

## Ο ΜΙΚΡΟΣ ΠΑΡΑΚΛΗΤΙΚΟΣ ΚΑΝΩΝ ΕΙΣ ΤΗΝ ΥΠΕΡΑΓΙΑΝ ΘΕΟΤΟΚΟΝ

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

**Λαός:** Ἀμήν.

### Ψαλμὸς ρμβ' (142).

- Κύριε, εἰσάκουσον τῆς προσευχῆς μου, ἐνώτισαι τὴν δέησίν μου ἐν τῇ ἀληθείᾳ σου εἰσάκουσόν μου ἐν τῇ δικαιοσύνῃ σου.
- Καὶ μὴ εἰσέλθῃς εἰς κρίσιν μετὰ τοῦ δούλου σου ὅτι οὐ δικαιωθήσεται ἐνώπιόν σου πᾶς ζῶν.
- Ὅτι κατεδίωξεν ὁ ἐχθρὸς τὴν ψυχὴν μου· ἐταπείνωσεν εἰς γῆν τὴν ζωὴν μου.
- Ἐκάθισέ με ἐν σκοτεινοῖς ὡς νεκροὺς αἰῶνος· καὶ ἠκηδίασεν ἐπ' ἐμὲ τὸ πνεῦμά μου ἐν ἐμοὶ ἐταράχθη ἡ καρδιά μου.
- Ἐμνήσθην ἡμερῶν ἀρχαίων, ἐμελέτησα ἐν πᾶσι τοῖς ἔργοις σου, ἐν ποιήμασι τῶν χειρῶν σου ἐμελέτων.
- Διεπέτασα πρὸς σὲ τὰς χεῖράς μου· ἡ ψυχὴ μου ὡς γῆ ἄνυδρός σοι.
- Ταχὺ εἰσάκουσόν μου, Κύριε, ἐξέλιπε τὸ πνεῦμά μου.
- Μὴ ἀποστρέψῃς τὸ πρόσωπόν σου ἀπ' ἐμοῦ καὶ ὁμοιωθήσομαι τοῖς καταβαίνουσιν εἰς λάκκον.
- Ἀκουστὸν ποιήσόν μοι τὸ πρῶτὸ τὸ ἔλεός σου, ὅτι ἐπὶ σοὶ ἠλπισα.
- Γνώρισόν μοι, Κύριε, ὁδὸν ἐν ἣ πορεύσομαι, ὅτι πρὸς σὲ ἤρα τὴν ψυχὴν μου.

## THE SERVICE OF THE SMALL PARAKLESIS TO THE MOST HOLY THEOTOKOS

**Priest:** Blessed is our God always, now and forever and to the ages of ages.

**People:** Amen.

### Psalm 142

- Lord, hear my prayer, give ear to my supplications in Your truth; hear me in Your righteousness.
- Do not enter into judgment, with Your servant, for in Your sight no one living is justified.
- For the enemy has persecuted my soul; he has crushed my life to the ground;
- He has made me dwell in darkness, like those who have long been dead, and my spirit is overwhelmed within me; my heart within me is distressed.
- I remembered the days of old; I meditated on all Your works: I pondered on the work of Your hands.
- I spread out my hands to You; my soul longs for You, like a thirsty land.
- Hear me quickly, O Lord; my spirit fails.
- Do not turn Your face away from me, lest I be like those who go down into the pit.
- Cause me to hear Your mercy in the morning, for in You I have put my trust.
- Cause me to know, O Lord, the way in which I should walk, for I lift up my soul to You.

- Ἐξελοῦ με ἐκ τῶν ἐχθρῶν μου, Κύριε, πρὸς σὲ κατέφυγον· δίδαξόν με τοῦ ποιεῖν τὸ θέλημά σου ὅτι σὺ εἶ ὁ Θεὸς μου.
- Τὸ πνεῦμά σου τὸ ἀγαθὸν ὀδηγήσει με ἐν γῆ εὐθείᾳ· ἕνεκεν τοῦ ὀνόματός σου Κύριε ζήσεις με.
- Ἐν τῇ δικαιοσύνῃ σου ἐξάξεις ἐκ θλίψεως τὴν ψυχὴν μου, καὶ ἐν τῷ ἐλέει σου ἐξολοθρεύσεις τοὺς ἐχθρούς μου·
- καὶ ἀπολεῖς πάντας τοὺς θλίβοντας τὴν ψυχὴν μου ὅτι ἐγὼ δοῦλός σου εἰμι.

### **Ἦχος δ'.**

Θεὸς Κύριος, καὶ ἐπέφανεν ἡμῖν,  
εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

**Στίχ. α'.** Ἐξομολογεῖσθε τῷ Κυρίῳ,  
ὅτι ἀγαθός, ὅτι εἰς τὸν αἰῶνα τὸ ἔλεος αὐτοῦ.

Θεὸς Κύριος, καὶ ἐπέφανεν ἡμῖν,  
εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

**Στίχ. β'.** Πάντα τὰ ἔθνη ἐκύκλωσάν με,  
καὶ τῷ ὀνόματι Κυρίου ἠμυνάμην αὐτούς.

Θεὸς Κύριος, καὶ ἐπέφανεν ἡμῖν,  
εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

**Στίχ. γ'.** Παρὰ Κυρίου ἐγένετο αὕτη, καὶ ἔστι  
θαυμαστὴ ἐν ὀφθαλμοῖς ἡμῶν.

Θεὸς Κύριος, καὶ ἐπέφανεν ἡμῖν,  
εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

- Rescue me, lord, from my enemies; to You have I fled for refuge. Teach me to do Your will, for You are my God.
- Your good Spirit shall lead me in the land of uprightness. For Your name's sake, O Lord, You shall quicken me.
- In Your righteousness, You shall bring my soul out of trouble, and in Your mercy, You shall utterly destroy my enemies.
- And you shall destroy all those who afflict my soul; for I am Your servant.

### **Tone 4**

God is the Lord and has revealed Himself to us; blessed is he who comes in the name of the Lord.

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

God is the Lord and has revealed Himself to us; blessed is he who comes in the name of the Lord.

**Vs. 2.** All the nations have surrounded me, but in the name of the Lord, I have overcome them.

God is the Lord and has revealed Himself to us; blessed is he who comes in the name of the Lord.

**Vs. 3.** This has been done by the Lord, and it is wonderful in our eyes.

God is the Lord and has revealed Himself to us; blessed is he who comes in the name of the Lord.

**Ἦχος δ΄. Ὁ ὑψωθεὶς ἐν τῷ σταυρῷ.**

Τῇ Θεοτόκῳ ἐκτενωῶς νῦν προσδράμωμεν,  
ἀμαρτωλοὶ καὶ ταπεινοί, καὶ προσπέσωμεν  
ἐν μετανοίᾳ, κράζοντες ἐκ βάθους ψυχῆς·  
Δέσποινα, βοήθησον ἐφ' ἡμῖν σπλαγχνισθεῖσα,  
σπεῦσον, ἀπολλύμεθα ὑπὸ πλήθους πταισμάτων,  
μὴ ἀποστρέψῃς σοὺς δούλους κενούς· σὲ γὰρ καὶ  
μόνην ἐλπίδα κεκτήμεθα.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
(Το αὐτό, ἢ το Ἀπολυτικίον τοῦ Ἁγίου τοῦ Ναου)

Καὶ νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας. Ἀμην.

Οὐ σιωπήσωμέν ποτε Θεοτόκε,  
τὰς δυναστείας σου λαλεῖν οἱ ἀνάξιοι·  
εἰμὴ γὰρ σὺ προΐστασο πρεσβεύουσα,  
τίς ἡμᾶς ἐρρύσατο ἐκ τοσοῦτων κινδύνων;  
τίς δὲ διεφύλαξεν ἕως νῦν ἐλευθέρους;  
οὐκ ἀποστῶμεν, δέσποινα, ἐκ σοῦ·  
σοὺς γὰρ δούλους σώζεις αἰεὶ,  
ἐκ παντοίων δεινῶν.

**Ὁ ἀναγνώστης· Ψαλμὸς ν΄.**

- Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου,  
καὶ κατὰ τὸ πλήθος τῶν οἰκτιρισμῶν σου  
ἐξάλειψον τὸ ἀνόμημά μου.
- Ἐπὶ πλεῖον πλύνόν με ἀπὸ τῆς ἀνομίας μου, καὶ  
ἀπὸ τῆς ἀμαρτίας μου καθάρισόν με.
- Ὅτι τὴν ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ  
ἀμαρτία μου ἐνώπιόν μου ἐστὶ διὰ παντός.
- Σοὶ μόνῳ ἤμαρτον καὶ τὸ πονηρὸν ἐνώπιόν σου  
ἐποίησα, ὅπως ἂν δικαιωθῆς ἐν τοῖς λό-  
γοις σου, καὶ νικήσῃς ἐν τῷ κρίνεσθαί σε.

**Tone 4**

To the Theotokos, let us run now most  
fervently, As sinners and lowly ones, Let us  
fall down in repentance, Crying from the  
depths of our soul: Lady, come and help us,  
Have compassion upon us; Hasten now for  
we are lost In the host of our errors; Do not  
turn your servants away, For you alone are a  
hope to us.

Glory to the Father and the Son and the Holy  
Spirit. (*Repeat the above or the Apolytikion of  
the Church.*)

Now and forever and to the ages of ages.  
Amen.

O Theotokos, we shall never be silent.  
Of your mighty acts, all we the unworthy;  
Had you not stood to intercede for us,  
Who would have delivered us, From the  
numerous perils? Who would have preserved  
us all Until now with our freedom? O Lady,  
we shall not depart from you;  
For you always save your servants,  
From all tribulation.

**Then we read: Psalm 50**

- Have mercy on me, O God, according to  
Your great mercy; and according to the  
multitude of Your compassion blot out my  
transgression.
- Wash me thoroughly from my iniquity,  
and cleanse me from my sin.
- For I acknowledge my iniquity, and my  
sin is ever before me.
- Against You, You only, have I sinned, and  
done this evil in Your sight, that You may  
be found just when You speak, and  
blameless when You judge.

- Ἴδου γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν ἁμαρτίαις ἐκίστησέν με ἡ μήτηρ μου.
- Ἴδου γὰρ ἀλήθειαν ἠγάπησας· τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι.
- ῥαντιεῖς με ὑσσώπῳ καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι.
- Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην· ἀγαλλιάσονται ὅστέα τεταπεινωμένα.
- Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν ἁμαρτιῶν μου, καὶ πάσας τὰς ἀνομίας μου ἐξάλειψον.
- Καρδίαν καθαρὰν κτίσον ἐν ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις μου.
- Μὴ ἀπορρίψης με ἀπὸ τοῦ προσώπου σου, καὶ τὸ 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.
- Ῥῦσαί με ἐξ αἱμάτων, ὁ Θεός, ὁ Θεὸς 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 ἄν· ὀλοκαυτώματα οὐκ εὐδοκήσεις.
- Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον· καρδίαν συντετριμμένην καὶ τεταπεινωμένην ὁ Θεὸς οὐκ ἐξουδενώσει.
- For behold, I was conceived in iniquity, and in sin my mother bore me.
- For behold, You have loved truth: You have made known to me the secret things of Your wisdom.
- You shall sprinkle me with hyssop, and I shall be made clean: You shall wash me, and I shall be whiter than snow.
- Make me to hear joy and gladness, that bones which You have broken may rejoice.
- Turn Your face away from my sins, and blot out all my iniquities.
- Create in me a clean heart, O God, and renew a steadfast 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 establish me with Your governing Spirit.
- I shall teach transgressors Your ways, and the ungodly shall turn back to You.
- Deliver me from bloodguiltiness, O God, the God of my salvation, my tongue shall rejoice in Your righteousness.
- O Lord, open my lips, and my mouth shall show forth Your praise.
- For if You had desired sacrifice, I would give it: You do not delight in burnt offering.
- A sacrifice to God is a broken spirit, God will not despise a broken and humbled heart.

- Ἀγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθῆτω τὰ τείχη Ἱερουσαλήμ·
- Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὄλοκαυτώματα.
- Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μόσχους.

**Ἦχος πλ. δ'. ᾠδὴ α'. Ὁ εἰρμός.**

Ἐγρὰν διοδεύσας ὡσεὶ ξηρὰν,  
καὶ τὴν αἰγυπτίαν μοχθηρίαν διαφυγὼν,  
ὁ ἰσραηλίτης ἀνεβόα·  
τῷ λυτρωτῇ καὶ Θεῷ ἡμῶν ἄσωμεν.

Ἐπεραγία Θεοτόκε σῶσον ἡμᾶς.

Πολλοῖς συνεχόμενος πειρασμοῖς,  
πρὸς σὲ καταφεύγω, σωτηρίαν ἐπιζητῶν·  
ὦ μητέρα τοῦ Λόγου καὶ παρθένε,  
τῶν δυσχερῶν καὶ δεινῶν με διάσωσον.

Ἐπεραγία Θεοτόκε σῶσον ἡμᾶς.

Παθῶν με ταράττουσι προσβολαί, πολλῆς ἀθυμίας,  
ἐμπιπλῶσαί μου τὴν ψυχὴν,  
εἰρήνευσον κόρη τῇ γαλήνῃ,  
τῇ τοῦ Υἱοῦ καὶ Θεοῦ σου, πανάμωμε.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Σωτῆρα τεκοῦσάν σε καὶ Θεόν,  
δυσωπῶ παρθένε, λυτρωθῆναί με τῶν δεινῶν· σοὶ  
γὰρ νῦν προσφεύγων ἀνατείνω,  
καὶ τὴν ψυχὴν καὶ τὴν διάνοιαν.

Καὶ νυν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας. Ἀμην.

- Do good in Your good pleasure to Sion; and let the walls of Jerusalem be built.
- Then You shall be pleased with a sacrifice of righteousness., with oblation and whole burnt offerings.
- Then they shall offer bulls on Your altar.

**Ode 1. The Heirmos. Plagal of the 4th Tone**

Crossing the waters as on dry land,  
In that way escaping, From the evils of  
Egypt's land, The Israelites cried out  
exclaiming: To our Redeemer and God, now  
let us sing.

Most Holy Theotokos save us.

With many temptations surrounding me,  
Searching for salvation, I have hastened unto  
you; O Mother of the Word, and ever-Virgin,  
From all distresses and dangers deliver me.

Most Holy Theotokos save us.

Assaults of the passions have shaken me,  
My soul to its limits, Has been filled with  
much despair; Bring peace, O Maiden, in the  
calmness, Of your own Son and your God,  
all-blameless One.

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

To God and the Savior you've given birth;  
I ask you, O Virgin, From the dangers deliver  
me; For now I run to you for refuge,  
With both my soul and my reasoning.

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

Νοσοῦντα τὸ σῶμα καὶ τὴν ψυχὴν,  
ἐπισκοπῆς θείας, καὶ προνοίας τῆς παρὰ σοῦ,  
ἀξίωσον, μόνη θεομητορ,  
ὡς ἀγαθὴ ἀγαθοῦ τε λοχεύτρια.

**Ὁδὴ γ´. Ὁ εἰρμός.**

Οὐρανίας ἀψίδος, ὀροφουργὲ Κύριε,  
καὶ τῆς Ἐκκλησίας δομητορ, σύ με στερέωσον,  
ἐν τῇ ἀγάπῃ τῇ σῆ, τῶν ἐφετῶν ἢ ἀκρότης,  
τῶν πιστῶν τὸ στήριγμα, μόνε φιλόανθρωπε.

Ἵπεραγία Θεοτόκε σῶσον ἡμᾶς.

Προστασίαν καὶ σκέπην, ζωῆς ἐμῆς τίθημι,  
σὲ θεογεννητορ παρθένε· σύ με κυβέρνησον,  
πρὸς τὸν λιμένα σου, τῶν ἀγαθῶν ἢ αἰτία,  
τῶν πιστῶν τὸ στήριγμα, μόνη πανύμνητε.

Ἵπεραγία Θεοτόκε σῶσον ἡμᾶς.

Ἴκετεύω, παρθένε, τὸν ψυχικὸν τάραχον,  
καὶ τῆς ἀθυμίας τὴν ζάλην, διασκεδάσαι μου·  
σὺ γάρ, θεόνυμφε, τὸν ἀρχηγὸν τῆς γαλήνης,  
τὸν Χριστὸν ἐκύησας, μόνη πανάχραντε.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Εὐεργέτην τεκοῦσα, τὸν τῶν καλῶν αἴτιον,  
τῆς εὐεργεσίας τὸν πλοῦτον, πᾶσιν ἀνάβλυσον·  
πάντα γὰρ δύνασαι, ὡς δυνατὸν ἐν ἰσχύϊ,  
τὸν Χριστὸν κυήσασα, θεομακάριστε.

Καὶ νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας. Ἀμην.

Diseased is the body and the soul;  
Deem me truly worthy, Of divine guidance  
and your care; For you alone are God's  
Mother, As the good and the birthgiver of the  
Good.

**Ode 3. The Heirmos.**

The apse of the heavens, Are you O Lord,  
Fashioner, And the Holy Church's great  
Founder, Likewise establish me, In constant  
love for You, For You're the height of our  
longing; Support of the faithful, The only  
Friend of all.

Most Holy Theotokos save us.

A protection and shelter, I have with you in  
my life, You, the Theotokos and the Virgin,  
Pilot me towards your port; For you are the  
cause, The cause of that which is good,  
Support of the faithful, The only all-praised  
One.

Most Holy Theotokos save us.

I entreat you, O Virgin, Disperse the storm of  
my grief, and the soul's most inward  
confusion, Scatter it far from me; You are the  
Bride of God, For you have brought forth the  
Christ, the Prince of Peace; Only, all-  
blameless One.

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

Having brought forth unto us the cause and  
giver of good, From your great abundance of  
kindness, Pour forth upon us all; For all is  
possible, For you who carried the Christ, Who  
is mighty in power; You, who are blessed of  
God.

Now and forever and to the ages of ages.  
Amen

Χαλεπαῖς ἀρρώσταις, καὶ νοσεροῖς πάθεσιν,  
ἐξεταζομένῳ, παρθένε, σὺ μοι βοήθησον·  
τῶν ἰαμάτων γάρ, ἀνελλιπῆ σε γινώσκω,  
θησαυρὸν πανάμωμε, τὸν ἀδαπάνητον.

Διάσωσον ἀπὸ κινδύνων, τοὺς δούλους σου  
Θεοτόκε, ὅτι πάντες μετὰ Θεόν, εἰς σὲ  
καταφεύγομεν, ὡς ἀρρήκτον τεῖχος καὶ  
προστασίαν.

Ἐπίβλεψον ἐν εὐμενείᾳ, πανύμνητε Θεοτόκε,  
ἐπὶ τὴν ἐμὴν χαλεπὴν τοῦ σώματος κάκωσιν,  
καὶ ἴασαι τῆς ψυχῆς μου τὸ ἄλγος.

**Καὶ μνημονεύει ὁ ἱερεὺς ἐκείνων,  
δι' οὓς ἡ παράκλησις τελεῖται.**

**Ἱερεὺς:** Ἐλέησον ἡμᾶς, ὁ Θεός, κατὰ τὸ μέγα ἔλεός  
σου, δεόμεθά σου, ἐπάκουσον καὶ ἐλέησον.

**Λαός:** Κύριε, ἐλέησον (3)

**Ἱερεὺς:** Ἔτι δεόμεθα ὑπὲρ τοῦ Ἀρχιεπισκόπου  
ἡμῶν (τοῦ δεῖνος) καὶ πάσης τῆς ἐν Χριστῷ ἡμῶν  
ἀδελφότητος.

**Λαός:** Κύριε, ἐλέησον (3)

**Ἱερεὺς:** Ἔτι δεόμεθα ὑπὲρ ἐλέους, ζωῆς, εἰρήνης,  
υἰείας, σωτηρίας, ἐπισκέψεως, συγχωρήσεως καὶ  
ἀφέσεως τῶν ἀμαρτιῶν τῶν δούλων τοῦ Θεοῦ  
πάντων τῶν εὐσεβῶν καὶ ὀρθοδόξων χριστιανῶν,  
τῶν κατοικούντων καὶ παρεπιδημούντων ἐν τῇ  
πόλει ταύτῃ, τῶν ἐνοριτῶν, ἐπιτρόπων,  
συνδρομητῶν καὶ ἀφιερωτῶν τοῦ ἁγίου ναοῦ  
τούτου.

**Λαός:** Κύριε, ἐλέησον (3)

**Ἱερεὺς:** Ἔτι δεόμεθα καὶ ὑπὲρ τῶν δούλων τοῦ  
Θεοῦ...

**Λαός:** Κύριε, ἐλέησον (3)

With most serious ailments, And with the  
passions so dark, I am being tested, O Virgin,  
Come and bring help to me; For I have known  
of you, That you are without fail the endless  
treasure of cures, Only all-blameless One.

Deliver us, All of your servants, from danger,  
O Theotokos; After God, we all flee to you,  
For shelter and covering, As an unshakable  
wall and our protection.

Turn to me, In your good favor, all praise-  
worthy Theotokos; Look upon my grave  
illnesses, Which painfully sting my flesh and  
heal the cause of my soul's pain and suffering.

**The priest commemorates those for whom  
the Paraklesis is sung.**

**Priest:** Have mercy on us, O God, according  
to Your great love, we pray You, hearken,  
and have mercy.

**People:** Lord have mercy (3).

**Priest:** Again we pray for our  
Archbishop (*name*), and all the clergy and the  
laity in Christ.

**People:** Lord have mercy (3).

**Priest:** Again we pray for mercy, life, peace,  
health, salvation, visitation, forgiveness and  
remission of the sins of the servants of God,  
all pious and Orthodox Christians, those who  
reside and visit in this city, the members,  
council members, contributors, and  
benefactors of this holy church.

**People:** Lord have mercy (3).

**Priest:** Again we pray for the servants of  
God. . .

**People:** Lord have mercy (3).

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

**Λαός:** Ἀμήν.

**Μετὰ τὴν δέησιν, τὸ ἐπόμενον κάθισμα.  
Ἦχος β΄. Τὰ ἄνω ζητῶν.**

Πρεσβεία θερμή, καὶ τεῖχος ἀπροσμάχητον,  
ἐλέους πηγὴ, τοῦ κόσμου καταφύγιον,  
ἐκτενῶς βοῶμέν σοι· Θεοτόκε δέσποινα,  
πρόφθασον, καὶ ἐκ κινδύνων λύτρωσαι ἡμᾶς,  
ἡ μόνη ταχέως προστατεύουσα.

**ᾠδὴ δ΄. Ὁ εἰρμός.**

Εἰσακήκοα, Κύριε,  
τῆς οἰκονομίας σου τὸ μυστήριον, κατενόησα τὰ  
ἔργα σου, καὶ ἐδόξασά σου τὴν Θεότητα.

Ὑπεραγία Θεοτόκε σῶσον ἡμᾶς.

Τῶν παθῶν μου τὸν ταραχόν,  
ἢ τὸν κυβερνήτην τεκοῦσα Κύριον,  
καὶ τὸν κλύδωνα κατεύνασον,  
τῶν ἐμῶν παισμάτων θεονύμφευτε.

Ὑπεραγία Θεοτόκε σῶσον ἡμᾶς.

Εὐσπλαγγίας τὴν ἄβυσσον, ἐπικαλουμένῳ τῆς σῆς  
παράσχου μοι, ἢ τὸν εὐσπλαγγόν  
κυήσασα, καὶ σωτῆρα πάντων τῶν ὑμνούντων σε.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Ἀπολαύοντες, πάναγνε,  
τῶν σῶν δωρημάτων εὐχαριστήριον,  
ἀναμέλλομεν ἐφύμνιον,  
οἱ γινώσκοντές σε θεομήτορα.

**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.

**People:** Amen.

**After the petitions, we chant the following  
Kathisma. Tone 2.**

A fervent prayer, and wall most unshakable  
A merciful spring And shelter of all mankind;  
Fervently, we cry to you: Theotokos, our  
Lady, Come to us And from all dangers now  
deliver us, The only protection who speeds to  
us.

**Ode 4. The Heirmos.**

O Lord, I have heard of the wondrous  
mystery of Your salvation;  
I have contemplated all Your works  
And I have glorified Your great divinity.

Most Holy Theotokos, save us.

Still the darkest of passions,  
Calm the sea of errors In your great  
peacefulness; It was you who bore the  
guiding Lord, And you who are the blessed  
bride of God.

Most Holy Theotokos save us.

Your depth of compassion Grant unto me  
As one beseeching you; You have carried the  
Compassionate The Savior of those praising  
you.

Glory to the Father and the Son and the Holy  
Spirit

We are thankful for all the gifts  
Which we have been given by you the  
Spotless One; And to you, we sing a hymn of  
praise, Knowing you to be the Mother of God.



Και νυν και αι και εις τους αιωνας. Αμην.

Οί ἐλπίδα καὶ στήριγμα,  
καὶ τῆς σωτηρίας τεῖχος ἀκράδαντον,  
κεκτημένοι σε, πανύμνητε,  
δυσχερείας πάσης ἐκλυτρούμεθα.

**Ὡδὴ ε΄. Ὁ εἰρμός.**

Φώτισον ἡμᾶς,  
τοῖς προστάγμασί σου, Κύριε,  
καὶ τῷ βραχίονί σου τῷ ὑψηλῷ,  
τὴν σὴν εἰρήνην, παράσχου ἡμῖν, φιλόνητοπε

Ἵπεραγία Θεοτόκε σῶσον ἡμᾶς.

Ἐμπλησον, ἀγνή, εὐφροσύνης τὴν καρδίαν μου,  
τὴν σὴν ἀκήρατον διδοῦσα χαράν,  
τῆς εὐφροσύνης, ἣ γεννήσασα τὸν αἴτιον.

Ἵπεραγία Θεοτόκε σῶσον ἡμᾶς.

Λύτρωσαι ἡμᾶς,  
ἐκ κινδύνων Θεοτόκε ἀγνή,  
ἢ αἰωνίαν τεκοῦσα λύτρωσιν,  
καὶ τὴν εἰρήνην, τὴν πάντα νοῦν ὑπερέχουσαν.

Δόξα Πατρί καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Λῦσον τὴν ἀχλύν,  
τῶν πταισμάτων μου θεόνυμφε,  
τῷ φωτισμῷ τῆς σῆς λαμπρότητος,  
ἢ φῶς τεκοῦσα, τὸ θεῖον καὶ προαιώνιον.

Και νυν και αι και εις τους αιωνας. Αμην.

Now and forever and to the ages of ages.  
Amen.

As a hope and foundation,  
And a wall unshaken Of our salvation;  
Having you, the all-lauded One,  
From afflictions do you rescue us.

***Ode 5. The Heirmos.***

Lord, enlighten us,  
With Your precepts that can guide our lives,  
And with Your arm most powerful Grant to us  
Your peace, O You Who are the Friend of  
all.

Most Holy Theotokos, save us.

Pure one, fill my heart with a merriment, a  
happiness; Bestow on me your spotless joy,  
For you have given birth to Him Who is the  
cause of joy.

Most Holy Theotokos, save us.

Deliver all of us  
From the dangers, Theotokos, most pure,  
For you bore the timeless deliverer,  
And you bore the peace,  
the peace which has surpassed all thought.

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

Dissipate the cloud  
Of my sinfulness, O bride of God,  
With the brightness of your eminence;  
For you brought forth the Light,  
The Divine, which was before all time.

Now and forever and to the ages of ages.  
Amen.

Ἰασαι ἀγνή,  
τῶν παθῶν μου τὴν ἀσθένειαν,  
ἐπισκοπῆς σου ἀξιώσασα, καὶ τὴν ὑγείαν,  
τῆ πρεσβείᾳ σου παράσχου μοι.

**Ὁδὴ στ'. Ὁ εἰρμός.**

Τὴν δέησιν ἐκχεῶ πρὸς Κύριον,  
καὶ αὐτῷ ἀπαγγελῶ μου τὰς θλίψεις,  
ὅτι κακῶν ἡ ψυχὴ μου ἐπλήσθη,  
καὶ ἡ ζωὴ μου τῷ ἅδῃ προσήγγισε,  
καὶ δέομαι ὡς Ἰωνᾶς· ἐκ φθορᾶς, ὁ Θεός με  
ἀνάγαγε.

Ἐπεραγία Θεοτόκε σῶσον ἡμᾶς.

Θανάτου καὶ τῆς φθορᾶς ὡς ἔσωσεν,  
ἑαυτὸν ἐκδεδωκὼς τῷ θανάτῳ,  
τὴν τῆ φθορᾶ καὶ θανάτῳ μου φύσιν,  
κατασχεθεῖσαν παρθένε δυσώπησον,  
τὸν Κύριόν σου καὶ Υἱόν,  
τῆς ἐχθρῶν κακουργίας με ῥύσασθαι.

Ἐπεραγία Θεοτόκε σῶσον ἡμᾶς.

Προστάτιν σε τῆς ζωῆς ἐπίσταμαι,  
καὶ φρουρὰν ἀσφαλεστάτην, παρθένε,  
τῶν πειρασμῶν διαλύουσαν ὄχλον,  
καὶ ἐπηρείας δαιμόνων ἐλαύνουσαν,  
καὶ δέομαι διαπαντός,  
ἐκ φθορᾶς τῶν παθῶν μου ῥυσθῆναί με.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Ὡς τεῖχος καταφυγῆς κεκτήμεθα,  
καὶ ψυχῶν σε παντελεῖ σωτηρίαν,  
καὶ πλατυσμὸν ἐν ταῖς θλίψεσι κόρη καὶ τῷ φωτί  
σου ἀεὶ ἀγαλλόμεθα· ὧ δέσποινα, καὶ νῦν ἡμᾶς,  
τῶν παθῶν καὶ κινδύνων διάσωσον.

Καὶ νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας. Ἀμην.

Heal me from the ills  
O Most Pure One which the passions bring,  
Make me worthy of your guiding care,  
And unto me grant health,  
Through your intercessions and your prayers.

**Ode 6. The Heirmos.**

My petition, I pour out to the Lord,  
And to Him I will confess all my sorrows;  
For many woes Fill my soul to its limits,  
And unto Hades my whole life has now  
approached, Like Jonah, I pray to You,  
From corruption, O God, now raise me

Most Holy Theotokos, save us.

From death and corruption He has saved  
My nature, held by death and corruption;  
For unto death, He Himself has surrendered;  
For which reason, O Virgin, please intercede  
With Him who is your Lord and Son,  
From the enemies' evils deliver me.

Most Holy Theotokos, save us.

I know you as the protection of my life,  
A steadfast shelter and refuge, O Virgin;  
Disperse the host, Of my many temptations,  
And force away the demonic attacks from me;  
I pray to you unceasingly,  
From corruption of passions deliver me.

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

We have you as a wall of refuge,  
And our soul's most perfect salvation;  
You are an aid, In affliction, O Maiden,  
And in your light we rejoice to eternity;  
O Lady, also now, From the passions and  
dangers deliver us.

Now and forever and to the ages of ages.  
Amen.

Ἐν κλίνῃ νῦν ἀσθενῶν κατάκειμαι,  
καὶ οὐκ ἔστιν ἴασις τῇ σαρκί μου,  
ἀλλ' ἡ Θεὸν καὶ σωτῆρα τοῦ κόσμου,  
καὶ τὸν λυτῆρα τῶν νόσων κυήσασα, σοῦ δέομαι  
τῆς ἀγαθῆς, ἐκ φθορᾶς νοσημάτων ἀνάστησον.

Διάσωσον ἀπὸ κινδύνων, τοὺς δούλους σου  
Θεοτόκε, ὅτι πάντες μετὰ Θεόν,  
εἰς σὲ καταφεύγομεν,  
ὡς ἄρρηκτον τεῖχος καὶ προστασίαν.

Ἄχραντε ἡ διὰ λόγου τὸν Λόγον ἀνερμηνεύτως,  
ἐπ' ἐσχάτων τῶν ἡμερῶν τεκοῦσα,  
δυσώπησον ὡς ἔχουσα μητρικὴν παρρησίαν.

***Ὁ ἱερεὺς μνημονεῖ ὡς δεδήλωται.***

***Κοντάκιον. Ἦχος β'.***

Προστασία τῶν χριστιανῶν ἀκαταίσχυντε,  
μεσιτεία πρὸς τὸν ποιητὴν ἀμετάθετε,  
μὴ παρίδης ἀμαρτωλῶν δεήσεων φωνάς,  
ἀλλὰ πρόφθασον ὡς ἀγαθή,  
εἰς τὴν βοήθειαν ἡμῶν,  
τῶν πιστῶς κραυγαζόντων σοι·  
τάχυνον εἰς πρεσβείαν,  
καὶ σπεῦσον εἰς ἰκεσίαν,  
ἡ προστατεύουσα αἰεὶ,  
Θεοτόκε τῶν τιμώντων σε.

***Εἶτα τὸ α' ἀντίφωνον τῶν ἀναβαθμῶν τοῦ δ' ἤχου.***

Ἐκ νεότητός μου, πολλὰ πολεμεῖ με πάθη, ἀλλ'  
αὐτὸς ἀντίλαβοῦ, καὶ σῶσον σωτήρ μου **(δίς).**

Οἱ μισοῦντες Σιών, αἰσχύνθητε ἀπὸ τοῦ Κυρίου· ὡς  
χόρτος γάρ, πυρὶ ἔσεσθε ἀπεξηραμ-  
μένοι **(δίς).**

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

I lie now on a bed of infirmities,  
And there is no healing at all for my body  
Except for you, Who has brought forth our  
Savior, God, the healer of all our infirmities;  
Of your goodness, I pray to you,  
From corruption of sicknesses raise me.

Deliver us, All of your servants, from  
dangers, O Theotokos; After God, we all flee  
to you, For shelter and covering,  
As an unshakable wall and our protection.

Spotless one, Who by a word, did bring to us  
the Word eternal, In the last days ineffably;  
Do you now plead with him  
As the one with the motherly favor.

***The priest commemorates as before.***

***Kondakion. Tone 2.***

A protection of Christians unshamable,  
Intercessor to our Holy Maker, unwavering,  
Please reject not The prayerful cries of those  
who are in sin. Instead, come to us, for you  
are good; Your loving help bring unto us,  
Who are crying in faith to you:  
Hasten to intercede  
And speed now to supplicate,  
As a protection for all time,  
Theotokos, for those who honor you.

***1st Antiphon of the Anavathmoi of the 4th  
Tone.***

From the years of my youth, many passions  
combat me; but You, Who are my Savior,  
assist me and save me. **(2)**

You haters of Zion shall be put to shame by  
the Lord Almighty, for as grass in the fire,  
you shall all be withered. **(2)**

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

Ἄγιῳ Πνεύματι, πᾶσα ψυχὴ ζωοῦται, καὶ καθάρσει ὑψοῦται, λαμπρύνεται τῇ Τριαδικῇ μονάδι ἱεροκρυφίως.

Και νυν και αει και εις τους αιωνας. Αμην.

Ἄγιῳ Πνεύματι, ἀναβλύζει τὰ τῆς χάριτος ρεῖθρα, ἀρδεύοντα ἅπασαν τὴν κτίσιν, πρὸς ζωογονίαν.

**Τὸ προκείμενον.** Μνησθήσομαι τοῦ ὀνόματός σου ἐν πάσῃ γενεᾷ καὶ γενεᾷ (**δίς**).

**Στίχ.** Ἄκουσον θύγατερ καὶ ἴδε, καὶ κλῖνον τὸ οὖς σου, καὶ ἐπιλάθου τοῦ λαοῦ σου, καὶ τοῦ οἴκου τοῦ πατρὸς σου, καὶ ἐπιθυμήσει ὁ βασιλεὺς τοῦ κάλλους σου.

Μνησθήσομαι τοῦ ὀνόματός σου ἐν πάσῃ γενεᾷ καὶ γενεᾷ.

**Τερέυς:** Καὶ ὑπὲρ τοῦ καταξιοθῆναι ἡμᾶς τῆς ἀκροάσεως τοῦ ἁγίου εὐαγγελίου, Κύριον τὸν Θεὸν ἡμῶν ἱκετεύσωμεν.

**Λαός:** Κύριε, ἐλέησον (**ἐκ γ'**).

**Τερέυς:** Σοφία· ὀρθοὶ ἀκούσωμεν τοῦ ἁγίου εὐαγγελίου. Εἰρήνη πᾶσι.

**Λαός:** Καὶ τῷ πνεύματί σου.

**Τερέυς:** Ἐκ τοῦ κατὰ Λουκᾶν ἁγίου εὐαγγελίου, τὸ ἀνάγνωσμα. Πρόσχωμεν.

**Λαός:** Δόξα σοι, Κύριε, δόξα σοι.

By the Holy Spirit, every soul is made living, is exalted, and made shining through purification, by the Threefold Oneness, in a hidden manner.

Now and forever and to the ages of ages. Amen.

By the Holy Spirit, the streams of grace are flowing, watering, all of the creation, granting life upon it.

I shall remember your Holy Name from generation to generation. **(2)**

**Verse:** Listen, O Daughter, and see, and incline your ear, and forget your people and your father's house and the King will desire your beauty.

I remember Your Holy Name from generation to generation.

**Priest:** Let us pray to the Lord, our God, that we may be deemed worthy to hear the Holy Gospel.

**People:** Lord, have mercy (3).

**Priest:** Wisdom, Arise, Let us hear the Holy Gospel. Peace be with all.

**People:** And with your spirit.

**Priest:** The reading of the Holy Gospel according to Luke. Let us be attentive.

**People:** Glory to You, O Lord, glory to You.

**Ἱερεύς:** Ἐν ταῖς ἡμέραις ἐκεῖναις ἀναστᾶσα Μαριάμ ἐπορεύθη εἰς τὴν ὄρεινὴν μετὰ σπουδῆς, εἰς πόλιν Ἰούδα, καὶ εἰσηλθεν εἰς τὸν οἶκον Ζαχαρίου, καὶ ἠσπάσατο τὴν Ἐλισάβετ· καὶ ἐγένετο ὡς ἤκουσεν ἡ Ἐλισάβετ τὸν ἀσπασμὸν τῆς Μαρίας, ἐσκίρτησε τὸ βρέφος ἐν τῇ κοιλίᾳ αὐτῆς, καὶ ἐπλήσθη Πνεύματος ἁγίου ἡ Ἐλισάβετ, καὶ ἀνεφώνησε φωνῇ μεγάλῃ, καὶ εἶπεν· Εὐλογημένη σὺ ἐν γυναιξί, καὶ εὐλογημένος ὁ καρπὸς τῆς κοιλίας σου. Καὶ πόθεν μοι τοῦτο, ἵνα ἔλθῃ ἡ μήτηρ τοῦ Κυρίου μου πρὸς με; Ἴδου γάρ, ὡς ἐγένετο ἡ φωνὴ τοῦ ἀσπασμοῦ σου εἰς τὰ ὦτά μου, ἐσκίρτησε τὸ βρέφος ἐν ἀγαλλιάσει ἐν τῇ κοιλίᾳ μου, καὶ μακαρία ἡ πιστεύσασα, ὅτι ἔσται τελείωσις τοῖς λελαλημένοις αὐτῇ παρὰ Κυρίου. Καὶ εἶπε Μαριάμ· Μεγαλύνει ἡ ψυχὴ μου τὸν Κύριον, καὶ ἠγαλλίασε τὸ πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ σωτηρῇ μου. Ὅτι ἐπέβλεψεν ἐπὶ τὴν ταπεινῶσιν τῆς δούλης αὐτοῦ· ἰδοὺ γὰρ ἀπὸ τοῦ νῦν μακαριοῦσί με πᾶσαι αἱ γενεαί. Ὅτι ἐποίησέ μοι μεγαλεῖα ὁ δυνατός, καὶ ἅγιον τὸ ὄνομα αὐτοῦ. Ἐμείνε δὲ Μαριάμ σὺν αὐτῇ ὡσεὶ μῆνας τρεῖς, καὶ ὑπέστρεψεν εἰς τὸν οἶκον αὐτῆς.

**Λαός:** · Δόξα σοι, Κύριε, δόξα σοι.

**Καὶ εἶτα· Ἦχος β΄.**

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Πάτερ, Λόγε, Πνεῦμα, Τριάς ἢ ἐν μονάδι,  
ἐξάλειψον τὰ πλήθη, τῶν ἐμῶν ἐγκλημάτων.

Καὶ νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας. Ἀμην.

Ταῖς τῆς Θεοτόκου, πρεσβείαις ἐλεῆμον, ἐξάλειψον  
τὰ πλήθη, τῶν ἐμῶν ἐγκλημάτων.

**Στίχ.** Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου,  
καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν σου  
ἐξάλειψον τὸ ἀνόμημά μου.

**Priest:** In those days Mary arose and went in haste into the hill country, to a city of Judah, and she entered the house of Zachariah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit and she exclaimed with a loud cry, Blessed are you among women, and blessed is the fruit of your womb! And why is this granted me, that the mother of my Lord should come to me? For behold, when the voice of your greeting came to my ears, the babe in my womb leaped for joy. And blessed is she who believed, for there would be a fulfillment of what was spoken to her from the Lord." And Mary said, "My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has regarded the lowly estate of his handmaiden. For behold henceforth all generations will call me blessed; for he who is mighty has done great things for me, and holy is his name." And Mary remained with her about three months, and returned to her home.

**People:** Glory to You, O Lord, glory to You.

**Tone 2.**

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

Father, Word, and Spirit, Trinity in oneness,  
wash away my many personal offenses.

Now and forever and to the ages of ages.  
Amen.

Through the intercessions of the Theotokos,  
merciful One, wash away my many personal  
offenses.

**Verse:** Have mercy upon me, O God,  
according to Your great mercy; and according  
to the multitude of Your compassions blot out  
my transgressions.

### **Ἦχος πλ. β'. Ὁλην ἀποθέμενοι.**

Μὴ καταπιστεύσης με, ἀνθρωπίνη προστασία,  
Παναγία δέσποινα, ἀλλὰ δέξαι δέησιν τοῦ ἱκέτου  
σου· θλίψις γὰρ ἔχει με, φέρειν οὐ δύναμαι, τῶν  
δαιμόνων τὰ τοξεύματα·  
σκέπην οὐ κέκτημαι, οὐδὲ ποῦ προσφύγω ὁ ἄθλιος,  
πάντοθεν πολεμούμενος, καὶ παραμυθίαν οὐκ ἔχω  
πλὴν σου, δέσποινα τοῦ κόσμου, ἐλπίς καὶ  
προστασία τῶν πιστῶν, μή μου παρίδῃς τὴν δέησιν,  
τὸ συμφέρον ποιήσον.

### **Θεοτοκία.**

Οὐδεὶς προστρέχων ἐπὶ σοί, κατησχυμένος ἀπὸ σοῦ  
ἐκπορεύεται, ἀγνὴ παρθένε Θεοτόκε,  
ἀλλ' αἰτεῖται τὴν χάριν, καὶ λαμβάνει τὸ δῶρημα,  
πρὸς τὸ συμφέρον τῆς αἰτήσεως.

Μεταβολὴ τῶν θλιβομένων, ἀπαλλαγὴ τῶν  
ἀσθενούντων ὑπάρχουσα, Θεοτόκε παρθένε,  
σῶζε πόλιν καὶ λαόν, τῶν πολεμουμένων ἢ εἰρήνην,  
τῶν χειμαζομένων ἢ γαλήνην,  
ἢ μόνη προστασία τῶν πιστῶν.

**Ἱερεύς:** Σῶσον, ὁ Θεός, τὸν λαόν σου, καὶ  
εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι τὸν  
κόσμον σου ἐν ἐλέει καὶ οἰτιρμοῖς· ὕψωσον κέρας  
Χριστιανῶν Ὁρθοδόξων, καὶ κατάπεμψον ἐφ' ἡμᾶς  
τὰ ἐλέη σου τὰ πλούσια· πρεσβείαις τῆς  
παναχράντου, Δεσποίνης ἡμῶν, Θεοτόκου καὶ  
ἀειπαρθένου Μαρίας, 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 ἐν ἁγίοις Πατέρων  
ἡμῶν, μεγάλων Ἱεραρχῶν, καὶ Οἰκουμενικῶν  
Διδασκάλων, Βασιλείου τοῦ Μεγάλου, Γρηγορίου  
τοῦ Θεολόγου καὶ Ἰωάννου τοῦ Χρυσοστόμου,  
Ἀθανασίου καὶ Κυρίλλου, Ἰωάννου τοῦ  
Ἐλεήμονος, πατριαρχῶν Ἀλεξανδρείας, Νικολάου  
τοῦ ἐν Μύροις τῆς Λυκίας, Σπυρίδωνος ἐπισκόπου  
Τριμυθοῦντος, καὶ Νεκταρίου τῆς Πενταπόλεως,  
τῶν θαυματουργῶν, τῶν ἁγίων ἐνδόξων

### **Plagal of the 2nd Tone**

Put me not into the hands, Of any human  
protection, O our Lady, most holy,  
But do now receive the prayers of your  
suppliant; Sorrow has taken me,  
And I am unable To withstand and bear the  
demon's darts; Shelter I do not have,  
Nor a place to go, worthless that I am;  
Lady of humanity, The shelter of the faithful  
and their hope, Do not reject my prayers to  
you, Do the things that profit me.

### **The Theotokia**

No one is turned away from you, Ashamed  
and empty, who flee unto you, O pure virgin  
Theotokos; But one asks for the favor,  
And the gift is received from you,  
To the advantage of their own request.

The transformation of the afflicted, You are  
the cure of those in sickness, Theotokos, O  
Virgin; Save your people and your town. You  
are the peace of those in conflict, The calm of  
those in turmoil, The only protection of the  
faithful.

**Priest:** O God, save Your People, and bless  
Your inheritance; look upon Your world with  
mercy and compassion; raise the Orthodox  
Christians to glory, and shower us with your  
abundant mercies, through the intercessions  
of our all-pure Lady, the Theotokos and ever-  
virgin Mary, through the power of the  
precious and life-giving Cross; through the  
protection of the honorable, heavenly bodiless  
powers; of the honorable, glorious prophet,  
the Forerunner John the Baptist; of the holy  
glorious and all-praised Apostles; of our holy  
fathers the great hierarchs and ecumenical  
teachers, Basil the Great, Gregory the  
Theologian, and John Chrysostom;  
Athanasios and Cyril, John the Merciful,  
patriarchs of Alexandria; Nicholas of Myra,  
Spyridon bishop of Trimythous, the wonder-  
workers; of -the holy glorious great martyrs  
George the triumphant, Demetrios the

μεγαλομαρτύρων Γεωργίου τοῦ Τροπαιοφόρου, Δημητρίου τοῦ Μυροβλύτου, Θεοδώρου τοῦ Τήρωνος, καὶ Θεοδώρου τοῦ Στρατηλάτου καὶ Μηνᾶ τοῦ θαυματουργοῦ, τῶν ἱερομαρτύρων Χαραλάμπους καὶ Ἐλευθερίου· τῶν ἁγίων, ἐνδόξων, μεγάλων μαρτύρων Θέκλας, Βαρβάρας, Αναστασίας, Κυριακῆς, Φωτεινῆς, Μαρίνης, Παρασκευῆς καὶ Εἰρήνης· τῶν ἁγίων ἐνδόξων καὶ καλλινίκων Μαρτύρων, τῶν ὁσίων καὶ θεοφόρων Πατέρων ἡμῶν, (**ναοῦ**), τῶν ἁγίων καὶ δικαίων θεοπατόρων Ἰωακεῖμ καὶ Ἄννης, (**ἡμέρας**), καὶ πάντων σου τῶν Ἁγίων ἱκετεύομέν σε, μόνε πολυέλεε Κύριε, ἐπάκουσον ἡμῶν τῶν ἀμαρτωλῶν δεομένων σου καὶ ἐλέησον ἡμᾶς.

**Λαός:** Κύριε ἐλέησον (**ιβ'**).

**Ἦρετός:** Ἐλέει, καὶ οἰκτιρμοῖς, καὶ φιλανθρωπία τοῦ μονογενοῦς σου Υἱοῦ, μεθ' οὗ εὐλογητὸς εἶ, σὺν τῷ παναγίῳ καὶ ἀγαθῷ καὶ ζωοποιῷ σου Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

**Λαός:** Ἀμήν.

### **Ὡδὴ ζ'. Ὁ εἰρμός.**

Οἱ ἐκ τῆς Ἰουδαίας, καταντήσαντες παῖδες ἐν Βαβυλῶνι ποτέ, τῇ πίστει τῆς Τριάδος, τὴν φλόγα τῆς καμίνου, κατεπάτησαν ψάλλοντες· ὁ τῶν πατέρων ἡμῶν, Θεὸς εὐλογητὸς εἶ.

Ἐπεραγία Θεοτόκε σῶσον ἡμᾶς.

Τὴν ἡμῶν σωτηρίαν, ὡς ἠθέλησας σῶτερ οἰκονομήσασθαι, ἐν μήτρᾳ τῆς παρθένου, κατώκησας τῷ κόσμῳ, ἣν προστάτιν ἀνέδειξας· ὁ τῶν πατέρων ἡμῶν, Θεὸς εὐλογητὸς εἶ.

Ἐπεραγία Θεοτόκε σῶσον ἡμᾶς.

myrrhflowing, Theodore of Tyros and Theodore the Commander; of the holy-martyrs Charalambos and Eleutherios; of the holy glorious triumphant Martyrs; of our pious and God-bearing Fathers; of (**the Saint of the Church**); of the holy and righteous Ancestors of God, Joachim and Anna; of Saint (**Name**) whose memory we celebrate today; and of all Your Saints, we beseech You Lord, Who alone are all merciful; hear the prayers of us sinners and have mercy upon us.

**People:** Lord, have mercy (**12**).

**Priest:** By the mercy and compassion, and love of Your only begotten Son, with whom You are blessed, together with Your all-holy and life giving Spirit, now and forever and to the ages of ages.

**People:** Amen.

### **Ode 7. The Heirmos**

Coming out of Judea, Once the young men did go to the land of Babylon; The flame of the furnace, They trampled down while chanting, With their faith in the Trinity: O the God of our Fathers, Blessed are You, our God.

Most Holy Theotokos, save us.

As You willed, O our Savior, To dispense our salvation through Your economy Inside the Virgin's womb; You showed to all the people That she was our own guardian; O the God of our fathers, Blessed are You, our God.

Most Holy Theotokos, save us.

Θελητήν τοῦ ἐλέους, ὃν ἐγέννησας, μήτερ ἀγνή  
δυσώπησον, ῥυσθῆναι τῶν πταισμάτων, ψυχῆς τε  
μολυσμάτων, τοὺς ἐν πίστει κραυγάζοντας· ὁ τῶν  
πατέρων ἡμῶν, Θεὸς εὐλογητὸς εἶ.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Θησαυρὸν σωτηρίας, καὶ πηγὴν ἀφθαρσίας, τὴν σε  
κυήσασαν, καὶ πύργον ἀσφαλείας,  
καὶ θύραν μετανοίας, τοῖς κραυγάζουσιν ἔδειξας·  
ὁ τῶν πατέρων ἡμῶν, Θεὸς εὐλογητὸς εἶ.

Καὶ νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας. Ἀμην.

Σωμάτων μαλακίας, καὶ ψυχῶν ἀρρώστιας  
θεογεννήτρια, τῶν πόθῳ προσιόντων,  
τῇ σκέπῃ σου τῇ θείᾳ, θεραπεύειν ἀξίωσον,  
ἢ τὸν σωτῆρα Χριστόν, ἡμῖν ἀποτεκοῦσα.

### **Ὠδὴ η΄. Ὁ εἰρμός.**

Τὸν βασιλέα τῶν οὐρανῶν,  
ὃν ὑμνοῦσι στρατιαὶ τῶν ἀγγέλων,  
ὑμνεῖτε καὶ ὑπερυψοῦτε  
εἰς πάντας τοὺς αἰῶνας.

Ἐπεραγία Θεοτόκε σῶσον ἡμᾶς.

Τοὺς βοηθείας τῆς παρὰ σοῦ δεομένους,  
μὴ παρίδης παρθένε ὑμνοῦντας,  
καὶ ὑπερυψοῦντάς σε,  
κόρη εἰς αἰῶνας.

Ἐπεραγία Θεοτόκε σῶσον ἡμᾶς.

Τῶν ἱαμάτων τὸ δαμιλές,  
ἐπιχέεις τοῖς πιστῶς ὑμνοῦσί σε παρθένε,  
καὶ ὑπερυψοῦσι τὸν ἄφραστόν σου τόκον.

The bestower of mercy That you bore, O pure  
Mother, entreat on our behalf; From sins  
deliver us, And from the soul's defilement,  
We who cry out most faithfully:  
O the God of our fathers,  
Blessed are You, our God.

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

A fountain of pureness And a tower of safety  
is she who carried You, A treasure of  
salvation And the door of repentance,  
She has been shown to those that cry;  
O the God of our fathers,  
Blessed are You, our God.

Now and forever and to the ages of ages.  
Amen.

The illnesses of body, and the soul's ailing  
sickness, of those who run to you.  
For divine protection, As God's holy Mother,  
Make them worthy of remedy: For the Savior  
Christ Was born from you.

### **Ode 8. The Heirmos**

The King of heaven, Who is praised,  
And is hymned by the host of the angels;  
Praise Him and exalt Him  
Throughout the many ages.

Most holy Theotokos, save us.

Do not neglect those who seek the help you  
grant They hymn you,  
O Virgin Maiden, And they do exalt you  
Throughout the many ages.

Most Holy Theotokos, save us.

O Virgin, you pour a wealth of healing  
On those who faithfully hymn you,  
And those who exalt your  
Childbearing wonder.



Δόξα Πατρί και Υἱω και Αγίω Πνεύματι.

Τὰς ἀσθενείας μου τῆς ψυχῆς ἰατρούεις,  
καὶ σαρκὸς τὰς ὀδύνας παρθένε,  
ἵνα σε δοξάζω  
τὴν κεχαριτωμένην.

Και νυν και αει και εις τους αιωνας. Αμην.

Τῶν πειρασμῶν σὺ τὰς προσβολὰς ἐκδιώκεις,  
καὶ παθῶν τὰς ἐφόδους παρθένε· ὅθεν σε ὑμνοῦμεν  
εἰς πάντα τοὺς αἰῶνας.

***Ὡδὴ θ'. Ὁ εἰρμός.***

Κυρίως Θεοτόκον,  
σὲ ὁμολογοῦμεν,  
οἱ διὰ σοῦ σεσωσμένοι,  
παρθένε ἀγνή, σὺν ἀσωμάτοις χορείαις,  
σὲ μεγαλύνοντες.

Ἵπεραγία Θεοτόκε σῶσον ἡμᾶς.

Ῥοὴν μου τῶν δακρῶν,  
μὴ ἀποποιήσης, ἢ τὸν παντὸς  
ἐκ προσώπου πᾶν δάκρυον,  
ἀφηρηκότα παρθένε, Χριστὸν κυήσασα.

Ἵπεραγία Θεοτόκε σῶσον ἡμᾶς.

Χαρᾶς μου τὴν καρδίαν,  
πλήρωσον, παρθένε,  
ἢ τῆς χαρᾶς δεξαμένη τὸ πλήρωμα,  
τῆς ἁμαρτίας τὴν λύπην ἐξαφανίσασα.

Ἵπεραγία Θεοτόκε σῶσον ἡμᾶς.

Λιμὴν καὶ προστασία,  
τῶν σοὶ προσφευγόντων,  
γενοῦ παρθένε καὶ τεῖχος ἀκράδαντον,  
καταφυγὴ τε καὶ σκέπη,  
καὶ ἀγαλλίαμα.

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

The infirmities of my soul are healed by you,  
And the pains of my body, O Virgin,  
So that I may praise you,  
O Lady, in God's favor.

Now and forever and to the ages of ages.  
Amen.

You drive away the assaults of temptations,  
And attacks of the passions, O Virgin,  
Therefore do we praise you  
Throughout the many ages.

***Ode 9. The Heirmos.***

Saved through you, O pure Virgin,  
Hence we do confess you  
To be most truly the birthgiver of our Lord;  
With choirs of bodiless Angels,  
You do we magnify.

Most Holy Theotokos, save us.

The streams of my many tears, Reject not,  
Holy Virgin; For you gave birth to the One  
who dried all the tears, From all the faces of  
people; The Christ was born of you.

Most holy Theotokos, save us.

With gladness fill my heart,  
Most holy Virgin lady,  
For you are she who received the abundant  
joy; Take the grief of my sinfulness,  
And make it disappear.

Most Holy Theotokos, save us.

A shelter and protection  
And a wall unshaken,  
Become, O Virgin., for those who flee to you,  
A sheltered cover and refuge,  
And a place of joy.

Δόξα Πατρί και Υἱω και Αγίω Πνεύματι.

Φωτός σου ταῖς ἀκτῖσι,  
λάμπρυνον, παρθένε,  
τὸ ζοφερὸν τῆς ἀγνοίας διώκουσα,  
τοὺς εὐσεβῶς Θεοτόκον,  
σὲ καταγγέλλοντας.

Και νυν και αει και εις τους αιωνας. Αμην.

Κακώσεως ἐν τόπῳ,  
τῷ τῆς ἀσθενείας,  
ταπεινωθέντα παρθένε θεράπευσον,  
ἐξ ἀρρώστιας εἰς ῥῶσιν, μετασκευάζουσα.

**Καὶ εὐθὺς τό·**

Ἄξιόν ἐστιν ὡς ἀληθῶς,  
μακαρίζειν σε τὴν Θεοτόκον,  
τὴν ἀειμακάριστον καὶ παναμώμητον,  
καὶ μητέρα τοῦ Θεοῦ ἡμῶν.

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

*Θυμιᾶ ὁ ἱερεὺς τὸ θυσιαστήριον καὶ τὸν λαόν, ἢ τὸν οἶκον, ὅπου ψάλλεται ἡ παράκλησις·  
καὶ ἡμεῖς ψάλλομεν τὰ παρόντα μεγαλυνάρια.*

Τὴν ὑψηλοτέραν τῶν οὐρανῶν,  
καὶ καθαρωτέραν λαμπηδόνων ἡλιακῶν,  
τὴν λυτρωσαμένην ἡμᾶς ἐκ τῆς κατάρας,  
τὴν δέσποιναν τοῦ κόσμου,  
ὕμνοις τιμήσωμεν.

Ἀπὸ τῶν πολλῶν μου ἀμαρτιῶν,  
ἀσθενεῖ τὸ σῶμα, ἀσθενεῖ μου καὶ ἡ ψυχὴ,  
πρὸς σὲ καταφεύγω τὴν κεχαριτωμένην,  
ἐλπίς ἀπηλπισμένων,  
σύ μοι βοήθησον.

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

O Virgin, from the brightness Of your light illumine The ones who call you most piously Mother of God, Take all the gloom of our ignorance And banish it away.

Now and forever and to the ages of ages. Amen.

Oppressed I am, O Virgin; In a place of sickness, I have been humbled; I ask you: bring remedy, Transform my illness, my sickness, Into a wholesomeness.

Truly you are worthy to be blessed, Mother of our God, the Theotokos, You the ever blessed one, and all blameless one, And the Mother of our God.

You are honored more than the Cherubim, And you have more glory, when compared, to the Seraphim; You, without corruption, Did bear God, the Logos; You are the Theotokos; You do we magnify.

*The priest censures the altar and the people, or the place where the Paraklesis is held, while we chant the following megalynaria.*

Higher than the heavens above are you, And you are much purer Than the radiance of the sun; You who have redeemed us From the curse which is upon us; The Lady of all people, In hymns, do we honor you.

From the great multitude of my sins, Ill am I in body, Ill am I also in my soul; I am fleeing to you, The one who is all-blessed, The hope of all the hopeless, Please come bring help to me.

Δέσποινα καὶ μήτηρ τοῦ λυτρωτοῦ, δέξαι  
παρακλήσεις, ἀναξίων σῶν ἰκετῶν,  
ἵνα μεσιτεύσης πρὸς τὸν ἐκ σοῦ τεχθέντα.  
Ὡ δέσποινα, τοῦ κόσμου  
γενοῦ μεσίτρια.

Ψάλλομεν προθύμως σοι τὴν ᾠδὴν,  
νῦν τῇ πανυμνήτῳ,  
Θεοτόκῳ χαρμονικῶς,  
μετὰ τοῦ Προδρόμου,  
καὶ πάντων τῶν ἁγίων,  
δυσώπει Θεοτόκε,  
τοῦ οἰκτειρῆσαι ἡμᾶς.

Ἄλαλα τὰ χεῖλη τῶν ἀσεβῶν,  
τῶν μὴ προσκυνούντων,  
τὴν εἰκόνα σου τὴν σεπτὴν,  
τὴν ἱστορηθεῖσαν,  
ὑπὸ τοῦ ἀποστόλου,  
Λουκᾶ ἱερωτάτου,  
τὴν ὀδηγήτριαν.

***To megalynarion of the Holy of the Naou. Eita:***

Πᾶσαι τῶν Ἀγγέλων αἱ στρατιαί,  
Πρόδρομε Κυρίου,  
ἀποστόλων ἡ δωδεκάς,  
οἱ ἅγιοι Πάντες, μετὰ τῆς Θεοτόκου,  
ποιήσατε πρεσβείαν, εἰς τὸ σωθῆναι ἡμᾶς.

***Ὁ ἀναγνώστης το:*** Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός,  
Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς **(τρίς)**.

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 ἀμαρτίαις ἡμῶν.  
Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῶν.  
Ἅγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν,  
ἐνεκεν τοῦ ὀνόματός Σου.

Lady and the Mother of Him who saves,  
Receive the supplications  
Of the lowly who pray to you;  
Mediate between us  
And the One you brought forth;  
O Lady of all people, Intercede for us.

Now with zeal we chant this Ode to you;  
You, the all praised Lady,  
Theotokos, we hymn with joy;  
With the saints most holy,  
Together with the Baptist,  
Beseech, O Theotokos,  
For God's mercy on us

Speechless be the lips of impious ones,  
Those who do not reverence  
Your great icon, the sacred one  
Which is called Directress,  
And was depicted for us  
By one of the apostles,  
Luke the Evangelist.

***The Megalynarion of the church is chanted.  
Then:***

With the hosts of Angels, God's messengers,  
With the Lord's Forerunner,  
And Apostles, the chosen twelve,  
With the saints most holy,  
And with you, the Theotokos,  
We seek your intercession, For our salvation.

***People:*** Holy God, Holy Mighty, Holy  
Immortal, have mercy upon us **(3)**.

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

Most holy Trinity, have mercy upon us;  
Lord, pardon our sins; Master, forgive 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 τῶις 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  
δοῦς ἡμῖν σήμερον  
καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν,  
ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν·  
καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν,  
ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ..

**Ἐρεῦς:** 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

**Λαός:** Ἀμήν

**Ἦχος πλ. β΄.**

Ἐλέησον ἡμᾶς, Κύριε ἐλέησον ἡμᾶς· πάσης γὰρ ἀπολογίας ἀποροῦντες, ταύτην σοὶ τὴν ἱκεσίαν, ὡς δεσπότη οἱ ἁμαρτωλοὶ προσφέρομεν, ἐλέησον ἡμᾶς.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Κύριε ἐλέησον ἡμᾶς· ἐπὶ σοὶ γὰρ πεποιθήσαμεν, μὴ ὀργισθῆς ἡμῖν σφόδρα, μηδὲ μνησθῆς τῶν ἀνομιῶν ἡμῶν, ἀλλ' ἐπίβλεψον καὶ νῦν ὡς εὐσπλαγχνος, καὶ λύτρωσαι ἡμᾶς ἐκ τῶν ἐχθρῶν ἡμῶν· σὺ γὰρ εἶ Θεὸς ἡμῶν, καὶ ἡμεῖς λαός σου, πάντες ἔργα χειρῶν σου, καὶ τὸ ὄνομά σου ἐπικεκλήμεθα.

Lord have mercy (3).

Glory to the Father, and the Son and the Holy Spirit, now and forever 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 Yours 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.

**People:** Amen.

**Plagal of the 2nd Tone.**

Have mercy on us, O Lord, have mercy on us,  
For we are empty of all defense,  
As sinners we offer this supplication to You;  
O Master, have mercy on us.

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

Lord, have mercy on us,  
For in You we have put our trust;  
Be not exceedingly angry with us,  
Nor remember our many iniquities;  
But look upon us now as the Compassionate,  
And deliver us from our enemies;  
For You are our God, and we Your people,  
We are all the work of Your hands,  
And upon Your Name we have now called.

Και νυν και αι και εις τους αιωνας. Αμην.

Now and forever and to the ages of ages.  
Amen.

Τῆς εὐσπλαγχνίας τὴν πύλην ἄνοιξον ἡμῖν,  
εὐλογημένη Θεοτόκε, ἐλπίζοντες εἰς σέ, μὴ  
ἀστοχήσωμεν, ῥυσθείημεν διὰ σοῦ τῶν  
περιστάσεων· σὺ γὰρ εἶ ἡ σωτηρία τοῦ γένους τῶν  
χριστιανῶν.

The doors of caring do now open unto us,  
O most blessed Theotokos,  
So that hoping in you we shall not fail;  
Through you we may be delivered from  
adversities,  
For you are the salvation of the Christian  
faith.

*Κατὰ τὴν περιόδον τῶν Παρακλησεων τοῦ  
Δεκαπενταγουστου, ἀντὶ τῶν ἀνωτερῶ  
τροπαριῶν ψαλλονται: Τὸ Απολυτικιον τοῦ Ἁγίου  
τῆς ἡμέρας καὶ τὸ Θεοτοκιον τοῦ αὐτοῦ ἡχοῦ*

*During the period from the 1<sup>st</sup> to the 14<sup>th</sup> of  
August, instead of the above Troparia, the  
Apolytikion of the day and the Theotokion of  
the tone are chanted.*

**Ἱερεύς:** Ἐλέησον ἡμᾶς ὁ Θεὸς κατὰ τὸ μέγα ἐλεὸς  
Σου, δεόμεθά Σου, ἐπάκουσον καὶ ἐλέησον.

**Priest:** Have mercy on us, O God, according  
to your great love, we pray to you, hear us,  
and have mercy.

**Λαός:** Κύριε, ἐλέησον (3)

**People:** Lord, have mercy (3).

**Ἱερεύς:** Ἔτι δεόμεθα ὑπὲρ τοῦ Ἀρχιεπισκόπου  
ἡμῶν, (δεῖνος) καὶ πάσης τῆς ἐν Χριστῷ ἡμῶν  
ἀδελφότητος.

**Priest:** Again we pray for our  
Archbishop (*name*), and all the clergy and the  
laity in Christ.

**Λαός:** Κύριε, ἐλέησον (3)

**People:** Lord, have mercy (3).

**Ἱερεύς:** Ἔτι δεόμεθα ὑπὲρ ἐλέους, ζωῆς, εἰρήνης,  
υγείας, σωτηρίας, ἐπισκέψεως, συγχωρήσεως καὶ  
ἀφέσεως τῶν ἁμαρτιῶν τῶν δούλων τοῦ Θεοῦ,  
πάντων τῶν εὐσεβῶν καὶ ὀρθοδόξων χριστιανῶν,  
τῶν κατοικούντων καὶ παρεπιδημούντων ἐν τῇ  
πόλει ταύτῃ, ἐπιτρόπων, συνδρομητῶν καὶ  
ἀφιερῶτων τοῦ ἁγίου ναοῦ τούτου.

**Priest:** Again we pray for mercy, life, peace,  
health, salvation, visitation, forgiveness, and  
remission of the sins of the servants of God,  
all pious and Orthodox Christians, those who  
reside and visit in this city, the members,  
council members, contributors, and  
benefactors of this holy church.

**Λαός:** Κύριε, ἐλέησον (3)

**People:** Lord, have mercy (3).

**Ἱερεύς:** Ἔτι δεόμεθα καὶ ὑπὲρ τῶν δούλων τοῦ  
Θεοῦ...

**Priest:** Again we pray for the servants of God  
...

**Λαός:** Κύριε, ἐλέησον (3)

**People:** Lord, have mercy (3).

**Ἐρεῦς:** Ἔτι δεόμεθα ὑπὲρ τοῦ διαφυλαχθῆναι τὴν ἁγίαν Ἐκκλησίαν καὶ τὴν πόλιν ταύτην, καὶ πᾶσαν πόλιν καὶ χώραν ἀπὸ ὀργῆς, λοιμοῦ, λιμοῦ, σεισμοῦ, καταποντισμοῦ, πυρός, μαχαίρας, ἐπιδρομῆς ἀλλοφύλων, ἐμφυλίου πολέμου, καὶ αἰφνιδίου θανάτου, ὑπὲρ τὸν ἴλεων, εὐμενῆ καὶ εὐδιάλακτον, γενέσθαι τὸν ἀγαθὸν καὶ φιλόανθρωπον Θεὸν ἡμῶν, τοῦ ἀποστρέψαι καί, διασκεδάσαι πᾶσαν ὀργὴν καὶ νόσον, τὴν καθ' ἡμῶν κινουμένην, καὶ ῥύσασθαι ἡμᾶς ἐκ τῆς ἐπικειμένης δικαίας αὐτοῦ ἀπειλῆς, καὶ ἐλεῆσαι ἡμᾶς.

**Λαός:** Κύριε, ἐλέησον (3)

**Ἐρεῦς:** Ἔτι δεόμεθα καὶ ὑπὲρ τοῦ εἰσακοῦσαι Κύριον τὸν Θεὸν φωνῆς τῆς δεήσεως ἡμῶν τῶν ἁμαρτωλῶν, καὶ ἐλεῆσαι ἡμᾶς.

**Λαός:** Κύριε, ἐλέησον (3)

**Ἐρεῦς:** Ἐπάκουσον ἡμῶν, ὁ Θεός, ὁ Σωτὴρ ἡμῶν, ἡ ἐλπίς πάντων τῶν περάτων τῆς γῆς καὶ τῶν ἐν θαλάσῃ μακρὰν, καὶ ἴλεως, ἴλεως γενοῦ ἡμῖν, Δέσποτα ἐπὶ ταῖς ἁμαρτίαις ἡμῶν, καὶ ἐλέησον ἡμᾶς.

**Λαός:** Κύριε, ἐλέησον (3)

**Ἐρεῦς:** Ἐλεήμων γὰρ καὶ φιλόανθρωπος Θεὸς ὑπάρχεις, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

**Λαός:** Ἀμήν

**Priest:** Again we pray for the safekeeping of this holy church and this city, and of all cities and towns from pestilence, famine, earthquake, flood, fire and the sword, from invasion of enemies, civil war, and unforeseen death; for His mercy, that He will be kind to entreat as our good God, Who loves all people and that He may turn away and scatter all wrath and disease that moves against us, and deliver us from His impending, justified chastisement, and have mercy on us.

**People:** Lord, have mercy (3).

**Priest:** Again we pray that the Lord God will hear the voices of the petitions of us sinners and have mercy on us.

**People:** Lord, have mercy (3).

**Priest:** Hear us, O God, our Savior, the hope of all the ends of the earth, and of those who are far off upon the sea; and show compassion on us, O Master, on our many sins, and have mercy upon us.

**People:** Lord, have mercy (3).

**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 the ages.

**People:** Amen.

**Ἦχος β΄:** Δόξα σοι ὁ Θεός, ἡ ἐλπίς ἡμῶν, Κύριε, δόξα σοι. Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν ταῖς πρεσβείαις τῆς παναγράντου καὶ παναμώμου ἁγίας Αὐτοῦ μητρὸς, τῶν ἁγίων, ἐνδόξων καὶ πανευφήμεων Ἀποστόλων, τῶν ἁγίων ἐνδόξων καὶ καλλινίκων Μαρτύρων, (του ἁγίου του Ναοῦ), τῶν ἁγίων καὶ δικαίων θεοπατόρων Ἰωακείμ καὶ Ἄννης, του Ἁγίου (Όνομα), σου τὴν μνήμην ἐπιτελούμεν, καὶ πάντων τῶν Ἁγίων, ἐλέησαι καὶ σώσαι ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόφρων καὶ ἐλεήμων Θεός.

*Τῶν χριστιανῶν  
ἀσπαζομένων τὴν εἰκόνα τῆς Θεοτόκου,  
ψάλλονται τὰ παρόντα τροπάρια.*

**Ἦχος β΄. Ὅτε ἐκ τοῦ ξύλου.**

Πάντων προστατεύεις ἀγαθή,  
τῶν καταφευγόντων ἐν πίστει  
τῆ κραταῖ σου χειρί·  
ἄλλην γὰρ οὐκ ἔχομεν  
ἀμαρτωλοὶ πρὸς Θεόν,  
ἐν κινδύνοις καὶ θλίψεσιν,  
ἀεὶ μεσιτείαν,  
οἱ κατακαμπτόμενοι ὑπὸ πταισμάτων πολλῶν.  
Μῆτερ τοῦ Θεοῦ τοῦ ὑψίστου·  
ὄθεν σοὶ προσπίπτομεν· ῥῦσαι  
πάσης περιστάσεως τοὺς δούλους σου.

**Ὅμοιον.**

Πάντων θλιβομένων ἡ χαρά,  
καὶ ἀδικουμένων προστατίς,  
καὶ πενομένων τροφή,  
ξένων τε παράκλησις,  
καὶ βακτηρία τυφλῶν,  
ἀσθενούντων ἐπίσκεψις,  
καταπονουμένων σκέπη καὶ ἀντίληψις,  
καὶ ὀρφανῶν βοηθός.  
Μῆτερ τοῦ Θεοῦ τοῦ ὑψίστου,  
σὺ ὑπάρχεις ἄχραντε σπεῦσον,  
δυσωποῦμεν ῥύσασθαι τοὺς δούλους σου.

**Priest:** Glory to You, O God, our hope, glory to You. May Christ our true God, through the intercessions of Your all-pure and blameless holy Mother; of the holy glorious and praise-worthy Apostles; of the holy glorious and triumphant martyrs; of (*the Saint of the Church*); of the holy righteous ancestors of God Joachim and Anna; of Saint (*name*) whose memory we celebrate today; and of all the Saints, have mercy and save us, as a good and loving God.

*The Christian faithful  
revere the icon of the Theotokos  
while the following troparia are chanted.*

**Tone 2.**

All those Do you shelter, O Good One, Those who in their faith flee unto you, With your strong hand, you protect; We who sin have no one else, Who intercedes for us Before God, praying endlessly, In ills and all dangers, For us who are laden with Our many sins and mistakes; Mother, of our God in the Highest Therefore, we fall down to you, humbly; From all the misfortunes, keep your servants safe.

**The same**

For those In great sorrow you are joy, And for the oppressed, a protection, And for the hungry, their food, Comfort unto those estranged; You are a staff to the blind, Visitation of all those sick, And to those held by pain Shelter and a comforting, And to the orphaned, an aid; Mother, of our God in the highest, You who are the Spotless One, hasten, Save your servants from their sin, we ask of you.

**ᾠχος πλ. δ´.**

Δέσποινα πρόσδεξαι  
τὰς δεήσεις τῶν δούλων σου,  
καὶ λύτρωσαι ἡμᾶς,  
ἀπὸ πάσης ἀνάγκης καὶ θλίψεως.

**ᾠχος β´.**

Τὴν πᾶσαν ἐλπίδα μου εἰς σὲ ἀνατίθημι,  
μητέρα τοῦ Θεοῦ, φύλαξόν με ὑπὸ τὴν σκέπην σου.

*Κατὰ τὴν περίοδον τοῦ Δεκαπενταυγούστου  
εἰθισταὶ νὰ ψαλλῶνται, ἀντὶ τῶν ἀνωτέρω  
Θεοτοκίων, τὰ ἐξῆς Ἐξαποστειλάρια.*

**ᾠχος γ´.**

Ἀπόστολοι ἐκ περάτων,  
συναθροισθέντες ἐνθάδε,  
Γεθσημανῆ τῷ χωρίῳ,  
κηδεύσατέ μου τὸ σῶμα,  
καὶ σὺ Υἱὲ καὶ Θεέ μου,  
παράλαβέ μου τὸ πνεῦμα.

Ὁ γλυκασμὸς τῶν ἀγγέλων,  
τῶν θλιβομένων ἢ χαρά,  
χριστιανῶν ἢ προστάτις,  
παρθένε μήτηρ Κυρίου,  
ἀντιλαβοῦ μου καὶ ῥῦσαι,  
τῶν αἰωνίων βασάνων.

Καὶ σὲ μεσίτριαν ἔχω,  
πρὸς τὸν φιλόανθρωπον Θεόν,  
μή μου ἐλέγξῃ τὰς πράξεις,  
ἐνώπιον τῶν ἀγγέλων,  
παρακαλῶ σε παρθένε,  
βοήθησόν μοι ἐν τάχει.

***Plagal of the 4th Tone***

Lady, do you receive,  
From your servants, their many prayers;  
And deliver all of us,  
From all sadness and necessity.

***Tone 2***

My numerous hopes are placed  
Before you, most holy One;  
Mother of our God,  
Guard me with care, within your sheltered  
arms.

*During the period from the 1st to the 15th of  
August, instead of chanting the previous  
Theotokion, we chant the following  
Exsaptopstilaria:*

***Tone 3.***

O You Apostles from far off,  
Being gathered together  
in the village of Gethsemane,  
Lay my body in burial,  
And You, my Son, and my God,  
Receive now my spirit from me.

You are the sweetness of Angels,  
The gladness of the afflicted ones,  
A protection of all Christians,  
O Virgin Mother of our Lord;  
Grant me now help and save me  
From the eternal torments.

I have you as Mediator  
Before God who loves mankind;  
May He not question my action  
Before the hosts of the Angels,  
I ask of you, O Virgin,  
Hasten now quickly to my aid.



Χρυσοπλοκώτατε πύργε,  
καὶ δωδεκάτειχε πόλις,  
ἠλιοστάλακτε θρόνε,  
καθέδρα τοῦ βασιλέως,  
ἀκατανόητον θαῦμα,  
πῶς γαλουχεῖς τὸν δεσπότην;

**Ἱερεὺς:** Δι' εὐχῶν τῶν ἁγίων πατέρων ἡμῶν, Κύριε  
Ἰησοῦ Χριστέ, ὁ Θεός, ἐλέησον ἡμᾶς.

**Λαός:** Ἀμήν.

You are a tower adorned with gold,  
A city surrounded by twelve walls,  
A shining throne touched by the sun,  
A royal seat for the King,  
O unexplainable wonder,  
How do you nurse the Master?

**Priest:** Through the prayers of our Holy  
Fathers, Lord Jesus Christ, our God, have  
mercy and save us.

**People:** Amen.