

Ἀκολουθία τῆς Θείας Μεταλήψεως

ΙΕΡΕΥΣ

Εὐλογητὸς ὁ Θεὸς ἡμῶν πάντοτε, νῦν
καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Βασιλεῦ οὐράνιε, Παράκλητε, τὸ
Πνεῦμα τῆς ἀληθείας, ὁ πανταχοῦ παρὼν
καὶ τὰ πάντα πληρῶν, ὁ θησαυρὸς τῶν
ἀγαθῶν καὶ ζωῆς χορηγός, ἐλθέ καὶ
σκήνωσον ἐν ἡμῖν καὶ καθάρισον ἡμᾶς
ἀπὸ πάσης κηλίδος καὶ σῶσον, Ἀγαθέ, τὰς
ψυχὰς ἡμῶν.

ΑΝΑΓΝΩΣΤΗΣ

Ἀμήν.

Τρισάγιον.

Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος
Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε,
ἰλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα,
συγχώρησον τὰς ἀνομίας ἡμῖν. Ἅγιε,
ἐπίσκεψαι καὶ ἰᾶσαι τὰς ἀσθενείας ἡμῶν,
ἕνεκεν τοῦ ὀνόματός σου.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,
ἐλέησον.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς,
ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ
βασιλεία σου. Γενηθήτω τὸ θέλημά σου,

Service of Preparation for Holy Communion

PRIEST

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

(Amen.)

Glory to You, our God. Glory to You.

Heavenly King, Comforter, Spirit of
Truth, present in all places and filling all
things, treasury of good things and giver of
life: come; take Your abode in us; cleanse us of
every stain, and save our souls, O Good one.

READER

Amen.

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

ὥς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον
ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ
ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὥς καὶ
ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ
εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ρῦσαι
ἡμᾶς ἀπὸ τοῦ πονηροῦ.

ΙΕΡΕΥΣ

Ὅτι σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις
καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ
Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων. (Ἀμήν.)

ΑΝΑΓΝΩΣΤΗΣ

Κύριε, ἐλέησον. (ιβ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Δεῦτε προσκυνήσωμεν καὶ
προσπέσωμεν τῷ Βασιλεῖ ἡμῶν Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ
προσπέσωμεν Χριστῷ τῷ Βασιλεῖ ἡμῶν
Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ
προσπέσωμεν αὐτῷ, Χριστῷ τῷ Βασιλεῖ καὶ
Θεῷ ἡμῶν.

Ψαλμὸς Ν' (50).

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός
σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρισμῶν
σου ἐξάλειψον τὸ ἀνόμημά μου. Ἐπὶ πλεῖον
πλῦνόν με ἀπὸ τῆς ἀνομίας μου, καὶ ἀπὸ
τῆς ἁμαρτίας μου καθάρισόν με. Ὅτι τὴν
ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία
μου ἐνώπιόν μου ἐστὶ διὰ παντός. Σοὶ
μόνῳ ἡμαρτον καὶ τὸ πονηρὸν ἐνώπιόν
σου ἐποίησα, ὅπως ἂν δικαιωθῇς ἐν τοῖς
λόγοις σου, καὶ νικήσῃς ἐν τῷ κρίνεσθαί σε.
Ἰδοὺ γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν

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. (Amen.)

READER

Lord, have mercy. (12)

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

Come, let us worship and bow down
before God our King.

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

Come, let us worship and bow down
before Him, Christ our King and God.

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

ἀμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου. Ἴδου γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι. Ραντιεῖς με ὑσώπῳ, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι. Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην· ἀγαλλιάσονται ὅστέα τεταπεινωμένα. Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν ἀμαρτιῶν μου καὶ πάσας τὰς ἀνομίας μου ἐξάλειψον. Καρδίαν καθαρὰν κτίσον ἐν ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις μου. Μὴ ἀπορρίψῃς με ἀπὸ τοῦ προσώπου σου καὶ το Πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλῃς ἀπ' ἐμοῦ. Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῶ στήριζόν με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ρῦσαί με ἐξ αἱμάτων, ὁ Θεός, ὁ Θεός τῆς σωτηρίας μου· ἀγαλλιάσεται ἡ γλῶσσά μου τὴν δικαιοσύνην σου. Κύριε, τὰ χεῖλη μου ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν αἴνεσίν σου. Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα ἅν· ὀλοκαυτώματα οὐκ εὐδοκήσεις. Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν συντετριμμένην καὶ τεταπεινωμένην ὁ Θεός οὐκ ἐξουδενώσει. Ἀγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθήτω τὰ τεῖχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὀλοκαυτώματα. Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μόσχους.

Κανὼν τῆς Θείας Μεταλήψεως

Ὡδὴ α'. Ἦχος β'. Δεῦτε λαοί.

Δόξα σοι ὁ Θεός ἡμῶν, δόξα σοι.

Ἄρτος ζωῆς αἰωνιζούσης γενέσθω μοι τὸ Σῶμά σου τὸ ἅγιον, εὐσπλαγχνε Κύριε,

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.

The Canon of Preparation for Holy Communion

Ode i. Mode 2. Peoples, now come.

Glory to You, our God, glory to You.

Merciful Lord, may Your holy body be for me the bread of everlasting life; and may Your

καὶ τὸ Τίμιον Αἷμα, καὶ νόσων πολυτρόπων
ἀλεξητήριον.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Βεβηλωθεὶς ἔργοις ἀτόποις ὁ δεῖλαιος,
τοῦ σοῦ ἀχράντου Σώματος καὶ Θείου
Αἵματος ἀνάξιος ὑπάρχω, Χριστέ, τῆς
μετουσίας, ἧς με ἀξιώσον.

Ὑπεραγία Θεοτόκε, σῶσον ἡμᾶς.

Γῇ ἀγαθῇ, εὐλογημένη Θεόνυμφε, τὸν
στάχυν ἢ βλαστήσασα τὸν ἀγεώργητον
καὶ σωτήριον κόσμῳ, ἀξιώσόν με τοῦτον
τρώγοντα σώζεσθαι.

**Ὡιδὴ γ'. Ἦχος β'. Ἐν
πέτρᾳ με τῆς πίστεως.**

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Δακρύων μοι παράσχου, Χριστέ,
ῥανίδας, τὸν ῥύπον τῆς καρδίας μου
καθαιρούσας, ὡς ἂν εὐσυνειδότης
κεκαθαρμένος, πίστει προσέρχωμαι καὶ
φόβῳ, Δέσποτα, ἐν τῇ μεταλήψει τῶν θείων
δώρων σου.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Εἰς ἄφεσιν γενέσθω μοι τῶν
πταισμάτων τὸ ἀχράντον σου Σῶμα
καὶ θεῖον Αἷμα, εἰς Πνεύματος Ἁγίου
τε κοινωνίαν καὶ εἰς αἰώνιον ζωὴν,
Φιλάνθρωπε, καὶ παθῶν καὶ θλίψεων
ἀλλοτριώσιν.

Ὑπεραγία Θεοτόκε, σῶσον ἡμᾶς.

Ζωῆς τοῦ Ἄρτου τράπεζα, Παναγία, τοῦ
ἄνωθεν δι' ἔλεον καταβάντος, καὶ κόσμῳ
καινοτέραν ζωὴν διδόντος, καὶ ἀξιώσον

precious blood, O compassionate Master,
prevent me from succumbing to illness of any
kind. (SD)

Glory to You, our God, glory to You.

I am defiled by my inappropriate deeds,
for which I am unworthy of the most pure
body and divine blood of my Savior. O Christ,
I entreat You, let me partake of them. (SD)

Most-holy Theotokos, save us.

Bride of God, you are the blessed good
earth that produced the ear of grain, which
no man sowed and which became the world's
salvation. And now, as I eat it, grant that I be
saved by it. (SD)

Ode iii. Mode 2. On the rock of faith.

Glory to You, our God, glory to You.

O Christ, grant me a faucet of cleansing
teardrops to wash away the stain of my
heart's defilement, that purified by them and
with a good conscience, O Master, I may come
to You with fear and faith, and with love
partake of Your holy gifts, O Lord. (SD)

Glory to You, our God, glory to You.

For pardon of the multitude of
transgressions be Your divine blood and
Your pure body, O Lover of humanity, and
for communion with the Holy Spirit and
eternal life, and complete estrangement from
passions troubling me. (SD)

Most-holy Theotokos, save us.

O Virgin Maid, you are the all-holy table
of the Bread of life, the Son of God, who for
mercy came down and gave new life to the
world and saved it. Now I who am unworthy

νῦν τὸν ἀνάξιον, μετὰ φόβου γεύσασθαι
τούτου καὶ ζήσεσθαι.

Ὡιδὴ δ'. Ἦχος β'. Ἐλήλυθας ἐκ Παρθένου.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Ἡθέλησας δι' ἡμᾶς σαρκωθεῖς,
Πολυέλεε, τυθῆναι ὡς πρόβατον διὰ βρωτῶν
ἀμαρτήματα· ὅθεν ἱκετεύω σε καὶ τὰ ἐμὰ
ἐξαλειψαί πλῆμμελήματα.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Θεράπευσον τῆς ψυχῆς μου τὰ
τραύματα, Κύριε, καὶ ὅλον ἀγιάσον καὶ
καταξίωσον, Δέσποτα, ὅπως κοινωνήσω
σου τοῦ μυστικοῦ Θεοῦ Δείπνου ὁ
ταλαίπωρος.

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς.

Ἰλέωσαι καὶ ἐμοὶ τὸν ἐκ σπλάγχχνων
σου, Δέσποινα, καὶ τήρει με ἄρῳπον
τὸν σὸν ἱκέτην καὶ ἁμεμπτον, ὅπως
εἰσδεχόμενος τὸν νοητὸν μαργαρίτην
ἀγιάζωμαι.

Ὡιδὴ ε'. Ἦχος β'. Ὁ τοῦ φωτὸς χορηγός.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Καθὼς προέφης, Χριστέ, γενέσθω δὴ τῷ
εὐτελεῖ δούλῳ σου· καὶ ἐν ἐμοὶ μείνον ὡς
ὑπέσχου· ἰδοὺ γὰρ τὸ Σῶμα τρώγω σου τὸ
θεῖον καὶ πίνω τὸ Αἷμά σου.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Λόγε Θεοῦ καὶ Θεέ, ὁ ἀνθραξ γένοιτο
τοῦ σοῦ Σώματος εἰς φωτισμὸν τῷ
ἐσκοτισμένῳ ἐμοί, καὶ καθαρισμὸν τῆς
βεβηλωθείσης ψυχῆς μου τὸ Αἷμά σου.

earnestly entreat that you count me worthy to
eat it and to live. (SD)

Ode iv. Mode 2. You came from a Virgin.

Glory to You, our God, glory to You.

You willed to become incarnate for
us, Lord most merciful, and as a Lamb
be sacrificed for all the sins of humanity.
Therefore I implore You now, to blot out
my offenses and to wash me from my
lawlessness. (SD)

Glory to You, our God, glory to You.

O Master, I pray You, heal the wounds
of my sorry soul, and though I am wretched,
sanctify me, body and soul alike. Make me
worthy to partake of Your divine and most
mystical supper, O gracious Lord. (SD)

Most-holy Theotokos, save us.

O Lady, implore your Son to be merciful
unto me. I entreat you, keep me free of every
sin and impurity, so that when I dare receive
the holy pearl of communion, I may truly be
sanctified. (SD)

Ode v. Mode 2. Lord, the provider of light.

Glory to You, our God, glory to You.

As You once said it, O Christ, so let it be
to me Your worthless servant: Abide in me,
even as you promised. For now I am about
to eat Your holy body and drink Your most
precious blood. (SD)

Glory to You, our God, glory to You.

O Word of God and God, may the live
coal of Your divine body be illumination to
me, bedarkened, and may Your holy blood be
purification for my defiled soul. (SD)

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς.

Μαρία μήτερ Θεοῦ, τῆς εὐωδίας
τὸ σεπτὸν σκηνῶμα, ταῖς σαῖς εὐχαῖς
σκεῦος ἐκλογῆς με ἀπέργασαι, ὅπως τῶν
ἁγιασμάτων μετέχω τοῦ Τόκου σου.

Ὡιδὴ Γ'. Ἦχος β'. Ἐν ἀβύσσῳ πταισμάτων.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Νοῦν, ψυχὴν καὶ καρδίαν ἁγίασον,
Σῶτερ, καὶ τὸ σῶμά μου, καὶ καταξιώσον
ἀκατακρίτως, Δέσποτα, τοῖς φρικτοῖς
μυστηρίοις προσέρχεσθαι.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Ξενωθεῖν παθῶν, καὶ τῆς χάριτος
σχοίην τε προσθήκην ζωῆς καὶ ἀσφάλειαν,
διὰ τῆς μεταλήψεως τῶν ἁγίων, Χριστέ,
Μυστηρίων σου.

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς.

Ὁ Θεοῦ Θεὸς Λόγος ὁ Ἅγιος, ὅλον με
ἁγίασον νῦν προσερχόμενον τοῖς θείοις
Μυστηρίοις σου, τῆς ἁγίας Μητρὸς σου
δεήσεσι.

Δόξα· καὶ νῦν.

Κοντάκιον.

Ἦχος β'. Τὰ ἄνω ζητῶν.

Τὸν Ἄρτον, Χριστέ, λαβεῖν μὴ ὑπερίδης
με, τὸ Σῶμα τὸ σὸν καὶ τὸ θεῖον νῦν Αἵμά
σου· τῶν ἀχράντων, Δέσποτα, καὶ φρικτῶν
Μυστηρίων σου μετασχεῖν τῷ ἀθλίῳ, μὴ εἰς
κρίμα μοι γένοιτο· γένοιτο δέ μοι εἰς ζωὴν
αἰώνιον καὶ ἀθάνατον.

Ὡιδὴ ζ'. Ἦχος β'. Εἰκόνοιο χρυσοῦ.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Πηγὴ ἀγαθῶν ἢ μετάληψις, Χριστέ, τῶν
ἀθανάτων σου νῦν Μυστηρίων· γεννηθῆτω

Most-holy Theotokos, save us.

O Mary, Mother of God, the tabernacle of
the fragrance of God, I pray you make me a
chosen vessel, by your almighty prayers, that
I may partake of your Son's holy Sacrament.

(SD)

Ode vi. Mode 2. In the sea now surrounded.

Glory to You, our God, glory to You.

Savior, hallow my intellect, soul and
heart, and my body, so that I may worthily
approach Your awe-inspiring Mysteries, and
not eat and drink judgment upon myself. (SD)

Glory to You, our God, glory to You.

Through communion of Your holy
Mysteries, may I become a stranger to the
sinful passions, may grace be added unto me,
and may I have assurance of life, O Christ. (SD)

Most-holy Theotokos, save us.

Being holy, as God and the Word of God,
through Your holy Mother's intercession,
sanctify the whole of me as I approach Your
divine and immaculate Mysteries. (SD)

Glory. Both now.

Kontakion.

Mode 2. In seeking the heights.

I pray you do not forbid me to receive
the Bread, Your Body, O Christ, nor deny me
Your holy Blood. May receiving Your awe-
inspiring, immaculate Mysteries be to me,
wretched sinner, not for judgment, O loving
Lord; may it rather be to me for immortal and
everlasting life. (SD)

Ode vii. Mode 2. The image of gold.

Glory to You, our God, glory to You.

Immortal, O Christ, are Your Mysteries,
of which I am partaking. May this become

μοι φῶς καὶ ζωὴ καὶ ἀπάθεια, καὶ πρὸς ἀρετῆς θειοτέρας προκοπὴν καὶ ἐπίδοσιν πρόξενος, μόνε Ἀγαθέ, ὅπως δοξάζω σε.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Ῥυσθείην παθῶν καὶ ἐχθρῶν καὶ ἀναγκῶν καὶ πάσης θλίψεως, τρόμφ καὶ πόθῳ προσιῶν τανῦν, μετ' εὐλαβείας, Φιλάνθρωπε, σοῦ τοῖς ἀθανάτοις καὶ θείοις Μυστηρίοις καὶ ψάλλων σοι· Εὐλογητὸς εἶ ὁ Θεός, ὁ τῶν Πατέρων ἡμῶν.

Ὑπεραγία Θεοτόκε, σῶσον ἡμᾶς.

Σωτῆρα Χριστὸν ἡ τεκοῦσα ὑπὲρ νοῦν, Θεοχαρίτωτε, ἐκδυσωπῶ σε νῦν ὁ δοῦλός σου, τὴν καθαρὰν ὁ ἀκάθαρτος· μέλλοντά με νῦν τοῖς ἀχράντοις Μυστηρίοις προσέρχεσθαι, κάθαρον ὅλον μολυσμοῦ σαρκὸς καὶ πνεύματος.

Ὡιδὴ η'. Ἦχος β'. *Τὸν ἐν καμίνῳ τοῦ πυρός.*

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Τῶν οὐρανίων καὶ φρικτῶν καὶ ἁγίων σου, Χριστέ, νῦν Μυστηρίων, καὶ τοῦ Θείου σου Δείπνου καὶ μυστικοῦ κοινωνὸν γενέσθαι καὶ με καταξίωσον, τὸν ἀπεγνωσμένον, ὁ Θεὸς ὁ Σωτὴρ μου.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Ὑπὸ τὴν σὴν καταφυγὼν εὐσπλαγχνίαν, Ἀγαθέ, κράζω σοι φόβῳ· Ἐν ἐμοὶ μείνον, Σῶτερ, κἀγώ, ὡς ἔφης ἐν σοί· ἰδοὺ γάρ, θαρρόων τῷ ἐλέει σου, τρώγω σου τὸ Σῶμα καὶ πίνω σου τὸ Αἷμα.

for me the source of light and life, dispassion and every good; may it give me growth and advancement in divine virtue by Your grace, that I may glorify You, only good and merciful Lord. (SD)

Glory to You, our God, glory to You.

From passions and foes, from necessity and every tribulation, may I be rescued as I come to Your divine, immortal Mysteries reverently with trembling and longing, only Friend of humanity, to sing to You, "O God of our Fathers, glory to You." (SD)

Most-holy Theotokos, save us.

O Maid full of grace, you ineffably gave birth to Christ the Savior. Now I, your unclean servant pray to you who are most pure and immaculate: As I now prepare to go forward to receive the Holy Eucharist, completely cleanse me of impurities of body and soul. (SD)

Ode viii. Mode 2. *When God went down.*

Glory to You, our God, glory to You.

Your holy Mysteries, O Christ, are from heaven and are therefore awe-inspiring. And the mystical Supper that You prepared is divine. Now I who am desperate pray to You: Grant me to partake of it, O my God and Savior. (SD)

Glory to You, our God, glory to You.

To Your compassion I have run, and with fear I cry to You the only Good One: As You said, so abide in me and let me abide in You. For trusting in Your mercy, behold, I eat Your all-holy Body and drink Your Blood, O Savior.

(SD)

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς.

Φρίττω δεχόμενος τὸ πῦρ, μὴ φλεχθῶ
ὥσεί κηρὸς καὶ ὥσεί χόρτος. ὦ φορικτοῦ
Μυστηρίου! ὦ εὐσπλαγχνίας Θεοῦ! Πῶς
θείου Σώματος καὶ Αἵματος ὁ πηλὸς μετέχω
καὶ ἀφθαρτοποιοῦμαι;

Ὡδὴ θ'. Ἦχος β'. Ανάρχου Γεννήτορος.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Χρηστός ἐστι, γεύσασθε καὶ ἴδετε,
ὁ Κύριος· δι' ἡμᾶς καθ' ἡμᾶς γὰρ πάλαι
γενόμενος, ἅπαξ ἑαυτὸν τε προσάξας, ὡς
προσφορὰν Πατρὶ τῷ ἰδίῳ ἀεὶ σφαγιάζεται,
ἀγιάζων τοὺς μετέχοντας.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Ψυχὴν σὺν τῷ σώματι ἀγιασθεῖν,
Δέσποτα, φωτισθεῖν, σωθεῖν, γενοίμην
οἶκός σου τῇ τῶν Μυστηρίων μεθέξει τῶν
ιερῶν, ἔνοικόν σε ἔχων σὺν Πατρὶ καὶ
Πνεύματι, εὐεργέτα Πολυέλεε.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Ὡς πῦρ γενηθῆτω μοι καὶ ὥσεί φῶς
τὸ Σῶμά σου καὶ τὸ Αἷμα, Σωτὴρ μου, τὸ
τιμιώτατον, φλέγον ἁμαρτίας τὴν ὕλην, καὶ
ἐμπιρῶν παθῶν τὰς ἀκάνθας καὶ ὅλον
φωτίζον με προσκυνεῖν σου τὴν Θεότητα.

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς.

Θεὸς σεσωμάτῳται, ἐκ τῶν ἀγνῶν
αἱμάτων σου· ὅθεν πᾶσα ὑμνεῖ σε γενεά,
Δέσποινα· νόων τε τὰ πλήθη δοξάζει, ὡς
διὰ σοῦ σαφῶς κατιδόντα τὸν πάντων
δεσπόζοντα, οὐσιωθέντα τὸ ἀνθρώπινον.

Most-holy Theotokos, save us.

I am afraid as I partake of the fire, lest I
burn like wax and hay do. Awesome Mystery!
Wonderful is the mercy of God! How I, who
am clay, can partake of God's Body and His
Blood and can thus become immortal! (SD)

Ode ix. Mode 2. To us has appeared.

Glory to You, our God, glory to You.

Yes, Christ is the Lord; and therefore taste
and see that He is good. For of old He came
down and became like us for us. Only once
He offered himself as a sacrifice to His God
and Father, yet He is forever slain, sanctifying
us communicants. (SD)

Glory to You, our God, glory to You.

O Lord, may my body with my soul
alike be sanctified, and illumined and saved
and become Your dwelling place, through
participation in Your sacred and divine
Mysteries, O Master. May You and the Father
and the Holy Spirit also dwell in me. (SD)

Glory to You, our God, glory to You.

O Savior most merciful, I pray to You
that Your divine precious Body and Blood
be for me both light and fire, burning up
the causes of sin and also the thorns of the
sinful passions, and fully enlightening me to
worship Your Divinity. (SD)

Most-holy Theotokos, save us.

When God formed a body for himself,
He did it in your womb. Therefore all
generations, O Lady, sing your praise.
Multitudes of Angels give glory, for now
through you they can clearly see Him, the

Δεῦτε προσκυνήσωμεν καὶ
προσπέσωμεν τῷ Βασιλεῖ ἡμῶν Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ
προσπέσωμεν Χριστῷ τῷ Βασιλεῖ ἡμῶν
Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ
προσπέσωμεν αὐτῷ, Χριστῷ τῷ Βασιλεῖ καὶ
Θεῷ ἡμῶν.

Ψαλμὸς ΚΒ' (22).

Κύριος ποιμαίνει με καὶ οὐδέν με
ὕστερήσει. Εἰς τόπον χλόης, ἐκεῖ με
κατεσκήνωσεν, ἐπὶ ὕδατος ἀναπαύσεως
ἐξέθρεψέ με, τὴν ψυχὴν μου ἐπέστρεψεν.
Ὡδήγησέ με ἐπὶ τρίβους δικαιοσύνης
ἐνεκεν τοῦ ὀνόματος αὐτοῦ. Ἐὰν γὰρ
καὶ πορευθῶ ἐν μέσῳ σκιᾶς θανάτου, οὐ
φοβηθήσομαι κακά, ὅτι σὺ μετ' ἐμοῦ εἶ ἡ
ράβδος σου καὶ ἡ βακτηρία σου, αὐταῖ με
παρεκάλεσαν. Ἡτοίμασας ἐνώπιόν μου
τράπεζαν, ἐξεναντίας τῶν θλιβόντων με·
ἐλίπανας ἐν ἐλαίῳ τὴν κεφαλὴν μου, καὶ τὸ
ποτήριόν σου μεθύσκον με ὥσεὶ κράτιστον.
Καὶ τὸ ἔλεός σου καταδιώξει με πάσας τὰς
ἡμέρας τῆς ζωῆς μου, καὶ τὸ κατοικεῖν με ἐν
οἴκῳ Κυρίου εἰς μακρότητα ἡμερῶν.

Ψαλμὸς ΚΓ' (23).

Τοῦ Κυρίου ἡ γῆ καὶ τὸ πλήρωμα αὐτῆς,
ἡ οἰκουμένη καὶ πάντες οἱ κατοικοῦντες ἐν
αὐτῇ. Αὐτὸς ἐπὶ θαλασσῶν ἐθεμελίωσεν
αὐτὴν καὶ ἐπὶ ποταμῶν ἠτοίμασεν αὐτήν.
Τίς ἀναβήσεται εἰς τὸ ὄρος τοῦ Κυρίου
καὶ τίς στήσεται ἐν τόπῳ ἁγίῳ αὐτοῦ;
ἄθῳος χερσὶ καὶ καθαρὸς τῇ καρδίᾳ, ὃς οὐκ
ἔλαβεν ἐπὶ ματαίῳ τὴν ψυχὴν αὐτοῦ καὶ

Lord of the universe, one in essence with
humanity. (SD)

Come, let us worship and bow down
before God our King.

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

Come, let us worship and bow down
before Him, Christ our King and God.

Psalms 22 (23).

The Lord is my shepherd; I shall not
want. He makes me to lie down in green
pastures; He leads me beside the still waters.
He restores my soul; He leads me in the
paths of righteousness for His name's sake.
Yea, though I walk through the valley of the
shadow of death, I will fear no evil, for You
are with me; Your rod and Your staff, they
comfort me. You prepare a table before me
in the presence of my enemies; You anoint
my head with oil; my cup runs over. Surely
goodness and mercy shall follow me all the
days of my life; and I will dwell in the house
of the Lord to the end of my days. (SAAS)

Psalms 23 (24).

The earth is the Lord's, and its fullness,
the world and all who dwell therein. For
He founded it upon the seas and prepared
it upon the rivers. Who shall ascend to the
mountain of the Lord? Who shall stand in
His holy place? He who has innocent hands
and a pure heart; He who does not lift up
his soul to vanity; He who does not swear

οὐκ ᾤμοσεν ἐπὶ δόλῳ τῷ πλησίον αὐτοῦ.
Οὗτος λήψεται εὐλογίαν παρὰ Κυρίου
καὶ ἐλεημοσύνην παρὰ θεοῦ σωτῆρος
αὐτοῦ. Αὕτη ἡ γενεὰ ζητούντων τὸν Κύριον,
ζητούντων τὸ πρόσωπον τοῦ θεοῦ Ἰακώβ.
Ἄρατε πύλας, οἱ ἄρχοντες ὑμῶν, καὶ
ἐπάρθητε, πύλαι αἰώνιοι, καὶ εἰσελεύσεται
ὁ βασιλεὺς τῆς δόξης. Τίς ἐστὶν οὗτος ὁ
βασιλεὺς τῆς δόξης; Κύριος κραταῖος καὶ
δυνατός, Κύριος δυνατός ἐν πολέμῳ. Ἄρατε
πύλας, οἱ ἄρχοντες ὑμῶν, καὶ ἐπάρθητε,
πύλαι αἰώνιοι, καὶ εἰσελεύσεται ὁ βασιλεὺς
τῆς δόξης. Τίς ἐστὶν οὗτος ὁ βασιλεὺς τῆς
δόξης; Κύριος τῶν δυνάμεων αὐτός ἐστιν ὁ
βασιλεὺς τῆς δόξης.

Ψαλμὸς ΠΙΕ' (115).

Ἐπίστευσα, διὸ ἐλάλησα· ἐγὼ δὲ
ἐταπεινώθην σφόδρα. Ἐγὼ δὲ εἶπα
ἐν τῇ ἐκστάσει μου· πᾶς ἄνθρωπος
ψεύστης. Τί ἀνταποδώσω τῷ Κυρίῳ περὶ
πάντων, ὧν ἀνταπέδωκέ μοι; ποτήριον
σωτηρίου λήψομαι καὶ τὸ ὄνομα Κυρίου
ἐπικαλέσομαι. Τὰς εὐχὰς μου τῷ Κυρίῳ
ἀποδώσω ἐναντίον παντὸς τοῦ λαοῦ αὐτοῦ.
Τίμιος ἐναντίον Κυρίου ὁ θάνατος τῶν
οσίων αὐτοῦ. ὦ Κύριε, ἐγὼ δοῦλος σός,
ἐγὼ δοῦλος σός καὶ υἱὸς τῆς παιδίσκης
σου. Διέρρηξας τοὺς δεσμούς μου, σοὶ
θύσω θυσίαν αἰνέσεως καὶ ἐν ὀνόματι
Κυρίου ἐπικαλέσομαι. Τὰς εὐχὰς μου τῷ
Κυρίῳ ἀποδώσω ἐναντίον παντὸς τοῦ λαοῦ
αὐτοῦ, ἐν αὐλαῖς οἴκου Κυρίου ἐν μέσῳ σου,
Ἱερουσαλήμ.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἀγίῳ Πνεύματι.
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

deceitfully to his neighbor. He shall receive
blessing from the Lord and mercy from the
God of his salvation. This is the generation of
those who seek Him, who seek the face of the
God of Jacob. Lift up the gates, O you rulers,
and be lifted up, you everlasting doors, and
the King of glory shall enter. Who is this King
of glory? The Lord strong and mighty, the
Lord powerful in battle. Lift up the gates, O
you rulers, and be lifted up, you everlasting
doors, and the King of glory shall enter. Who
is this King of Glory? The Lord of hosts, He is
the King of glory. (SAAS)

Psalm 115 (116).

I believed; therefore, I spoke; I was greatly
humbled. I said in my ecstasy, "Every man
is a liar." What shall I give back to the Lord
for all He rendered to me? I will take up the
cup of salvation, and call upon the name of
the Lord. Precious in the sight of the Lord Is
the death of His holy ones. O Lord, I am Your
servant; I am Your servant and the son of
Your handmaid. You broke apart my bonds;
I will offer a sacrifice of praise; I shall pay my
vows to the Lord in the presence of all His
people, in the courts of the Lord's house, in
your midst, O Jerusalem. (SAAS)

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

Ἀλληλουῖα. Ἀλληλουῖα. Ἀλληλούϊα.
Δόξα σοι ὁ Θεός. (ἐκ γ')

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,
ἐλέησον.

Τὰς ἀνομίας μου πάριδε, Κύριε, ὁ ἐκ
Παρθένου τεχθεὶς, καὶ τὴν καρδίαν μου
καθάρισον, ναὸν αὐτὴν ποιῶν τοῦ ἁγίου
σου Πνεύματος, μή με ἐξουδενώσης, ἀπὸ
τοῦ σοῦ προσώπου, ὁ ἀμέτρητον ἔχων τὸ
ἔλεος.

Δόξα.

Εἰς τὴν μετάληψιν τῶν Ἀγιασμάτων
σου πῶς ἀναιδεσθῶ ὁ ἀνάξιος; ἔαν γὰρ
τολμήσω σοι προσελθεῖν σὺν τοῖς ἀξίοις,
ὁ χιτῶν με ἐλέγχει, ὅτι οὐκ ἔστι τοῦ
Δείπνου, καὶ κατάκρισιν προξενήσω τῇ
πολυμαρτήτῳ μου ψυχῇ. Καθάρισον,
Κύριε, τὸν ρύπον τῆς ψυχῆς μου καὶ σῶσόν
με, ὡς φιλόανθρωπος.

Καὶ νῦν. **Θεοτοκίον.**

Πολλὰ τὰ πλήθη τῶν ἐμῶν Θεοτόκε
πταισμάτων, πρὸς σὲ κατέφυγον Ἀγνή,
σωτηρίας δεόμενος. Ἐπίσκεψαι τὴν
ἀσθενοῦσάν μου ψυχὴν, καὶ αἴτησαι τῷ Υἱῷ
σου καὶ Θεῷ ἡμῶν, δοθῆναί μοι τὴν ἄφεσιν,
ὧν ἔπραξα δεινῶν, μόνη εὐλογημένη.

Τῇ δὲ ἁγίᾳ καὶ μεγάλῃ Πέμπτῃ, τὸ παρόν.

Ὅτε οἱ ἑνδοξοὶ Μαθηταί, ἐν τῷ
νιπτήρι τοῦ Δείπνου ἐφωτίζοντο, τότε
Ἰούδας ὁ δυσσεβής, φιλαργυρίαν νοσήσας
ἐσκοτίζετο, καὶ ἀνόμοις κριταῖς, σὲ
τὸν δίκαιον Κριτὴν παραδίδωσι. Βλέπε
χρημάτων ἐραστά, τὸν διὰ ταῦτα ἀγχόνη
χρησάμενον· φεῦγε ἀκόρεστον ψυχὴν, τὴν
Διδασκάλῳ τοιαῦτα τολμήσασαν. Ὁ περὶ
πάντας ἀγαθός, Κύριε δόξα σοι.

Alleluia. Alleluia. Alleluia. Glory to You,
O God. (3)

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

Overlook my transgressions, O Lord born
of a Virgin, and purify my heart, and make
it temple of Your Holy Spirit. I implore You
whose mercy is immense, that You do not
reject me from Your presence. (SD)

Glory.

How shall I, who am unworthy,
shamelessly commune Your holy Mysteries?
If I dare to approach You with those who are
worthy, my clothing will accuse me, since
it is not fit for the banquet, and I shall bring
condemnation upon my very sinful soul. O
Lord, cleanse the filth of my soul and save me,
in Your love for humanity. (SD)

Both now. **Theotokion.**

O Theotokos, my offences are indeed very
many. * To you I run, O Maiden pure, and I
pray for salvation. * Visit my infirm and ailing
soul, * and pray for me to your Son and our
God, * to grant to me forgiveness for the evils
I have done, O only blessed Lady. (SD)

On Holy and Great Thursday, the following:

While the glorious Disciples were being
illuminated at the washing of the feet during
the Supper, then, too, did Judas the ungodly
one, succumb to darkness, being sick with
avarice. And he delivered You, the righteous
Judge, to lawless judges. Look here, O lover
of money, and see the one who for money's
sake hanged himself. Flee from the greed that
made him dare commit such a deed against

Κύριε, ἐλέησον. (μ')

ΣΤΙΧΟΙ ΔΙΔΑΚΤΙΚΟΙ

*Περὶ τοῦ, πῶς δεῖ προσέρχεσθαι
τοῖς Ἀχράντοις Μυστηρίοις*

Μέλλων φαγεῖν, ἄνθρωπε, Σῶμα
Δεσπότου, * φόβῳ πρόσσελθε, μὴ φλεγῇς·
πῦρ τυγχάνει. * Θεῖον δὲ πίνων Αἷμα πρὸς
μετουσίαν, * πρῶτον καταλλάγηθι τοῖς
σὲ λυποῦσιν, * ἔπειτα θαρρῶν, μυστικὴν
βρῶσιν φάγε.

Ἄλλοι ὅμοιοι.

Πρὸ τοῦ μετασχεῖν τῆς φρικώδους
θυσίας, * τοῦ ζωοποιοῦ Σώματος τοῦ
Δεσπότου, * τῷδε προσεύξαι τῷ τρόπῳ μετὰ
τρόμου.

ΕΥΧΗ Α'

(Μεγάλου Βασιλείου)

Δέσποτα Κύριε Ἰησοῦ Χριστέ, ὁ Θεὸς
ἡμῶν, ἡ πηγὴ τῆς ζωῆς καὶ τῆς ἀθανασίας,
ὁ πάσης ὁρατῆς καὶ ἀοράτου κτίσεως
δημιουργός, ὁ τοῦ ἀνάρχου Πατρὸς
συναἰδὸς Υἱὸς καὶ συνάναρχος, ὁ δι'
ὑπερβολὴν ἀγαθότητος ἐπ' ἐσχάτων τῶν
ἡμερῶν σάρκα φορέσας, καὶ σταυρωθεὶς καὶ
τυθεὶς ὑπὲρ τῶν ἀχαρίστων καὶ ἀγνωμόνων
ἡμῶν, καὶ τῷ οἰκείῳ σου Αἵματι ἀναπλάσας
τὴν φθαρεῖσαν ὑπὸ τῆς ἁμαρτίας φύσιν
ἡμῶν, αὐτὸς ἀθάνατε Βασιλεῦ, πρόσδεξαι
κάμου τοῦ ἁμαρτωλοῦ τὴν μετάνοιαν καὶ
κλῖνον τὸ οὖς σου ἐπ' ἐμοὶ καὶ εἰσάκουσον
τῶν ῥημάτων μου· ἡμαρτον γάρ, Κύριε,
ἡμαρτον εἰς τὸν οὐρανὸν καὶ ἐνώπιόν
σου καὶ οὐκ εἰμι ἄξιος ἀτενίσαι εἰς τὸ
ὑψος τῆς δόξης σου· παρώργισα γάρ
σου τὴν ἀγαθότητα, τὰς σὰς ἐντολὰς

the Teacher. O Lord benevolent to all, glory be
to You. (SD)

Lord, have mercy. (40)

Instructive Verses

(How one should approach the immaculate Mysteries).

As you are about to eat the body of the
Master, * approach with fear lest you be
burned, for it is fire. * And before you drink
in communion the blood, * be first reconciled
with all those you have offended; * then you
may take courage to eat the mystic Food.

Before you take part in the awesome
sacrifice * of the life-giving body of the
Master, * take care and pray with fear of God.

FIRST PRAYER

of Saint Basil the Great

Master Lord Jesus Christ our God, the
Source of life and immortality, Who are
the Maker of all creation, both visible and
invisible, the co-eternal and co-beginningless
Son of the eternal Father, Who in the
abundance of Your goodness were in the
last days clothed in flesh, were crucified and
buried for us, the ungrateful and thankless
ones, and by Your own Blood refashioned
our nature which had been corrupted by
sin: O immortal King, accept the repentance
even of me the sinner, and incline Your
ear to me and hear my words. For I have
sinned, O Lord, I have sinned against heaven
and before You, and I am not worthy to
gaze on the height of Your glory; for I have
provoked Your goodness by transgressing
Your commandments and not obeying Your

παραβὰς καὶ μὴ ὑπακούσας τοῖς σοῖς
προστάγμασιν. Ἀλλὰ σύ, Κύριε, ἀνεξίκακος
ὢν, μακρόθυμός τε καὶ πολυέλεος,
οὐ παρέδωκάς με συναπολέσθαι ταῖς
ἀνομίαις μου, τὴν ἐμὴν πάντως ἀναμένων
ἐπιστροφήν. Σὺ γὰρ εἶπας, φιλάνθρωπε, διὰ
τοῦ προφήτου σου, ὅτι οὐ θελήσει θέλω τὸν
θάνατον τοῦ ἁμαρτωλοῦ, ὡς τὸ ἐπιστρέψαι
καὶ ζῆν αὐτόν· οὐ γὰρ βούλει, Δέσποτα, τὸ
πλάσμα τῶν σῶν ἀπολέσθαι χειρῶν, οὐδὲ
εὐδοκεῖς ἐπ' ἀπωλείᾳ ἀνθρώπων, ἀλλὰ
θέλεις πάντας σωθῆναι καὶ εἰς ἐπίγνωσιν
ἀληθείας ἐλθεῖν. Διὸ κἀγώ, εἰ καὶ ἀνάξιός
εἰμι τοῦ οὐρανοῦ καὶ τῆς γῆς καὶ αὐτῆς τῆς
προσκαίρου ζωῆς ὅλον ἐμαυτὸν ὑποτάξας
τῇ ἁμαρτίᾳ καὶ ταῖς ἡδοναῖς δουλώσας καὶ
τὴν σὴν ἀχρειώσας εἰκόνα, ἀλλὰ ποῖημα
καὶ πλάσμα σὸν γεγονώς, οὐκ ἀπογινώσκω
τὴν ἐμαυτοῦ σωτηρίαν ὁ ἄθλιος· τῇ δὲ
σῇ ἀμετρήτῳ εὐσπλαγχνίᾳ θαρρόντας
προσέρχομαι. Δέξαι οὖν καμέ, φιλάνθρωπε
Χριστέ, ὡς τὴν Πόρνην, ὡς τὸν Ληστήν,
ὡς τὸν Τελώνην καὶ ὡς τὸν Ἀσωτον· καὶ
ἄρὸν μου τὸ βαρὺ φορτίον τῶν ἁμαρτιῶν,
ὁ τὴν ἁμαρτίαν αἴρων τοῦ κόσμου καὶ
τὰς ἀσθενείας τῶν ἀνθρώπων ἰώμενος· ὁ
τοὺς κοπιῶντας καὶ πεφορτισμένους πρὸς
σεαυτὸν καλῶν καὶ ἀναπαύων· ὁ μὴ ἐλθὼν
καλέσαι δικαίους, ἀλλὰ ἁμαρτωλοὺς εἰς
μετάνοιαν· καὶ καθάρισόν με ἀπὸ παντὸς
μολυσμοῦ σαρκὸς καὶ πνεύματος· δίδαξόν
με ἐπιτελεῖν ἀγιωσύνην ἐν φόβῳ σου, ἵνα
ἐν καθαρῷ τῷ μαρτυρίῳ τῆς συνειδήσεώς
μου, τῶν ἁγιασμάτων σου τὴν μερίδα
ὑποδεχόμενος, ἐνωθῶ τῷ ἁγίῳ Σώματί σου
καὶ Αἵματι, καὶ ἔξω σε ἐν ἐμοὶ κατοικοῦντα
καὶ μένοντα σὺν τῷ Πατρὶ καὶ τῷ ἁγίῳ
Πνεύματι. Ναί, Κύριε Ἰησοῦ Χριστέ, ὁ

ordinances. But in Your forbearance, patience,
and great mercy, You, O Lord, have not given
me up to be destroyed with my sins, but
You await my complete conversion. For You
Who love mankind have said through Your
Prophet that You desire not the death of the
sinner, but that he should return to You and
live. For You do not will, O Lord, that the
work of Your hands should be destroyed,
neither do You delight in the destruction
of men, but You desire that all should be
saved and come to a knowledge of the Truth.
Therefore, though I am unworthy both of
heaven and earth, and even of this transient
life – since I have completely succumbed
to sin and am a slave to pleasure and have
defaced Your image, yet being Your work
and creation, wretch that I am, – even I do
not despair of my salvation and dare to
draw near to Your boundless compassion.
Therefore receive even me, O Christ Who
Loves mankind, as the harlot, as the thief, as
the publican, and as the prodigal; and take
from me the heavy burden of my sins: You
Who take away the sin of the world, Who
heal men's sicknesses, Who call the weary
and heavy laden to Yourself and give them
rest; for You came not to call the righteous but
sinners to repentance. And cleanse me from
all defilement of flesh and spirit. Teach me to
attain perfect holiness in the fear of You, that
with the clear witness of my conscience I may
receive a portion of Your holy Things and
be united with Your holy Body and Blood,
and have You dwelling and remaining in me
with the Father and Your Holy Spirit. And,
O Lord Jesus Christ, my God, do not let the
communion of Your immaculate and life-

Θεός μου· καὶ μὴ εἰς κριμὰ μοι γένοιτο ἡ μεταλήψις τῶν ἀχράντων καὶ ζωοποιῶν Μυστηρίων σου, μηδὲ ἀσθενῆς γενοίμην ψυχῇ τε καὶ σώματι, ἐκ τοῦ ἀναξίως αὐτῶν μεταλαμβάνειν· ἀλλὰ δός μοι, μέχρι τελευταίας μου ἀναπνοῆς, ἀκατακρίτως ὑποδέχεσθαι τὴν μερίδα τῶν ἁγιασμάτων σου, εἰς Πνεύματος ἁγίου κοινωνίαν, εἰς ἐφόδιον ζωῆς αἰωνίου καὶ εἰς εὐπρόσδεκτον ἀπολογίαν τὴν ἐπὶ τοῦ φοβεροῦ βήματός σου· ὅπως ἂν καὶ γώ, σὺν πᾶσι τοῖς ἐκλεκτοῖς σου, μέτοχος γένωμαι τῶν ἀκηράτων σου ἀγαθῶν, ὧν ἡτοίμασας τοῖς ἀγαπῶσί σε, Κύριε· ἐν οἷς δεδοξασμένος ὑπάρχεις εἰς τοὺς αἰῶνας. Ἀμήν.

ΕΥΧΗ Β'

(τοῦ αὐτοῦ)

Οἶδα, Κύριε, ὅτι ἀναξίως μεταλαμβάνω τοῦ ἀχράντου σου Σώματος καὶ τοῦ τιμίου σου Αἵματος καὶ ἔνοχός εἰμι καὶ κριμὰ ἐμαυτῷ ἐσθίω καὶ πίνω, μὴ διακρίνων τὸ Σῶμα καὶ τὸ Αἷμα τοῦ Χριστοῦ καὶ Θεοῦ μου· ἀλλὰ τοῖς οἰκτιρμοῖς σου θαρρόων, προσέρχομαί σοι τῷ εἰπόντι. Ὁ τρώγων μου τὴν Σάρκα καὶ πίνων μου τὸ Αἷμα ἐν ἐμοὶ μένει, καὶ γώ ἐν αὐτῷ. Σπλαγχνίσθητι οὖν, Κύριε, καὶ μὴ παραδειγματίσης με τὸν ἁμαρτωλόν, ἀλλὰ ποιήσον μετ' ἐμοῦ κατὰ τὸ ἔλεός σου· καὶ γενέσθω μοι τὰ ἅγια ταῦτα εἰς ἱάσιν καὶ κάθαρσιν καὶ φωτισμὸν καὶ φυλακτήριον καὶ σωτηρίαν καὶ ἁγιασμὸν ψυχῆς τε καὶ σώματος· εἰς ἀποτροπὴν πάσης φαντασίας καὶ πονηρᾶς πράξεως καὶ ἐνεργείας διαβολικῆς, κατὰ διάνοιαν τῆς ἐν τοῖς μέλεσί μου ἐνεργουμένης· εἰς παρόρησίαν καὶ ἀγάπην τὴν πρὸς σέ· εἰς διόρθωσιν βίου καὶ ἀσφάλειαν·

giving Mysteries be to me for condemnation, nor let it make me sick in body or soul through my partaking of them unworthily; but rather grant that until my last breath I may receive a portion of Your holy Things without condemnation, for communion with the Holy Spirit, as a provision for eternal life, and as an acceptable defense at Your dread tribunal, so that I, too, with all Your elect may become a partaker of Your pure joys which You have prepared for those who love You, O Lord, in whom You are glorified throughout the ages. Amen. (nk)

SECOND PRAYER

of Saint Basil the Great

I know, O Lord, that I partake of Your immaculate Body and precious Blood unworthily, and that I am guilty, and eat and drink judgment to myself by not discerning the Body and Blood of You, my Christ and God. But, trusting in Your compassion, I take courage and approach You, for You have said: "He who eats My Flesh and drinks My Blood abides in Me and I in him." Therefore have compassion, O Lord, and do not make an example of me, the sinner, but deal with me according to Your mercy; and let these Holy Things be for my healing, and purification, and enlightenment, and protection, and salvation, and sanctification of body and soul; for the turning away of every fantasy, and all evil practice, and diabolical activity working subconsciously in my members; for confidence and love towards You; for reformation of life and stability; for an increase of virtue and perfection;

εἰς αὐξήσιν ἀρετῆς καὶ τελειότητος· εἰς πλήρωσιν ἐντολῶν· εἰς Πνεύματος ἁγίου κοινωνίαν· εἰς ἐφόδιον ζωῆς αἰωνίου καὶ εἰς ἀπολογία ἐμπρόσδεκτον, τὴν ἐπὶ τοῦ φοβεροῦ βήματός σου· μὴ εἰς κρῖμα ἢ εἰς κατάκριμα.

ΕΥΧΗ Γ'

(Ἰωάννου τοῦ Χρυσοστόμου)

Κύριε ὁ Θεός μου, οἶδα, ὅτι οὐκ εἰμι ἄξιος οὐδὲ ἱκανός, ἵνα μου ὑπὸ τὴν στέγην εἰσέλθης τοῦ οἴκου τῆς ψυχῆς, διότι ὅλη ἔρημος καὶ καταπεσοῦσά ἐστι, καὶ οὐκ ἔχεις παρ' ἐμοὶ τόπον ἄξιον τοῦ κλῖναι τὴν κεφαλὴν. Ἀλλ' ὥς ἐξ ὕψους δι' ἡμᾶς ἐταπείνωσας σεαυτόν, συμμετρίασον καὶ νῦν τῇ ταπεινώσει μου. Καὶ ὥς κατεδέξω ἐν τῷ σπηλαίῳ καὶ φάτνῃ ἀλόγων ἀνακλιθῆναι, οὕτω κατάδεξαι καὶ ἐν τῇ φάτνῃ τῆς ἀλόγου μου ψυχῆς καὶ ἐν τῷ ἐσπιλωμένῳ μου σώματι εἰσελθεῖν. Καὶ ὥς οὐκ ἀπηξίωσας εἰσελθεῖν καὶ συνδειπνήσαι ἁμαρτωλοῖς ἐν τῇ οἰκίᾳ Σίμωνος τοῦ λεπροῦ, οὕτω κατάδεξαι εἰσελθεῖν καὶ εἰς τὸν οἶκον τῆς ταπεινῆς μου ψυχῆς, τοῦ λεπροῦ καὶ ἁμαρτωλοῦ. Καὶ ὥς οὐκ ἀπώσω τὴν ὁμοίαν μοι πόρνην καὶ ἁμαρτωλόν, προσερχομένην καὶ ἀπτομένην σου, οὕτω σπλαγχνίσθητι καὶ ἐπ' ἐμοὶ τῷ ἁμαρτωλῷ, προσερχομένῳ σοι καὶ ἀπτομένῳ σου. Καὶ ὥς οὐκ ἐβδελύξω τὸ ῥυπαρὸν ἐκείνης στόμα καὶ ἐναγὲς καταφιλοῦν σε, μηδὲ ἐμοῦ βδελύξῃ τὸ ῥυπαρώτερον ἐκείνης στόμα καὶ ἐναγέστερον, μηδὲ τὰ ἔμμυσσά καὶ ἀκάθαρτά μου χεῖλη καὶ βέβηλα, καὶ τὴν ἀκαθαροτέραν μου γλῶσσαν. Ἀλλὰ γενέσθω μοι ὁ ἄνθραξ τοῦ παναγίου σου Σώματος καὶ τοῦ τιμίου σου Αἵματος εἰς ἁγιασμόν καὶ φωτισμόν καὶ ῥώσιν τῆς

for fulfillment of the commandments; for communion with the Holy Spirit; as a provision for eternal life; and as an acceptable defense at Your dread Tribunal, not unto judgment nor unto condemnation. ^(nk)

THIRD PRAYER

of Saint John Chrysostom

Lord my God, I know that I am not worthy or sufficient that You should come under the roof of the house of my soul, for all is desolate and fallen, and You do not have within me a place fit to lay Your head. But even as from on high You humbled Yourself for our sake, so now conform Yourself to my humility. And as You consented to lie in a cave and in a manger of irrational beasts, so also consent to lie in the manger of my irrational soul and to enter my defiled body. And as You did not disdain to enter and dine with sinners in the house of Simon the Leper, so consent also to enter the house of my humble soul which is leprous and sinful. And as You did not reject the woman who was a harlot and a sinner like me, when she approached and touched You, so also be compassionate with me, the sinner, as I approach and touch You, and let the live coal of Your most-holy Body and precious Blood be for the sanctification, and enlightenment, and strengthening of my humble soul and body; for a relief from the burden of my many sins; for a protection from all diabolical practices; for a restraint and a check on my evil and wicked way of life; for the mortification of passions; for the keeping of Your commandments; for an increase of Your divine grace; and for the advancement of

ταπεινῆς μου ψυχῆς καὶ τοῦ σώματος· εἰς κουφισμὸν τοῦ βάρους τῶν πολλῶν μου πλημμελημάτων· εἰς φυλακτήριον πάσης διαβολικῆς ἐνεργείας· εἰς ἀποτροπὴν καὶ ἐμπόδιον τῆς φαύλης μου καὶ πονηρᾶς συνηθείας· εἰς ἀπονέκρωσιν τῶν παθῶν· εἰς περιποίησιν τῶν ἐντολῶν σου· εἰς προσθήκην τῆς θείας σου χάριτος καὶ τῆς σῆς βασιλείας οἰκείωσιν. Οὐ γὰρ ὡς καταφρονῶν προσέρχομαί σοι, Χριστέ ὁ Θεός, ἀλλ' ὡς θαρρόων τῇ ἀφάτῳ σου ἀγαθότητι, καὶ ἵνα μὴ, ἐπὶ πολὺ ἀφιστάμενος τῆς κοινωνίας σου, θηριάλωτος ὑπὸ τοῦ νοητοῦ λύκου γένωμαι. Διὸ δέομαί σου, ὡς μόνος ὢν ἅγιος, Δέσποτα, ἀγίασόν μου τὴν ψυχὴν καὶ τὸ σῶμα, τὸν νοῦν καὶ τὴν καρδίαν, τοὺς νεφροὺς καὶ τὰ σπλάγχνα, καὶ ὅλον με ἀνακαίνισον καὶ ῥίζωσον τὸν φόβον σου ἐν τοῖς μέλεσί μου, καὶ τὸν ἀγιασμόν σου ἀνεξάλειπτον ἀπ' ἐμοῦ ποίησον. Καὶ γενοῦ μοι βοηθὸς καὶ ἀντιλήπτωρ, κυβερνῶν ἐν εἰρήνῃ τὴν ζωὴν μου, καταξιῶν με καὶ τῆς ἐκ τῶν δεξιῶν σου παραστάσεως μετὰ τῶν ἁγίων σου· εὐχαῖς καὶ πρεσβείαις τῆς παναχράντου σου Μητρός, τῶν ἁγίων σου λειτουργῶν καὶ ἀχράντων Δυνάμεων καὶ πάντων τῶν Ἁγίων, τῶν ἀπ' αἰῶνος σοι εὐαρεστησάντων. Ἀμήν.

ΕΥΧΗ Δ'

(τοῦ αὐτοῦ)

Οὐκ εἰμι ἱκανός, Δέσποτα Κύριε, ἵνα εἰσέλθῃς ὑπὸ τὴν στέγην τῆς ψυχῆς μου· ἀλλ' ἐπειδὴ βούλει σύ, ὡς φιλόανθρωπος, οἰκεῖν ἐν ἐμοί, θαρρόων προσέρχομαι. Κελεύεις, ἀναπετάσω τὰς πύλας, ἃς σὺ μόνος ἐδημιούργησας, καὶ εἰσέρχῃ μετὰ φιλανθρωπίας, ὡς πέφυκας· εἰσέρχῃ καὶ

Your Kingdom. For it is not as one insolent and presumptuous that I draw near to You, O Christ my God, but as one taking courage from Your ineffable goodness, so that having long abstained from Your communion I may not become a prey to the noetic wolf. Therefore, I pray to You, O Lord, Who alone are holy: sanctify my soul and body, my mind and heart, my emotions and affections, and wholly renew me. Root in my members the fear of You, and make Your sanctification indelible within me. Be also my Helper and Defender, guide my life in peace, and make me worthy to stand on Your right hand with Your Saints; through the prayers and intercessions of Your all-pure Mother, of Your ministering Angels, of the immaculate Powers, and of all the Saints who have been well-pleasing to You. Amen. (nk)

FOURTH PRAYER

of Saint John Chrysostom

I am not worthy, Sovereign Lord, for you to come under the roof of my soul. Yet because of your love for all people, you wish to dwell in me. I boldly come. Command that the gates open which you alone made and you will come in with love toward all people, as is your nature. You will come in and

φωτίζεις τὸν ἐσκοτισμένον μου λογισμόν.
Πιστεύω ὡς τοῦτο ποιήσεις· οὐ γὰρ
Πόρνην προσελθοῦσάν σοι μετὰ δακρύων
ἀπέφυγες, οὐδὲ Τελώνην ἀπεβάλου
μετανοήσαντα, οὐδὲ Ληστήν ἐπιγνόντα τὴν
βασιλείαν σου ἀπεδίωξας, οὐδὲ Διώκτην
μετανοήσαντα κατέλιπες, ὃ ἦν· ἀλλὰ τοὺς
ὑπὸ τῆς μετανοίας προσαχθέντας, ἅπαντας
ἐν τῷ χορῷ τῶν σῶν φίλων κατέταξας, ὁ
μόνος ὑπάρχων εὐλογημένος πάντοτε, νῦν
καὶ εἰς τοὺς ἀπεράντους αἰῶνας. Ἀμήν.

ΕΥΧΗ Ε'

(τοῦ αὐτοῦ)

Κύριε Ἰησοῦ Χριστέ, ὁ Θεός μου, ἄνες,
ἄφες, ἰλάσθητι καὶ συγχώρησόν μοι, τῷ
ἁμαρτωλῷ καὶ ἀχρεῖῳ καὶ ἀναξίῳ δούλῳ
σου, τὰ πταίσματα καὶ πλημμελήματα καὶ
παραπτώματά μου, ὅσα σοι ἐκ νεότητός
μου μέχρι τῆς παρούσης ἡμέρας καὶ
ῥας ἡμαρτον, εἴτε ἐν γνώσει καὶ ἀγνοίᾳ,
εἴτε ἐν λόγοις ἢ ἔργοις ἢ ἐνθυμήμασιν ἢ
διανοήμασι καὶ ἐπιτηδεύμασι, καὶ πάσαις
μου ταῖς αἰσθήσεσι. Καὶ τῇ πρεσβείᾳ τῆς
ἀσπόρως κυρησάσης σε παναχράντου καὶ
ἀειπαρθένου Μαρίας τῆς Μητρός σου,
τῆς μόνης ἀκαταισχύντου ἐλπίδος καὶ
προστασίας καὶ σωτηρίας μου, καταξιώσόν
με ἀκατακρίτως μεταλαβεῖν τῶν ἀχράντων
καὶ ἀθανάτων καὶ ζωοποιῶν καὶ φρικτῶν
Μυστηρίων σου, εἰς ἄφεσιν ἁμαρτιῶν
καὶ εἰς ζωὴν αἰώνιον· εἰς ἁγιασμόν καὶ
φωτισμόν καὶ ῥώμην καὶ ἴασιν καὶ ὑγείαν
ψυχῆς τε καὶ σώματος· καὶ εἰς ἐξάλειψιν
καὶ παντελῆ ἀφανισμόν τῶν πονηρῶν μου
λογισμῶν καὶ ἐνθυμήσεων καὶ προλήψεων
καὶ νυκτερινῶν φαντασιῶν τῶν σκοτεινῶν
καὶ πονηρῶν πνευμάτων. Ὅτι σοῦ ἐστὶν
ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα καὶ ἡ

enlighten my darkened reasoning. I believe
that you will do this, for you did not send
away the harlot who came to you with tears,
nor cast out the repenting publican, nor reject
the thief who acknowledged your kingdom,
nor forsake the repentant persecutor for what
he was. But you counted as your friends all
of those who came to you in repentance. You
alone are blessed, always, now and to the
endless ages. Amen. (nk)

FIFTH PRAYER

of Saint John Chrysostom

Lord Jesus Christ my God, loose, remit,
forgive, absolve, and pardon the sins,
offenses and transgressions which I, Your
sinful, useless and unworthy servant have
committed from my youth, up to the present
day and hour, whether in knowledge or in
ignorance, whether by words or in deeds,
whether in my intentions or in my thoughts,
and whether by habit or through any of my
senses. And through the intercession of her
who conceived You without seed, the all-
pure and ever-virgin Mary Your Mother,
my only sure hope and protection and
salvation, make me worthy to receive without
condemnation Your pure, immortal, life-
giving and fearful Mysteries, unto forgiveness
of sins and for eternal life; for sanctification,
and enlightenment, and strength, and healing,
and health of soul and body; and for the
blotting out and complete destruction of
my evil reasonings, and intentions, and
prejudices, and the nocturnal fantasies of dark
evil spirits. For Yours is the Kingdom, and the
power, and the glory, and the honor, and the
worship, with the Father and the Holy Spirit,

τιμὴ καὶ ἡ προσκύνησις, σὺν τῷ Πατρὶ καὶ
τῷ ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων. Ἀμήν.

ΕΥΧΗ Σ'

(Ἰωάννου τοῦ Δαμασκηνοῦ)

Δέσποτα Κύριε Ἰησοῦ Χριστέ, ὁ
Θεὸς ἡμῶν, ὁ μόνος ἔχων ἐξουσίαν
ἀνθρώποις ἀφιέναι ἁμαρτίας, ὡς ἀγαθὸς
καὶ φιλάνθρωπος, πάριδέ μου πάντα τὰ
ἐν γνώσει καὶ ἀγνοίᾳ πταίσματα, καὶ
ἀξιώσόν με ἀκατακρίτως μεταλαβεῖν
τῶν θείων καὶ ἐνδόξων καὶ ἀχράντων καὶ
ζωοποιῶν σου Μυστηρίων, μὴ εἰς κόλασιν,
μὴ εἰς προσθήκην ἁμαρτιῶν, ἀλλ' εἰς
καθαρισμὸν καὶ ἁγιασμὸν καὶ ἀρῶραβωνα
τῆς μελλούσης ζωῆς καὶ βασιλείας· εἰς
τεῖχος καὶ βοήθειαν καὶ ἀνατροπὴν τῶν
ἐναντίων καὶ εἰς ἐξάλειψιν τῶν πολλῶν μου
πλημμελημάτων. Σὺ γὰρ εἶ Θεὸς ἐλέους
καὶ οἰκτιρμῶν καὶ φιλανθρωπίας, καὶ σοὶ
τὴν δόξαν ἀναπέμπομεν, σὺν τῷ Πατρὶ καὶ
τῷ ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων. Ἀμήν.

ΕΥΧΗ Ζ'

(Συμεὼν τοῦ Νέου Θεολόγου)

Ἀπὸ ῥυπαρῶν χειλέων, ἀπὸ βδελυρᾶς
καρδίας, ἀπὸ ἀκαθάρτου γλώττης, ἐκ ψυχῆς
ἐρῶσπυμένης, δέξαι δέησιν, Χριστέ μου·
καὶ μὴ παρῶσάμενός μου, μὴ τοὺς λόγους,
μὴ τοὺς τρόπους, μηδὲ τὴν ἀναισχυντίαν,
δός μοι παρῶσίσια λέγειν, ἃ βεβούλευμαι,
Χριστέ μου, μᾶλλον δὲ καὶ δίδαξόν με, τί
με δεῖ ποιεῖν καὶ λέγειν. Ἦμαρτον ὑπὲρ
τὴν Πόρνην ἦ, μαθοῦσα ποῦ κατάγεις,
μύρον ἐξωνησαμένη, ἦλθε τολμηρῶς
ἀλειψαι, σοῦ τοὺς πόδας τοῦ Χριστοῦ
μου, τοῦ Δεσπότη καὶ Θεοῦ μου. Ὡς

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

(nk)

SIXTH PRAYER

of Saint John of Damascus

Master, Lord Jesus Christ our God, Who
alone have authority to forgive men their
sins, in Your goodness and love for men
overlook all my offenses whether committed
with knowledge or in ignorance, and make
me worthy to receive without condemnation
Your divine, glorious, spotless, and life-
giving Mysteries, not for punishment, nor
for an increase of sins, but for purification
and sanctification, and as a pledge of the life
and Kingdom to come, as a protection and
help, for the destruction of enemies, and for
the blotting out of my many transgressions.
For You are a God of mercy and compassion
and love for men, and to You we send up the
glory, with the Father and the Holy Spirit,
now and ever, and to the ages of ages. Amen.

(nk)

SEVENTH PRAYER

of Saint Symeon the New Theologian

From lips tainted and defiled, from a
heart unclean and loathsome, from an unclean
tongue, and out of a polluted soul: receive
my prayer, O my Christ. Do not reject me,
nor my words, nor my ways, nor even my
shamelessness, but give me courage to say
what I desire, O my Christ; and even more,
teach me what to do and what to say. I have
sinned more than the harlot who, on learning
where You were lodging, bought myrrh
and dared to come and anoint Your feet, my
Christ, my Lord and my God. As You did

ἐκεῖνην οὐκ ἀπώσω, προσελθοῦσαν ἐκ καρδίας, μηδ' ἐμὲ βδελύξῃ, Λόγε, σοὺς δὲ πάρασχέ μοι πόδας καὶ κρατῆσαι καὶ φιλῆσαι, καὶ τῷ ῥείθρῳ τῶν δακρῶν, ὡς πολυτιμῆτῳ μύρῳ, τούτους τολμηρῶς ἀλειψαί. Πλῦνόν με τοῖς δάκρυσί μου, κάθαρον αὐτοῖς με, Λόγε, ἄφες καὶ τὰ πταίσματά μου, καὶ συγγνώμην πάρασχέ μοι. Οἶδας τῶν κακῶν τὸ πλῆθος, οἶδας καὶ τὰ τραύματά μου· καὶ τοὺς μώλωπας ὀρᾶς μου ἀλλὰ καὶ τὴν πίστιν οἶδας καὶ τὴν προθυμίαν βλέπεις καὶ τοὺς στεναγμοὺς ἀκούεις. Οὐ λανθάνει σε, Θεέ μου, ποιητά μου, λυτρωτά μου, οὐδὲ σταλαγμοὺς δακρῶν, οὐδὲ σταλαγμοῦ τι μέρος. Τὸ μὲν ἀκατέργαστόν μου ἔγνωσαν οἱ ὀφθαλμοί σου· ἐπὶ τὸ βιβλίον δέ σου, καὶ τὰ μήπω πεπραγμένα, γεγραμμένα σοι τυγχάνει. Ἴδε τὴν ταπείνωσίν μου, ἴδε μου τὸν κόπον, ὅσος! καὶ τὰς ἁμαρτίας πάσας ἄφες μοι, Θεέ τῶν ὅλων, ἵνα καθαρᾷ καρδίᾳ, περιτρόμῳ διανοίᾳ καὶ ψυχῇ συντετριμμένη, τῶν ἀχράντων σου μετάσχω καὶ πανάγων μυστηρίων, οἷς ζωοῦται καὶ θεοῦται πᾶς ὁ τρώγων σε καὶ πίνων ἐξ εἰλικρινοῦς καρδίας. Σὺ γὰρ εἶπας, Δέσποτά μου· Πᾶς ὁ τρώγων μου τὴν Σάρκα, πίνων δέ μου καὶ τὸ Αἷμα, ἐν ἐμοὶ μὲν οὗτος μένει, ἐν αὐτῷ δ' ἐγὼ τυγχάνω. Ἀληθὴς ὁ λόγος πάντως τοῦ Δεσπότη καὶ Θεοῦ μου. Τῶν γὰρ θείων ὁ μετέχων καὶ θεοποιῶν χαρίτων, οὐ μένουν, οὐκ ἔστι μόνος, ἀλλὰ μετὰ σοῦ, Χριστέ μου, τοῦ φωτὸς τοῦ τρισηλίου, τοῦ φωτίζοντος τὸν κόσμον. Ἵνα γοῦν μὴ μόνος μένω δίχᾳ σου τοῦ Ζωοδότου, τῆς πνοῆς μου, τῆς ζωῆς μου, τοῦ ἀγαλλιάματός μου, τῆς τοῦ κόσμου σωτηρίας, διὰ τοῦτό σοι προσῆλθον, ὡς ὀρᾶς μετὰ δακρῶν

not repulse her when she drew near in her heart, neither, O word, reject me, but grant that I may clasp and kiss Your feet, and dare to anoint them with a flood of tears as with most-precious myrrh. Wash me with my tears and purify me with them, O Word. Forgive my sins and grant me pardon. You know the multitude of my evil-doings, You also know my wounds, and You see my bruises. But You also know my faith, and You behold my willingness, and You hear my sighs. Nothing escapes You, my God, my Maker, my Redeemer, not even a tear-drop, nor part of a drop. Your eyes know what I have not achieved, and in Your book things not yet done are written by You. See my depression, and see how great is my trouble: take from me all my sins, O God of all, that with a clean heart, a trembling mind, and a contrite spirit I may partake of Your pure and all-holy Mysteries by which all, who with sincerity of heart eat and drink You, are quickened and deified. For You, my Lord, have said: "Whoever eats My Flesh and drinks My Blood abides in Me and I in Him"; wholly true is the word of my Lord and God. For whoever partakes of Your divine and deifying Gifts certainly is not alone, but is with You, my Christ, the Light of the Triune Sun Which illumines the world. That I may not remain alone without You, the Giver of Life, my Breath, my Life, my Joy, the Salvation of the world, I have therefore drawn near to You, as You see, with tears and with a contrite spirit. Ransom of my offenses, I beseech You to receive me, that I may partake without condemnation of Your life-giving and perfect Mysteries, and that You may remain as You

καὶ ψυχῆς συντετριμμένης, λύτρον τῶν
ἐμῶν πταισμάτων ἱκετεύων τοῦ λαβεῖν με,
καὶ τῶν σῶν ζωοπαρόχων καὶ ἀμέμπτων
μυστηρίων μετασχεῖν ἀκατακρίτως,
ἵνα μείνης, καθὼς εἶπας, μετ' ἐμοῦ τοῦ
τρισαθλίου· ἵνα μή, χωρὶς εὐρών με τῆς
σῆς χάριτος, ὁ πλάνος, ἀφαρπάσῃ με
δολίως, καὶ πλανήσας ἀπαγάγῃ τῶν
θεοποιῶν σου λόγων. Διὰ τοῦτό σοι
προσπίπτω καὶ θερμῶς ἀναβοῶ σοι·
Ὡς τὸν Ἄσωτον ἐδέξω, καὶ τὴν Πόρνην
προσελθοῦσαν, οὕτω δέξαι με τὸν πόρνον
καὶ τὸν ἄσωτον, Οἰκτίρμον, ἐν ψυχῇ
συντετριμμένη νῦν με προσερχόμενόν
σοι. Οἶδα, Σῶτερ, ὅτι ἄλλος, ὡς ἐγώ, οὐκ
ἔπταισέ σοι οὐδὲ ἔπραξε τὰς πράξεις, ἃς
ἐγὼ κατειργασάμην. Ἀλλὰ τοῦτο πάλιν
οἶδα, ὡς οὐ μέγεθος πταισμάτων, οὐχ
ἀμαρτημάτων πλήθος, ὑπερβαίνει τοῦ
Θεοῦ μου τὴν πολλὴν μακροθυμίαν,
καὶ φιλανθρωπίαν ἄκραν· ἀλλ' ἐλαίῳ
συμπαθείας, τοὺς θερμῶς μετανοοῦντας,
καὶ καθαίρεις καὶ λαμπρύνεις καὶ φωτὸς
ποιεῖς μετόχους, κοινωνοὺς Θεότητός
σου ἐργαζόμενος ἀφθόνως· καί, τὸ ξένον
καὶ ἀγγέλοις καὶ ἀνθρώπων διανοίαις,
ὁμιλεῖς αὐτοῖς πολλάκις, ὥσπερ φίλοις
σου γνησίοις. Ταῦτα τολμηρὸν ποιεῖ με,
ταῦτά με πτεροῖ, Χριστέ μου· καὶ θαρρῶν
ταῖς σαῖς πλουσίαις πρὸς ἡμᾶς εὐεργεσίαις,
χαίρων τε καὶ τρέμων ἅμα, τοῦ πυρὸς
μεταλαμβάνω, χόρτος ὢν καὶ ξένον θαῦμα!
δροσιζόμενος ἀφράστως ὥσπερ οὖν ἡ
βάτος πάλαι, ἡ ἀφλέκτως καιομένη. Τοῖνυν
εὐχαρίστω γνώμη, εὐχαρίστω δὲ καρδίᾳ,
εὐχαρίστοις μέλεσί μου, τῆς ψυχῆς καὶ τῆς
σαρκός μου προσκυνῶ καὶ μεγαλύνω καὶ

have said with me, thrice-wretched as I am,
lest the tempter find me without Your grace
and craftily seize me and, having deceived
me, seduce me from Your deifying words.
Therefore I fall at Your feet and fervently cry
to You: as You received the prodigal and the
harlot who drew near to You, so also have
compassion and receive me, the profligate
and the prodigal, as I now draw near to You
with a contrite spirit. I know, O Savior, that
no other has sinned against You as I have, nor
has done the deeds that I have committed.
But I also know this: that neither the greatness
of my offenses, nor the multitude of my sins,
surpasses the great patience of my God,
and His extreme love for men. Despite our
offenses, You purify and enlighten with the
oil of compassion those who fervently repent,
and You make them children of the light and
sharers of Your divine nature. And You act
most generously, for what is strange to Angels
and to the minds of men You often tell to the
repentant as to Your true friends. These things
make me bold, my Christ, these things give
me wings, and I take courage from the wealth
of Your goodness to us. With rejoicing, yet
with trembling, I who am but straw partake
of Fire and, strange wonder, I am ineffably
bedewed, like the bush of old which burnt
without being consumed. Therefore with
thankful mind and with thankful heart and
with thankfulness in all the members of my
soul and body, I worship and magnify and
glorify You, my God, for You are blessed,
now and ever, to all ages. ^(nk)

δοξάζω σε, Θεέ μου, ὡς εὐλογημένον ὄντα
νῦν τε καὶ εἰς τοὺς αἰῶνας.

ΕΥΧΗ Η'

(Συμεὼν τοῦ Μεταφραστοῦ)

Ὁ μόνος καθαρὸς καὶ ἀκέραιος Κύριος,
ὁ δι' οἴκτον φιλανθρωπίας ἀνεκδιήγητον
τὸ ἡμέτερον ὅλον προσλαβόμενος φύραμα,
ἐκ τῶν ἀγνῶν καὶ παρθενικῶν αἱμάτων
τῆς ὑπερφυῶς κυησάσης σε, Πνεύματος
Θείου ἐπελεύσει καὶ εὐδοκία Πατρὸς αἰδίου,
Χριστὲ Ἰησοῦ, σοφία Θεοῦ καὶ εἰρήνη καὶ
δύναμις· ὁ τῷ προσλήμματι σου τὰ ζωοποιὰ
καὶ σωτήρια πάθη καταδεξάμενος, τὸν
Σταυρόν, τοὺς ἥλους, τὴν λόγχην, τὸν
θάνατον, νέκρωσόν μου τὰ ψυχοφθόρα
πάθη τοῦ σώματος. Ὁ τῇ ταφῇ σου τὰ τοῦ
ἄδου σκυλεύσας βασιλεία, θάψον μου
διὰ τῶν ἀγαθῶν λογισμῶν τὰ πονηρὰ
διαβούλια, καὶ τὰ τῆς πονηρίας πνεύματα
διασκέδασον. Ὁ τῇ τριημέρῳ σου καὶ
ζωηφόρῳ Ἀναστάσει τὸν πεπτωκότα
προπάτορα ἀναστήσας, ἀνάστησόν με τῇ
ἀμαρτία κατολισθήσαντα, τρόπους μοι
μετανοίας ὑποτιθέμενος. Ὁ τῇ ἐνδόξῳ
σου Ἀναλήψει τῆς σαρκὸς θεώσας τὸ
πρόσλημμα καὶ τοῦτο τῇ δεξιᾷ καθέδρᾳ
τιμήσας τοῦ Πατρὸς, ἀξιώσόν με, διὰ τῆς
τῶν ἁγίων σου μυστηρίων μεταλήψεως,
τῆς δεξιᾶς μερίδος τῶν σωζομένων
τυχεῖν. Ὁ τῇ ἐπιδημίᾳ τοῦ παρακλήτου
Πνεύματος σκεύη τίμια τοὺς ἱερούς σου
μαθητὰς ἐργασάμενος, δοχεῖον καὶ τῆς
αὐτοῦ ἀνάδειξον ἐπελεύσεως. Ὁ μέλλων
πάλιν ἔρχεσθαι κρῖναι τὴν οἰκουμένην ἐν
δικαιοσύνῃ, εὐδόκησον καὶ με προῦπαντῆσαι
σοι ἐν νεφέλαις τῷ ποιητῇ καὶ πλάστῃ μου
σὺν πᾶσι τοῖς ἁγίοις σου· ἵνα ἀτελευτήτως
δοξολογῶ καὶ ἀννυμῶ σε, σὺν τῷ ἀνάρχῳ

EIGHTH PRAYER

of Saint Symeon Metaphrastes

Lord, Who alone are pure and incorrupt,
Who through the ineffable compassion of
Your love for mankind assumed our whole
nature through the pure and virgin blood
of her who supernaturally conceived You
by the coming of the Divine Spirit and by
the will of the Eternal Father; O Christ Jesus,
Wisdom and Peace and Power of God, Who
in assuming our nature suffered Your life-
giving and saving Passion – the Cross, the
Nails, the Spear, and Death – mortify all the
deadly passions of my body. You Who in
Your burial spoiled the dominions of hell,
bury with good thoughts my evil schemes and
scatter the spirits of wickedness. You Who by
Your life-giving Resurrection on the third day
raised up our fallen first Parent, raise me up
who am sunk in sin and suggest to me ways
of repentance. You Who by Your glorious
Ascension deified our nature which You had
assumed and honored it by Your sitting at
the right hand of the Father, make me worthy
by partaking of Your holy Mysteries of a
place at Your right hand among those who
are saved. You Who by the descent of the
Spirit, the Paraclete, made Your holy Disciples
worthy vessels, make me also a recipient
of His coming. You Who are to come again
to judge the World with justice, grant me
also to meet You on the clouds, my Maker
and Creator, with all Your Saints, that I may
unendingly glorify and praise You with Your
Eternal Father and Your all-holy and good

σου Πατρὶ καὶ τῷ παναγίῳ καὶ ἀγαθῷ καὶ
ζωοποιῷ σου Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς
τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

ΕΥΧΗ Θ'

(Ἰωάννου τοῦ Δαμασκηνοῦ)

Πρὸ τῶν θυρῶν τοῦ ναοῦ σου
παρέστηκα καὶ τῶν δεινῶν λογισμῶν
οὐκ ἀφίσταμαι, ἀλλὰ σύ, Χριστέ ὁ Θεός,
ὁ Τελώνην δικαίωσας καὶ Χαναναίαν
ἐλεήσας καὶ τῷ Ἀηστῇ παραδείσου πύλας
ἀνοίξας, ἀνοίξόν μοι τὰ σπλάγχνα
τῆς φιλανθρωπίας σου καὶ δέξαι με
προσερχόμενον καὶ ἀπτόμενόν σου,
ὥς τὴν Πόρνην καὶ τὴν Αἰμόρρουν· ἡ
μὲν γάρ, τοῦ κρασπέδου σου ἀψαμένη
εὐχερῶς τὴν ἱασιν ἔλαβεν, ἡ δέ, τοὺς σου
ἀχράντους πόδας κρατήσασα, τὴν λύσιν
τῶν ἁμαρτημάτων ἐκομίσατο. Ἐγὼ δὲ ὁ
ἐλεεινός, ὅλον τὸ Σῶμα τολμῶν δέξασθαι,
μὴ καταφλεχθεῖν· ἀλλὰ δέξαι με, ὥσπερ
ἐκείνας, καὶ φώτισόν μου τὰ τῆς ψυχῆς
αἰσθητήρια, καταφλέγων μου τὰ τῆς
ἁμαρτίας ἐγκλήματα, πρεσβείαις τῆς
ἀσπόρως τεκούσης σε καὶ τῶν ἐπουρανίων
δυνάμεων. Ὅτι εὐλογητὸς εἶ εἰς τοὺς
αἰῶνας τῶν αἰώνων. Ἀμήν.

ΕΥΧΗ Ι'

(Ἰωάννου τοῦ Χρυσοστόμου)

Πιστεύω, Κύριε, καὶ ὁμολογῶ, ὅτι σὺ
εἶ ἀληθῶς ὁ Χριστός, ὁ Υἱὸς τοῦ Θεοῦ
τοῦ ζῶντος, ὁ ἐλθὼν εἰς τὸν κόσμον
ἁμαρτωλοὺς σῶσαι, ὧν πρῶτός εἰμι
ἐγώ. Ἔτι πιστεύω, ὅτι τοῦτο αὐτό ἐστὶ τὸ
ἄχραντον Σῶμά σου καὶ τοῦτο αὐτό ἐστὶ τὸ
τίμιον Αἷμά σου. Δέομαι οὖν σου· ἐλέησόν
με καὶ συγχώρησόν μοι τὰ παραπτώματά
μου, τὰ ἐκούσια καὶ τὰ ἀκούσια, τὰ ἐν

and life-creating Spirit, now and ever, and to
the ages of ages. Amen. (nk)

NINTH PRAYER

of Saint John Damascene

I stand before the doors of Your
sanctuary, yet I do not put away my terrible
thoughts. But, O Christ our God, Who
justified the Publican, and Who had mercy
on the Canaanite woman, and opened the
gates of Paradise to the Thief, open to me
the depths of Your love for mankind, and as
I approach and touch You, receive me like
the Harlot and the woman with an issue of
blood. For the one easily received healing
by touching the hem of Your garment, and
the other obtained release from her sins by
clasping Your sacred feet. And I, deplorable
as I am, dare to receive Your whole Body;
may I not be burnt, but receive me even as
You did these. And enlighten the senses of
my soul, and burn up the indictments of my
sins, by the intercessions of her who bore You
without seed, and of the Heavenly Hosts, for
You are blessed to the ages of ages. Amen. (nk)

TENTH PRAYER

of Saint John Chrysostom

I believe and confess, Lord, that You are
truly the Christ, the Son of the living God,
Who came into the world to save sinners,
of whom I am the first. I also believe that
this is truly Your pure Body and that this
is truly Your precious Blood. Therefore,
I pray to You, have mercy upon me, and
forgive my transgressions, voluntary and
involuntary, in word and deed, in knowledge

λόγω, τὰ ἐν ἔργῳ, τὰ ἐν γνώσει καὶ ἀγνοίᾳ·
καὶ ἀξιώσόν με ἀκατακρίτως μετασχεῖν
τῶν ἀχράντων σου μυστηρίων, εἰς ἄφεσιν
ἀμαρτιῶν καὶ εἰς ζωὴν αἰώνιον. Ἀμήν.

*Ἀπερχόμενος δὲ μεταλαβεῖν, λέγε τοὺς παρόντας
Στίχους Συμεὼν τοῦ Μεταφραστοῦ·*

Ἰδοῦ, βαδίζω πρὸς θεϊαν Κοινωνίαν· *
Πλαστουργέ, μὴ φλέξης με τῇ μετουσίᾳ· *
Πῦρ γὰρ ὑπάρχεις τοὺς ἀναξίους φλέγον· *
Ἀλλ' οὖν κάθαρον ἐκ πάσης με κηλίδος.

Εἶτα τὸ Τροπάριον·

Τοῦ Δείπνου σου τοῦ μυστικοῦ, σήμερον
Υἱὲ Θεοῦ, κοινωνόν με παράλαβε· οὐ μὴ
γὰρ τοῖς ἐχθροῖς σου τὸ Μυστήριον εἶπω, οὐ
φίλημά σοι δώσω, καθάπερ ὁ Ἰούδας, ἀλλ'
ὥς ὁ Ληστής ὁμολογῶ σοι. Μνήσθητί μου
Κύριε, ὅταν ἔλθῃς ἐν τῇ Βασιλείᾳ σου.

Εἶτα τοὺς παρόντας Στίχους·

Θεουργὸν Αἷμα φρίζον, ἄνθρωπε
βλέπων· * Ἀνθραξ γὰρ ἐστὶ τοὺς ἀναξίους
φλέγων· * Θεοῦ τὸ Σῶμα, καὶ θεοῖ με, καὶ
τρέφει· * Θεοῖ τὸ πνεῦμα, τὸν δὲ νοῦν τρέφει
ξένως.

Καὶ τὰ Τροπάρια ταῦτα·

Ἐθελξας πόθῳ με Χριστέ, καὶ
ἡλλοίωσας τῷ θείῳ σου ἔρωτι, ἀλλὰ
κατάφλεξον, πυρὶ αὐλῶ τὰς ἀμαρτίας
μου, καὶ ἐμπλησθῆναι τῆς ἐν σοὶ τρυφῆς
καταξίωσον, ἵνα τὰς δύο σκιρτῶν,
μεγαλύνω ἀγαθὲ παρουσίας σου.

Ἐν ταῖς λαμπρότησι τῶν Ἀγίων σου,
πῶς εἰσελεύσομαι ὁ ἀνάξιος; ἔὰν γὰρ
τολμήσω συνεισελθεῖν εἰς τὸν νυμφῶνα, ὁ
χιτὼν μὲ ἐλέγχει, ὅτι οὐκ ἔστι τοῦ γάμου,
καὶ δέσμιος ἐκβαλοῦμαι ὑπὸ τῶν Ἀγγέλων.

or in ignorance. And make me worthy,
without condemnation, to partake of Your
pure Mysteries for the remission of sins and
for eternal life. Amen. (GOA)

*When coming forward to receive communion, say these
verses of Symeon Metaphrastes.*

Behold, I approach for Divine
Communion. * O Maker, burn me not as I
partake, * for You are fire consuming the
unworthy. * But cleanse me from every stain.

Then this Troparion:

O Son of God, receive me today as a
partaker of Your mystical supper. For I will
not speak of the mystery to Your enemies,
nor will I give You a kiss, as did Judas. But
like the thief, I confess to You: Remember me,
Lord, in Your Kingdom. (GOA)

Then again the following verses:

Tremble, O man, as you behold the divine
Blood. * It is a burning coal that sears the
unworthy. * The Body of God both deifies
and nourishes me: * It deifies the spirit and
wondrously nourishes the mind.

And these Troparia:

You have smitten me with yearning, O
Christ, and by Your divine eros You have
changed me. But burn up with spiritual fire
my sins, and grant me to be filled with delight
in You, so that, leaping for joy, I may magnify,
O Good One, Your two comings. (GOA)

How shall I, who am unworthy, enter into
the splendor of Your saints? If I should dare
to enter into the bridal chamber, my vesture
will condemn me, since it is not a wedding
garment; and being bound up, I shall be cast
out by the angels. Cleanse, O Lord, the filth of

Καθάρισον, Κύριε, τὸν ῥύπον τῆς ψυχῆς μου, καὶ σῶσόν με ὡς φιλόανθρωπος.

Καὶ τὴν παροῦσαν Εὐχὴν·

Δέσποτα φιλόανθρωπε, Κύριε Ἰησοῦ Χριστέ, ὁ Θεός μου, μὴ εἰς κριμὰ μοι γένοιτο τὰ ἅγια ταῦτα, διὰ τὸ ἀνάξιον εἶναί με, ἀλλ' εἰς κάθαρσιν καὶ ἁγιασμὸν ψυχῆς τε καὶ σώματος, καὶ εἰς ἀρραβῶνα τῆς μελλούσης ζωῆς καὶ βασιλείας. Ἐμοὶ δὲ τὸ προσκολλᾶσθαι τῷ Θεῷ ἀγαθὸν ἐστὶ, τίθεσθαι ἐν τῷ Κυρίῳ τὴν ἐλπίδα τῆς σωτηρίας μου.

Καὶ πάλιν·

Τοῦ Δείπνου σου τοῦ μυστικοῦ, σήμερον Υἱὲ Θεοῦ, κοινωνόν με παράλαβε· οὐ μὴ γὰρ τοῖς ἐχθροῖς σου τὸ Μυστήριον εἶπω, οὐ φίλημά σοι δώσω, καθάπερ ὁ Ἰούδας, ἀλλ' ὡς ὁ Ἀηστής ὁμολογῶ σοι. Μνήσθητί μου Κύριε, ὅταν ἔλθῃς ἐν τῇ Βασιλείᾳ σου.

my soul, and save me, as You are the one Who loves mankind. In Your love, Lord, cleanse my soul, and save me. (GOA)

Master Who loves mankind, Lord Jesus Christ, my God, let not these Holy Gifts be to my judgment because I am unworthy, but rather for the purification and sanctification of both soul and body and the pledge of the life and Kingdom to come. It is good for me to cleave unto God and to place in Him the hope of my salvation. (GOA)

And again:

O Son of God, receive me today as a partaker of Your mystical supper. For I will not speak of the mystery to Your enemies, nor will I give You a kiss, as did Judas. But like the thief, I confess to You: Remember me, Lord, in Your Kingdom. (GOA)

Εὐχαριστία μετὰ τὴν Θεϊάν Μετάληψιν

ΑΝΑΓΝΩΣΤΗΣ

Στίχοι προτρεπτικοί·

Ἐπὶ δὲ τύχῃς τῆς καλῆς μετουσίᾳς
* τῶν ζωοποιῶν μυστικῶν δωρημάτων, *
ὑμνησον εὐθύς, εὐχαρίστησον μέγα, * καὶ
τάδε θερμῶς ἐκ ψυχῆς Θεῷ λέγε· * Δόξα σοι,
ὁ Θεός· δόξα σοι, ὁ Θεός· δόξα σοι, ὁ Θεός!

Καὶ εὐθύς τὰς ἐπομένας εὐχαριστηρίους Εὐχάς·

Ἀνωνύμου

Εὐχαριστῶ σοι, Κύριε, ὁ Θεός μου,
ὅτι οὐκ ἀπώσω με τὸν ἁμαρτωλόν, ἀλλὰ
κοινωνόν με γενέσθαι τῶν ἁγιασμάτων
σου κατηξίωσας. Εὐχαριστῶ σοι, ὅτι με
τὸν ἀνάξιον μεταλαβεῖν τῶν ἀχράντων
σου καὶ ἐπουρανίων δωρεῶν κατηξίωσας.
Ἀλλὰ, Δέσποτα φιλάνθρωπε, ὁ ὑπὲρ ἡμῶν
ἀποθανών τε καὶ ἀναστὰς καὶ χαρισάμενος
ἡμῖν τὰ φρικτὰ ταῦτα καὶ ζωοποιᾶ σου
Μυστήρια, ἐπ' εὐεργεσίᾳ καὶ ἁγιασμῷ
τῶν ψυχῶν καὶ τῶν σωμάτων ἡμῶν, δὸς
γενέσθαι ταῦτα καὶ μοι εἰς ἱσὺν ψυχῆς
τε καὶ σώματος, εἰς ἀποτροπὴν παντὸς
ἐναντίου, εἰς φωτισμὸν τῶν ὀφθαλμῶν
τῆς καρδίας μου, εἰς εἰρήνην τῶν ψυχικῶν
μου δυνάμεων, εἰς πίστιν ἀκαταίσχυντον,
εἰς ἀγάπην ἀνυπόκριτον, εἰς πλησμονὴν
σοφίας, εἰς περιποίησιν τῶν ἐντολῶν σου,
εἰς προσθήκην τῆς θείας σου χάριτος καὶ
τῆς σῆς βασιλείας οἰκείωσιν· ἵνα ἐν τῷ
ἁγιασμῷ σου δι' αὐτῶν φυλαττόμενος, τῆς
σῆς χάριτος μνημονεύω διὰ παντὸς καὶ
μηκέτι ἐμαυτῷ ζῶ, ἀλλὰ σοὶ τῷ ἡμετέρῳ
Δεσπότη καὶ εὐεργέτῃ. Καὶ οὕτω τοῦ τηδε
βίου ἀπάρας ἐπ' ἐλπίδι ζωῆς αἰωνίου, εἰς

Thanksgiving after Holy Communion

READER

The Admonitory Verses

And when you obtain the blessed
Communion, * of the life-creating mystical
Gifts, * straightway give praise and great
thanks, * and fervently from your soul say to
God, * Glory to You, O God; glory to You, O
God; glory to You, O God.

*And immediately, the following prayers of
thanksgiving:*

Anonymous

I thank You, O Lord my God, for You
have not rejected me, a sinner, but have
deemed me worthy to be a partaker of Your
Holy Gifts. I thank You that You deemed me
worthy, unworthy as I am, to partake of Your
pure and heavenly Gifts. O Master, Who loves
mankind, Who for us both died and arose
and Who granted us these, Your dread and
life-creating Mysteries, for the benefit and
sanctification of our souls and bodies: Grant
that these may be to me for the healing of both
soul and body, for the averting of everything
hostile, for the enlightenment of the eyes of
my heart, for the peace of the powers of my
soul, for faith unashamed, for love unfeigned,
for the fullness of wisdom, for the observance
of Your commandments, for an increase of
Your divine grace, and for abiding in Your
Kingdom; that being kept by them in Your
holiness I may ever be mindful of Your grace,
and no longer live for myself but for You,
our Master and benefactor. And thus, when
from this life I have passed in the hope of
life eternal, may I attain to everlasting rest,
where the sound of those who celebrate is

τὴν αἰδίδιον καταντήσω ἀνάπαυσιν, ἔνθα ὁ τῶν ἑορταζόντων ἡχος ὁ ἀκατάπαυστος καὶ ἡ ἀπέραντος ἡδονὴ τῶν καθορώντων τοῦ σου προσώπου τὸ κάλλος τὸ ἄρρήτον. Σὺ γὰρ εἶ τὸ ὄντως ἐφετὸν καὶ ἡ ἀνέκφραστος εὐφροσύνη τῶν ἀγαπώντων σε, Χριστέ ὁ Θεὸς ἡμῶν, καὶ σὲ ὑμνεῖ πᾶσα ἡ κτίσις εἰς τοὺς αἰῶνας. Ἀμήν.

Τοῦ Μεγάλου Βασιλείου

Δέσποτα Χριστέ ὁ Θεός, βασιλεῦ τῶν αἰώνων καὶ δημιουργὲ τῶν ἀπάντων, εὐχαριστῶ σοι ἐπὶ πᾶσιν, οἷς παρέσχου μοι ἀγαθοῖς, καὶ ἐπὶ τῇ μεταλήψει τῶν ἀχράντων καὶ ζωποίων σου μυστηρίων. Δέομαι οὖν σου, ἀγαθὲ καὶ φιλόανθρωπε· φύλαξόν με ὑπὸ τὴν σκέπην σου καὶ ἐν τῇ τῶν πτερύγων σου σκιᾷ· καὶ δώρησαι μοι ἐν καθαρῷ συνειδότι, μέχρις ἐσχάτης μου ἀναπνοῆς, ἐπαξίως μετέχειν τῶν ἁγιασμάτων σου, εἰς ἄφεσιν ἁμαρτιῶν καὶ εἰς ζωὴν αἰώνιον. Σὺ γὰρ εἶ ὁ ἄρτος τῆς ζωῆς, ἡ πηγὴ τοῦ ἁγιασμοῦ, ὁ δοτὴρ τῶν ἀγαθῶν· καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, σὺν τῷ Πατρὶ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Συμεὼν τοῦ Μεταφραστοῦ

Ὁ δοὺς τροφήν μοι σάρκα σὴν ἐκουσίως, ὁ πῦρ ὑπάρχων καὶ φλέγων ἀναξίους, μὴ δὴ καταφλέξης με, μὴ Πλαστοργέ μου· μᾶλλον δίελθε πρὸς μελῶν μου συνθέσεις, εἰς πάντας ἄρμούς, εἰς νεφρούς, εἰς καρδίαν· φλέξον δ' ἀκάνθας τῶν ὅλων μου πταισμάτων. Ψυχὴν κάθαρον, ἁγίασον τὰς φρένας· τὰς ἰγνύας στήριξον ὅστέοις ἅμα· αἰσθήσεων φώτισον ἀπλὴν πεντάδα· ὅλον με τῷ σῶ συγκαθήλωσον φόβῳ.

unceasing, and unending is the delight of those who behold the ineffable beauty of Your Countenance. For You are, indeed, the true object of our desire and the inexpressible gladness of those who love You, O Christ our God, and all creation praises You unto the ages. Amen. (GOA)

Prayer of St. Basil the Great

O Master Christ, our God, King of the ages and creator of all, I thank You for all the good things You have granted me and for the Communion of Your pure and life-giving Mysteries. I beseech You, therefore, O Good One Who loves mankind, keep me under Your protection and in the shadow of Your wings; and grant that, with a clear conscience and until my final breath, I may worthily partake of Your Holy Gifts for the remission of my sins and for life eternal. For You are the bread of life, the well-spring of holiness, and the giver of all that is good, and to You we ascribe the glory, with the Father and the Holy Spirit, now and forever and to the ages of ages. Amen. (GOA)

Prayer of St. Symeon Metaphrastes

O You Who willingly grant me Your Flesh for food, You are a fire, and You consume the unworthy! Burn me not, O my Maker, but rather pass through my composite members into all my joints, my innermost core, and my heart. Burn up the thorns of all my transgressions; purify my soul; sanctify my thoughts; make firm my legs, as well as my bones; illumine the clarity of my five senses; nail down the whole of me by Your fear.

Αεὶ σκέπε, φρούρει τε καὶ φύλαττέ με ἐκ παντὸς ἔργου καὶ λόγου ψυχοφθόρου. Ἄγνιζε καὶ κάθαρε καὶ ῥύθμιζέ με· κάλλυνε, συνέτιζε καὶ φώτιζέ με· δεῖξόν με σὸν σκήνωμα Πνεύματος μόνου, καὶ μηκέτι σκήνωμα τῆς ἁμαρτίας· ἵν' ὡς σὸν οἶκον εἰσὸδῶ κοινωνίας, ὡς πῦρ με φεύγη πᾶς κακοῦργος, πᾶν πάθος. Πρέσβεις φέρω σοι πάντας ἡγιασμένους, τὰς ταξιαρχίας τε τῶν Ἀσωμάτων, τὸν Πρόδρομόν σου, τοὺς σοφοὺς Ἀποστόλους, πρὸς τοῖς δε σὴν ἄχραντον ἀγνὴν Μητέρα· ὧν τὰς λιτάς, εὐσπλαγχνε, δέξαι, Χριστέ μου, καὶ φωτὸς παῖδα τὸν σὸν ἔργασαι λάτριν. Σὺ γὰρ ὑπάρχεις ἁγιασμός καὶ μόνος ἡμῶν, ἀγαθέ, τῶν ψυχῶν καὶ λαμπρότης· καὶ σοὶ πρεπόντως, ὡς Θεῷ καὶ Δεσπότη, δόξαν ἅπαντες πέμπομεν καθ' ἡμέραν.

Ἀνωνύμου

Τὸ Σῶμά σου τὸ ἅγιον, Κύριε Ἰησοῦ Χριστέ ὁ Θεὸς ἡμῶν, γένοιτό μοι εἰς ζωὴν αἰώνιον, καὶ τὸ Αἷμά σου τὸ τίμιον εἰς ἄφεσιν ἁμαρτιῶν. Γένοιτο δέ μοι ἡ εὐχαριστία αὕτη εἰς χαρὰν, ὑγίαν καὶ εὐφροσύνην· καὶ ἐν τῇ φοβερᾷ καὶ δευτέρᾳ ἐλεύσει σου ἀξιῶσόν με τὸν ἁμαρτωλὸν στήναι ἐκ δεξιῶν τῆς σῆς δόξης, πρεσβείαις τῆς παναχράντου σου Μητρός, καὶ πάντων σου τῶν Ἀγίων. Ἀμήν.

Ἀνωνύμου

Παναγία Δέσποινα, Θεοτόκε, τὸ φῶς τῆς ἐσκοτισμένης μου ψυχῆς, ἡ ἐλπίς, ἡ σκέπη, ἡ καταφυγή, ἡ παραμυθία, τὸ ἀγαλλίαμά μου, εὐχαριστῶ σοι, ὅτι ἡξίωσάς με τὸν ἀνάξιον κοινωνὸν γενέσθαι τοῦ ἀχράντου Σώματος καὶ τοῦ Τιμίου Αἵματος τοῦ Υἱοῦ σου. Ἀλλ' ἡ τεκοῦσα τὸ

Ever overshadow, watch, and guard me from every soul-destroying act and word. Purify, cleanse, and train me; adorn, elucidate, and illuminate me; show me to be the dwelling of Your Spirit alone, and no longer the dwelling of sin; so that, as Your house, by the entrance of Communion as fire, every evildoer and passion may flee. I bring to You intercessors, all the sanctified, the captains of the bodiless angels, Your Forerunner, the wise apostles, and to them I add Your pure, immaculate Mother. Receive, O my compassionate Christ, their petitions, and make of your hired servant a child of light! For You are alone our sanctification, O Good One, and the brightness of our souls; and to You, as is fitting, as our God and Master, do we all ascribe glory from day to day.

Anonymous

May Your holy Body, O Lord Jesus Christ, our God, be to me for life eternal, and Your precious Blood for remission of sins. And may this Eucharist be to me for joy, health, and gladness. And at Your awesome Second Coming, deem me, the sinner, worthy to stand at the right hand of Your glory, through the intercessions of Your all-pure Mother and all Your saints. Amen. (GOA)

Anonymous

All-holy Lady, Theotokos, the light of my darkened soul, my hope and protection, my refuge and consolation, and my joy, I thank you that you have made me worthy, though I am unworthy, to partake of the pure Body and precious Blood of your Son. But as the one who gave birth to the true Light:

ἀληθινὸν φῶς, φῶτισόν μου τοὺς νοητοὺς
ὀφθαλμοὺς τῆς καρδίας· ἢ τὴν πηγὴν
τῆς ἀθανασίας κύησασα, ζωοποίησόν
με τὸν τεθνατωμένον τῇ ἀμαρτίᾳ, ἢ
τοῦ ἐλεήμονος Θεοῦ φιλεῦσπλαγχνος
Μήτηρ, ἐλέησόν με, καὶ δὸς κατάνυξιν καὶ
συντριβὴν ἐν τῇ καρδίᾳ μου καὶ ταπεινώσιν
ἐν ταῖς διανοήμασί μου, καὶ ἀνάκλησιν
ἐν ταῖς αἰχμαλωσίαις τῶν λογισμῶν μου.
Καὶ ἀξιώσόν με, μέχρι τελευταίας μου
ἀναπνοῆς, ἀκατακρίτως ὑποδέχεσθαι τῶν
ἀχράντων Μυστηρίων τὸν ἁγιασμόν, εἰς
ἱασιν ψυχῆς τε καὶ σώματος· καὶ παράσχου
μοι δάκρυα μετανοίας καὶ ἐξομολογήσεως,
εἰς τὸ ὑμνεῖν καὶ δοξάζειν σε πάσας τὰς
ἡμέρας τῆς ζωῆς μου. Ὅτι εὐλογημένη καὶ
δεδοξασμένη ὑπάρχεις εἰς τοὺς αἰῶνας·
Ἀμήν.

ΙΕΡΕΥΣ

Ὡδὴν τοῦ Θεοδόχου Συμεών.

Νῦν ἀπολύεις τὸν δοῦλόν σου, Δέσποτα,
κατὰ τὸ ῥῆμά σου, ἐν εἰρήνῃ· ὅτι εἶδον
οἱ ὀφθαλμοί μου τὸ σωτήριόν σου, ὃ
ἠτοίμασας κατὰ πρόσωπον πάντων τῶν
λαῶν· φῶς εἰς ἀποκάλυψιν ἐθνῶν, καὶ
δόξαν λαοῦ σου Ἰσραήλ.

ΑΝΑΓΝΩΣΤΗΣ

Τρισάγιον.

Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος
Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε,
ἱλάσθητι ταῖς ἀμαρτίαις ἡμῶν. Δέσποτα,
συγχώρησον τὰς ἀνομίας ἡμῖν. Ἄγιε,

enlighten the noetic eyes of my heart. You
who conceived the source of immortality,
give life to me, dead in sin. You who are
the compassionately loving Mother of the
merciful God, have mercy on me and give my
heart compunction and contrition, humility
in my thoughts, and release from my captive
thoughts. And make me worthy until my final
breath to receive without condemnation the
sanctification of the pure Mysteries for the
healing of both soul and body. And grant me
tears of repentance and confession, that I may
praise and glorify you all the days of my life.
For you are blessed and glorified unto the
ages. Amen. (GOA)

PRIEST

Song of Simeon.

Lord, now You are letting Your servant
depart in peace, according to Your word; for
my eyes have seen Your salvation which You
have prepared before the face of all peoples,
a light to bring revelation to the Gentiles, and
the glory of Your people Israel. (NKJV)

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

ἐπίσκεψαι καὶ ἰᾶσαι τὰς ἀσθενείας ἡμῶν,
ἐνεκεν τοῦ ὀνόματός σου.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,
ἐλέησον.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς,
ἀγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ
βασιλεία σου. Γενηθήτω τὸ θέλημά σου,
ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον
ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ
ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ
ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ
εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ρῦσαι
ἡμᾶς ἀπὸ τοῦ πονηροῦ.

ΙΕΡΕΥΣ

Ὅτι σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις
καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ
Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων. (Ἀμήν.)

ΑΝΑΓΝΩΣΤΗΣ

Μετὰ τὴν Θ. Λειτουργίαν τοῦ Χρυσοστόμου·

Ἀπολυτίκιον.

Ἡ τοῦ στόματός σου καθάπερ πυρρὸς
ἐκλάμπασα χάρις, τὴν οἰκουμένην
ἐφώτισεν· ἀφιλαργυρίας τῷ κόσμῳ
θησαυροὺς ἐναπέθετο· τὸ ὕψος ἡμῖν
τῆς ταπεινοφροσύνης ὑπέδειξεν. Ἀλλὰ
σοῖς λόγοις παιδεύων, Πάτερ Ἰωάννη
Χρυσόστομε, πρέσβευε τῷ Λόγῳ Χριστῷ τῷ
Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

Δόξα. **Κοντάκιον.**

Ἐκ τῶν οὐρανῶν ἐδέξω τὴν θείαν χάριν,
καὶ διὰ τῶν σῶν χειλέων, πάντα διδάσκεις,

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. (Amen.)

READER

After the Liturgy of St. John Chrysostom:

Apolytikion.

The grace that from your mouth shone
forth like a torch illumined the universe. It
deposited in the world the treasures of the
absence of avarice. It showed us the height
that is attained by humility. Now you instruct
us by your words, Father John Chrysostom.
Intercede with Christ God, the Word himself,
entreating Him to save our souls. (SD)

Glory. **Kontakion.**

You received the grace of God coming
down from heaven; now by means of your

προσκυνεῖν ἐν Τριάδι τὸν ἕνα Θεόν, Ἰωάννη
Χρυσόστομε, παμμακάριστε Ὅσιε, ἐπαξίως
εὐφημοῦμέν σε· ὑπάρχεις γὰρ καθηγητής,
ὡς τὰ θεῖα σαφῶν.

Καὶ νῦν. **Θεοτοκίον.**

Τῇ πρεσβείᾳ Κύριε, πάντων τῶν Ἀγίων,
καὶ τῆς Θεοτόκου, τὴν σὴν εἰρήνην δὸς ἡμῖν,
καὶ ἐλέησον ἡμᾶς, ὡς μόνος οἰκτίρμων.

Μετὰ τὴν Θ. Λειτουργίαν τοῦ Μ. Βασιλείου·

Ἀπολυτίκιον.

Εἰς πᾶσαν τὴν γῆν ἐξηλθεν ὁ φθόγγος
σου, ὡς δεξαμένην τὸν λόγον σου, δι' οὗ
θεοπρεπῶς ἐδογματίσας, τὴν φύσιν τῶν
ὄντων ἐτράνωσας, τὰ τῶν ἀνθρώπων ἦθη
κατεκόσμησας, Βασίλειον Ἱεράτευμα,
Πάτερ Ὅσιε, Χριστὸν τὸν Θεὸν ἰκέτευε,
δωρήσασθαι ἡμῖν τὸ μέγα ἔλεος.

Δόξα. **Κοντάκιον.**

Ὡφθης βάσις ἀσειστος τῇ Ἐκκλησίᾳ,
νέμων πᾶσιν ἄσυλον, τὴν κυριότητα
βροτοῖς, ἐπισφραγίζων σοῖς δόγμασιν,
Οὐρανοφάντορ Βασίλειε ὅσιε.

Καὶ νῦν. **Θεοτοκίον.**

Τῇ πρεσβείᾳ Κύριε, πάντων τῶν Ἀγίων,
καὶ τῆς Θεοτόκου, τὴν σὴν εἰρήνην δὸς ἡμῖν,
καὶ ἐλέησον ἡμᾶς, ὡς μόνος οἰκτίρμων.

Μετὰ τὴν Θ. Λειτουργίαν τῶν Προηγιασμένων·

Ἀπολυτίκιον.

Στόμα γρήγορον, καταπλουτήσας,
νομεὺς ἄριστος τοῦ θεοῦ λόγου,
ἀνεδείχθης Ἱεράρχα Γρηγόριε, τῶν ἀρετῶν

own lips you instruct all people how to
worship in Trinity the one and only God,
O devout Saint John Chrysostom, the all-
blessed and golden-mouthed. It is right that
we should honor you. For elucidating things
divine, you are our teacher and guide. (SD)

Both now. **Theotokion.**

By the intercessions of all Your Saints and
the Theotokos, grant us Your peace and have
mercy on us, O only compassionate Lord. (SD)

After the Liturgy of St. Basil:

Apolytikion.

Your proclamation went forth into all
the earth, for it accepted your word, through
which you taught the dogmas befitting God,
you expounded on the nature of all that
is, and you arranged the morals of society.
A royal priesthood! Devout father Basil,
intercede with Christ our God, to grant us His
great mercy. (SD)

Glory. **Kontakion.**

As a base unshakable * you were
presented * to the Church, attributing * the
full dominion to mankind, * and by your
dogmas confirming this, O devout Basil,
Revealer of heaven to all. (SD)

Both now. **Theotokion.**

By the intercessions of all Your Saints and
the Theotokos, grant us Your peace and have
mercy on us, O only compassionate Lord. (SD)

After the Presanctified Liturgy:

Apolytikion.

You were shown to be a great dispenser
* of the word of God, having been given * a
most capable mouth that was rich in grace.

γὰρ ἐκφάντωρ γενόμενος, δικαιοσύνης
ἐκφαίνεις τὴν ἑλλαμψιν Πάτερ Ὅσιε,
Χριστὸν τὸν Θεὸν ἱκέτευε, δωρήσασθαι ἡμῖν
τὸ μέγα ἔλεος.

Δόξα. **Κοντάκιον.**

Ταῖς τῶν σῶν λόγων ἀκτῖσι φωτίζεται,
ἡ Ἐκκλησία θεόφρον Γρηγόριε, Ἱεράρχα
πάνσοφε, τῷ θείῳ θρόνῳ παριστάμενος,
ἐκτενῶς Χριστῷ τῷ Θεῷ, πρεσβεΐαν ποίει
ὑπὲρ πάντων ἡμῶν.

Καὶ νῦν. **Θεοτοκίον.**

Τῇ πρεσβεΐᾳ Κύριε, πάντων τῶν Ἀγίων,
καὶ τῆς Θεοτόκου, τὴν σὴν εἰρήνην δὸς ἡμῖν,
καὶ ἐλέησον ἡμᾶς, ὡς μόνος οἰκτίρμων.

ΑΝΑΓΝΩΣΤΗΣ

Κύριε, ἐλέησον. (ιβ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ,
τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν,
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

ΙΕΡΕΥΣ

Ὁ Θεὸς οἰκτιρῆσαι ἡμᾶς καὶ εὐλογῆσαι
ἡμᾶς· ἐπιφάναι τὸ πρόσωπον αὐτοῦ ἐφ'
ἡμᾶς, καὶ ἐλεῆσαι ἡμᾶς.

ΑΝΑΓΝΩΣΤΗΣ

Ἀμήν.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

* You radiated the luster of righteousness, *
teaching the virtues, O hierarch Gregory. * O
devout father, pray now to Christ our God, *
entreating Him to grant us His great mercy.

(SD)

Glory. **Kontakion.**

The Church is illumined by the rays of
your words, O all-wise, God-bearing hierarch
Gregory. Now, as you stand near the divine
throne, earnestly intercede with Christ our
God on behalf of us all. (SD)

Both now. **Theotokion.**

By the intercessions of all Your Saints and
the Theotokos, grant us Your peace and have
mercy on us, O only compassionate Lord. (SD)

READER

Lord, have mercy. (12)

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

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.

In the name of the Lord, Father, bless!

PRIEST

May God have compassion on us and
bless us; may his face shine upon us and have
mercy on us.

READER

Amen.

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

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,
ἐλέησον.

Εὐλόγησον.

ΙΕΡΕΥΣ

Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν,
ταῖς πρεσβείαις τῆς παναχράντου καὶ
παναμώμου ἁγίας αὐτοῦ Μητρός, (τοῦ
Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακεὶμ καὶ Ἄννης, καὶ
πάντων τῶν Ἁγίων, ἐλεῆσαι καὶ σῶσαι
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

ΙΕΡΕΥΣ

Δι' εὐχῶν τῶν ἁγίων πατέρων ἡμῶν,
Κύριε Ἰησοῦ Χριστέ ὁ Θεός, ἐλέησον καὶ
σῶσον ἡμᾶς.

(Ἀμήν.)

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

Father, bless!

PRIEST

May Christ our true God, through
the intercessions of His all-pure and all-
immaculate holy Mother, (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.

PRIEST

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

(Amen.)