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Service of the Great Paraklesis

Texts in Greek and English

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**Service of the Great Paraklesis
to the Most-holy Theotokos**
(by Emperor Theodore Doukas Laskaris)

(Complete Score)

PRIEST

Blessed is our God always, now and ever,
and to the ages of ages.

READER

Amen.

Psalm 142 (143).

O Lord, hear my prayer; give ear to my supplication in Your truth; answer me in Your righteousness; do not enter into judgment with Your servant, for no one living shall become righteous in Your sight. For the enemy persecuted my soul; he humbled my life to the ground; he caused me to dwell in dark places as one long dead, and my spirit was in anguish within me; my heart was troubled within me. I remembered the days of old, and I meditated on all Your works; I meditated on the works of Your hands. I spread out my hands to You; my soul thirsts for You like a waterless land. Hear me speedily, O Lord; my spirit faints within me; turn not Your face from me, lest I become like those who go down into the pit. Cause me to hear Your mercy in the morning, for I hope in You; make me know, O Lord, the way wherein I should walk, for I lift up my soul to You. Deliver me from my enemies, O Lord, for to You I flee for refuge. Teach me to do Your will, for You are my God; Your good Spirit shall guide me in the land of uprightness. For Your name's sake, O Lord, give me life; in Your righteousness You shall bring my soul out of affliction. In Your mercy You shall

destroy my enemies; You shall utterly destroy all who afflict my soul, for I am Your servant.

(SAAS)

Then "God is the Lord" is sung four times, with or without the verses.

CHOIR

Mode 4.

God is the Lord, and He revealed Himself to us. Blessed is he who comes in the name of the Lord. (SAAS)

Verse 1: *Give thanks to the Lord and call upon His holy name.*

or: Give thanks to the Lord, for He is good; for His mercy endures forever.

Verse 2: *All the nations surrounded me, but in the name of the Lord I defended myself against them.*

Verse 3: *And this came about from the Lord, and it is wonderful in our eyes.*

Troparia.

Mode 4. You who were lifted.

O humble sinners, let us now run in earnest * unto the Theotokos, and in repentance * fall down to her and cry out from the depths of our souls: * Show compassion unto us * and provide your assistance. * Hasten; we are perishing * in our many transgressions. * Turn not your servants empty-handed away; * for we have found you, O Lady, our only hope. (SD)

Glory. **Repeat.**

Both now. **Same Melody.**

We the unworthy shall not ever be silent, * O Theotokos, from proclaiming your powers. * For were you not concerned to intercede for us, * who would have delivered us * from

such manifold dangers, * and who else would up to now * have preserved us in freedom? * O Lady, we shall not depart from you, * for you ever save your servants * from evils of every kind. (SD)

READER

Psalm 50 (51).

Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me. Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged. For behold, I was conceived in transgressions, and in sins my mother bore me. Behold, You love truth; You showed me the unknown and secret things of Your wisdom. You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow. You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice. Turn Your face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit. I will teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness. O Lord, You shall open my lips, and my mouth will declare

Your praise. For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings. A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise. Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built; then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings; then shall they offer young bulls on Your altar. (SAAS)

The Canon.

In many monasteries and churches, the Canon of the Paraklesis is chanted without the Heirmoi (except perhaps in Ode ix of Small Paraklesis, in order to make an even number of troparia and thus to avoid repeating one.)

CHOIR

Ode i. Mode pl. 4. Heirmos.

(The Heirmos may be omitted.)

The rod of Moses working wonders once submerged Phar'onic charioteers * when it smote the waters * in the figure of a cross * and thereby split the sea in two; * while it rescued on dry land * wayfaring fugitive Israel, * which to God resoundingly sang a song.

Troparia.

Most-holy Theotokos, save us.

Relentless onslaughts of distressing troubles now disquiet my humble soul. * And the gloomy clouds of tribulation shroud my heart. * But since you are, O Bride of God, * Theotokos and Mother * of the divine pre-eternal Light, * shine on me the light that is full of joy. (SD)

Most-holy Theotokos, save us.

I have been saved from countless grave necessities and tribulations and woes, *

hostile adversaries * and from life's calamities
 * by your prevailing power; hence, * all-
 immaculate Maiden, * I praise and magnify
 the immense * sympathy and solace you offer
 me. (SD)

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

Now trusting fully in your mighty
 patronage, for safety there have I fled; * and
 unto your shelter * have I run wholeheartedly,
 * O Lady, and I bend my knees * and lament
 sighing deeply. * Do not disdain me the
 wretched one. * For you are the refuge of
 Christians all. (SD)

*Both now and ever and to the ages of ages.
 Amen.*

I shall not cease from speaking most
 emphatically of your magnificent deeds. *
 For were you not always * standing up on my
 behalf, * petitioning your Son and God, * from
 so violent a tempest * and such formidable
 jeopardy, * who else would there be to deliver
 me? (SD)

Ode iii. Heirmos.

(The Heirmos may be omitted.)

O divine Master Builder of the celestial
 vault, * as the only Lover of mankind and
 Founder of the Church, * establish me, O Lord,
 in love for You, the believers' * firm support
 and ultimate object of all desire.

Troparia.

Most-holy Theotokos, save us.

Altogether bewildered, with pain I cry
 unto you. * Come to me, O earnest protection,
 and hasten to provide * assistance unto me,
 * your poor and mis'erable servant * ardently

imploring for * the aid which comes from you.

(SD)

Most-holy Theotokos, save us.

Now, O Maiden, upon me * your servant
 you have indeed * magnified your mercies, O
 Lady, and beneficial deeds. * Therefore I sing
 your praise * and glorify you and honor * your
 extensive patronage * to which there is no end.

(SD)

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

I am drowning, O Lady, under the tide of
 distress, * and I am distraught by the blizzard
 of life's adversities. * Come quickly, I entreat,
 * and lend a hand of assistance. * For you are
 my Patroness * earnestly helping me. (SD)

*Both now and ever and to the ages of ages.
 Amen.*

I acknowledge, O Lady, as Theotokos in
 truth * you who have destroyed the dominion
 of death; for you gave birth * to Him who is
 the Life, * and from the prison of Hades * unto
 life you raised me up * who tumbled down to
 earth. (SD)

Deliver us your humble servants from
 perils, O Theotokos, as for refuge, after God,
 we all flee to you, an impregnable fortress and
 protection. (SD)

Look graciously upon your servant,
 all-praiseworthy Theotokos, and upon my
 painful physical suffering, and remedy my
 anguish of spirit. (SD)

PRIEST

Have mercy on us, O God, according to Your great mercy, we pray You, hear us and have mercy.

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

Let us pray for pious and Orthodox Christians.

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

Again we pray for (episcopal rank) (name).

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

Again we pray for mercy, life, peace, health, salvation, protection, forgiveness, and remission of the sins of the servants of God, all pious Orthodox Christians residing and visiting in this city: the parishioners, the members of the parish council, the stewards, and benefactors of this holy church.

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

Again we pray for the servants of God... (At this time the Priest commemorates those for whom the Paraklesis is sung.)

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

Again we pray for those who bear fruit and do good works in this holy and all-venerable church, for those who labor and those who sing, and for the people here present who await Your great and rich mercy.

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

PRIEST

For You are a merciful God Who loves mankind, and to You we offer up glory, to the

Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

CHOIR

Kathisma.

Mode 2. *In seeking the heights.*

O Mother of God, intently we cry out to you * the wellspring of mercy and the refuge of the world. * O vehement advocate, * unassailable fortress, anticipate * and deliver us from perilous ordeals, * O Lady who alone are swift to fend for us. *(SD)*

Ode iv. Heirmos.

(The Heirmos may be omitted.)

You are my strength. * You are my power and might, O Lord. * You, my God, are also my exultant joy, * Who deigned to visit our poverty, * without ever leaving the Father's bosom at any time. * To You, then, do I cry out with Habakkuk the Prophet: * To Your power be glory, O Lover of man.

Troparia.

Most-holy Theotokos, save us.

Where, in the end, * am I to find other patronage? * Where shall I seek refuge, where shall I be saved? * Whom shall I have as my fervent aid, * who, alas, am rattled * by life's afflictions and turbulence? * I hope and I take courage * and I boast in you only; * and I run to your shelter. Deliver me. *(SD)*

Most-holy Theotokos, save us.

O purest Maid, * now I proclaim and I magnify * the sweet river of your tender-loving care * which has refreshed with abundant gifts * my completely wretched * and humble soul which is burning in * the furnace of disasters * and of grievous

afflictions. * And I run to your shelter. Deliver me. (SD)

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

You are the pure, * you are the Virgin, the undefiled, * whom alone I have as an impregnable * fortress and wall, shelter and defense, * weapon of salvation. * Do not despise me the prodigal, * O hope of the dejected, * O ally of the feeble, * O assistance and joy of the suffering. (SD)

Both now and ever and to the ages of ages. Amen.

O Lady, how * shall I be able to worthily * tell of your immeasurable charity * that you pour out constantly on me * like refreshing water * to sooth my painfully burning soul? * O providence and labors * of benevolent kindness * which from you I have plentifully enjoyed! (SD)

Ode v. Heirmos.

(The Heirmos may be omitted.)

Why, O Lord, have You cast me * away from Your countenance, O never-setting Light, * and this foreign darkness * now has covered me, mis'able that I am? * Do, I pray, convert me, and to the light of Your commandments * guide my ways, I entreat You most fervently.

Troparia.

Most-holy Theotokos, save us.

Now I gratefully cry out: * Rejoice, O virgin Mother; rejoice, O Bride of God! * O divine protection * and impregnable fortress and shield, rejoice! * O rejoice, the helper * and the defense and the salvation * of your servants who faithfully run to you! (SD)

Most-holy Theotokos, save us.

They who hate me have vainly * readied all their arrows and swords and have dug a pit. * And my wretched body * they are seeking to strike at and tear apart. * And they are attempting, * O purest Maiden, to reduce me * to the ground. So come quickly and rescue me. (SD)

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

Out of every affliction, * illness and necessity and harm deliver me. * O all-lauded Maiden, * by your power preserve me uninjured from * enemies that hate me * and war against me. And from danger * keep me covered beneath your protective veil. (SD)

Both now and ever and to the ages of ages. Amen.

What can I now present you * as a worthy gift in token of my gratitude * for your boundless kindness * and the bounties that I have enjoyed from you? * Therefore am I praising * and glorifying and exalting * your ineffable sympathy unto me. (SD)

Ode vi. Heirmos.

(The Heirmos may be omitted.)

My prayer * shall I pour out before the Lord, * and to Him shall I proclaim my afflictions, * in that my soul has been flooded with evils, * and very near unto Hades my life has drawn. * Therefore, like Jonah I entreat: * Raise me up from corruption, O Lord my God.

Troparia.

Most-holy Theotokos, save us.

My mis'able * soul and heart are covered up * by the clouds of pain and sorrow, O

Damsel, * causing in me a condition of darkness. * But since you gave birth to Light unapproachable, * dispel them far away from me * with the breath of your holy petitioning.

(SD)

Most-holy Theotokos, save us.

I recognize * you as solace in trouble, * and I know you as the healer of ailments, * and as the one who to death dealt destruction, * and as a river of life inexhaustible, * and as a quick and eager source * of assistance for those in calamities. (SD)

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

I do not hide * the abyss of your mercy, * nor the wellspring of your infinite wonders, * nor yet the truly perpetual fountain * of the compassion, O Lady, you have for me. * But rather I confess to all * and announce and proclaim and enunciate. (SD)

*Both now and ever and to the ages of ages.
Amen.*

The dizzying * cares of life surround me now * like the bees round a honeycomb, O Virgin; * and being seized of my heart, O pure Maiden, * they sorely sting it with darts of adversities. * Oh, how I wish to find in you * a defender and helper and rescuer! (SD)

Deliver us your humble servants from perils, O Theotokos, as for refuge, after God, we all flee to you, an impregnable fortress and protection. (SD)

Entreat for us, * O spotless Maiden who gave birth to the divine Word * inexplicably

through a word in the latter days, * since you indeed * speak with motherly freedom. (SD)

PRIEST

Have mercy on us, O God, according to Your great mercy, we pray You, hear us and have mercy.

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

Let us pray for pious and Orthodox Christians.

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

Again we pray for (episcopal rank) (name).

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

Again we pray for mercy, life, peace, health, salvation, protection, forgiveness, and remission of the sins of the servants of God, all pious Orthodox Christians residing and visiting in this city: the parishioners, the members of the parish council, the stewards, and benefactors of this holy church.

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

Again we pray for the servants of God... (At this time the Priest commemorates those for whom the Paraklesis is sung.)

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

Again we pray for those who bear fruit and do good works in this holy and all-venerable church, for those who labor and those who sing, and for the people here present who await Your great and rich mercy.

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

PRIEST

For You are a merciful God Who loves mankind, and to You we offer up glory, to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

CHOIR

Kontakion. Mode 2.

O Protection of Christians that never fails, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you. *(SD)*

Antiphon I.

Mode 4.

Since my youth have many passions waged war against me. O my Savior, nonetheless help me and save me. *(2) (SD)*

You, the haters of Zion, be put to shame by the Lord, for like thatch in fire you will be completely dried up. *(2) (SD)*

Glory.

From the Holy Spirit every soul receives life, and through cleansing is lifted and brightened, in a hidden, sacred manner, by the trinal Monad. *(SD)*

Both now.

From the Holy Spirit do the streams of grace well forth; they irrigate everything created, so that life be engendered. *(SD)*

Prokeimenon. Psalm 44 (45).

I will remember your name from generation to generation. *(2)*

Verse: *Listen, O daughter, behold and incline your ear, and forget your people and your father's house. For the King desired your beauty.*

I will remember your name from generation to generation. *(SAAS)*

PRIEST

Let us pray to the Lord our God that we may be made worthy to hear the holy Gospel.

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

PRIEST

Wisdom. Arise. Let us hear the Holy Gospel.

PRIEST

Peace be with all.

(And with your spirit.)

PRIEST

The reading is from the Holy Gospel according to Luke.

PRIEST

Let us be attentive.

(Glory to You, O Lord. Glory to You.)

PRIEST

(10:38-42; 11:27-28)

At that time, Jesus entered a village; and a woman called Martha received him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. But Martha was distracted with much serving; and she went to him and said, "Lord, do you not care that my sister has left me to serve you alone? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things; one thing is needful. Mary has chosen the good portion, which shall not

be taken away from her." As he said this, a woman in the crowd raised her voice and said to him, "Blessed is the womb that bore you, and the breasts that you sucked!" But he said, "Blessed rather are those who hear the word of God and keep it!" (RSV)

(Glory to You, O Lord. Glory to You.)

CHOIR

Glory. **Mode 2.**

Father, Word and Spirit, the Trinity in Union, O Lord of mercy, blot out my many offenses. (SD)

Both now.

At the intercession of the Theotokos, O Lord of mercy, blot out my many offences. (SD)

Mode pl. 2. When the saints deposited.

Verse: *Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression.*

O Lady, entrust me not * to any human protection, * but rather accept the prayer * of your humble supplicant, * O all-holy one. * Troubles encompass me. * No more can I endure * all the arrows demons shoot at me. * From every side am I * under fire, miserable that I am. * Shelter I do not possess, * and no consolation have I but you. * Patronage and hope of * the faithful, Sovereign Lady of the world, * O disregard not my litany. * Do that which is best for me. (SD)

Theotokia.

No one who runs to you for help comes back from you ever frustrated in his cause, O Virgin Theotokos. But he asks for the

favor and receives the bestowal which is appropriate for his request. (SD)

You are a turning for the better for those in trouble and deliverance of the sick, O Virgin Theotokos. Save your city and your flock, since you are the peace of the embattled, tranquil calm of those in agitation, and the believers' only patronage. (SD)

PRIEST

O God, save your people and bless your inheritance. Look upon your world with mercy and compassion. Raise the Orthodox Christians in glory, and send down upon us your rich mercies, through the intercessions of our most pure Lady the Theotokos and ever-Virgin Mary, the power of the precious and life giving Cross, the protection of the honorable, bodiless Powers of heaven, the supplications of the honorable and glorious prophet, and forerunner John the Baptist, the holy, glorious, and praiseworthy Apostles, our Fathers among the Saints, the great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom, Athanasios, Cyril, and John the Merciful, patriarchs of Alexandria; Nicholas, bishop of Myra, Spyridon, bishop of Trimythous, Nektarios of Pentapolis, the wonder-workers; the holy, glorious great Martyrs George the Victorious, Demetrios the Myrobletes, Theodore the Teron, and Theodore the General, Menas the Wonderworker, the Hieromartyrs Haralambos and Eleftherios; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; the holy and glorious Martyrs Thecla, Barbara, Anastasia, Katherine, Kyriake, Fotene, Marina, Paraskeve and Irene; of our holy God-bearing Fathers; (local patron saint); the holy and righteous ancestors of God Joachim and Anna; and of all your Saints. We beseech you, only merciful Lord, hear us

sinner who pray to you and have mercy on us.

CHOIR

Lord, have mercy. (12)

PRIEST

Through the mercy, compassion, and love of mankind of your only-begotten Son, with whom you are blessed, together with your all-holy, good and life-giving Spirit, now and forever and to the ages of ages.

(Amen.)

Ode vii. Heirmos.

(The Heirmos may be omitted.)

Servants, descendants of the Hebrews, * bravely trampled down the flame within the furnace; * and they changed into dew * the fire, and they chanted: * Blessed are You, O Lord, the God * of our fathers to the ages.

Troparia.

Most-holy Theotokos, save us.

Mother of Light and Theotokos, * now illuminate me lying in the darkness * of the nighttime of sin, * O pure and stainless vessel * of light, that I may glorify * you with longing, O pure Maiden. (SD)

Most-holy Theotokos, save us.

Shelter, assistance and protection, * and the cause of boasting be for me the sinner * who am destitute now * of every help, O Virgin. * The power of the helpless are you, * and the hope of the despairing. (SD)

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

I have enjoyed so many favors; * hence with all my soul and reason I extol you. * With my heart and my lips * I glorify you, Lady.

* How awesome are your charity * and your never ending wonders! (SD)

Both now and ever and to the ages of ages.

Amen.

Graciously look upon your servant, * and attend to the affliction that besets me. * And redeem me from all * calamities, temptations * and perils and from injury, * in your infinite compassion. (SD)

Ode viii. Heirmos.

(The Heirmos may be omitted.)

O extol Him, who on the holy mountain * showed His glory, as Lord, * and in the bush with fire * revealed to Moses knowledge of the mystery * of the Ever-Virgin, * supremely exalting Him unto all the ages.

Troparia.

Most-holy Theotokos, save us.

Overlook not your servant who is drowning * in the billowing waves * of everyday existence. * O noble Virgin, lend a helping hand to me * in your great compassion; * for I am exhausted by life's unending evils. (SD)

Most-holy Theotokos, save us.

Tribulations and crises and privations * and the trials of life * have found me, O pure Maiden. * On every side temptations have surrounded me. * Care for me and help me * and provide protection beneath your mighty shelter. (SD)

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

I have found you a harbor in the tempest, * and rejoicing and happiness in sorrows, * a speedy help in sickness and infirmity, * also a

protectress * in ordeals, and likewise a rescuer
in perils. (SD)

*Both now and ever and to the ages of ages.
Amen.*

O rejoice, fiery throne of the Master! *
O rejoice, sacred manna-holding vessel! * O
golden lampstand, unextinguished torch,
rejoice! * Pride of pious virgins, * O rejoice, the
glory and ornament of mothers! (SD)

Ode ix. Heirmos.

(The Heirmos may be omitted.)

The heavens were astounded as a result,
* and the ends of the earth were astonished,
inasmuch as God * bodily appeared to the
human race, * O Theotokos, coming forth *
from your virgin womb which indeed became
* more spacious than the heavens. * And
therefore by the orders * of men and angels
you are magnified.

Troparia.

Most-holy Theotokos, save us.

O pure one, unto whom else am I to flee?
* Where am I now to run? Where shall I be
saved? Where shall I go? * Where am I to find
any other place * of refuge, other fervent aid,
* or another helper in my distress? * My hope
is in you only. * In you alone I glory. * And
taking courage, I have fled to you. (SD)

Most-holy Theotokos, save us.

Impossible it is to enumerate * your
magnificent wonders, O Bride of God, and
to acclaim * aptly the unfathomable abyss *
of your stupendous miracles * that are done
continually for all * who honor you with
longing * and faithfully pay rev'rence * to you
the true Birthgiver of our God. (SD)

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

With grateful hymns I glorify and extol *
your immeas'nable mercy, and I acknowledge
unto all * the enormous power that you
possess, * O Lady. And the benefits * which
you have so lavishly poured on me * I magnify
and herald * with heart and soul, O Virgin, *
and with my mind and tongue forevermore.

(SD)

*Both now and ever and to the ages of ages.
Amen.*

Accept my poor and negligible appeal; *
and my weeping and tears and my sighing too
do not ignore. * But since you are good, come
unto my aid, * fulfilling my petitions all. * You
can do all things, as the Mother of * our God
and Lord Almighty. * Just nod in the direction
* of my lamentable humility. (SD)

Megalynaria.

It is truly right to call you blest, O
Theotokos, the ever-blessed and all-blameless
one and the Mother of our God. (SD)

Greater in honor than the Cherubim, and
in glory greater beyond compare than the
Seraphim; you without corruption gave birth
to God the Word, and are truly Theotokos.
You do we magnify. (SD)

Offering this chanting of hymns to you,
* we accord you honor as the Lady of all the
world, * higher than the heavens and purer
than the sunshine, * O Maiden who redeemed
us * from the ancestral curse. (SD)

Owing to the multitude of my sins, *
ailing is my body and diseased also is my
soul. * O help me, I pray you the hope of the

despairing. * To you I come for refuge, * O Maiden full of grace. (SD)

From unworthy servants of yours accept * petitions requesting mediation on our behalf * with Him whom you brought forth, O Mother of the Savior. * Become our Mediatrix, * O Lady of the world. (SD)

Unto you the Birthgiver of our God * praised by all, rejoicing now we eagerly chant this ode. * Together implore with the Forerunner and all Saints * that unto us compassion * be shown, O Mother of God. (SD)

Speechless be the lips of impious men * who refuse to rev'rence your august Icon which is called * the Mother of God the Directress, and was painted * by the divine Apostle * Luke the Evangelist. (SD)

During the feast of the Transfiguration, the following Megalynarion for that feast may be inserted here.

Wishing to display power from on high * and the Father's wisdom to Your three holy and divine * Disciples, O Christ, You ascended Mount Tabor, * and shining as the Master, * there You illumined them. (SD)

Then, the Megalynarion of the local church, followed by: **CHOIR**

Join the Theotokos, all you arrays * of angelic powers, honored Forerunner of the Lord, * holy Twelve Apostles * and all the Saints together, * and pray for our salvation, and intercede for us. (SD)

READER

Trisagion Prayers.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3)

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

All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the 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 evil.

PRIEST

For Thine is the Kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages.

CHOIR

Amen.

Mode pl. 2.

Have mercy on us, Lord have mercy on us. For with nothing to say in our own defense, we sinners offer this supplication to you our Master. Have mercy on us. (SD)

Glory.

Lord have mercy on us, for in You we trust. Be not enraged with us greatly, nor remember our iniquities. But look upon us now, being compassionate, and deliver us

from our enemies. For You are our God, and we Your people, all of us the work of Your hands, and now we have invoked Your name.

(SD)

Both now. **Theotokion.**

Open the gate of compassion for us, O blessed Theotokos. For hoping in you, let us not fail in our aim. Through you may we be delivered from adversities. For you are the salvation of the Christian race. (SD)

PRIEST

Have mercy on us, O God, according to Your great mercy, we pray You, hear us and have mercy.

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

Again we pray for the protection of this holy church, this city and every city and land, from wrath, famine, pestilence, earthquake, flood, fire, sword, foreign invasions, civil strife, and accidental death. That our good and loving God may be merciful, gracious and favorable to us by turning and keeping from us all wrath and sickness, and deliver us from His just rebuke, and have mercy on us.

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

Again we pray that the Lord our God may hear the prayer of us sinners, and have mercy on us.

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

PRIEST

Hear us, O God our Savior, the hope of all those who live everywhere on earth and those far out at sea or in the air. Be gracious toward our sins, Master, and have mercy on us.

For you are a merciful and loving God, and to you we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

PRIEST

Glory to You, our God. Glory to You.

May Christ our true God, through the intercessions of His all-pure and all-immaculate holy Mother, the power of the precious and life-giving Cross, the protection of the honorable, bodiless powers of heaven, the supplications of the honorable, glorious prophet and forerunner John the Baptist, of the holy, glorious, and praiseworthy apostles, of the holy, glorious, and triumphant martyrs, of our righteous and God-bearing fathers, **(local patron saint)**; of the holy and righteous ancestors of God Joachim and Anna, and of all the saints, have mercy on us and save us, for He is good and loves mankind.

CHOIR

Mode 2. Joseph took You down.

All those who for refuge flee with faith * unto you, O good one, you shelter beneath your mighty hand. * We your servants have no other intercessor like you * always praying to God for us * in dangers and sorrows, * sinners that we are, bent down because of many misdeeds. * Therefore, we fall prostrate before you. * Rescue us from every affliction, * since you are the Mother of the Most High God. (SD)

Same Melody.

For all who are troubled you are joy, * and of the abused a protectress, the paupers' nourishment, * strangers' consolation and a walking staff of the blind, * visitation of the infirm, * assistance and shelter * for the weary

and oppressed, help of the orphans as well.

* Hasten to deliver your servants, * fervently we beg you, O pure one, * since you are the Mother of the Most High God. (SD)

Lady, receive the supplications of your servants, and rescue us from all necessity and affliction. (SD)

O Mother of God, I have committed my every hope wholly unto you. Keep me under your shelter. (SD)

During the period from the 1st to the 14th of August, or as the practice is in some places only on the 14th of August, instead of the preceding hymns, the following Exaposteilaria are chanted:

Mode 3.

Apostles, you have assembled * today from earth's furthest reaches * here in this town of Gethsemane; * now, therefore, bury my body. * And You, my Son and my God, * receive my departing spirit. (SD)

O sweetness of the Angels, * O joy of those in affliction, * and the protectress of Christians, * O Virgin Mother of the Lord, * come to my aid and redeem me * from the eternal torments. (SD)

I have you as mediatrix * before the God who loves mankind. * May He not censure my actions * in the sight of the Angels. * I entreat you, O Virgin, * come quickly to my assistance. (SD)

O Tower fashioned of pure gold, * and City which has a twelvefold wall, * O Throne aglitter with sunshine, * magnificent Chair of the King, * incomprehensible wonder, * how did you nurse the Master? (SD)

PRIEST

Through the prayers of our holy fathers, Lord Jesus Christ, our God, have mercy on us [and save us].

(Amen.)