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The Service of Vespers

on the eve of Monday, March 14, 2016

Clean Monday

Text in Greek

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Fr. Seraphim Dedes
5100 Spring Meadow Ln.

Monroe, NC 28110

Phone: 704-719-3074

Email: seraphimdedes@gmail.com

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ΙΕΡΕΥΣ

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

ΑΝΑΓΝΩΣΤΗΣ

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 ΡΓ' (103).

Εὐλόγει ἡ ψυχὴ μου, τὸν Κύριον.
Κύριε ὁ Θεός μου ἐμεγαλύνθης σφόδρα.
Ἐξομολόγησιν καὶ μεγαλοπρέπειαν
ἐνεδύσω, ἀναβαλλόμενος φῶς ὡς ἱμάτιον.
Ἐκτείνων τὸν οὐρανὸν ὥσει δέσρην, ὁ
στεγάζων ἐν ὕδασι τὰ ὑπερῶα αὐτοῦ.
Ὅ τιθεὶς νέφη τὴν ἐπίβασιν αὐτοῦ, ὁ
περιπατῶν ἐπὶ πτερύγων ἀνέμων. Ὁ
ποιῶν τοὺς Ἀγγέλους αὐτοῦ πνεύματα,
καὶ τοὺς λειτουργοὺς αὐτοῦ πυρὸς
φλόγα. Ὁ θεμελιῶν τὴν γῆν ἐπὶ τὴν
ἀσφάλειαν αὐτῆς, οὐ κλιθήσεται εἰς τὸν
αἰῶνα τοῦ αἰῶνος. Ἄβυσσος ὡς ἱμάτιον
τὸ περιβόλαιον αὐτοῦ, ἐπὶ τῶν ὀρέων
στήσονται ὕδατα. Ἀπὸ ἐπιτιμῆσεώς
σου φεύξονται, ἀπὸ φωνῆς βροντῆς
σου δειλιάσουσιν. Ἀναβαίνουνσιν ὄρη,
καὶ καταβαίνουνσιν πεδία εἰς τόπον, ὃν
ἐθεμελίωσας αὐτά. Ὅριον ἔθου, ὃ οὐ
παρελεύσονται, οὐδὲ ἐπιστρέψουσι
καλύψαι τὴν γῆν. Ὁ ἐξαποστέλλων
πηγὰς ἐν φάραγξιν, ἀνάμεσον τῶν ὀρέων
διελεύσονται ὕδατα· ποτιοῦσι πάντα τὰ

PRIEST

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

READER

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.

Psalms 103 (104).

Bless the Lord, O my soul. O Lord my
God, You are magnified exceedingly; You
clothe Yourself with thanksgiving and
majesty, Who cover Yourself with light as
with a garment, Who stretch out the heavens
like a curtain; You are He Who covers His
upper chambers with water, Who makes the
clouds His means of approach, Who walks
on the wings of the winds, Who makes His
angels spirits and His ministers a flame of
fire. He established the earth on its stable
foundation; It shall not be moved unto ages of
ages. The deep like a garment is His covering;
the waters shall stand upon the mountains;
at Your rebuke they shall flee; at the sound
of Your thunder, they shall be afraid. The
mountains rise up, and the plains sink down
to the place You founded for them. You set
a boundary they shall not pass over; neither
shall they return to cover the earth. You are
He Who sends springs into the valley; the
waters shall pass between the mountains; they
shall give drink to all the wild animals of the

θηρία τοῦ ἀγροῦ, προσδέξονται ὄναγροι εἰς δίψαν αὐτῶν. Ἐπ' αὐτὰ τὰ πετεινὰ τοῦ οὐρανοῦ κατασκηνώσει, ἐκ μέσου τῶν πετρῶν δώσουσι φωνήν. Ποτίζων ὄρη ἐκ τῶν ὑπερώων αὐτοῦ, ἀπὸ καρποῦ τῶν ἔργων σου χορτασθήσεται ἡ γῆ. Ὁ ἐξανατέλλων χόρτον τοῖς κτήνεσι, καὶ χλόην τῇ δουλείᾳ τῶν ἀνθρώπων. Τοῦ ἐξαγαγεῖν ἄρτον ἐκ τῆς γῆς, καὶ οἶνος εὐφραίνει καρδίαν ἀνθρώπου. Τοῦ ἱλαρύναι πρόσωπον ἐν ἐλαίῳ, καὶ ἰ ἄρτος καρδίαν ἀνθρώπου στηρίζει. Χορτασθήσεται τὰ ξύλα τοῦ πεδίου, αἱ κέδροι τοῦ Λιβάνου, ἃς ἐφύτευσας. Ἐκεῖ στρουθία ἐννοσσεύουσιν, τοῦ ἐρωδιοῦ ἡ κατοικία ἡγεῖται αὐτῶν. Ὅρη τὰ ὑψηλὰ ταῖς ἐλάφοις, πέτρα καταφυγὴ τοῖς λαγωαῖς. Ἐποίησε σελήνην εἰς καιροῦς, ὁ ἥλιος ἔγνω τὴν δύσιν αὐτοῦ. Ἔθου σκότος, καὶ ἐγένετο νύξ, ἐν αὐτῇ διελεύσονται πάντα τὰ θηρία τοῦ δρυμοῦ. Σκύμνοι ὠρρόμενοι τοῦ ἀρπαῖσαι, καὶ ζητῆσαι παρὰ τῷ Θεῷ βρώσιν αὐτοῖς. Ἀνέτειλεν ὁ ἥλιος, καὶ συνήχθησαν, καὶ εἰς τὰς μάνδρας αὐτῶν κοιτασθήσονται. Ἐξελεύσεται ἄνθρωπος ἐπὶ τὸ ἔργον αὐτοῦ, καὶ ἐπὶ τὴν ἐργασίαν αὐτοῦ ἕως ἑσπέρας. Ὡς ἐμεγαλύνθη τὰ ἔργα σου, Κύριε, πάντα ἐν σοφίᾳ ἐποίησας, ἐπληρώθη ἡ γῆ τῆς κτίσεώς σου. Αὕτη ἡ θάλασσα ἡ μεγάλη καὶ εὐρύχωρος, ἐκεῖ ἐρπετὰ ὧν οὐκ ἔστιν ἀριθμός, ζῶα μικρὰ μετὰ μεγάλων. Ἐκεῖ πλοῖα διαπορεύονται, δράκων οὗτος, ὃν ἔπλασας ἐμπαίζειν αὐτή. Πάντα πρὸς σὲ προσδοκῶσι, δοῦναι τὴν τροφήν αὐτῶν εἰς εὐκαιρον, δόντος σου αὐτοῖς συλλέξουσιν. Ἀνοίξαντός σου τὴν χεῖρα, τὰ σύμπαντα πλησθήσονται χρηστότητος, ἀποστρέψαντος δέ σου τὸ πρόσωπον,

field; the wild asses shall quench their thirst; the birds of heaven shall dwell beside them; they shall sing from the midst of the rocks. You are He Who waters the mountains from His higher places; the earth shall be satisfied with the fruit of Your works. You are He Who causes grass to grow for the cattle, and the green plant for the service of man, to bring forth bread from the earth; and wine gladdens the heart of man, to brighten his face with oil; and bread strengthens man's heart. The trees of the plain shall be full of fruit, the cedars of Lebanon, which You planted; there the sparrows shall make their nests; the house of the heron takes the lead among them. The high mountains are for the deer; the cliff is a refuge for the rabbits. He made the moon for seasons; the sun knows its setting. You established darkness, and it was night, wherein all the wild animals of the forest will prowl about; the young lions roar and snatch their prey, and seek their food from God. The sun arises, and they are gathered together; and they shall be put to bed in their dens. Man shall go out to his work and to his labor until evening. O Lord, Your works shall be magnified greatly; You made all things in wisdom; the earth was filled with Your creation. There is this great and spacious sea: the creeping things are there without number; the living things are there, both small and great; there the ships pass through; there is this dragon You formed to play therein. All things wait upon You, that You may give them food in due season. When You give it to them, they shall gather it; when You open Your hand, all things shall be filled with Your goodness. But when You turn Your face

ταραχθήσονται. Ἀντανελεῖς τὸ πνεῦμα αὐτῶν, καὶ ἐκλείψουσι, καὶ εἰς τὸν χοῦν αὐτῶν ἐπιστρέψουσιν. Ἐξαποστελεῖς τὸ πνεῦμα σου, καὶ κτισθήσονται, καὶ ἀνακαινιεῖς τὸ πρόσωπον τῆς γῆς. Ἦτω ἡ δόξα Κυρίου εἰς τοὺς αἰῶνας, εὐφρανθήσεται Κύριος ἐπὶ τοῖς ἔργοις αὐτοῦ. Ὁ ἐπιβλέπων ἐπὶ τὴν γῆν, καὶ ποιῶν αὐτὴν τρέμειν, ὁ ἀπτόμενος τῶν ὀρέων, καὶ καπνίζονται. Ἄσω τῷ Κυρίῳ ἐν τῇ ζωῇ μου, ψαλῶ τῷ Θεῷ μου ἕως ὑπάρχω. Ἦδυνθείη αὐτῷ ἡ διαλογία μου, ἐγὼ δὲ εὐφρανθήσομαι ἐπὶ τῷ Κυρίῳ. Ἐκλείποιεν ἁμαρτωλοὶ ἀπὸ τῆς γῆς, καὶ ἄνομοι, ὥστε μὴ ὑπάρχειν αὐτοῦς. Εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον.

Ὁ ἥλιος ἔγνω τὴν δύσιν αὐτοῦ. Ἔθου σκότος, καὶ ἐγένετο νύξ. Ὡς ἐμεγαλύνθη τὰ ἔργα σου, Κύριε· πάντα ἐν σοφίᾳ ἐποίησας.

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

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

Ἡ ἐλπίς ἡμῶν, Κύριε, δόξα σοι.

ΔΙΑΚΟΝΟΣ

Ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τῆς ἁνωθεν εἰρήνης καὶ τῆς σωτηρίας τῶν ψυχῶν ἡμῶν, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

away, they shall be troubled; when You take away their breath, they shall die and return again to their dust. You shall send forth Your Spirit, and they shall be created, and You shall renew the face of the earth. Let the glory of the Lord be forever; the Lord shall be glad in His works; He looks upon the earth and makes it tremble; He touches the mountains, and they smoke. I will sing to the Lord all my life; I will sing to my God as long as I exist; may my words be pleasing to Him, and I shall be glad in the Lord. May sinners cease from the earth, and the lawless, so as to be no more. Bless the Lord, O my soul. (SAAS)

The sun knows its setting. You established darkness, and it was night. O Lord, Your works shall be magnified greatly; You made all things in wisdom.

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

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

Our hope, O Lord, glory to You.

DEACON

In peace, let us pray to the Lord.

(Lord, have mercy.)

For the peace from above and the salvation of our souls, let us pray to the Lord.

(Lord, have mercy.)

Ὑπὲρ τῆς εἰρήνης τοῦ σύμπαντος
κόσμου, εὐσταθείας τῶν ἁγίων τοῦ Θεοῦ
Ἐκκλησιῶν καὶ τῆς τῶν πάντων ἐνώσεως,
τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τοῦ ἁγίου οἴκου τούτου, καὶ τῶν
μετὰ πίστεως, εὐλαβείας καὶ φόβου Θεοῦ
εἰσιόντων ἐν αὐτῷ, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τοῦ (ἀρχιερατικοῦ βαθμοῦ)
ἡμῶν (τοῦ δεῖνος), καὶ καὶ τοῦ τιμίου
πρεσβυτερίου, τῆς ἐν Χριστῷ διακονίας,
παντὸς τοῦ κλήρου καὶ τοῦ λαοῦ, τοῦ
Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τοῦ ἔθνους ἡμῶν, καὶ πάσης
ἀρχῆς καὶ ἐξουσίας ἐν αὐτῷ, τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τῆς πόλεως ταύτης, πάσης
πόλεως, χώρας καὶ τῶν πίστει οἰκούντων ἐν
αὐταῖς, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ εὐκρασίας ἀέρων, εὐφορίας τῶν
καρπῶν τῆς γῆς, καὶ καιρῶν εἰρηνικῶν, τοῦ
Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ πλεόντων, ὁδοιπορούντων,
νοσούντων, καμνόντων, αἰχμαλώτων καὶ
τῆς σωτηρίας αὐτῶν, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τοῦ ῥυσθῆναι ἡμᾶς ἀπὸ πάσης
θλίψεως, ὀργῆς, κινδύνου καὶ ἀνάγκης, τοῦ
Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ
διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

For peace in the whole world, for the
stability of the holy churches of God, and for
the unity of all, let us pray to the Lord.

(Lord, have mercy.)

For this holy house and for those who
enter it with faith, reverence, and the fear of
God, let us pray to the Lord.

(Lord, have mercy.)

For our (episcopal rank) (name), the
honorable presbyters, the deacons in the
service of Christ, and all the clergy and laity,
let us pray to the Lord.

(Lord, have mercy.)

For our country, the president, and all
those in public service, let us pray to the Lord.

(Lord, have mercy.)

For this parish and city, for every city and
town, and for the faithful who live in them, let
us pray to the Lord.

(Lord, have mercy.)

For favorable weather, an abundance of
the fruits of the earth, and temperate seasons,
let us pray to the Lord.

(Lord, have mercy.)

For travelers by land, sea and air, for the
sick, the suffering, for captives, and for their
salvation, let us pray to the Lord.

(Lord, have mercy.)

For our deliverance from all affliction,
wrath, danger, and distress, let us pray to the
Lord.

(Lord, have mercy.)

Help us, save us, have mercy upon us and
protect us, O God, by your grace.

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου,
ὑπερευλογημένης, ἐνδόξου Δεσποίνης
ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας
μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες,
ἐαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι πρέπει σοι πᾶσα δόξα, τιμὴ καὶ
προσκύνησις, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ
Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΧΟΡΟΣ

Ἦχος πλ. δ'.

Κύριε ἐκέκραξα πρὸς σέ, εἰσάκουσόν
μου, εἰσάκουσόν μου, Κύριε. Κύριε,
ἐκέκραξα πρὸς σέ, εἰσάκουσόν μου·
πρόσχες τῇ φωνῇ τῆς δεήσεώς μου, ἐν τῷ
κεκραγέναι με πρὸς σέ. Εἰσάκουσόν μου,
Κύριε.

Κατευθυνθήτω ἡ προσευχή μου, ὡς
θυμίαμα ἐνώπιόν σου, ἔπαρσις τῶν χειρῶν
μου θυσία ἑσπερινή. Εἰσάκουσόν μου,
Κύριε.

Θοῦ, Κύριε, φυλακὴν τῷ στόματί μου, καὶ θύραν
περιοχῆς περὶ τὰ χεῖλη μου.

Μὴ ἐκκλίνης τὴν καρδίαν μου εἰς λόγους
πονηρίας, τοῦ προφασίζεσθαι προφάσεις ἐν
ἀμαρτίαις.

Σὺν ἀνθρώποις ἐργαζομένοις τὴν ἀνομίαν, καὶ
οὐ μὴ συνδυάσω μετὰ τῶν ἐκλεκτῶν αὐτῶν.

Παιδεύσει με δίκαιος ἐν ἐλέει, καὶ ἐλέγξει με,
ἔλαιον δὲ ἀμαρτωλοῦ μὴ λιπανάτω τὴν κεφαλὴν
μου.

(Lord, have mercy.)

Remembering our most holy, pure,
blessed, and glorious Lady, the Theotokos
and ever-virgin Mary, with all the saints, let
us commit ourselves and one another and our
whole life to Christ our God.

(To You, O Lord.)

PRIEST

For to You belong all glory, honor, and
worship, to the Father and the Son and the
Holy Spirit, now and forever and to the ages
of ages.

(Amen.)

CHOIR

Mode pl. 4.

Lord, I have cried to You; hear me. Hear
me, O Lord. Lord, I have cried to You; hear
me. Give heed to the voice of my supplication
when I cry to You. Hear me, O Lord. (SAAS)

Let my prayer be set forth before You
as incense, the lifting up of my hands as the
evening sacrifice. Hear me, O Lord. (SAAS)

Set a watch, O Lord, before my mouth, a door of
enclosure about my lips.

Incline not my heart to evil words, to make
excuses in sins.

With men who work lawlessness; and I will not
join with their choice ones.

The righteous man shall correct me With mercy,
and he shall reprove me; But let not the oil of the sinner
anoint my head.

Ὅτι ἔτι καὶ ἡ προσευχή μου ἐν ταῖς εὐδοκίαις αὐτῶν· κατεπόθησαν ἐχόμενα πέτρας οἱ κριταὶ αὐτῶν.

Ἀκούσονται τὰ ῥήματά μου, ὅτι ἡδύνθησαν· ὡσεὶ πάχος γῆς ἐρράγη ἐπὶ τῆς γῆς, διεσκορπίσθη τὰ ὀστᾶ αὐτῶν παρὰ τὸν ἄδην.

Ὅτι πρὸς σέ, Κύριε, Κύριε, οἱ ὀφθαλμοὶ μου· ἐπὶ σοὶ ἤλπισα, μὴ ἀντανέλης τὴν ψυχὴν μου.

Φύλαξόν με ἀπὸ παγίδος ἧς συνεστήσαντό μοι, καὶ ἀπὸ σκανδάλων τῶν ἐργαζομένων τὴν ἀνομίαν.

Πεσοῦνται ἐν ἀμφιβλήστρῳ αὐτῶν οἱ ἀμαρτωλοί· κατὰ μόνας εἰμὶ ἐγὼ ἕως ἂν παρέλθω.

Φωνῇ μου πρὸς Κύριον ἐκέκραξα, φωνῇ μου πρὸς Κύριον ἐδεήθην.

Ἐκχεῶ ἐνώπιον αὐτοῦ τὴν δέησίν μου, τὴν θλίψίν μου ἐνώπιον αὐτοῦ ἀπαγγελῶ.

Ἐν τῷ ἐκλείπειν ἐξ ἐμοῦ τὸ πνεῦμά μου, καὶ σὺ ἔγνωσ τὰς τρίβους μου.

Ἐν ὁδῷ ταύτῃ, ἣ ἐπορευόμην, ἔκρυψαν παγίδα μοι.

Κατενόουν εἰς τὰ δεξιὰ, καὶ ἐπέβλεπον, καὶ οὐκ ἦν ὁ ἐπιγινώσκων με.

Ἀπώλετο φυγὴ ἀπ' ἐμοῦ, καὶ οὐκ ἔστιν ὁ ἐκζητῶν τὴν ψυχὴν μου.

Ἐκέκραξα πρὸς σέ, Κύριε εἶπα· Σὺ εἶ ἡ ἐλπίς μου, μερίς μου εἶ ἐν γῇ ζώντων.

Πρόσχεες πρὸς τὴν δέησίν μου, ὅτι ἐταπεινώθην σφόδρα.

Ῥῥσαί με ἐκ τῶν καταδιωκόντων με, ὅτι ἐκραταιώθησαν ὑπὲρ ἐμέ.

Τοῦ Τριωδίου ---

Στιχηρά. Κατανυκτικά.

Ἦχος πλ. δ'.

Ἐξάγαγε ἐκ φυλακῆς τὴν ψυχὴν μου, τοῦ ἐξομολογήσασθαι τῷ ὀνόματί σου.

Σὲ τὸν Βασιλέα καὶ Δεσπότην, Ἄγγελοι ἀπαύστως ἀνυμνοῦσιν, ἐγὼ δέ σοι

For my prayer shall be intense in the presence of their pleasures. Their judges are swallowed up by the rock.

They shall hear my words, for they are pleasant. As a clod of ground is dashed to pieces on the earth, so [their] bones were scattered beside the grave.

For my eyes, O Lord, O Lord, are toward You; in You I hope; take not my soul away.

Keep me from the snares they set for me, and from the stumbling blocks of those who work lawlessness.

Sinners shall fall into their own net; I am alone, until I escape.

I cried to the Lord with my voice, with my voice I prayed to the Lord.

I shall pour out my supplication before Him; I shall declare my affliction in His presence.

When my spirit fainted within me, then You knew my paths.

For on the way I was going, they hid a trap for me.

I looked on my right, and saw there was no one who knew me.

Refuge failed me, and there was no one who cared for my soul.

I cried to You, O Lord; I said, "You are my hope, my portion in the land of the living."

Attend to my supplication, for I was humbled exceedingly.

Deliver me from my persecutors, for they are stronger than I.

From Triodion ---

Stichera. For compunction.

Mode pl. 4.

Bring my soul out of prison to give thanks to Your name, O Lord. (SAAS)

Unto You the King and Master, Angels offer hymns of glory without ceasing. But I, like the Publican, fall down to You and cry

προσπίπτω, ὡς ὁ Τελώνης κράζων, ὁ Θεὸς
ἰλάσθητί μοι, καὶ σῶσόν με.

Ἦχος πλ. δ'.

Ἐμὲ ὑπομενοῦσι δίκαιοι, ἕως οὐ
ἀνταποδῶς μοι.

Αθάνατος ὑπάρχουσα ψυχὴ μου, τοῖς
κύμασι τοῦ βίου μὴ καλύπτου, ἀνάνηψον
βοῶσα, πρὸς τὸν σὸν εὐεργέτην, ὁ Θεὸς
ἰλάσθητί μοι, καὶ σῶσόν με.

Ἦχος πλ. δ'.

Ἐκ βαθέων ἐκέκραξά σοι, Κύριε. Κύριε,
εἰσάκουσον τῆς φωνῆς μου.

Ὅταν λάβω κατὰ νοῦν, τὰ πλήθη τῶν
πεπραγμένων μοι δεινῶν, καὶ εἰς ἔννοιαν
ἔλθω, τῆς φοβερᾶς ἐκείνης ἐτάσεως, τρόμῳ
συνεχόμενος, πρὸς σὲ καταφεύγω τὸν
φιλόανθρωπον Θεόν. Διὸ μὴ με παρίδης
ἱκετεύω σε, μόνε ἀναμάρτητε, δώρησαι
κατάνυξιν τῇ ταπεινῇ μου ψυχῇ, πρὸ
τελευτῆς καὶ σῶσόν με.

Ἦχος πλ. δ'.

Γενηθήτω τὰ ὦτά σου προσέχοντα εἰς
τὴν φωνὴν τῆς δεήσεώς μου.

Δάκρυνά μοι δὸς ὁ Θεός, ὡς ποτὲ τῇ
γυναικὶ τῇ ἁμαρτωλῷ, καὶ ἀξιῶσόν με
βρέχειν τοὺς πόδας σου, τοὺς ἐμὲ ἐκ τῆς
ὁδοῦ τῆς πλάνης ἐλευθερώσαντας, καὶ
μύρον εὐωδίας σοι προσφέρειν, βίον
καθαρόν, ἐν μετανοίᾳ μοι κτισθέντα, ἵνα
ἀκούσω καὶ γὰρ τῆς εὐκταίας σου φωνῆς. Ἡ
πίστις σου σέσωκέ σε, πορεύου εἰς εἰρήνην.

out: O God, be gracious unto me and save me.

(SD)

Mode pl. 4.

*The righteous shall wait for me, until You
reward me.* (SAAS)

Since you are, O soul of mine, immortal,
let not the waves of life overwhelm you. Be
serious, and cry out unto your Benefactor: O
God, be gracious unto me and save me. (SD)

Mode pl. 4.

*Out of the depths I have cried to You, O Lord.
O Lord, hear my voice.* (SAAS)

When I bring to mind the many terrible
things I have done, and when I think about
that terrifying judgment, I am overcome by
trembling, and I turn to You, my God who
loves humanity. So I pray to You, the only
sinless One, do not despise me; but before the
end, give compunction to my humble soul
and save me. (SD)

Mode pl. 4.

*Let your ears be attentive to the voice of my
supplication.* (SAAS)

Give me tears, O Lord, as once You did
to the sinful woman, and grant that I may
wet Your feet, which freed me from the
way of error, and like her to offer You, as
fragrant ointment, a pure life that is built
on repentance; so that I, too, may hear those
cherished words of Yours: "Your faith has
saved you, go in peace." (SD)

Τοῦ Τριωδίου ---

Τοῦ Τριωδίου.**Ἦχος β'. Ἀγγελος μὲν τὸ Χαῖρε.**

Ἐὰν ἀνομίας παρατηρήσης, Κύριε Κύριε,
τίς ὑποστήσεται; Ὅτι παρὰ σοὶ ὁ ἰλασμός
ἐστίν.

Ἐγκρατεία τὴν σάρκα, ταπεινῶσαι
πάντες σπουδάσωμεν, τὸ θεῖον
ὑπερχόμενοι στάδιον, τῆς ἀμώμου
Νηστείας, καὶ εὐχαῖς καὶ δάκρυσι, Κύριον
τὸν σῶζοντα ἡμᾶς ἐκζητήσωμεν, καὶ
λήθην τῆς κακίας παντελῆ ποιήσωμεν
βοῶντες. Ἡμάρτομέν σοι, σῶσον, ὡς
πάλαι Νινευίτας, Χριστέ Βασιλεῦ, καὶ
κοινωνοὺς ἡμᾶς, οὐρανίου Βασιλείας
ποίησον εὐσπλαγχνε.

Ἦχος β'. Ἀγγελος μὲν τὸ Χαῖρε.

Ἐνεκεν τοῦ ὀνόματός σου ὑπέμεινά σε,
Κύριε, ὑπέμεινεν ἡ ψυχὴ μου εἰς τὸν λόγον
σου. Ἠλπισεν ἡ ψυχὴ μου ἐπὶ τὸν Κύριον.

Ἐμαυτὸν ἀπελπίζω, ἐννοῶν τὰ ἔργα
μου Κύριε, τὰ πάσης τιμωρίας ἐπάξια· ἰδοὺ
γὰρ παραβλέψας, τὰ σεπτὰ σου Σῶτερ
ἐντάλματα, ἀσώτως μου τὸν βίον ἠνάλωσα·
διὸ καθικετεύω, μετανοίας ὄμβροισ με
καθάρας, νηστεία καὶ δεήσει, ὡς μόνος
Ἐλεήμων ἐκλάμπρυνον, καὶ μὴ βδελύξη με
Εὐεργέτα τῶν ἀπάντων, καὶ Ὑπεράγαθε.

Ἦχος β'. Τῶν ὑπὲρ νοῦν δωρεῶν.

Ἀπὸ φυλακῆς πρωΐας μέχρι νυκτός· ἀπὸ
φυλακῆς πρωΐας ἐλπισάτω Ἰσραὴλ ἐπὶ τὸν
Κύριον.

Τὸν τῆς Νηστείας καιρὸν, παιδρῶς
ἀπαρξώμεθα, πρὸς ἀγῶνας πνευματικούς
ἐαυτοὺς ὑποβάλλοντες, ἀγνίσωμεν
τὴν ψυχὴν, τὴν σάρκα καθάρωμεν,
νηστεύσωμεν ὥσπερ ἐν τοῖς βρώμασιν ἐκ

From Triodion ---

From the Triodion.**Mode 2. (not metered)**

*If You, O Lord, should mark transgression, O
Lord, who would stand? For there is forgiveness
with You. (SAAS)*

We are entering the godly contest of the
blameless Fast. Let us all diligently subdue
the flesh through self-control. Let us seek the
Lord with prayers and tears, and completely
obliterate every vice, and shout to Him: "We
have sinned against You. Save us, as You
saved the Ninevites of old, O Christ our King.
Grant us to share in Your heavenly Kingdom,
O compassionate Lord." (SD)

Mode 2. (not metered)

*Because of Your law, O Lord, I waited for
You; my soul waited for Your word. My soul
hopes in the Lord. (SAAS)*

I drive myself to despair, when I
consider how my deeds are worthy of every
punishment, O Savior. Yes, I have ignored
Your divine commandments, and wasted my
life as a profligate. Therefore I implore You
the only merciful Lord: Purify me with tears
of repentance, and illumine me by fasting and
prayer, and do not abhor me, for You are very
good and the Benefactor of all. (SD)

Mode 2. (not metered)

*From the morning watch until night; from the
morning watch until night, let Israel hope in the
Lord. (SAAS)*

Let us cheerfully begin the season of Lent,
and undergo the spiritual struggles. Let us
purify and cleanse our souls and bodies. As
we fast from foods, let us also abstain from
giving in to any of the passions, and instead

παντὸς πάθους, τὰς ἀρετὰς τρυφῶντες
τοῦ Πνεύματος, ἐν αἷς διατελοῦντες
πόθῳ, ἀξιωθεῖμεν πάντες, κατιδεῖν τὸ
πάνσεπτον Πάθος Χριστοῦ τοῦ Θεοῦ,
καὶ τὸ ἅγιον Πάσχα, πνευματικῶς
ἐναγαλλιώμενοι.

*Τὰ τελευταῖα τρία στιχηρὰ καὶ Θεοτοκίον τοῦ
Μηναίου εἶναι τῆς ἡμέρας καὶ ἀλάζουν κάθε χρόνο.*

Τοῦ Μηναίου - - -

ΤΗΙ ΙΔ' ΜΑΡΤΙΟΥ

Ἦχος β'. Ὅτε ἐκ τοῦ ξύλου.

Ὅτι παρὰ τῷ Κυρίῳ τὸ ἔλεος καὶ πολλὴ
παρ' αὐτῷ λύτρωσις. Καὶ αὐτὸς λυτρώσεται
τὸν Ἰσραὴλ ἐκ πασῶν τῶν ἀνομιῶν αὐτοῦ.

Νεύσει καὶ ἀγάπη, ἀληθεῖ, κόσμον
ἀρνησάμενος Πάτερ, ἐκ βρέφους Ὅσιε,
χαίρων ἠκολούθησας, τῷ σταυρωθέντι
Χριστῷ, καὶ πολλοῖς ἀγωνίσμασι, τὴν
σάρκα νεκρώσας, χάριν τῶν ἰάσεων,
πλουσίως ἔλαβες, παύειν ἀσθενείας
ποικίλας, καὶ τῆς πονηρίας διώκειν,
πνεύματα μεγάλως θαυμαζόμενος.

Αἰνεῖτε τὸν Κύριον, πάντα τὰ ἔθνη,
ἐπαινέσατε αὐτόν, πάντες οἱ λαοί.

Κόσμος, γεγονῶς τῶν Μοναστῶν,
ἤθροισας ἀνείκαστον πλῆθος, ὑμνεῖν
τὸν Κύριον, Ὅσιε Πατὴρ ἡμῶν, καὶ πρὸς
οὐράνιον, πάντας τρίβον ὠδήγησας,
καλῶς ἐπομένους, θείοις σου διδάγμασι,
καὶ μιμουμένους σου, βίον τὸν ἐνάρετον
μάκαρ, οὓς καὶ πάλιν ἅμα συνῆξας, ἐν τῇ
μεταστάσει σου Βενέδικτε.

Ὅτι ἐκραταιώθη τὸ ἔλεος αὐτοῦ ἐφ'
ἡμᾶς, καὶ ἡ ἀλήθεια τοῦ Κυρίου μένει εἰς τὸν
αἰῶνα.

Πάλαι ὡς Ἡλίας ὑετοῦς, Πάτερ
οὐρανόθεν ἐντεύξει, θεία κατήγαγες·
βλύζειν δὲ τὸ ἔλαιον, ἄγγος ἐποίησας,

delight in the virtues of the Spirit. May we
persevere in them with love, and then be
counted worthy to see the solemn Passion of
Christ our God, and to celebrate holy Pascha
with spiritual joy. (SD)

From Menaion - - -

March 14

Mode 2. (not metered)

*For with the Lord there is mercy, and with
Him is abundant redemption. And He will redeem
Israel from all his transgressions. (SAAS)*

Father, you denied the world from your
youth. * You were joyful with true faith and
love * as you followed the crucified Christ! *
You mortified your flesh through many tasks
of obedience * and received richly the gift
of healing: * You alleviated various illnesses
and drove out evil spirits ** to their great
astonishment! (OCA)

*Praise the Lord, all you Gentiles; praise Him,
all you peoples. (SAAS)*

You were the adornment of monastics,
Benedict, * assembling a countless multitude
to hymn the Lord. * You guided the steps
of all to heaven * who rightly followed your
divine teachings * and imitated your virtuous
life, Father! * With them, we fittingly honor
you, ** rejoicing in your dormition. (OCA)

*For His mercy rules over us; and the truth of
the Lord endures forever. (SAAS)*

You called down rain from the skies,
Father, by your divine prayers, * like Elijah of
old! * You caused a vessel to pour forth with

καὶ νεκρὸν ἐξανέστησας, καὶ ἄλλα μυρία,
θαύματα ἐτέλεσας, εἰς δόξαν Ὅσιε, πάντως
τοῦ Θεοῦ καὶ Σωτῆρος· ὅθεν σου τὴν ἔνθεον
μνήμην, πόθω ἐορτάζομεν Βενέδικτε.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Στῆσον τοῦ νοός μου ἐκτροπάς, καὶ τὰς
τῶν αἰσθήσεων πλάνας, καὶ τὰ ἰνδάλματα,
τέλεον ἐξάλειψον, τῶν ψυχοψθόρων
παθῶν, καὶ ψυχῆς μου τὸν τάραχον,
κατεύνασον Κόρη, ἵνα μεγαλύνω σου, τὴν
ἀγαθότητα· σέ γὰρ τῆς ζωῆς μου ἀπάσης,
κέκτημαι προστάτιν Παρθένε, καὶ τῆς
ἀσθενείας μου βοήθειαν.

ΔΙΑΚΟΝΟΣ (χαμηλοφώνως)

Τοῦ Κυρίου δεηθῶμεν.

ΙΕΡΕΥΣ (χαμηλοφώνως)

ΕΥΧΗ ΤΗΣ ΕΙΣΟΔΟΥ

Ἐσπέρας καὶ πρωΐ καὶ μεσημβρίας, αἰνοῦμεν,
εὐλογοῦμεν, εὐχαριστοῦμεν καὶ δεόμεθα σου,
Δέσποτα τῶν ἀπάντων, Φιλάνθρωπε, Κύριε.
Κατεύθυνον τὴν προσευχὴν ἡμῶν, ὡς θυμίαμα
ἐνώπιόν σου καὶ μὴ ἐκκλίνης τὰς καρδίας ἡμῶν εἰς
λόγους, ἢ εἰς λογισμοὺς πονηρίας, ἀλλὰ ῥῦσαι ἡμᾶς
ἐκ πάντων τῶν θηρευόντων τὰς ψυχὰς ἡμῶν· ὅτι
πρὸς σέ, Κύριε, Κύριε, οἱ ὀφθαλμοὶ ἡμῶν, καὶ ἐπὶ σοὶ
ἠλπίσαμεν· μὴ καταισχύνῃς ἡμᾶς, ὁ Θεὸς ἡμῶν.

ΔΙΑΚΟΝΟΣ

Σοφία! Ὁρθοί!

ΚΛΗΡΟΣ ΚΑΙ ΛΑΟΣ

Ἦχος β'.

Φῶς ἱλαρὸν ἀγίας δόξης, ἀθανάτου
Πατρός, οὐρανίου, ἀγίου, μάκαρος, Ἰησοῦ
Χριστέ, ἐλθόντες ἐπὶ τὴν ἡλίου δύσιν,
ιδόντες φῶς ἐσπερινόν, ὑμνοῦμεν Πατέρα,
Υἱόν, καὶ ἅγιον Πνεῦμα Θεόν. Ἄξιόν σε ἐν
παῶσι καιροῖς, ὑμνεῖσθαι φωναῖς αἰσίσαις,

oil, venerable one; * you raised the dead and
worked many other miracles * to the glory of
the God and Savior of all! ** Therefore with
love we celebrate your glorious memory,
Benedict! (OCA)

Glory. Both now. **Theotokion.**

Stop all the distractions of my mind * and
the wandering of my senses; erase completely
from me * images the soul-corrupting
passions printed in me, * Virgin Maiden, and
calm my soul * from every disturbance, * so
that I may magnify your care and goodness
towards me. * You, O Theotokos and Virgin,
* are throughout my life my protectress * and
you are my help in my infirmity. (SD)

DEACON (in a low voice)

Let us pray to the Lord.

PRIEST (in a low voice)

Prayer of the Entrance

In the evening and in the morning and at noonday
we praise You, we bless You, we give thanks to You,
and we pray to You, O Master of all, Lord who love
mankind: Direct our prayer as incense before You, and
incline not our hearts to words or thoughts of evil, but
deliver us from all who seek after our souls. For to
You, O Lord, O Lord, are our eyes, and in You have we
hoped. Put us not to shame, O our God.

DEACON

Wisdom! Arise!

CLERGY AND PEOPLE

Mode 2.

Gladsome light of holy glory of the holy,
blessed, heavenly, immortal Father, O Jesus
Christ: arriving at the hour of sunset and
having seen the evening light, we praise the
Father, Son, and Holy Spirit, God. It is worthy
for You to be praised at all times with happy

Υιὲ Θεοῦ, ζωὴν ὁ διδούς· Διὸ ὁ κόσμος σὲ
δοξάζει.

ΔΙΑΚΟΝΟΣ

Ἑσπέρας Προκείμενον.

ΧΟΡΟΣ

Προκείμενον. Ἦχος πλ. δ'.

Μὴ ἀποστρέψῃς τὸ πρόσωπόν σου
ἀπὸ τοῦ παιδός σου, ὅτι θλίβομαι, ταχὺ
ἐπάκουσόν μου. Πρόσχευς τῇ ψυχῇ μου καὶ
λύτρωσαι αὐτήν.

Στίχ. Ἡ σωτηρία σου, ὁ Θεός,
ἀντιλάβοιτό μου.

Μὴ ἀποστρέψῃς τὸ πρόσωπόν σου
ἀπὸ τοῦ παιδός σου, ὅτι θλίβομαι, ταχὺ
ἐπάκουσόν μου. Πρόσχευς τῇ ψυχῇ μου καὶ
λύτρωσαι αὐτήν.

Στίχ. Ἰδέτωσαν πτωχοὶ καὶ
εὐφρανθήτωσαν.

Μὴ ἀποστρέψῃς τὸ πρόσωπόν σου
ἀπὸ τοῦ παιδός σου, ὅτι θλίβομαι, ταχὺ
ἐπάκουσόν μου. Πρόσχευς τῇ ψυχῇ μου καὶ
λύτρωσαι αὐτήν.

Στίχ. Ἐκζητήσατε τὸν Θεόν, καὶ ζήσεται
ἡ ψυχὴ ὑμῶν.

Μὴ ἀποστρέψῃς τὸ πρόσωπόν σου
ἀπὸ τοῦ παιδός σου, ὅτι θλίβομαι, ταχὺ
ἐπάκουσόν μου. Πρόσχευς τῇ ψυχῇ μου καὶ
λύτρωσαι αὐτήν.

ΔΙΑΚΟΝΟΣ

Εἵπωμεν πάντες ἐξ ὅλης τῆς ψυχῆς καὶ
ἐξ ὅλης τῆς διανοίας ἡμῶν εἵπωμεν.

(Κύριε, ἐλέησον.)

Κύριε παντοκράτορ ὁ Θεὸς τῶν
πατέρων ἡμῶν, δεόμεθά Σου, ἐπάκουσον
καὶ ἐλέησον.

voices, O Son of God and Giver of life; and
therefore the world glorifies You. (SD)

DEACON

The evening Prokeimenon.

CHOIR

Prokeimenon. Mode pl. 4.

Turn not Your face from Your child, for I
am afflicted; hear me speedily. Give heed to
my soul and redeem it. (SAAS)

Verse: And the salvation of Your presence, O
God, lays hold of me.

Turn not Your face from Your child, for I
am afflicted; hear me speedily. Give heed to
my soul and redeem it.

Verse: Let the poor behold this, and be glad.

Turn not Your face from Your child, for I
am afflicted; hear me speedily. Give heed to
my soul and redeem it.

Verse: Seek God, and your soul shall live.

Turn not Your face from Your child, for I
am afflicted; hear me speedily. Give heed to
my soul and redeem it.

DEACON

Let us all say with our whole soul, and
with our whole mind, let us say.

(Lord, have mercy.)

Lord Almighty, God of our fathers, we
pray you, hear us and have mercy.

(Κύριε, ἐλέησον.)

Ἐλέησον ἡμᾶς ὁ Θεὸς κατὰ τὸ μέγα
ἔλεός Σου, δεόμεθά Σου, ἐπάκουσον καὶ
ἐλέησον.

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,
ἐλέησον.)

Ἔτι δεόμεθα ὑπὲρ τῶν εὐσεβῶν καὶ
ὀρθοδόξων χριστιανῶν.

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,
ἐλέησον.)

Ἔτι δεόμεθα ὑπὲρ τοῦ (ἀρχιερατικοῦ
βαθμοῦ) ἡμῶν (τοῦ δεῖνος).

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,
ἐλέησον.)

ΙΕΡΕΥΣ

Ὅτι ἐλεήμων καὶ φιλόανθρωπος Θεὸς
ὑπάρχεις, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν,
τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι,
νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΑΝΑΓΝΩΣΤΗΣ

Καταξίωσον, Κύριε, ἐν τῇ ἐσπέρᾳ
ταύτῃ, ἀναμαρτήτους φυλαχθῆναι ἡμᾶς.
Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς τῶν Πατέρων
ἡμῶν, καὶ αἰνετὸν καὶ δεδοξασμένον τὸ
ὄνομά σου εἰς τοὺς αἰῶνας. Ἀμήν. Γένοιτο,
Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς, καθάπερ
ἠλπίσαμεν ἐπὶ σέ. Εὐλογητὸς εἶ, Κύριε,
δίδαξόν με τὰ δικαιώματά σου. Εὐλογητὸς
εἶ, Δέσποτα, συνέτισον μὲ τὰ δικαιώματά
σου. Εὐλογητὸς εἶ, Ἄγιε, φώτισόν με τοῖς
δικαιώμασί σου. Κύριε, τὸ ἔλεός σου εἰς τὸν
αἰῶνα· τὰ ἔργα τῶν χειρῶν σου μὴ παρίδῃς.
Σοὶ πρόπει αἶνος, σοὶ πρόπει ὕμνος, σοὶ
δόξα πρόπει, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ
Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων.

(Lord, have mercy.)

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.)

Let us pray for (episcopal rank) (name).

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

PRIEST

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.)

READER

O Lord, keep us this evening without
sin. Blessed are you, O Lord, God of our
fathers, and praised and glorified is your
name to the ages. Amen. O Lord, let your
mercy be upon us for we have set our hope
in you. Blessed are you, O Lord, teach me
your commandments. Blessed are you,
Master, grant me understanding of your
commandments. Blessed are you, Holy One,
enlighten me with your commandments.
Lord, your mercy is forever. Do not despise
the works of your hands. To you is due praise,
to you is due song, to you is due glory, to the
Father and the Son and the Holy Spirit, now
and forever and to the ages of ages. (HC)

(Αμήν.)

ΔΙΑΚΟΝΟΣ

Πληρώσωμεν τὴν ἑσπερινὴν δέησιν
ἡμῶν τῷ Κυρίῳ.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ
διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

(Κύριε, ἐλέησον.)

Τὴν ἑσπέραν πᾶσαν τελείαν, ἀγίαν,
εἰρηνικὴν καὶ ἀναμάρτητον, παρὰ τοῦ
Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

Ἄγγελον εἰρήνης, πιστὸν ὁδηγόν,
φύλακα τῶν ψυχῶν καὶ τῶν σωμάτων
ἡμῶν, παρὰ τοῦ Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

Συγγνώμην καὶ ἄφεσιν τῶν ἁμαρτιῶν
καὶ τῶν πλημμελημάτων ἡμῶν, παρὰ τοῦ
Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

Τὰ καλὰ καὶ συμφέροντα ταῖς ψυχαῖς
ἡμῶν καὶ εἰρήνην τῷ κόσμῳ, παρὰ τοῦ
Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

Τὸν ὑπόλοιπον χρόνον τῆς ζωῆς ἡμῶν
ἐν εἰρήνῃ καὶ μετάνοιᾳ ἐκτελέσαι, παρὰ τοῦ
Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

Χριστιανὰ τὰ τέλη τῆς ζωῆς ἡμῶν,
ἀνώδυνα, ἀνεπαίσχυντα, εἰρηνικά, καὶ
καλὴν ἀπολογίαν τὴν ἐπὶ τοῦ φοβεροῦ
βήματος τοῦ Χριστοῦ αἰτησώμεθα.

(Παράσχον, Κύριε.)

Τῆς Παναγίας ἀχράντου,
ὑπερευλογημένης, ἐνδόξου Δεσποίνης
ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας
μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες,

(Amen.)

DEACON

Let us complete our evening prayer to the
Lord.

(Lord, have mercy.)

Help us, save us, have mercy upon us and
protect us, O God, by your grace.

(Lord, have mercy.)

For a perfect, holy, peaceful, and sinless
evening, let us ask the Lord.

(Grant this, O Lord.)

For an angel of peace, a faithful guide, a
guardian of our souls and bodies, let us ask
the Lord.

(Grant this, O Lord.)

For forgiveness and remission of our sins
and transgressions, let us ask the Lord.

(Grant this, O Lord.)

For all that is good and beneficial to our
souls, and for peace in the world, let us ask
the Lord.

(Grant this, O Lord.)

For the completion of our life in peace and
repentance, let us ask the Lord.

(Grant this, O Lord.)

For a Christian end to our life, peaceful,
without shame and suffering, and for a good
account before the awesome judgment seat of
Christ, let us ask.

(Grant this, O Lord.)

Remembering our most holy, pure,
blessed, and glorious Lady, the Theotokos
and ever-virgin Mary, with all the saints, let

ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι ἀγαθὸς καὶ φιλόανθρωπος Θεὸς
ὑπάρχεις καὶ σοὶ τὴν δόξαν ἀναπέμπομεν,
τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι,
νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΙΕΡΕΥΣ

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

ΔΙΑΚΟΝΟΣ

Τὰς κεφαλὰς ὑμῶν τῷ Κυρίῳ κλίνομεν.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ (χαμηλοφώνως)

Κύριε, ὁ Θεὸς ἡμῶν, ὁ κλίνας οὐρανοὺς καὶ
καταβάς ἐπὶ σωτηρίᾳ τοῦ γένους τῶν ἀνθρώπων,
ἐπίδε ἐπὶ τοὺς δούλους σου καὶ ἐπὶ τὴν κληρονομίαν
σου· σοὶ γὰρ τῷ φοβερῷ καὶ φιλοανθρώπῳ κριτῇ
οἱ σοὶ δούλοι ὑπέκλιναν τὰς κεφαλὰς, τοὺς δὲ
αὐτῶν ὑπέταξαν ἀχένας, οὐ τὴν ἐξ ἀνθρώπων
ἀναμένοντες βοήθειαν, ἀλλὰ τὸ σὸν περιμένοντες
ἔλεος καὶ τὴν σὴν ἀπεκδεχόμενοι σωτηρίαν·
οὓς διαφύλαξον ἐν παντὶ καιρῷ καὶ κατὰ τὴν
παροῦσαν ἐσπέραν καὶ τὴν προσιοῦσαν νύκτα,
ἀπὸ παντὸς ἐχθροῦ, ἀπὸ πάσης ἀντικειμένης
ἐνεργίας διαβολικῆς, καὶ διαλογισμῶν ματαίων καὶ
ἐνθυμήσεων πονηρῶν.

ΙΕΡΕΥΣ

Εἴη τὸ κράτος τῆς βασιλείας σου
εὐλογημένον καὶ δεδοξασμένον, τοῦ
Πατρὸς, καὶ τοῦ Υἱοῦ, καὶ τοῦ ἁγίου
Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας
τῶν αἰώνων.

(Ἀμήν.)

us commit ourselves and one another and our
whole life to Christ our God.

(To You, O Lord.)

PRIEST

For you are a good 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

Peace be with all.

(And with your spirit.)

DEACON

Let us bow our heads to the Lord.

(To You, O Lord.)

PRIEST (in a low voice)

O Lord our God, who bowed the heavens and
came down for the salvation of mankind: Look upon
Your servants and Your inheritance; for to You, the
fearful Judge who yet love mankind, have Your
servants bowed their heads and submissively inclined
their necks, awaiting not help from men but entreating
Your mercy and looking confidently for Your salvation.
Guard them at all times, both during this present
evening and in the approaching night, from every foe,
from all adverse powers of the devil and from vain
thoughts and from evil imaginations.

PRIEST

May the might of your kingdom be
blessed and glorified, of the Father and the
Son and the Holy Spirit, now and forever and
to the ages of ages.

(Amen.)

Τοῦ Τριωδίου ---

ΧΟΡΟΣ**Ἀπόστιχα. Τοῦ Τριωδίου.
Ἰδιόμελον. Ἦχος δ'.**

Ἐλαμψεν ἡ χάρις σου Κύριε, ἔλαμψεν
ὁ φωτισμὸς τῶν ψυχῶν ἡμῶν· ἰδοὺ καιρὸς
εὐπρόσδεκτος· ἰδοὺ καιρὸς μετανοίας,
ἀποθώμεθα τὰ ἔργα τοῦ σκότους, καὶ
ἐνδυσώμεθα τὰ ὅπλα τοῦ φωτός, ὅπως
διαπλεύσαντες τὸ τῆς Νηστείας μέγα
πέλαγος, εἰς τὴν τριήμερον Ἀνάστασιν
καταντήσωμεν, τοῦ Κυρίου καὶ Σωτῆρος
ἡμῶν Ἰησοῦ Χριστοῦ, τοῦ σώζοντος τὰς
ψυχὰς ἡμῶν.

Στίχ. Πρὸς σὲ ἦρα τοὺς ὀφθαλμοὺς μου
τὸν κατοικοῦντα ἐν τῷ οὐρανῷ. Ἴδον ὡς
ὀφθαλμοὶ δούλων εἰς χεῖρας τῶν κυρίων
αὐτῶν, ὡς ὀφθαλμοὶ παιδίσκης εἰς χεῖρας
τῆς κυρίας αὐτῆς, οὕτως οἱ ὀφθαλμοὶ
ἡμῶν πρὸς Κύριον τὸν Θεὸν ἡμῶν, ἕως οὗ
οἰκτειρῆσαι ἡμᾶς.

Ἐλαμψεν ἡ χάρις σου Κύριε, ἔλαμψεν
ὁ φωτισμὸς τῶν ψυχῶν ἡμῶν· ἰδοὺ καιρὸς
εὐπρόσδεκτος· ἰδοὺ καιρὸς μετανοίας,
ἀποθώμεθα τὰ ἔργα τοῦ σκότους, καὶ
ἐνδυσώμεθα τὰ ὅπλα τοῦ φωτός, ὅπως
διαπλεύσαντες τὸ τῆς Νηστείας μέγα
πέλαγος, εἰς τὴν τριήμερον Ἀνάστασιν
καταντήσωμεν, τοῦ Κυρίου καὶ Σωτῆρος
ἡμῶν Ἰησοῦ Χριστοῦ, τοῦ σώζοντος τὰς
ψυχὰς ἡμῶν.

**Μαρτυρικόν.
Ἦχος δ'.**

Στίχ. Ἐλέησον ἡμᾶς, Κύριε, ἐλέησον
ἡμᾶς, ὅτι ἐπὶ πολὺ ἐπλήσθημεν
ἐξουδενώσεως, Ἐπὶ πλεῖον ἐπλήσθη ἡ ψυχὴ

From Triodion ---

CHOIR**Aposticha. From the Triodion.
Idiomelon. Mode 4.**

Your grace has shone forth, O Lord; the
illumination of our souls has shone forth.
Behold, this is the acceptable season; behold,
this is the season of repentance. Let us put
away the works of darkness, and put on the
armor of light, so that we may navigate the
immense ocean of Lent, and arrive at the
third-day Resurrection of our Lord and Savior
Jesus Christ, the Savior of our souls. (SD)

Verse: *I lift my eyes to You, who dwell
in heaven. Behold, as the eyes of servants look
to the hands of their masters, as the eyes of the
maidservant look to the hands of her mistress, so
our eyes look to the Lord our God until He shall
have compassion on us. (SAAS)*

Your grace has shone forth, O Lord; the
illumination of our souls has shone forth.
Behold, this is the acceptable season; behold,
this is the season of repentance. Let us put
away the works of darkness, and put on the
armor of light, so that we may navigate the
immense ocean of Lent, and arrive at the
third-day Resurrection of our Lord and Savior
Jesus Christ, the Savior of our souls. (SD)

**For the Martyrs.
Mode 4.**

Verse: *Have mercy on us, O Lord, have
mercy on us, for we are greatly filled with
contempt. Our soul is greatly filled with it. We are*

ἡμῶν. Τὸ ὄνειδος τοῖς εὐθηνούσι, καὶ ἡ ἐξουδένωσις τοῖς ὑπερηφάνοις.

Ὁ ἐνδοξαζόμενος, ἐν ταῖς μνηαῖς τῶν Ἀγίων σου Χριστὲ ὁ Θεός, ὑπ' αὐτῶν δυσωπούμενος, κατάπεμψον ἡμῖν τὸ μέγα ἔλεος.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Ἦχος δ'. Ως γενναῖον ἐν Μάρτυσι.

Τῶν Ἀγγέλων αἱ τάξεις σε, Θεομήτορ δοξάζουσι· τὸν Θεὸν γὰρ Πάναγνε ἀπεκύησας, τὸν σὺν Πατρὶ καὶ τῷ Πνεύματι, αἰεὶ συννύρχοντα, καὶ Ἀγγέλων στρατιάς, ἐκ μὴ ὄντος βουλήματι, ὑποστήσαντα, ὃν ἰκέτευε σῶσαι καὶ φωτίσαι, τὰς ψυχὰς τῶν ὀρθοδόξως, σὲ ἀνυμνούντων Πανάχραντε.

ΙΕΡΕΥΣ

Ὡδὴν τοῦ Θεοδόχου Συμεῶν.

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

ΛΑΟΣ

Τρισάγιον.

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

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

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἱλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν. Ἄγιε, ἐπίσκεψαι καὶ ἰάσαι τὰς ἀσθενείας ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου.

a disgrace to those who prosper, and a contempt to the arrogant. (SAAS)

O Christ our God, You are glorified when we commemorate Your saints. As they implore You on our behalf, send down to us Your great mercy. (SD)

Glory. Both now. **Theotokion.**

Mode 4. To a brave one.

All the ranks of angelic hosts glorify you, O Bride of God. * You, O Theotokos, gave birth to God the Word, * who with the Father and Spirit is existing eternally. * He created all the hosts * of the Angels ex nihilo, * by His will as God. * All-pure Virgin, now pray that He illuminate our souls and that He save us, * who are correctly extolling you. (SD)

PRIEST

Song of Simeon.

Lord, now lettest thou thy servant depart in peace, according to thy word; for mine eyes have seen thy salvation which thou hast prepared in the presence of all peoples, a light for revelation to the Gentiles, and for glory to thy people Israel. (RSV)

PEOPLE

Trisagion Prayers.

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

Glory to 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.

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, 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.)

ΧΟΡΟΣ

Τοῦ Ὠρολογίου - - -

Ἀπολυτίκια. Ἦχος πλ. α'.

Θεοτόκε Παρθέने, χαῖρε κεχαριτωμένη Μαρία, ὁ Κύριος μετὰ σοῦ· εὐλογημένη σὺ ἐν γυναιξί, καὶ εὐλογημένος ὁ καρπὸς τῆς κοιλίας σου, ὅτι Σωτῆρα ἔτεκες τῶν ψυχῶν ἡμῶν.

Βαπτιστὰ τοῦ Χριστοῦ, πάντων ἡμῶν μνήσθητι, ἵνα ρυσθῶμεν τῶν ἀνομιῶν ἡμῶν· σοὶ γὰρ ἐδόθη χάρις πρεσβεῦειν ὑπὲρ ἡμῶν.

Δόξα.

Ἰκετεύσατε ὑπὲρ ἡμῶν, ἅγιοι Ἀπόστολοι, καὶ ἅγιοι πάντες, ἵνα ρυσθῶμεν κινδύνων καὶ θλίψεων, ὑμᾶς γὰρ θερμοὺς προστάτας, πρὸς τὸν Σωτῆρα κεκτήμεθα.

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

Glory to 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. (GOA)

PRIEST

For thine is the Kingdom and the power and the glory of the Father, and the Son and the Holy Spirit, now and forever and to the ages of ages. (Amen.)

CHOIR

From Horologion - - -

Apolytikia. Mode pl. 1.

O Virgin Theotokos, rejoice, Mary full of grace. The Lord is with you. Blessed are you among women, and blessed is the fruit of your womb; for you have borne the Savior of our souls. (SD)

O Baptist of Christ, be mindful of us all, that we may be delivered from our iniquities; for unto you was given the grace to intercede for us. (SD)

Glory.

Entreat earnestly for us, O holy Apostles and all Saints, that we be delivered from peril and affliction; for you are our fervent advocates before the Savior. (SD)

Καὶ νῦν.

Ὑπὸ τὴν σὴν εὐσπλαγχνίαν,
καταφεύγομεν Θεοτόκε, τὰς ἡμῶν
ἱκεσίας μὴ παρίδῃς ἐν περιστάσει, ἀλλ' ἐκ
κινδύνων λύτρωσαι ἡμᾶς, μόνη Ἀγνή, μόνη
εὐλογημένη.

ΑΝΑΓΝΩΣΤΗΣ

Κύριε, ἐλέησον. (μ')

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

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

Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

ΙΕΡΕΥΣ

Ὁ ὢν εὐλογητός, Χριστὸς ὁ Θεὸς ἡμῶν,
πάντοτε, νῦν, καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας
τῶν αἰώνων.

(Ἀμήν.)

Ἐπουράνιε Βασιλεῦ, τοὺς πιστοὺς
ἄρχοντας ἡμῶν στερέωσον· τὴν πίστιν
στήριξον· τὰ ἔθνη πρᾶυνον· τὸν κόσμον
εἰρήνευσον· τὴν ἁγίαν Ἐκκλησίαν (ἡ
Μονὴν) ταύτην καλῶς διαφύλαξον· τοὺς
προαπελθόντας πατέρας καὶ ἀδελφοὺς
ἡμῶν ἐν σκηναῖς δικαίων τάξον· καὶ ἡμᾶς
ἐν μετανοίᾳ καὶ ἐξομολογήσει παράλαβε,
ὡς ἀγαθὸς καὶ φιλόανθρωπος.

(Ἀμήν.)

Εὐχὴ τοῦ Ἁγίου Ἐφραίμ

Κύριε καὶ Δέσποτα τῆς ζωῆς μου,
πνεῦμα ἀργίας, περιεργίας, φιλαρχίας καὶ
ἀργολογίας μὴ μοι δῶς.

Both now.

Beneath your tender compassion we
take refuge, O Theotokos. Despise not our
supplications in distress, but deliver us from
all peril. You alone are pure; you alone are
blessed. (SD)

READER

Lord, have mercy. (40)

Glory to 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

Blessed are You, Christ our God, always
now and forever and to the ages of ages.

(Amen.)

O heavenly King, uphold our rulers,
strengthen the Faith, calm the nations, give
peace to the world. Protect this holy Church
(or, Monastery); grant our departed fathers
and brethren that they may dwell with
the righteous, and accept us in repentance
and confession; for You are good and love
mankind.

(Amen.)

Prayer of St. Ephraim

O Lord and Master of my life, do not
permit the spirit of laziness and meddling, the
lust for power and idle talk to come into me.

Πνεῦμα δὲ σωφροσύνης,
ταπεινοφροσύνης, ὑπομονῆς καὶ ἀγάπης
χάρισαί μοι τῷ σῶ δούλῳ.

Ναί, Κύριε Βασιλεῦ, δώρησαί μοι τοῦ
ὁρᾶν τὰ ἐμὰ πταίσματα, καὶ μὴ κατακρίνειν
τὸν ἀδελφόν μου.

Ὅτι εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

ΑΝΑΓΝΩΣΤΗΣ

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

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

Εὐλόγησον.

ΙΕΡΕΥΣ

Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν,
ταῖς πρεσβείαις τῆς παναχράντου καὶ
παναμόμου ἁγίας αὐτοῦ Μητρός,
δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ,
προστασίαις τῶν τιμίων ἐπουρανίων
Δυνάμεων Ἀσωμάτων, ἱκεσίαις τοῦ τιμίου,
ἐνδόξου, προφήτου, Προδρόμου καὶ
βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων
καὶ πανευφήμεων Ἀποστόλων, τῶν ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
ὁσίων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ
Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ
πάντων τῶν Ἁγίων, ἐλεῆσαι καὶ σῶσαι
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος καὶ
ἐλεήμων Θεός.

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

(Ἀμήν.)

Instead, grant me, your servant, the spirit
of prudence, humility, patience and love.

Yes, Lord and King, give me the power
to see my own faults and not to judge my
brother.

For you are blessed unto the ages of ages.
Amen.

READER

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

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

Father, bless!

PRIEST

May Christ our true God, through the
intercessions of his most pure and 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, the
holy, glorious, and praiseworthy Apostles, the
holy, glorious, and triumphant Martyrs, our
holy and God-bearing Fathers, (local patron
saint); the holy and righteous ancestors of
God Joachim and Anna, and all the saints,
have mercy on us and save us, as a good,
loving and merciful God.

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

(Amen.)