceasing hymns glorify Thee. The six-winged beings, the Seraphim, with never-ceasing voices supremely exalt Thee. And all the ranks of the Angels praise Thee with thrice-holy hymns. For before all art Thou the existing Father, and Thou hast Thy co-unoriginate Son; and bearing the co-honorable Spirit of life, Thou dost manifest the Indivisible Trinity. O Most holy Virgin Mother of God, and ye eyewitnesses of the Word and servants, all the choirs both of Prophets and Martyrs, as those that have attained unto life immortal, supplicate earnestly for us all, for we all are in distress; that, being delivered from the delusion of the evil one, we may cry out the angelic hymn: Holy, Holy, Holy, Thrice-holy Lord, have mercy and save us. Amen.

## **CREED**

I believe in one God, the Father Almighty, Maker of heaven and earth and of all things visible and invisible. And in one Lord Jesus Christ, the Son of God, the Only-begotten, begotten of the Father before all ages; Light of Light, true God of true God; begotten, not made; of one essence with the Father, by Whom all things were made; Who for us men and for our salvation came down from the heavens, and was incarnate of the Holy Spirit and the Virgin Mary, and became man; And was crucified for us under Pontius Pilate, and suffered and was buried; And arose again on the third day according to the Scriptures; And ascended into the heavens, and sittest at the right hand of the Father; And shall come again, with glory, to judge both the living and the dead; Whose kingdom shall have no end. And in the Holy Spirit, the Lord, the Giver of life; Who proceeds from

the Father; Who with the Father and the Son together is worshipped and glorified; Who spoke by the prophets. In One, Holy, Catholic, and Apostolic Church. I confess one baptism for the remission of sins. I look for the resurrection of the dead, And the life of the age to come. Amen.

*(And immediately, "O most holy Lady..." all, except the last verse, are said twice, but "O most holy Lady..." is said thrice. The Choir mirrors the priest)*

O most holy Lady Theotokos, pray for us sinners. (x3)

O all ye Heavenly Host of the holy Angels and Archangels, pray for us sinners. (x2)

O holy John, Prophet and Forerunner and Baptist of our Lord Jesus Christ, pray for us sinners. (x2)

O holy glorious Apostles, Prophets, and Martyrs, and all the Saints, pray for us sinners. (x2)

O our holy and God-bearing fathers, pastors, and ecumenical teachers, pray for us sinners. (x2)

O *(patron saint(s))*, pray for us sinners. (x2)

O Invincible and incomprehensible and divine power of the precious and life-giving Cross, forsake not us sinners. (x2)

O God, cleanse us sinners. (x2)

O God, cleanse us sinners, and have mercy on us.

**Reader:** Holy God, Holy Mighty, Holy Immortal, have mercy on us. (x3)

*Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.*

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord have mercy. (x3)

*Glory to the Father and to the Son and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.*

Our Father, Who art in the Heavens, 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 the evil one.

*(On Monday and Wednesday evenings)*

Enlighten mine eyes, O Christ God, lest at any time I sleep unto death, lest at any time mine enemy say: I have prevailed against him.

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

Be my soul's helper, O God, for I pass through the midst of many snares; deliver me out of them, and save me, O Good One, for Thou art the Lover of Mankind.

*Now and ever, and unto the ages of ages. Amen.*

**Theotokion:** Seeing that we have no boldness on account of our many sins, do thou beseech Him that was born of thee, O Virgin Theotokos for the supplication of a mother availeth much to win the Master's favor. Disdain not the prayers of sinners, O all-pure one, for merciful and mighty to save is He Who deigned also to suffer for our sake.

*(On Tuesday and Thursday evenings)*

O Lord, Thou knowest the unsleeping vigilance of mine invisible enemies, and the weakness of my miserable flesh knowest Thou Who hast fashioned me: Into Thy hands, therefore, I will commit my spirit; shelter me with the wings of Thy goodness, lest at any time I sleep unto death, and enlighten the eyes of my mind to the enjoyment of Thy divine words, and raise me up in a seasonable time unto Thy glorification, for Thou alone art good and the Lover of mankind.

Look upon me and hear me, O Lord my God.

How terrible is Thy judgment, O Lord, with the angels standing round about, the men being led in, the books opened, the deeds examined, the thoughts weighed. What judgment shall be awarded unto me who was conceived in sins? Who shall quench the flame for me, who shall enlighten the darkness for me, if not Thou, O Lord Who hast mercy on me, as the Lover of mankind.

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

Grant me tears, O God, as Thou didst once give to the sinning woman, and vouchsafe me to moisten Thy feet which have freed me from the path of delusion, and to offer to Thee as fragrant myrrh a pure life, fashioned in me by repentance, that I may hear Thy desired voice: Thy faith hath saved thee, go in peace.

*Now and ever, and unto the ages of ages. Amen.*

**Theotokion:** Having in thee, O Theotokos, a hope that cannot be put to shame, I shall be saved; having obtained thy mediation, O most pure one, I shall not fear. I shall pursue enemies and triumph over them, having covered myself, as in a breastplate, only with thy protection; and imploring thine all-powerful aid, I cry unto thee: O Sovereign Lady, save me through thine intercessions, and raise me up from somber sleep to thy glorification, by the might of the Son of God who was incarnate of thee.

Lord have mercy. (x40)

*Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.*

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim; without corruption thou gavest birth to God the Word, true Theotokos, we magnify thee.

**Reader:** Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

**Reader (continues):** Amen. O Lord, Lord, Who hast delivered us from every arrow that flieth by day, deliver us from everything that walketh in darkness. Receive as an evening sacrifice the lifting up of our hands. Vouchsafe us also to pass through the course of the night without blemish, untempted by evil. And deliver us from every anxiety and fear that come to us from the devil. Grant unto our souls compunction, and unto our thoughts solicitude concerning the trial at Thy dread and righteous judgment. Nail down our flesh with the fear of Thee, and mortify our earthly members, that in quietness of sleep we may be enlightened by the vision of Thy judgments. Take from us every unseemly dream and pernicious carnal desire. Raise us up at the hour of prayer, fortified in faith and advancing in Thy commandments; through the benevolence and goodness of Thine Only-begotten Son, with Whom Thou art blessed, together with Thy most-holy and good and life creating Spirit, now and ever, and unto the ages of ages. Amen.

Come, let us worship God our King. Come, let us worship and fall down before Christ our King and God. Come, let us worship and fall down before Christ Himself, our King and God.

## **PSALM 50**

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness;

the bones that be humbled, they shall rejoice. Turn Thy face away from my sins and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be builded. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bulls upon Thine altar.

### **PSALM 101**

O Lord, hear my prayer, and let my cry come unto Thee. Turn not Thy face away from me; in the day when I am afflicted, incline Thine ear unto me. In the day when I call upon Thee, quickly hearken unto me. For my days are vanished like smoke, and my bones consumed like wood for the burning. I am smitten like grass, and withered is my heart, for I forgot to eat my bread. By reason of the voice of my groaning, my bone hath cleaved unto my flesh. I am become like a pelican of the wilderness; I am like an owl in a ruined house. I have watched and am like a sparrow that sitteth alone upon the housetop. The whole day long mine enemies reproached me, and they that praised me made an oath against me. For before the face of Thy wrath and Thine anger I ate ashes like bread, and my drink I mingled with weeping; for after uplifting me, Thou hast dashed me down. My days like a shadow have declined, and I like grass am withered. But Thou, O Lord, forever abidest, and Thy remembrance is unto generation and generation. Thou shalt rise up and have pity upon Zion, for it is time to have compassion on her, yea, the time is come. For Thy servants have taken pleasure in her stones, and they shall feel pity for her dust. And the nations shall fear Thy name, O Lord, and all the kings of the earth Thy glory. For the Lord shall build up Zion, and He shall be seen in His glory. He hath regarded the prayer of the humble, and hath not despised their supplication. Let this be written for another generation, and the people that is being created shall praise the Lord. For He hath looked out from His holy height, the Lord from heaven hath looked upon the earth, to hear the groaning of them that be in fetters, to loose the sons of the slain, To declare in Zion the name of the Lord, and His praise in Jerusalem, When the peoples are gathered together, and the kings to serve the Lord. He answered Him in the way of his strength: The fewness of my days declare unto me. Take me not away at the half of my days; in generations and generations are Thy years. In the beginning, O Lord, Thou didst lay the foundation of the earth, and the heavens are the works of Thy hands. They shall perish, but Thou abidest; and all like a garment shall grow old, and as a vesture shalt Thou fold them, and they shall be changed; but Thou art the same, and Thy years shall not fail. The sons of Thy servants shall have their dwelling, and their seed forever shall be guided aright.

### **The Prayer of Manasses, King of Judea:**

O Lord Almighty, the God of our fathers, of Abraham, and Isaac, and Jacob, and of their righteous seed; Who hast made heaven and the earth with all their majesty; Who hast bound the sea by the word of Thy commandment; Who hast closed the abyss, and sealed it by Thy terrible and glorious name; of Whom all things are afraid, and tremble from the presence of Thy might; for no one can endure the majesty of Thy glory, and unbearable is the wrath of Thy threatening toward sinners, but immeasurable and unsearchable is the mercifulness of Thy promise; for Thou art the Lord most High, compassionate, long-suffering, and plenteous in mercy, and repentest of the evils of men: Thou, O Lord, according to the multitude of Thy goodness, hast promised penitence and forgiveness to them that have sinned against Thee, and in the multitude of Thy compassions hast decreed repentance for the salvation of sinners. Thou, therefore, O Lord God of hosts, hast not appointed repentance for the righteous, for Abraham, Isaac, and Jacob, who have not sinned against Thee, but hast laid repentance upon me a sinner, for I have sinned more than the number of the sands of the sea. Mine iniquities are multiplied, and I am not worthy to look upon and to see the height of heaven for the multitude of mine iniquities. For I am bowed down with many iron bands so that I cannot lift up my head, and there is no release for me, because I have provoked Thine anger, and done evil before Thee, neither having done Thy will, nor having kept Thy commandments; and now I bow the knees of my heart, beseeching of Thee clemency. I have sinned, O Lord, I have sinned, and I know mine iniquities; but imploring I pray Thee: Loose me, O Lord, loose me, and destroy me not with mine iniquities. Neither in enmity forever keep mine evils, neither condemn me to the nethermost parts of the earth. For Thou, O God, art the God of them that repent, and upon me Thou wilt show all Thy goodness; for Thou shalt save me who am unworthy, according to the plenitude of Thy mercy, and I will praise Thee continually throughout the days of my life: for all the heavenly hosts hymn Thee, and Thine is the glory unto the ages of ages. Amen.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (x3)

*Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.*

O Most Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for Thy 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 ever and unto 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 the evil one.

Have mercy on us, O Lord, have mercy on us; for at a loss for any defense, this prayer do we sinners offer unto thee as Master: have mercy on us.

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

Lord, have mercy on us; for we have hoped in Thee, be not angry with us greatly, neither remember our iniquities; but look upon us now as Thou art compassionate, and deliver us from our enemies, for Thou art our God, and we, Thy people; all are the works of Thy hands, and we call upon Thy name.

*Now and ever, and unto the ages of ages. Amen.*

**Theotokion:** The door of compassion open unto us, O blessed Theotokos, for hoping in thee, let us not perish; through thee may we be delivered from adversities, for thou art the salvation of the Christian race.

Lord have mercy. (x40)

*Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.*

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim; without corruption thou gavest birth to God the Word, true Theotokos we magnify thee.

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

**Reader (continues):** Amen. O Master God, the Father Almighty, O Lord, the Only-begotten Son, Jesus Christ, and O Holy Spirit, one Godhead, one Power: Have mercy on me a sinner, and by the judgments which Thou knowest, save me, Thine unworthy servant; for blessed art Thou unto the ages of ages. Amen.

Come, let us worship God our King. Come, let us worship and fall down before Christ our King and God. Come, let us worship and fall down before Christ Himself, our King and God.

## **PSALM 142**

O Lord, hear my prayer; give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away

from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.

### **THE DOXOLOGY**

Glory to God in the highest, and on earth, peace, and good will among men. We praise Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks to Thee for Thy great glory. O Lord, heavenly King, God the Father Almighty; O Lord, the only-begotten Son, Jesus Christ; and O Holy Spirit. O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world; have mercy on us; Thou that takest away the sins of the world, receive our prayer; Thou that sittest at the right hand of the Father, have mercy on us. For Thou only art holy; Thou only art the Lord, O Jesus Christ, to the glory of God the Father. Amen. Every night will I bless Thee, and I will praise Thy Name forever, yea, forever and ever. Lord, thou hast been our refuge in generation and generation. I said: O Lord, have mercy on me, heal my soul, for I have sinned against Thee. O Lord, unto Thee have I fled for refuge, teach me to do Thy will, for Thou art my God. For in Thee is the fountain of life, in Thy light shall we see light. O continue Thy mercy unto them that know Thee. Vouchsafe, O Lord, to keep us this night without sin. Blessed art Thou, O Lord, the God of our Fathers, and praised and glorified is Thy name unto the ages. Amen. Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee. Blessed art Thou, O Lord, teach me Thy statutes. Blessed art Thou, O Master, give me understanding of Thy statutes. Blessed art Thou, O Holy One, enlighten me by Thy statutes. O Lord, Thy mercy endureth forever; disdain not the works of Thy hands. To Thee is due praise, to Thee is due a song, to Thee glory is due, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

It is truly meet to bless thee, O Theotokos, ever blessed and most pure, and Mother of our God. More honorable than the Cherubim, and more glorious than the Seraphim; without corruption thou gavest birth to God the Word, true Theotokos we magnify thee.

**Reader:** Holy God, Holy Mighty, Holy Immortal, have mercy on us. (x3)

*Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.*

O Most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord have mercy. (x3)

*Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.*

Our Father, Who art in the Heavens, 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 the evil one.

O Lord of hosts, be with us for beside Thee, we have no other helper in adversity, O Lord of hosts, have mercy on us.

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

O Lord, if we had not had Thy saints as intercessors, and Thy goodness being merciful to us, how should we have dared, O Savior, to hymn Thee, Whom angels do unceasingly glorify? O Thou that knowest the hearts, spare our souls.

*Now and ever and unto the ages of ages. Amen*

Greatly multiplied, O Theotokos, are my sins, and unto thee have I fled, O pure one, imploring salvation. Do thou visit mine enfeebled soul, and pray to thy Son and our God that He grant me forgiveness for the evil I have done, O thou only blessed one.

O all-holy Theotokos, throughout my lifetime forsake me not, to human protection entrust me not, but do thou thyself defend me and have mercy on me.

All my hope I place in thee, O Mother of God, keep me under thy protection.

**Reader:** Lord, have mercy. (X40)

Thou Who at all times and at every hour, in heaven and on earth, art worshipped and glorified, O Christ God, Who art long-suffering, plenteous in mercy, most compassionate, Who lovest the righteous and hast mercy on sinners, Who callest all to salvation through the promise of good things to come: Receive, O Lord, our prayers at this hour, and guide our life toward Thy commandments. Sanctify our souls, make chaste our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil and pain. Compass us about with Thy holy angels, that, guarded and guided by their array, we may attain to the unity of the faith and the knowledge of Thine unapproachable glory; for blessed art Thou unto the ages of ages. Amen.

Lord have mercy. (x3)

*Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.*

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim; without corruption thou gavest birth to God the Word, true Theotokos we magnify thee.

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

**Reader:** Amen.

*(And then the Prayer of St. Ephraim the Syrian)*

O Lord and Master of my life: take from me the spirit laziness, despair, lust of power and idle talk (prostration)

But give rather the spirit of chastity, humility, patience and love to thy servant (prostration).

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed art Thou unto ages of ages. Amen. (Prostration with 12 bows)

*(Repeat the prayer of St. Ephraim straight through with a prostration at the end.)*

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (x3)

*Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.*

O Most Holy Trinity, have mercy on us. O Lord cleanse our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord have mercy. (x3)

*Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.*

Our Father, Who art in the Heavens, 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 debts, as we forgive our debtors. And lead us not into temptation but deliver us from the evil one.

Lord, have mercy. (x12)

Save, help, and protect us, O Virgin Theotokos.



### **The Supplicatory Prayer to the Most Holy Theotokos**

O undefiled, untainted, uncorrupted, most pure, chaste Virgin, Thou Bride of God and Sovereign Lady, who didst unite the Word of God to mankind through thy most glorious birth giving, and hast linked the apostate nature of our race with the heavenly; who art the only hope of the hopeless, and the helper of the struggling, the ever-ready protection of them that hasten unto thee, and the refuge of all Christians: Do not shrink with loathing from me a sinner, defiled, who with polluted thoughts, words, and deeds have made myself utterly unprofitable, and through slothfulness of mind have become a slave to the pleasures of life. But as the Mother of God Who loveth mankind, show thy love for mankind and mercifully have compassion upon me a sinner and prodigal, and accept my supplication, which is offered to thee out of my defiled mouth; and making use of thy motherly boldness, entreat thy Son and our Master and Lord that He may be pleased to open for me the bowels of His loving kindness and graciousness to mankind, and, disregarding my numberless offenses, will turn me back to repentance, and show me to be a tried worker of His precepts. And be thou ever present unto me as merciful, compassionate and well disposed; in the present life be thou a fervent intercessor and helper, repelling the assaults of adversaries and guiding me to salvation, and at the time of my departure taking care of my miserable soul, and driving far away from it the dark countenances of the evil demons; lastly, at the dreadful day of judgment delivering me from torment eternal and showing me to be an heir of the ineffable glory of thy Son and our God; all of which may I attain, O my Sovereign Lady, most holy Theotokos, in virtue of thine intercession and protection, through the grace and love to mankind of thine only begotten Son, our Lord and God and Savior, Jesus Christ, to Whom is due all glory, honor and worship, together with His unoriginate Father, and His Most Holy and good and life creating Spirit, now and ever, and unto ages of ages. Amen.

### **A Prayer to our Lord Jesus Christ, by Antiochus the monk**

And grant unto us, O Master, in the coming sleep, rest for body and soul, and preserve us from the gloomy slumber of sin, and from every dark and nocturnal sensuality. Subdue the impulses of passions, extinguish the fiery darts of the evil one that are cunningly hurled against us, assuage the rebellions of our flesh, and every earthly and fleshly subtlety of ours lull to sleep. And grant unto us, O God, a watchful mind, chaste thought, a sober heart, a sleep gentle and free from every satanic illusion. Raise us up at the time of prayer firmly grounded in Thy judgments. All the night long grant us a doxology, that we may hymn and bless and glorify Thy most honorable and majestic name: of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages. Amen.

**Priest:** Glory to Thee, O Christ God, our hope, glory to Thee.

**Reader:** Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen. Lord, have mercy. (x3). Father, bless.

**Priest:** O Master plenteous in mercy, O Lord Jesus Christ our God: Through the intercessions of our immaculate Lady Theotokos and Ever-virgin Mary; through the power of the precious and life-giving Cross; through the mediations of the honorable, heavenly

Bodiless Hosts, of the honorable, glorious Prophet, Forerunner, and Baptist John; of the holy glorious, and all-praised apostles; of the holy, glorious, and victorious martyrs; of our holy and God-bearing fathers, (*the patron saint of the temple*); of the holy and Righteous Ancestors of God Joachim and Anna; of (*the Saints of the day*) and of all the saints: make our prayer acceptable; grant us the remission of our sins; shelter us with the shelter of Thy wings; drive away from us every enemy and adversary; make our life peaceful, O Lord; have mercy on us and on Thy world, and save our souls, for Thou art good and the Lover of mankind. Amen.

**Reader:** Bless, holy father, brothers, and sisters, and forgive me a sinner, all wherein I have sinned this day in deed, word, and thought, and by all my senses.

*(And the brethren reply):* May God forgive and have mercy on thee.

*(And they make a bow (or a prostration), asking his forgiveness)*

Bless me, holy father, and forgive all wherein I have sinned this day in deed, word, and thought, and by all my senses, and pray for me a sinner.

**Reader:** Through His grace may God forgive and have mercy on us all.

**Reader:** For our Metropolitan NN, our Archbishop NN for the honorable Priesthood, the Diaconate in Christ and for all the clergy and the people, let us pray to the Lord.

**Response:** Lord, have mercy. *(Repeated after each petition)*

**Reader:** For the suffering Orthodox people, for their salvation; for this land, its authorities, and armed forces, and for every Christian land.

For them that hate us and them that love us.

For them that are kind to us and them that serve us.

For them that have asked us unworthy ones to pray for them.

For the deliverance of the imprisoned.

For our fathers and brethren that have passed on before us.

For those sailing upon the sea.

For those bedridden in infirmities.

Let us pray for the abundance of the fruits of the earth.

And for every Orthodox Christian soul.

Let us bless pious rulers, Orthodox hierarchs, and the founders of this holy habitation.

Our parents, and all that have passed on before us, our fathers, brethren, and the Orthodox here and everywhere laid to rest.

Let us say also for ourselves.

Lord, have mercy. (x3) Amen.

## Tuesday

### ODE 1

**Irmos:** *A helper and a protector, He has become my salvation. This is my God, I will glorify Him, my father's God will I exalt, for gloriously has He been glorified.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

### TROPARIA

Of mine own free will have I incurred Cain's guilt of murder; for I have murdered my own conscience by cultivating my flesh and making war upon my soul's awareness by my wicked actions.

I have refused to imitate Abel's righteousness, O Jesus: never have I offered Thee any acceptable gift or godly work; neither a pure sacrifice nor a blameless life.

Like Cain, we are condemned, O wretched soul, for we have offered to the Creator of all only our defiled actions, a polluted sacrifice, and a useless life.

As a potter molds his clay, Thou hast fashioned my flesh and my bones, giving me breath and life. Now accept me in repentance, O my Maker and Redeemer and my Judge.

I confess to Thee, O Savior, all the sins I have committed and the wounds of my soul and body, which my murderous thoughts, like thieves, have inflicted upon me.

Though I have sinned, O Savior, yet I know that Thou art the Lover of mankind. Thou dost chastise with mercy and art fervent in compassion. Thou dost see my tears and Thou dost run to meet me, like the father toward his Prodigal Son.

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

**To the Trinity:** O Trinity, Who surpasses all creation and is adored in Unity, take from me the heavy yoke of sin, and in Thy compassion grant me tears of compunction.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** O Theotokos, the hope and protection of those who praise thee, take from me the heavy yoke of sin and as thou art our Most-pure Lady, accept me in repentance.

### ODE 2

**Irmos:** *Attend, O heaven and I will speak, I will sing of Christ, Who from the Virgin took flesh to dwell with us.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

### TROPARIA

My sins have stripped me of the garment that God had woven for me and have stitched

for me robes of skin.

Now I am clothed with a raiment of shame as if with fig leaves in reproof of my self-willed desires.

Now I am clad in a coat of disgrace that is shamefully bloodstained by the flow of my passions and my pleasure-loving life.

I have fallen under the burden of my passions and the corruption of my body, and ever since, have been oppressed by the enemy.

Having preferred a life of pleasure and material things to a life free of possessions, I have been harnessed with a heavy burden, O Savior.

I have adorned the idol of my flesh with the diverse clothing of my shameful thoughts and now I am condemned.

I have been concerned only with outward adornment and have neglected the inner temple made in the image of God.

I have buried the beauty of my original image with my passions, O Savior; but seek me, as once Thou hast sought the lost coin, and find me.

Like the Harlot I cry to Thee: I have sinned, I alone have sinned against Thee. Oh, accept my tears as a sweet ointment, O Savior.

Like the Publican I cry to Thee: Be merciful, O Savior, be merciful unto me; for no child of Adam has ever sinned as I against Thee.

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

*To the Trinity:* I sing praises to the One in Three Persons, God of all, Father, Son and Holy Spirit.

*Now and ever, and unto ages of ages. Amen.*

*Theotokion:* O Most-pure Theotokos and All-laudable Virgin, fervently intercede for our salvation.

### **ODE 3**

*Irmos:* Establish, O Lord, my unstable heart on the rock of Thy commandments, for Thou only art Holy and the Lord.

*Refrain:* Have mercy on me, O God, have mercy on me.

### **TROPARIA**

In Thee I have found the Fountain of Life, O Conqueror of Death, and before the end, I

cry out from my heart: I have sinned, O Lord, cleanse me and save me.

I have sinned, O Lord, I have sinned against Thee; be gracious unto me and cleanse me, for there is no one who surpasses me in my offenses.

I have imitated the example of those, O Savior, who lived in wantonness in the days of Noah; and like them I am condemned to drown in the Flood.

Thou hast followed the example of Ham, O my soul, who mocked his father; for thou hast not covered the disgrace of thy neighbor keeping thy face turned away.

Flee like Lot, O my soul, from the burning of sin; flee from Sodom and Gomorrah; flee from the flames of wanton desire.

Have mercy, O Lord, have mercy on me, when Thou comest with Thine Angels to reward each according to his deeds, have mercy on me.

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

**To the Trinity:** O simple Unity praised in a Trinity of Persons; O uncreated Nature without beginning, save us who in faith worship Thy power.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** O Virgin Theotokos, thou hast given birth within time to the timeless Son of the Father, O strange wonder! Thou givest Him milk while still remaining Virgin!

#### ODE 4

**Irmos:** *The prophet heard of Thy coming, O Lord, and was afraid that Thou wast to be born of a Virgin and appear to men, and he said, I have heard the report of Thee and am afraid.' Glory to Thy power, O Lord.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

#### TROPARIA

Watch, O my soul, and take courage like the Great Patriarch Jacob of old, that thou mayest acquire action with spiritual understanding, and be named Israel, 'the mind that sees God'; and so shalt 'thou penetrate the impassable darkness through contemplation and obtain a great treasure as thy reward.

By fathering the twelve Patriarchs, the Great Patriarch Jacob established a mystical ladder of active ascent for thee, O my soul; wisely setting his sons as the steps at each level of ascent.

Thou hast rivaled the hated Esau, O my soul, for thou hast given up the birthright of thy first beauty to the deceiver thus forsaking thy father's blessing. Twice then, hast thou fallen, once in action and once in understanding; Repent now, thou wretched soul.

Esau was known as Edom because of his raging love for women; for burning always with desires and stained with sensual pleasures, he was named 'Edom' which means the red-hot heat of a sin-loving soul.

Thou hast heard of Job, O my soul, who was justified on a dung heap; yet thou hast not imitated his courage nor hast thou shown any firmness of will in the face of thy trials and temptations but hast proved cowardly and weak.

He that once sat upon a throne now lies naked on a dung heap, covered with his sores. He that had many children and was once admired by all is suddenly bereft of children and is left without a home; yet for him the dung heap is a palace, and his sores a chain of pearls.

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

**To the Trinity:** I confess Thee as undivided in Essence, unconfused in Persons, One Triune Divinity, co-reigning and co-enthroned! And to Thee, I raise the great Thrice-holy hymn that is sung on high.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** Thou givest birth and art a virgin, and in both thou remainest a virgin by nature. He Who is born renews the laws of nature, and the womb gives birth without travail. When God so wills, the order of nature is overruled, for He does whatsoever He wills.

#### ODE 5

**Irmos:** *Out of the night watching early for Thee, enlighten me I pray, O Lover of man, and guide me in Thy commandments and teach me O Savior, to do Thy will.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

#### TROPARIA

Thou hast heard, O my soul, of the basket of Moses and how he was carried on the waves of the river as if in an ark; and so, he avoided the execution of Pharaoh's bitter decree.

Thou hast heard, O wretched soul, of the midwives who were ordered to put to death in infancy the fruit of manly chastity. Be then like Moses who survived and ponder wisdom.

Thou, O wretched soul, hast not struck and killed the lustful mind of the Egyptian, as did Moses. How then, shalt thou dwell in that desert where all passions are slain through

repentance?

Moses the great went to dwell in the desert; Come then, O my soul, and emulate his life that thou mayest also behold through contemplation, the vision of God in the bush not consumed by the fire.

Imagine, O my soul, the rod of Moses, which divided the sea and dried up the abyss as an image of the Divine and Holy Cross. Through the Cross thou canst also accomplish great things.

While Aaron offered to God a fire that was pure and undefiled, Hophni and Phineas brought to Him, as didst thou, O my soul, a strange sacrifice, and a polluted life.

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

*To the Trinity:* We glorify Thee, O Trinity, as One God! Holy, Holy, Holy, art Thou, Father, Son and Holy Spirit; simple Essence and Unity worshipped forever.

*Now and ever, and unto ages of ages. Amen.*

*Theotokion:* From thee, O Virgin undefiled and maiden Mother, has God the Creator of the ages, become vested in my human flesh, uniting to Himself the nature of man.

#### **ODE 6**

*Irmos:* *With my whole heart, I cried unto the compassionate God: and He heard me, and He lifted up my soul from the depths of hell and from corruption.*

*Refrain:* *Have mercy on me, O God, have mercy on me.*

#### **TROPARIA**

The waves of my sins, O Savior, have returned and have suddenly overwhelmed me, as the waters of the Red Sea engulfed the Egyptians of old and their charioteers.

Like the Israelites in the desert, thou hast made a foolish decision, O my soul; for thou hast preferred the pleasures of gluttony and passions to the refreshment of divine manna.

Thou hast preferred, O my soul, the wells of delusion to the cleft Rock from which, as from a chalice, flow rivers of divine theology.

Thou hast preferred, O my soul, the meat of swine and the tempting food of Egypt to the food of Heaven, as did the ungrateful people of old in the wilderness.

When Thy servant Moses struck the rock with his staff, O Savior, he mystically foreshadowed Thy Life-creating Body from which we all draw the water of life.

Be like Joshua, the son of Nun, and explore the Promised Land, O my soul, and take up thine abode in it through obedience to the Law.

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

**To the Trinity:** 'I am the Trinity, simple and undivided, yet divided in Three Persons; and I am the Unity, united by Nature', says the Father and the Son and the Divine Spirit.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** Thy womb bore God for us, fashioned in our image. Implore thou Him as the Creator of all, O Theotokos, that we may be justified through thine intercessions.

**Kontakion:** My soul, my soul arise! Why art thou sleeping? The end is drawing near, and thou wilt be confounded. Awake then and be watchful, that thou mayest be saved by Christ God, Who is everywhere and fillest all things.

#### ODE 7

**Irmos:** *We have sinned, transgressed, done wrong before Thee. We have not watched or done as Thou hast commanded us. But do not give us up utterly, O God of our fathers.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

#### TROPARIA

When the Ark of the Covenant was being carried in a cart and one of the oxen stumbled, Uzzah only touched it, and yet he experienced the wrath of God. Flee from his presumption, O my soul, and respect with reverence the things of God.

Thou hast heard of Absalom, and how he rebelled against nature; thou knowest of his wicked deeds and how he defiled his father David's bed; yet thou hast followed him in his passionate and sensual desires.

Thy free dignity hast thou enslaved to thy body, O my soul, for thou hast found in the enemy another Ahithophel and hast become an accomplice to his designs. But Christ Himself has shattered his bonds so that thou mayest be saved.

Solomon the wonderful was full of grace and wisdom, yet he too, committed evil in the sight of Heaven and turned away from God; and thou, my wretched soul, have followed him, by thine accursed life.

Carried away by his sensual passions, he defiled himself, alas! Solomon the lover of wisdom became a lover of harlots and estranged himself from God. And thou, my soul hath imitated him through thy shameful desires.



Thou hast taken the example, O my soul, of Rehoboam who would not listen to his father's counselors, and of Jeroboam, that evil and apostate servant. But flee from their example and cry aloud: I have sinned, O God, take pity on me.

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

**To the Trinity:** O Trinity, simple and undivided, consubstantial and of One Nature. We praise Thee, Light and Lights, One Holy and Three Holies, God the Trinity! Sing, O my soul, and glorify the Life of Lives, the God of all.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** We praise thee, we bless thee, we venerate thee, O Mother of God: for thou hast given birth to Christ God, One of the undivided Trinity, and hast opened the Heavens to us on earth.

### ODE 8

**Irmos:** *Him whom the hosts of heaven glorify, whom the Cherubim and Seraphim dread, let every breath and creature praise, bless, and magnify throughout all ages.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

### TROPARIA

Having imitated Uzziah, O my soul, thou hast contracted a double leprosy: for thy deeds are wicked and thy thoughts, impure. Leave these all behind and hasten to repentance.

Thou hast heard of the Ninevites, O my soul, who repented before God wearing sackcloth and ashes; yet thou hast not imitated them and hast become worse than all who have ever sinned both before and after the Law.

Thou hast heard, O my soul, how Jeremiah in the muddy pit cried out with lamentations and sought tears for the city of Sion. Imitate his life of lamentation, therefore, and be saved.

Jonah fled to Tarshish foreseeing the conversion of the Ninevites, for as a Prophet he knew of God's compassion and was anxious that his prophecy be fulfilled.

Thou hast heard, O my soul, how Daniel stopped the mouths of the lions in the pit; and how the Three Youths quenched the fiery flames of the furnace through faith.

I have set before thee the names of people from the Old Testament to serve as examples, O my soul. Imitate the God-pleasing deeds of the Righteous and flee from the sins of the wicked.

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

**To the Trinity:** O Eternal Father, Co-eternal Son and Gracious Comforter, the Spirit of Righteousness, Father of the Divine Word, Word of the Eternal Father, and Living and Creating Spirit. O Trinity, One in Unity, have mercy on me!

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** The spiritual purple of Emmanuel was woven inside thy womb as if from scarlet silk, O Most-pure Virgin. Therefore, we honor thee as truly Theotokos.

### ODE 9

**Irmos:** *Ineffable is the childbearing of a seedless conception; a mother remaining pure. For the birth of God renews nature's birth; so, in all ages we magnify thee in an Orthodox manner as the Mother and Bride of God.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

### TROPARIA

Christ suffered temptation, being tempted by the devil, who showed Him stones that they might be made into bread; and he led Him up into a mountain to see in an instant, all the kingdoms of the world. Be careful, O my soul, when thou art tempted; be watchful and pray every hour to Christ our God.

The Forerunner of God, the Dove of the desert, the Lamp of Christ, the voice of one crying in the wilderness, was heard preaching repentance while Herod was lying in sin with Herodias. Be careful, O my soul, that thou art not trapped in the snares of the wicked, but rather, embrace repentance.

The Forerunner of Grace went to dwell in the wilderness, and all of Judea and Samaria ran to hear him; they confessed all their sins and eagerly they were baptized. But thou, O my soul, hast not imitated them.

Marriage is an honorable estate, and the marriage bed is undefiled, for Christ blessed both: by eating at the wedding feast in Cana and by turning the water into wine thus revealing His first miracle, so that thou, O my soul, might be transformed.

Christ cured the paralytic who then took up his bed; He raised from the dead the widow's son and the Centurion's servant; He appeared to the Samaritan woman and taught thee, O my soul, how to worship in the spirit.

By the touch of the hem of His garment the Lord healed the woman with the issue of blood; He cleansed the lepers, gave sight to the blind and made the lame to walk; with His word He cured the deaf and the dumb and the woman who was bent to the ground. He did this, O my wretched soul, so that thou might be saved.

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

**To the Trinity:** Let us glorify the Father, let us exalt the Son and with faith let us worship the Divine and Holy Spirit, the Trinity undivided, Unity in Essence; Light of Lights, Life and Lives, giving light and life to the ends of the earth.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** Protect this, thy habitation, O Most-pure Mother of God, for through thee she reigns in faith, by thee she is made strong, by thee she is made victorious defeating every trial and temptation, despoiling every enemy, and ruling over her obedient servants.

*Venerable Father Andrew, pray to God for us.*

**To Saint Andrew:** O Venerable and Thrice-blessed Father Andrew, the shepherd of Crete; cease not to offer thy prayers for us who sing thy praises; that we may be delivered from every danger and affliction, from corruption and sin, who honor thy memory with faith.

**Katavasia, Irmos 9:** *Ineffable is the childbearing of a seedless conception; a mother remaining pure. For the birth of God renews nature's birth; so, in all ages we magnify thee in an Orthodox manner as the Mother and Bride of God.*

**(Return to p. 11 and complete Compline from Psalm 4.)**

**Wednesday**

**ODE 1**

**Irmos:** *A helper and a protector, He has become my salvation. This is my God, I will glorify Him, my father's God will I exalt, for gloriously has He been glorified.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

**TROPARIA**

From my youth, O Christ, I have rejected Thy commandments. Being entirely ruled by my passions, I have passed my entire life in indolence and sloth. Therefore, I cry to Thee, O Savior, even now at the end: Save me!

I lay prostrate now before Thy gates, O Savior. Oh, cast me not into hell in my old age, but before the end comes, grant me remission of sins, as Thou art the Lover of mankind.

Like the Prodigal, I have squandered all my riches in riotous living, O my Savior, and I am left barren of virtue and piety; but in my hunger I cry: O Bountiful Father, run quickly out to meet me and take pity on me.

I am the man who fell in among robbers who now lies wounded in body, beaten, and bruised because of my thoughts. But come to me, O Christ my Savior, and heal me.

The Priest first saw me and passed me by, then the Levite looked on me in my distress but despised my nakedness. But do Thou, O Jesus, Son of Mary, come to me and take pity on me.

*Venerable Mother Mary, pray to God for us.*

**To St Mary of Egypt:** Grant me that illuminating Grace, which was given thee by Providence on High, that I may escape the darkness of my passions and praise the glorious feats of thy life, O Mother Mary.

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

**To the Trinity:** O Trinity, Who surpasses all creation and is adored in Unity, take from me the heavy yoke of sin, and in Thy compassion grant me tears of compunction.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** O Theotokos, the hope and protection of those who praise thee, take from me the heavy yoke of sin and as thou art our Most-pure Lady, accept me in repentance.

## ODE 2

**Irmos:** *Attend, O heaven and I will speak, I will sing of Christ, Who from the Virgin took flesh to dwell with us.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

## TROPARIA

Like David, I have fallen into lust and am covered in filth; but wash me clean with my tears, O my Savior.

I have neither any tears, nor repentance, neither have I any compunction; but as God do Thou grant them to me, O my Savior.

I have lost my original beauty and splendor and now I lie naked and ashamed.

Lord, O Lord, do not shut Thy door against me in that last day, but open it to me, for I repent before Thee.

Give ear to the groaning of my soul, and accept the drops of my tears, O Savior, and save me.

O Lover of mankind, Who desirest that all shall be saved, call me back and in Thy goodness, accept me in my repentance.

*Most Holy Theotokos, save us*

**Theotokion:** O Most-pure Theotokos and All-laudable Virgin, fervently intercede for our salvation.

Another **Irmos:** *See, see that I am God, Who sent manna, Who made water to spring from the rock in ancient times for My people in the wilderness, by My right hand, and by My strength alone.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

### TROPARIA

'See, see that I am God': Listen, O my soul, to the Lord as He cries to thee; forsake thy former sin and fear Him as a Just Lord, as thy Judge and God.

Whom dost thou resemble, O most sinful soul? Surely, thou art like Cain and that wicked Lamech; for thou hast stoned thy body with thine evil deeds and murdered thy mind with irrational desires.

Of all those who have lived before the law, O my soul, thou hast not patterned thyself after Seth, nor has thou followed after Enos or Enoch, who was translated to Heaven, or Noah; but hast shown thyself destitute and without a share in the life of the Righteous. Thou alone hast released the torrents of the wrath of God, O my soul, and hast flooded, as the earth, all thy flesh and works and life. Therefore, thou hast remained outside the Ark of salvation.

*Venerable Mother Mary, pray to God for us.*

**To St Mary of Egypt:** Turning from the path of sin thou didst run with all eagerness to Christ, O Venerable Mother Mary, finding nourishment in the trackless wilderness and fulfilling in purity the commandments of God.

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

**To the Trinity:** O Trinity unoriginate and uncreated, O Unity undivided: accept me in repentance and save me, a sinner. Despise me not, for I am Thy creation; but spare me and deliver me from the fire of condemnation.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** O Most-pure Lady, Mother of God, the hope of those who run to thee and haven of the storm-tossed and oppressed; pray to the merciful God, thy Creator, and

thy Son, that He will have mercy on me through thine intercessions.

### ODE 3

**Irmos:** *Establish, O Lord, my unstable heart on the rock of Thy commandments, for Thou only art Holy and the Lord.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

### TROPARIA

Thou hast not inherited the blessing of Shem, O my wretched soul, nor hast thou received, like Japheth, thine inheritance in the land of forgiveness.

Depart from sin and from the land of Haran, O my soul, and come to the land that Abraham inherited, which flows with incorruption and eternal life.

Thou hast heard how Abraham in days of old left the land of his fathers and became a wanderer. Imitate his strength and resolution, O my soul.

The Patriarch entertained the Angels at the Oak of Mamre, and he inherited in his old age the reward of the promise.

Thou knowest, O my wretched soul, how Isaac was mystically offered as a new sacrifice and whole-burnt offering to the Lord. Imitate his strength and resolution, O my soul.

Thou hast heard how Ishmael was driven out as the son of a slave; Beware, O my soul, lest the same should happen to thee because of thy sin.

**Venerable Mother Mary, pray to God for us.**

**To St Mary of Egypt:** I am overcome by the tempest and the billows of sin, O Mother Mary, but do thou rescue me and lead me to the safe haven of divine repentance.

**Venerable Mother Mary, pray to God for us.**

**To St Mary of Egypt:** Offer thy fervent supplications to the compassionate Mother of God, O Venerable Mary, and through thine intercessions open unto me the door that leads to God.

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

**To the Trinity:** O simple Unity praised in a Trinity of Persons; O uncreated Nature without beginning, save us who in faith worship Thy power.

**Now and ever, and unto ages of ages. Amen.**

**Theotokion:** O Virgin Theotokos, thou hast given birth within time to the timeless Son of the Father. O strange wonder! Thou gavest Him milk while remaining Virgin!

#### ODE 4

**Irmos:** *The prophet heard of Thy coming, O Lord, and was afraid that Thou wast to be born of a Virgin and appear to men, and he said, I have heard the report of Thee and am afraid.' Glory to Thy power, O Lord.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

#### TROPARIA

My body is corrupt, my spirit is defiled, and I am all covered with sores; but as Physician, O Christ, heal both my body and my spirit through my repentance. Wash me, purify me, and cleanse me, O Savior, and make me whiter than snow.

Thou hast offered Thy Body and Thy Blood for the sake of us all, O Crucified Word: Thy Body to renew me, Thy Blood to cleanse me, and Thou hast given up Thy Spirit, O Christ, to bring me to Thy Father.

Thou hast worked Salvation in the midst of the earth, O Compassionate Lord, so that we might be saved. Thou wast voluntarily crucified upon the Tree; and Eden has been opened once again.

All creation, both the things above and the things below, and all the nations have been saved and they praise and worship Thee.

May the Blood that flows from Thy side be a cleansing font for me and may the Water that flows with it be a drink of forgiveness. May I be cleansed by both, O Word, anointed and refreshed, having as chrism and drink, Thy words of Life.

Thy Life-giving side, O my Savior, has been granted to the Church as a chalice from which flows a two-fold stream of forgiveness and spiritual understanding, representing the two Covenants, both the Old and the New.

I am deprived of the bridal chamber and of the wedding feast because my lamp has gone out for want of oil; the chamber was closed while I was asleep, and the supper has been eaten; I am bound both hand and foot and now I am cast out.

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

**To the Trinity:** I confess Thee as undivided in Essence, unconfused in Persons, One Triune Divinity, co-reigning and co-enthroned! And to Thee, I raise the great Thrice-holy hymn that is sung on high.

***Now and ever, and unto ages of ages. Amen.***

**Theotokion:** Thou givest birth and art a virgin, and in both thou remainest a virgin by nature. He Who is born renews the laws of nature, and the womb gives birth without travail. When God so wills, the order of nature is overruled, for He does whatsoever He wills.

### ODE 5

**Irmos:** *Out of the night watching early for Thee, enlighten me I pray, O Lover of man, and guide me in Thy commandments and teach me O Savior, to do Thy will.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

### TROPARIA

In both soul and body, O Lord, I have become like Jannes and Jambres, the magicians of cruel Pharaoh, for my will is heavy and my mind is drowned beneath the waters: but do Thou come and help me.

Wretch that I am, I have soiled my mind with filth; but cleanse me, O Master, I pray Thee, in the waters of my tears and make the garment of my flesh as white as snow.

When I examine my deeds, O Savior, I see that I have surpassed all men in sin for; I have sinned not in ignorance, but consciously, and with understanding.

Spare, O spare the work of Thine hands, O Savior. I have sinned, forgive me; for Thou alone art pure by Nature, and none save Thee is free from defilement.

As Thou art God, Thou didst take on my form for my sake, O Savior, and didst accomplish miracles; healing the lepers and the paralytics, and stopping the issue of blood when the woman touched the hem of Thy garment.

*Venerable Mother Mary, pray to God for us.*

**To St Mary of Egypt:** Having crossed the stream of the Jordan, thou didst find peace by escaping the temptations of the flesh. Deliver us from them also, O Venerable Mother Mary, through thine intercessions.

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

**To the Trinity:** We glorify Thee, O Trinity, as One God! Holy, Holy, Holy, art Thou, Father, Son and Holy Spirit; simple Essence and Unity worshipped forever.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** From thee, O Virgin undefiled and maiden Mother, has God the Creator of the ages, become vested in my human flesh, uniting to Himself the nature of man.



## ODE 6

**Irmos:** *With my whole heart, I cried unto the compassionate God: and He heard me, and He lifted up my soul from the depths of hell and from corruption.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

## TROPARIA

Arise, O my soul, and make war against the passions of the flesh as Joshua did against Amalek, ever gaining the victory over the Gibeonites, thine evil thoughts.

Pass through the flowing waters of time, O my soul, and like the Ark of old, take possession of the Promised Land as God hath commanded.

As Thou hast saved Peter when he cried, 'Save me', come quickly and save me from the beast before it is too late. Stretch out Thine hand, O my Savior, and raise me from the depths of sin.

I know Thee as the calm haven, O Lord and Master Christ: come quickly, and deliver me from the lowest abyss of sin and despair.

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

**To the Trinity:** 'I am the Trinity, simple and undivided, yet divided in Three Persons; and I am the Unity, united by Nature', says the Father and the Son and the Divine Spirit.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** Thy womb bore God for us, fashioned in our image. Implore thou Him as the Creator of all, O Theotokos, that we may be justified through thine intercessions.

**Kontakion:** My soul, my soul arise! Why art thou sleeping? The end is drawing near, and thou wilt be confounded. Awake then and be watchful, that thou mayest be spared by Christ God, Who is everywhere and fillest all things.

## ODE 7

**Irmos:** *We have sinned, transgressed, done wrong before Thee. We have not watched or done as Thou hast commanded us. But do not give us up utterly, O God of our fathers.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

## TROPARIA

Of thine own free will hast thou deliberately amassed the sins of Manasseh, by setting up thy passions as idols and multiplying abominations. But fervently emulate his repentance now and be truly sorry for thy sins.

Thou hast rivaled Ahab in his defilements, O my soul, and alas, thou hast become a palace of pollution and a shameful vessel of the passions. But sigh from the depths of thy heart and confess all thy sins to God.

Heaven is closed to thee, O my soul, and a famine from God has seized thee; for thou hast been as disobedient as Ahab to the words of Elijah the Tishbite. But be thou like the widow of Zarephath and provide for the Prophet's soul.

Elijah once destroyed by fire one hundred of Jezebel's servants when he destroyed her shameful prophets as a reproof against Ahab. Oh, flee their example, my soul, and be thou made strong.

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

**To the Trinity:** O Trinity, simple and undivided, consubstantial and of One Nature. We praise Thee, Light and Lights, One Holy and Three Holies, God the Trinity! Sing, O my soul, and glorify the Life of Lives, the God of all.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** We praise thee, we bless thee, we venerate thee, O Mother of God: for thou hast given birth to Christ God, One of the undivided Trinity, and hast opened the Heavens to us on earth.

## ODE 8

**Irmos:** *Him whom the hosts of heaven glorify, whom the Cherubim and Seraphim dread, let every breath and creature praise, bless, and magnify throughout all ages.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

## TROPARIA

O righteous Judge and Savior, have mercy on me and deliver me from the fire and from the punishment that I deserve to suffer at the Judgement, O grant me Thy forgiveness before the end, through my practice of the virtues and through my repentance.

Like the thief I cry, 'Remember me', and like Peter I weep, 'Forgive me'; Like the Publican I cry 'Have mercy on me', and like the Harlot I weep bitterly, O Savior. Accept these, my lamentation, as once Thou didst accept those of the woman of Canaan.

Heal, O Savior, the corruption of my humbled soul; and as the One Physician, apply the healing salve and oil and wine - the works of repentance, compunction and tears.

Like the woman of Canaan, I cry to Thee, 'Have mercy on me, O Son of David.' Like the woman with the issue of blood, I touch the hem of Thy garment; and I weep as Martha

and Mary wept for Lazarus.

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

**To the Trinity:** O Eternal Father, Co-eternal Son and Gracious Comforter, the Spirit of Righteousness, Father of the Divine Word, Word of the Eternal Father, and Living and Creating Spirit. O Trinity, One in Unity, have mercy on me!

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** The spiritual purple of Emmanuel was woven inside thy womb as if from scarlet silk, O Most-pure Virgin. Therefore, we honor thee as truly Theotokos.

### ODE 9

**Irmos:** *Ineffable is the childbearing of a seedless conception; a mother remaining pure. For the birth of God renews nature's birth; so, in all ages we magnify thee in an Orthodox manner as the Mother and Bride of God.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

### TROPARIA

Healing sickness, Christ the Word preached the Gospel to the poor, cured the crippled, ate with publicans, and conversed with the sinners; and with the touch of His hand, He brought back the departed soul of Jairus' daughter.

The Publican was saved and the Harlot turned to chastity, but the Pharisee with his boasting was condemned; for the first cried out, 'Be merciful unto me', and the second, 'Lord, have mercy on me'. But the third said in his vanity, 'I thank Thee, O God, that I am not like them', and other words of madness.

Zacchaeus was a publican, yet he was saved, but Simon the Pharisee went astray, while the Harlot received remission and release from Him Who has the power to forgive all sins. Make haste then, O my soul, to follow her example.

Thou hast not imitated the Harlot, O my wretched soul, who took the alabaster jar of myrrh and with tears anointed the feet of the Savior and wiped them with her hair. For this, He tore up the handwriting of her sins.

Thou knowest, O my soul, how the cities to which Christ offered the Gospel were cursed. Fear their example and their punishment, for the Master likened them to Sodom and condemned them all to hell.

Do not be overcome with despair, O my soul, for thou hast heard of the faith of the woman of Canaan, and how her daughter was healed by the Word of God. Cry out like her from the depth of thy heart, 'O Son of David, save me', as she once cried to Christ.

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

**To the Trinity:** Let us glorify the Father, let us exalt the Son and with faith let us worship the Divine and Holy Spirit, the Trinity undivided, Unity in Essence; Light of Lights, Life and Lives, giving light and life to the ends of the earth.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** Protect this, thy habitation, O Most-pure Mother of God, for through thee she reigns in faith, by thee she is made strong, by thee she is made victorious defeating every trial and temptation, despoiling every enemy, and ruling over her obedient servants.

*Venerable Father Andrew, pray to God for us.*

**To Saint Andrew:** O Venerable and Thrice-blessed Father Andrew, the shepherd of Crete; cease not to offer thy prayers for us who sing thy praises; that we may be delivered from every danger and affliction, from corruption and sin, who honor thy memory with faith.

**Katavasia, Irmos 9:** *Ineffable is the childbearing of a seedless conception; a mother remaining pure. For the birth of God renews nature's birth; so, in all ages we magnify thee in an Orthodox manner as the Mother and Bride of God.*

**(Return to p. 11 and complete Compline from Psalm 4.)**

**Thursday**

**ODE 1**

**Irmos:** *A helper and a protector, He has become my salvation. This is my God, I will glorify Him, my father's God will I exalt, for gloriously has He been glorified.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

**TROPARIA**

O Lamb of God that takest away the sins of all, take from the heavy burden of sin, and in Thy compassion, grant me tears of repentance.

I fall down before Thee, O Jesus, for I have sinned against Thee. Be merciful to me; take away from me the heavy burden of sin, and in Thy compassion, grant me tears of repentance.

Enter not into judgement with me by recalling all my deeds, demanding an account of all my words or by examining my motives and desires. But in Thy compassion, O Almighty One, disregard my terrible past and save me.

The time for repentance has come and I draw near to Thee, O my Creator. Take from

me the heavy burden of sin, and in Thy compassion, grant me tears of repentance.

Having squandered the substance of my soul in sin, I am bereft of every holy virtue, and in my hunger, like the Prodigal I cry: O compassionate Father, have mercy on me and save me.

*Venerable Mother Mary, pray to God for us.*

**To St Mary of Egypt:** By submitting to Christ's divine laws, thou hast drawn near to Him, O Mother Mary; and by forsaking thy unbridled longings for pleasure, thou hast gained as one, all of the godly virtues.

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

**To the Trinity:** O Trinity, Who surpasses all creation and is adored in Unity, take from me the heavy yoke of sin, and in Thy compassion grant me tears of compunction.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** O Theotokos, the hope and protection of those who praise thee, take from me the heavy yoke of sin and as thou art our Most-pure Lady, accept me in repentance.

## ODE 2

**Irmos:** *See, see that I am God, Who sent manna, Who made water to spring from the rock in ancient times for My people in the wilderness, by My right hand, and by My strength alone.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

## TROPARIA

Lamech cried aloud, lamenting: 'I have killed a man and wounded myself, and a young man unto my pain'. But thou, O my soul, dost not even tremble while defiling thy flesh and polluting thy mind.

Skillfully hast thou planned to build a tower, O my soul, and to fortify it with thy passions; but the Creator hast confounded thy designs and has dashed all thy devices to the ground.

O see, how much I have become like Lamech, the murderer of old, slaying my soul as if it were the man, my mind as if it were the youth, and my body as did Cain murdering his brother, with my sensual passions.

Angered by their transgressions, the Lord once rained down fire from Heaven and burnt up the men of Sodom; but thou, O my soul, hast kindled the fires of Gehenna, in which thou shalt surely burn.

I am wounded, I am smitten, and the arrows of the enemy have pierced my body and my soul. See the wounds, the open sores, and the mutilations, which betray the blows of my self-inflicted passions.

*Venerable Mother Mary, pray to God for us.*

**To St Mary of Egypt:** Plunged into the depths of sin, thou didst raise thy hands, O Mary, towards the merciful God. And, as to Peter, in His loving-kindness He stretched out His hand to thee in help, ever seeking thy conversion.

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

**To the Trinity:** O Trinity uncreated and without beginning, O Unity undivided, accept me in repentance and save me, for I have sinned, O despise me not, for I am Thy creation, but take pity on me and deliver me from the fire of condemnation.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** O Most-pure Lady, Mother of God, the hope of those who run to thee and haven of the storm-tossed and oppressed; pray to the merciful God, thy Creator, and thy Son, that He will have mercy on me through thine intercessions.

### ODE 3

**Irmos:** *Establish, O Lord, my unstable heart on the rock of Thy commandments, for Thou only art Holy and the Lord.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

### TROPARIA

Thou hast become like Hagar the Egyptian, O my soul; for of thine own free will hast thou become enslaved and given birth to contempt, as to another Ishmael.

Thou knowest of the ladder that was shown to Jacob, reaching up from earth to Heaven, O my soul. Why then, hast thou not set foot upon the firm step of piety?

Imitate Melchizedek, the Priest of God and solitary king, who was the image of Christ among men in the world.

Turn back, O my wretched soul, and lament, before the festival of life comes to an end, before the Lord shuts the door of the bridal chamber.

Do not look back, O my soul, and so become a pillar of salt; but rather, fear the example

of Sodom, and take refuge on the mountain of Zoar.

Reject not the prayer of those who praise Thee, O Master, but take pity on us and grant forgiveness to those who call on Thee with faith, O Lover of mankind.

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

**To the Trinity:** O simple Unity praised in a Trinity of Persons; O uncreated Nature without beginning, save us who in faith worship Thy power.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** O Virgin Theotokos, thou hast given birth within time to the timeless Son of the Father, O strange wonder! Thou givest Him milk while still remaining Virgin!

#### ODE 4

**Irmos:** *The prophet heard of Thy coming, O Lord, and was afraid that Thou wast to be born of a Virgin and appear to men, and he said, 'I have heard the report of Thee and am afraid.' Glory to Thy power, O Lord.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

#### TROPARIA

The time of life is short, full of wickedness and pain. But accept me in repentance and call me back to spiritual awareness, that I may not fall as prey and become the possession of the enemy, and take pity on me, O Savior.

Job, the righteous man of great possessions, with an abundance of riches and cattle, was clothed in royal dignity, in crown and purple robe. He was suddenly deprived of his wealth and kingship and glory and reduced to the state of a beggar.

If he who was righteous and blameless above all men could not escape the snares and assaults of the deceiver, what wilt thou do, O wretched and sinful soul, when some sudden misfortune befalls thee?

Although I am boastful and vain, hard-hearted, and arrogant in speech, condemn me not with the Pharisee, O righteous Judge. But rather, grant me the humility of the Publican and number me with him, O only merciful One.

I know, O compassionate Lord, that I have sinned, having defiled the vessel of my flesh. But accept me in repentance and call me back to spiritual awareness, that I may not fall as prey and become the possession of the enemy, and take pity on me, O Savior.

I have become mine own idol and have defaced my soul through my passions, O compassionate One. But accept me in repentance and call me back to spiritual awareness, that I may not fall as prey and become the possession of the enemy, and take pity on me, O Savior.

I have disobeyed Thy Scripture and not listened to Thy voice, O Giver of the Law. But accept me in repentance and call me back to spiritual awareness, that I may not fall as prey and become the possession of the enemy, and take pity on me, O Savior.

*Venerable Mother Mary, pray to God for us.*

**To St Mary of Egypt:** Though brought down into the abyss of great iniquity, thou didst not remain there, O Mother Mary; but through thy steadfast intent, thou hast ascended to the heights of virtue, astonishing even the Angels.

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

**To the Trinity:** I confess Thee as undivided in Essence, unconfused in Persons, One Triune Divinity, co-reigning and co-enthroned! And to Thee, I raise the great Thrice-holy hymn that is sung on high.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** Thou gavest birth and art a virgin, and in both thou remainest a virgin by nature. He Who is born renews the laws of nature, and the womb gives birth without travail. When God so wills, the order of nature is overruled, for He does whatsoever He wills.

## ODE 5

**Irmos:** *Out of the night watching early for Thee, enlighten me I pray, O Lover of man, and guide me in Thy commandments and teach me O Savior, to do Thy will.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

## TROPARIA

Imitate the woman who was bowed to the ground, O my soul, and fall at the feet of Jesus, that He strengthen thy back to walk upright in the steps of the Lord.

As Thou art a deep well, O Master, pour out the streams from Thine immaculate Wound, that like the woman of Samaria, I may drink of Thy streams of life and thirst no more.

O my Master and my Lord may my tears be like the Pool of Siloam that I may wash the eyes of my heart, and with my mind I may behold Thee, the pre- eternal Light.

*Venerable Mother Mary, pray to God for us.*

**To St Mary of Egypt:** With incomparable love, O Most-blessed Saint, thou didst yearn to



venerate the Tree of Life, and thou wast counted worthy of thy desire. Make me also worthy to obtain that glory from on high.

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

**To the Trinity:** We glorify Thee, O Trinity, as One God! Holy, Holy, Holy, art Thou, Father, Son and Holy Spirit; simple Essence and Unity worshipped forever.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** From thee, O Virgin undefiled and maiden Mother, has God the Creator of the ages, become vested in my human flesh, uniting to Himself the nature of man.

### ODE 6

**Irmos:** *With my whole heart, I cried unto the compassionate God: and He heard me, and He lifted up my soul from the depths of hell and from corruption.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

### TROPARIA

I am the coin marked with the royal image which was lost of old; but seek me by the light of Thy candle and Forerunner, and find again Thine Image, O my Savior.

Arise, O my soul, and make war against the passions of the flesh as Joshua did against Amalek, ever gaining the victory over the Gibeonites, thine evil thoughts.

*Venerable Mother Mary, pray to God for us.*

**To St Mary of Egypt:** With thy soul afire, O Mary, thou hast shed copious streams of tears that quenched the burning of thy passions, O grant them also unto me, thy servant, these tears of grace.

*Venerable Mother Mary, pray to God for us.*

**To St Mary of Egypt:** Through the perfection of thine earthly life, O Venerable Mother, thou hast acquired heavenly freedom from thy passions. Pray that we who sing thy praises may also be delivered from our passions, through thine intercessions.

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

**To the Trinity:** 'I am the Trinity, simple and undivided, yet divided in Three Persons; and I am the Unity, united by Nature', says the Father and the Son and the Divine Spirit.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** Thy womb bore God for us, fashioned in our image. Implore thou Him as

the Creator of all, O Theotokos, that we may be justified through thine intercessions.

**Kontakion:** My soul, my soul arise! Why art thou sleeping? The end is drawing near, and thou wilt be confounded. Awake then and be watchful, that thou mayest be spared by Christ God, Who is everywhere and fillest all things.

### ODE 7

**Irmos:** *We have sinned, transgressed, done wrong before Thee. We have not watched or done as Thou hast commanded us. But do not give us up utterly, O God of our fathers.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

### TROPARIA

My days have vanished like a dream of one awaking. Therefore, like Hezekiah, I weep while lying on my bed, that years may be added to my life. But what Isaiah will come to me, O soul, except the God of all?

I fall down before Thee, and as tears I offer Thee my words: I have sinned like the Harlot and transgressed as no one else on earth; but take pity on me Thy creature, O Master, and call me back to Thee.

I have buried Thine image and have broken Thy commandment. All my beauty is destroyed, and my lamp is gone out because of all my sins. But do Thou as David sings, 'take pity on me, O Savior, and restore me to Thy joy'.

Turn back, repent, and uncover all that thou hast hidden. Come and say unto God, to Whom all things are known: Thou alone knowest all my secrets, O Savior, 'have mercy on me', as David sings, 'according to Thy mercy'.

*Venerable Mother Mary, pray to God for us.*

**To St Mary of Egypt:** By raising thy cry to the Most-pure Theotokos, thou hast driven back the fury of the passions that had violently assailed thee, putting to shame the enemy that tempted thee. But grant thy help to me, thy servant, in this, my time of trouble.

*Venerable Mother Mary, pray to God for us.*

**To St Mary of Egypt:** Pray to Him Whom thou hast loved, pray to Him Whom thou hast desired, and for Whose sake thou hast exhausted thy flesh, O Venerable Mary; pray to Christ for us, thy servants, that He may show mercy on us all, and grant peace to those who worship Him.

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

**To the Trinity:** O Trinity, simple and undivided, consubstantial and of One Nature. We

praise Thee, Light and Lights, One Holy and Three Holies, God the Trinity! Sing, O my soul, and glorify the Life of Lives, the God of all.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** We praise thee, we bless thee, we venerate thee, O Mother of God: for thou hast given birth to Christ God, One of the undivided Trinity, and hast opened the Heavens to us on earth.

### ODE 8

**Irmos:** *Him whom the hosts of heaven glorify, whom the Cherubim and Seraphim dread, let every breath and creature praise, bless, and magnify throughout all ages.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

### TROPARIA

As precious myrrh, O Savior, I empty on Thine head the alabaster jar of my tears, and like the Harlot I cry beseeching Thy mercy: I offer Thee my supplications and I beg for Thy forgiveness.

No one has sinned against Thee as I have; yet accept even me, O compassionate Savior, for I repent with fear and I cry out with love: against Thee only have I sinned, have mercy on me, O Most merciful One.

Spare the work of Thine hands, O Savior, and as the Shepherd, seek the lost sheep that has gone astray. Snatch me away from the wolf and make me as a lamb, safe among the sheep of Thy pasture.

When Thou sittest upon Thy throne, O merciful Judge, and revealest Thy dread glory, O what fear there will be then; when the furnace shall burn, and all shall tremble before the majesty of Thy Judgement seat, O Christ!

*Venerable Mother Mary, pray to God for us.*

**To St Mary of Egypt:** The Mother of the eternal Light hath illumined thee and freed thee from the darkness of the passions. Therefore, having received the Grace of the Spirit, O Mary, enlighten even us who praise thee now in faith.

*Venerable. her Mary, pray to God for us.*

**To St Mary of Egypt:** Beholding in thee a new wonder, O Venerable Mother, the holy Zosimas was truly amazed; for he saw an Angel in the flesh, and was filled with great astonishment, praising Christ unto all ages.

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

**To the Trinity:** O Eternal Father, Co-eternal Son and Gracious Comforter, the Spirit of Righteousness, Father of the Divine Word, Word of the Eternal Father, and Living and Creating Spirit. O Trinity, One in Unity, have mercy on me!

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** The spiritual purple of Emmanuel was woven inside thy womb as if from scarlet silk, O Most-pure Virgin. Therefore, we honor thee as truly Theotokos.

### ODE 9

**Irmos:** *Ineffable is the childbearing of a seedless conception; a mother remaining pure. For the birth of God renews nature's birth; so, in all ages we magnify thee in an Orthodox manner as the Mother and Bride of God.*

**Refrain:** *Have mercy on me, O God, have mercy on me.*

### TROPARIA

Take pity on me, save me and have mercy on me, O Son of David, Who didst heal the man possessed by demons with Thy Word; and let me hear Thy compassionate voice speak to me as to the Thief: 'Truly, I say unto thee, thou shalt be with me in Paradise, when I shall come in My glory.'

One thief reviled Thee, and the other thief confessed Thy Divinity while each was hanging on his cross. So open even unto me, O Most-compassionate One, the door of Thy glorious Kingdom, as unto Thy believing Thief, who acknowledged Thee as God.

All of creation was in anguish, seeing Thee crucified. The mountains and rocks fell asunder from fear, the earth did quake, hell was laid bare, and the light grew dark in the middle of day, seeing Thee, O Jesus, nailed to the Cross.

Do not require of me worthy fruits of repentance, for my strength has failed within me. Rather, grant me an ever-contrite heart and a poor and simple spirit, that I may offer them to Thee as a pleasing sacrifice, O only Savior.

O my Judge Who knowest me, look upon me with Thy merciful eye when Thou comest again with the Angels to judge the whole world, and spare me; take pity on me, O Jesus, for I have sinned more than any other.

*Venerable Mother Mary, pray to God for us.*

**To St Mary of Egypt:** Thou didst astonish both the ranks of Angels and the assemblies of men by thy wondrous life, O Mother Mary; for by living in the spirit thou hast

surpassed all nature, and like a bodiless Angel, thou didst cross the River Jordan as if with immaterial feet.

*Venerable Mother Mary, pray to God for us.*

**To St Mary of Egypt:** Intercede with the Creator for us who sing thy praises, O Venerable Mother Mary, that we may be set free from the sufferings and afflictions that assail us from every side, and that being delivered from misfortunes we may unceasingly magnify the Lord Who has glorified thee.

*Venerable Father Andrew, pray to God for us.*

**To Saint Andrew:** O Venerable and Thrice-blessed Father Andrew, the shepherd of Crete; cease not to offer thy prayers for us who sing thy praises; that we may be delivered from every danger and affliction, from corruption and sin, who honor thy memory with faith.

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

**To the Trinity:** Let us glorify the Father, let us exalt the Son and with faith let us worship the Divine and Holy Spirit, the Trinity undivided, Unity in Essence; Light of Lights, Life and Lives, giving light and life to the ends of the earth.

*Now and ever, and unto ages of ages. Amen.*

**Theotokion:** Protect this, thy habitation, O Most-pure Mother of God, for through thee she reigns in faith, by thee she is made strong, by thee she is made victorious defeating every trial and temptation, despoiling every enemy, and ruling over her obedient servants.

**Katavasia, Irmos 9:** *Ineffable is the childbearing of a seedless conception; a mother remaining pure. For the birth of God renews nature's birth; so, in all ages we magnify thee in an Orthodox manner as the Mother and Bride of God.*

***(Return to p. 11 and complete Compline from Psalm 4.)***

