

## 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**