

Ὡδὴ ς' Ἦχος βαρὺς

Γ
η

Ναυ-τι- ὦν τῷ σά- α- λῳ, τῶν βι- ο-τι-κῶ-ων

με-λη-μά- α- των, συμ-πλό-οις πον-τού-με-νος ἁ-μαρ-τί- ι- αῖς,

καὶ ψυ- χο-φθό-ρῳ θη- ρί- ι προσ- ρι- πτού-με-νος, Γ
η

ὥς ὁ Ἰ- ω- νᾶς Χρι-στὲ βο- ῶ- ω σοι.

Ἐκ θα- να- τη- φό-ρου με βυ-θοῦ ἁ- νά- α- γα-α-γε. ς

Ναυτιῶν τῷ σάλῳ, τῶν βιοτικῶν μελημάτων, συμπλόοις
ποντούμενος ἁμαρτίαις, καὶ ψυχοφθόρῳ θηρὶ προσριπτούμενος, ὥς
ὁ Ἰωνᾶς Χριστὲ βοῶ σοι. Ἐκ θανατηφόρου με βυθοῦ ἀνάγαγε.

Ode 6. Irmos

Sick on the rolling swell of the cares of this life, thrown overboard by
the sins that sail with me, and hurled to the soul-destroying beast, as
Jonas, O Christ, I cry to you: Bring me up from this death-dealing
deep. Archimandrite Ephrem

Nauseous from the tempest of life's worries, I have been cast out* by
sins sailing with me, and I am sinking,* having been thrown to the
beast that devours souls.* O my Christ, to You I cry like Jonah,* Raise
me from the deadly deep, I pray, O Lord my God. S. Dedes

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$\frac{1}{\sqrt{\lambda}} \left(\frac{1}{\sqrt{\lambda}} \right) = \frac{1}{\lambda}$

[illegible]

ᾠδὴ ζ'. Κανὼν Β'

Ode vi. Canon II.

Master Christ, as expiation and salvation,*unto us You shone forth from the holy Virgin,* so as to snatch from corruption the entire* fallen race of Adam, as once You did Jonah* the Prophet of old from the chest of the sea beast.