

Sick in body and soul, make me worthy of the divine visitation, and of thy care, O only Mother of God, for thou art good and the bearer of the Good One.

**Song 3.**

**Eirmos:** O Lord, Creator of the vault of Heaven and Builder of the Church, strengthen me in Thy love, O Summit of desire, O Support of the faithful, O only Lover of men.

*Most Holy Theotokos, save us.*

I have chosen thee to be the protection and intercession of my life, O Virgin, Mother of God. Guide me to thy haven, O cause of all blessings, O support of the faithful, O only praise of all.

*Most Holy Theotokos, save us.*

I pray thee, O Virgin, to dispel the tumult of my soul and the storm of my grief; for thou, O Bride of God, didst bear Christ, the Prince of Peace, O only immaculate one.

*Most Holy Theotokos, save us.*

O thou who didst bear the Benefactor and Author of good things, pour on all the riches of well-doing and good conduct; all is possible to thee, for thou gavest birth to Christ, mighty in power, O divinely blessed one.

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

Keep thy servants from conflicts, O Mother of God, for we all fly for refuge to thee after God, as an impregnable wall and protection.

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

I am tortured by grievous sicknesses and morbid passions: O Virgin, help me! For I know thee to be the inexhaustible, unfailing treasury of healings, O all-blameless one.

Lord, have mercy (*thrice*).

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

# PRAYERBOOK

Palamites

October 5, 2022

# Canon to the Most Holy Theotokos

Canon, tone 8:

Song 1.

**Eirmos:** When Israel passed through the water as dry land, and had escaped the malice of the Egyptians, they cried: Let us sing to our Redeemer and our God.

*Most Holy Theotokos, save us.*

Distressed by many temptations, I fly for refuge to thee, seeking salvation. O Mother of the Word, and Virgin, bring me safely through dangers and difficulties.

*Most Holy Theotokos, save us.*

Outbursts of passion trouble me and fill my soul with great despondency. Calm it, O Maiden, by the peace of thy Son and God, O all-innocent one.

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

I implore thee who gavest birth to our Saviour and God, O Virgin, to deliver me from perils. For to thee I now run, lifting up my mind and soul.

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

Rejoice! O Virgin Theotokos! Mary, full of Grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, for thou hast borne the Savior of our souls!

*Choir:* Lord, have mercy. 40x.

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

*Choir:* More honorable than the Cherubim, and beyond compare more glorious than the Seraphim; who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

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

Lord, have mercy. (Thrice)

O Lord, Bless.

*Senior Reader (Facing the East, rather than facing the people):*

O Lord Jesus Christ, Son of God, for the sake of the prayers of Thy most pure Mother, of our holy and God-bearing fathers, of Saint Gregory Palamas, Archbishop of Thessalonica, of \_\_\_\_\_ (saints of the day), and all the saints, have mercy on us and save us, for Thou art good and the Lover of mankind.

*Choir:* Amen.

**Prayer for the Palamites:**

Lord Jesus Christ, save and protect those who have committed to praying this moleben with us daily. May this commitment bring us closer to Thee and by coming closer to Thee closer to one another and all of creation. Through the prayers of Our Lady, The Theotokos and Ever Virgin Mary and St Gregory Palamas and all the saints. Amen.

# Contents

<b>Moleben</b>	1
Canon . . . . .	5
<b>Canon to the Most Holy Theotokos</b>	8

# Moleben

*When done alone all parts are read. Nothing is skipped. All parts may be read plainly.*

---

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

**Reader:** Amen. Glory to Thee, our God, glory to Thee.

O Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good things and Giver of life: Come and dwell in us, and cleanse us of all impurity, and save our souls, O Good One.

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

Glory to the Father, and to the Son, and to the Holy Spirit, both 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. *(Thrice)*

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

Glory to the Father, and to the Son, and to the Holy Spirit, both 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. *(Thrice)*

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

**Senior Reader:** O Lord, Jesus Christ, Son of God, have mercy on us.

**Reader:** Amen.

**Troparion to St Gregory Palamas Tone 8:**

O luminary of Orthodoxy, support and teacher of the Church, ideal of monks and invincible champion of theologians, O wonder-worker Gregory, boast of Thessalonika and herald of grace, always intercede for all of us that our souls may be saved.

Glory to the Father, and to the Son, and to the Holy Spirit:

**Kontakion Tone 8:**

*(Podoben: "O Victorious Leader...")*

Holy and divine instrument of wisdom, radiant and harmonious trumpet of theology, we praise thee in song. O divinely-speaking Gregory. As a mind standing before the Primal Mind, guide our minds to Him, Father, so that we may cry aloud to thee: "Rejoice, herald of grace."

Now and ever, and to the ages of ages. Amen.

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 bullocks upon Thine altar.

**Senior Reader:** O Lord, Jesus Christ, Son of God, have mercy on us.

**Choir:** Amen.

## Canon

¶ *Now the canon.*

**Then.**

It is truly meet to bless thee, the Theotokos, ever-blessed and most blameless, and Mother of Our God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify. (*Prostration to the floor*)

**Then the prayer for the canon to the Theotokos:**

O our most blessed Queen, O Theotokos our hope, guardian of orphans, intercessor for strangers, joy of the sorrowful, protectress of the wronged: thou seest our misfortune, thou seest our affliction; help us, for we are infirm; feed us, for we are strangers. Thou knowest our offence: absolve it as thou wilt, for we have no other help beside Thee, no other intercessor, nor good consoler, except thee, O Mother of God. Do thou preserve and protect us unto the ages of ages.

**Choir:** Amen.

**Then:**

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

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.

**Senior Reader:** O Lord, Jesus Christ, Son of God, have mercy on us.

**Reader:** Amen.

Lord, have mercy. (*12 times*)

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

O come, let us worship God our King.

O come, let us worship and fall down before Christ our King and God.

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

## Psalms 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.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God. *Thrice.*

*Choir: (In the tone of the troparion to be chanted):* God is the Lord, and hath appeared unto us. Blessed is he that cometh in the name of the Lord.

*Reader:*

*Stichos 1:* O give thanks unto the Lord, for He is good, for His mercy endureth forever.

*Choir:* God is the Lord, and hath appeared unto us. Blessed is he that cometh in the name of the Lord.

*Stichos 2:* Surrounding me they compassed me, and by the name of the Lord I warded them off.

*Choir:* God is the Lord...

*Stichos 3:* I shall not die, but live, and I shall tell of the works of the Lord.

*Choir:* God is the Lord...

*Stichos 4:* The stone which the builders rejected, the same is become the head of the corner. This is the Lord's doing, and it is marvelous in our eyes.

*Choir:* God is the Lord...

*This Troparion, 4th Tone:*

To the Theotokos let us run now most earnestly, we sinners all and wretched ones, and fall down in repentance calling from the depths of our souls: O Lady, come unto our aid, have compassion

upon us; hasten thou for we are lost in a throng of transgressions. Turn not thy servants away with empty hands, for thee alone do we have as our only hope. *Thrice.*

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

Never, O Theotokos, will we cease to speak of thy powers, unworthy as we are. For if thou didst not intercede in prayer, who would have delivered us from so many dangers? Who would have kept us free until now? Let us never forsake thee, O Lady, for thou dost ever save thy servants from all perils.

### **Psalms 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

**Sedalion, Tone 2:**

O fervent prayer and invincible wall, O fountain of mercy and refuge for mankind, we earnestly cry to thee: O Mother of God, O Sovereign Lady, forestall and deliver us from dangers, O only speedy intercessor.

**Song 4.**

**Eirmos:** I have heard, O Lord, the mystery of Thy plan. I contemplate Thy works and glorify Thy divine nature.

*Most Holy Theotokos, save us.*

O thou who didst bear the Lord Jesus, still the storm of my sins, and the turmoil of my passions, O Bride of God.

*Most Holy Theotokos, save us.*

I call upon the abyss of thy compassion—grant it me, for thou didst bear the kind-hearted One and Saviour of all who sing to thee.

*Most Holy Theotokos, save us.*

Enjoying thy gifts, O all-pure one, we sing a song of thanksgiving to thee, knowing thee to be the Mother of God.

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

As I lie on the bed of my pain and sickness, help me, for thou art a lover of goodness and the only Ever-Virgin Mother of God.

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

Having thee, O all-hymned one, as our hope and support and unshakable wall of salvation, we are delivered from every difficulty.

**Song 5.**

**Eirmos:** Enlighten us by Thy commandments, O Lord, and by Thy uplifted arm grant us Thy peace, O Lover of men.

*Most Holy Theotokos, save us.*

Fill my heart with gladness, O pure one, by giving me thy pure joy, O thou who didst bear the Cause of gladness.

*Most Holy Theotokos, save us.*

Deliver us from conflicts, O pure Mother of God, who didst bear our Eternal Redemption and the Peace that passes all understanding.

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

Dispel the darkness of my sins, O Bride of God, by the radiance of thy splendour, for thou hast borne the Divine and Eternal Light.

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

Heal, O pure one, the disease of my passions, when thou hast made me worthy of thy visitation, and grant me health by thine intercession.

### **Song 6.**

**Eirmos:** I will pour out my prayer to the Lord, and to Him I will confess my grief; for my soul is full of evil and my life has drawn near to hell, and like Jonah I will pray: Raise me up from corruption, O God.

*Most Holy Theotokos, save us.*

O Virgin, implore thy Son and Lord Who from death and corruption has saved my nature, captured by corruption and death, by giving Himself to death, to deliver me from my enemies' evil actions.

*Most Holy Theotokos, save us.*

I know thee as the intercessor and safest guardian of my life, O Virgin, who puttest a stop to the swarm of temptations and drivest off the insolent onsets of devils; and I pray continually: Deliver me from the corruption of my passions.

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

We have thee as a wall of refuge and the perfect salvation of our souls and release from our afflictions, O Maiden, and we ever rejoice in thy light. O Sovereign Lady keep us safe now from passions and conflicts.



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

Now I lie on a bed of infirmities, and there is no healing for my flesh; but I pray to thee, O gracious Lady, who didst bear God and the Saviour of the world and the Healer of sicknesses: Raise me up from the corruption of disease.

Lord, have mercy (*thrice*).

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

**Kontakion, tone 6:**

O unfailing intercessor of Christians, O constant mediatrix before the Creator, despise not the cry of prayer of us sinners; but, of thy goodness, come speedily to the help of us who in faith call upon thee. Hasten to offer swift intercession and prayer (for us), O Mother of God, who ever intercedes for those who honour thee.

**Another kontakion, tone 6:**

We have no other help, we have no other hope, but thee, O pure Mother of God—help us! In thee we hope, and of thee we boast, for we are thy slaves. Let us not be put to shame.

**Song 7.**

**Eirmos:** Having arrived in Babylon from, Judea, the Children of old by their faith in the Trinity trod down the flame of the furnace, singing: O God of our fathers, blessed art Thou.

*Most Holy Theotokos, save us.*

Wishing to accomplish our salvation, Thou didst dwell in the womb of the Virgin, O Saviour, and didst reveal her to the world as the mediatrix: O God of our fathers, blessed art Thou.

*Most Holy Theotokos, save us.*

O pure mother who didst bear the Lover of Mercy, implore Him to deliver from sins and from defilements of the soul those who with faith cry: O God of our fathers, blessed art Thou.

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

Thou hast shown her who gave birth to Thee to be a treasury of salvation, fountain of incorruption, tower of safety, and door of repentance to those who cry: O God of our fathers, blessed art Thou.

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

O Mother of God, grant healing for the weakness of our bodies and for the sickness of our souls to those who with love appeal to Thy divine protection, O Virgin, who for us didst bear Christ the Saviour.

#### **Song 8.**

**Eirmos:** The King of Heaven Whom hosts of Angels praise, let us praise and exalt throughout all ages.

*Most Holy Theotokos, save us.*

Disregard not, O Virgin, those who need thy help and who sing and exalt thee, O Maiden, throughout the ages.

*Most Holy Theotokos, save us.*

Thou healest the pains of my body and the infirmities of my soul, O Virgin, that I may praise thee, O pure one, for ever.

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

Thou pourest a wealth of healing, O Virgin, on those who with faith sing to thee and extol thine ineffable childbearing.

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

Thou drivest away the assaults of temptations and the attacks of passions, O Virgin; therefore we sing to thee in all ages.

#### **Song 9.**

**Eirmos:** Saved by thee, O pure Virgin, we confess thee to be supremely the Mother of God, and with the bodiless Choirs we magnify thee.

*Most Holy Theotokos, save us.*

Turn not away from the torrent of my tears, O Virgin, who didst bear Christ Who dried all tears from every face.

*Most Holy Theotokos, save us.*

Fill my heart with joy, O Virgin, who didst receive the Fulness of Joy and banish the grief of sin.

*Most Holy Theotokos, save us.*

Be the haven and mediation and the unshakable wall, the refuge and the protection and the gladness, O Virgin, of all who fly to thee for refuge.

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

With the rays of thy light, O Virgin, enlighten those who with true faith confess thee to be the Mother of God, and banish the darkness of ignorance.

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

In the place of suffering, O Virgin, heal me, humbled by infirmity, and transform me from sickness to health.

