

## READER'S PARAKLESIS

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

Glory to thee, our God; glory to thee.

O heavenly King, the Comforter, the Spirit of truth, who art everywhere present and fillest all things, Treasury of good things and Giver of life: Come and abide in us, and cleanse us from every stain, and save our souls, O good One.

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

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for thy Name's sake.

Lord have mercy. *(thrice)*

Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever and unto 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 the evil one.

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

Lord have mercy. *(12x)*

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

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

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

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

#### PSALM 142

Hear my prayer, O Lord; give ear to my supplication in thy truth; answer me in thy righteousness. And enter not into judgment with thy servant, for in thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the ground. He hath sat me in darkness as those that have been long dead. And my spirit was despondent within me; my heart within me was troubled. I remembered the days of old; I meditated on all thy works; I pondered on the works of thy hands. I stretched forth my hands unto thee: my soul thirsteth after thee like a waterless land.

Hear me speedily, O Lord: my spirit hath failed. Turn not thy face from me, lest I be like unto them that go down into the pit. Cause me to hear thy mercy in the morning; for in thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto thee have I lifted up my soul. Deliver me from my enemies, O Lord: unto thee have I fled for refuge. Teach me to do thy will, for thou art my God. Thy good Spirit shall lead me in the land of uprightness; thou shalt quicken me, O Lord, for thy name's sake. In thy righteousness shalt thou bring my soul out of affliction, and in thy mercy shalt thou cut off my enemies. And thou shalt destroy all them that afflict my soul, for I am thy servant.

#### GOD IS THE LORD IN TONE 4

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

O give thanks to the Lord, and call upon His holy name. (*Refrain*)

All nations compassed me about: but in the name of the Lord will I destroy them. (*Refrain*)

This is the Lord's doing; it is marvelous in our eyes. (*Refrain*)

TROPARIA IN TONE 4 (Thou who wast raised up)

To God's birthgiver let us run now most earnestly we sinners all and wretched ones, and fall prostrate in repentance, calling from the depths of our souls: "Lady, come unto our aid; have compassion upon us; hasten thou, for we are lost in a throng of transgressions. Turn not thy servants away with empty hands, for thee alone do we have as our only hope.

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

(*Repeat: "To God's birthgiver . . . "*)

Both now and ever, and unto ages of ages. Amen.

O Theotokos, we shall not cease from speaking of all thy mighty acts, all we the unworthy ones. For if Thou hadst not stood to intercede for us, who would have delivered us from such numerous dangers? Who would have preserved us all, until now, in true freedom? O Lady, we shall not turn away from thee, for thou dost always save thy servants from all manner of grief.

PSALM 50

Have mercy on me, O God, according to thy great mercy; according to the multitude of thy compassions, blot out my transgression.

Wash me thoroughly from my iniquity, and cleanse me from my sin.

For I know my iniquity, and my sin is ever before me.

Against thee only have I sinned and done this evil before thee, that thou mightest be justified in thy words and prevail when thou art judged.

For behold, I was conceived in iniquities, and in sins did my mother bear me.

For behold, thou hast loved truth; the unclear and hidden things  
of thy wisdom hast thou made clear to me.

Thou shalt sprinkle me with hyssop, and I shall be cleansed; thou  
shalt wash me, and I shall be made whiter than snow.

Thou shalt make me to hear joy and gladness; the bones that  
have been humbled shall rejoice.

Turn thy face away from my sins, and blot out all my iniquities.  
Create in me a clean heart, O God, and renew a right spirit within  
me.

Cast me not away from thy presence, and take not thy Holy  
Spirit from me.

Restore unto me the joy of thy salvation, and establish me with a  
governing spirit.

I will teach transgressors thy ways, and the ungodly shall return  
to thee.

Deliver me from blood-guiltiness, O God, thou God of my  
salvation, and my tongue shall rejoice in thy righteousness.

O Lord, thou shalt open my lips, and my mouth shall declare thy  
praise.

For if thou hadst desired sacrifice, I would have given it; thou  
wilt not be pleased with whole-burnt offerings.

A sacrifice to God is a broken spirit: a broken and humbled heart  
God will not despise.

Do good, O Lord, in thy good pleasure unto Zion, and let the  
walls of Jerusalem be built up.

Then shalt thou be pleased with a sacrifice of righteousness, with  
oblation and whole-burnt offerings; then shall they offer  
bullocks upon thine altar.

## THE CANON

### Ode 1

Traversing the water as on dry land, and there-by escaping from  
the toils of Egypt's land, the Israelites cried aloud. Proclaiming  
unto our God and redeemer, let us now sing.

Most holy Theotokos, save us!

By many temptations am I distressed. In search of salvation unto thee have I taken flight. O Mother of the Word and ever Virgin, from all ordeals and afflictions deliver me.

Most holy Theotokos, save us!

Attacks of the passions disquiet me; my soul to repletion has been filled with despondency. Be still then, O Maiden, with thy calmness of thine own Son and thy God, O All-blameless One.

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

To God and the Savior thou gavest birth. I beg thee, O Virgin, from afflictions deliver me. For now unto thee I flee for refuge, bringing to thee both my soul and my reasoning.

Both now and ever, and unto ages of ages. Amen.

Diseased is my body and my soul. Do thou make me worthy of divine guidance and thy care, O thou who alone art God's Mother, for thou art good, and the Birth-giver of the Good.

### Ode 3

Of the vault of the heavens art thou, O Lord, fashioner. So, too, of the Church art Thou Founder. Do Thou establish me in unfeigned love for Thee, Who art the Height of things sought for, and staff of the faithful, O Thou only Friend of man.

Most holy Theotokos, save us!

I have thee as the shelter and the defense of my life. Thee, the Theotokos and Virgin, pilot and govern me into thy sheltered port, for thou art the author of good things and staff of the faithful, O thou only lauded one.

Most holy Theotokos, save us!

I beseech thee, O Virgin, do thou dispel far from me all of the distress of despair and turbulence in my soul, for thou, O Bride of God, hast given birth to the Lord Christ, Who is the Prince of Peace, O thou only All-blameless one.

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

Since thou brought forth Him Who is our benefactor and cause of good from the wealth of thy loving kindness, do thou pour forth on all for thou canst do all things, being one mighty in power, for thou gavest birth to Christ. Blessed of God art thou.

Both now and ever, and unto ages of ages. Amen.

With most grievous diseases and with corrupt passions, too I am put to trial, O Virgin. Come thou unto my aid, for I know thee to be an inexhaustible treasure of unfailing healing, O thou, the All-blameless one.

### Troparia following Ode 3

Preserve and save, O Theotokos, thy servants from every danger. After God, do all of us from refuge free unto thee; a firm rampart art thou and our protection.

In thy good-will, look thou on me, O all-hymned Theotokos, and do thou behold my body's grievous infirmity, and heal thou the cause of my soul's sorrow.

### THE PRAYER OF ELDER PAISIOS FOR THE WHOLE WORLD

Our Lord Jesus Christ:

Do not abandon Thy servants who live far away from the Church. May Thy love convict them and bring them back to Thee.

Lord have mercy on Thy servants who are suffering from cancer.

Lord have mercy on Thy servants who suffer either from small or serious ailments.

Lord have mercy on Thy servants who suffer from physical infirmities.

Lord have mercy on Thy servants who suffer from spiritual infirmities.

Lord have mercy on our leaders and inspire them to govern with Christian love.

Lord have mercy on children who come from troubled homes.

Lord have mercy on troubled families and those who have been divorced.

Lord have mercy on all the orphans of the world, on all those who are suffering pain and injustices since losing their spouses.

Lord have mercy on all those in jail, on all anarchists, on all drug abusers, on all murderers, on all abusers of people, and on all thieves. Enlighten these people and help them to straighten out their lives.

Lord have mercy on all those who have been forced to emigrate.

Lord have mercy on all those who travel on the seas, on land, in the air, and protect them.

Lord have mercy on our Church, the bishops, the priests and the faithful of the Church.

Lord have mercy on all the monastic communities, male and female, the elders and all the brotherhoods of Mt. Athos.

Lord have mercy on Thy servants who find themselves in the midst of war.

Lord have mercy on Thy servants who are being pursued in the mountains and on the plains.

Lord have mercy on Thy servants who are being hunted like birds of prey.

Lord have mercy on Thy servants who were forced to abandon their homes and their jobs and feel afflicted.

Lord have mercy on the poor, the homeless and the exiled.

Lord have mercy on the nations of the world. Keep them in Thy embrace and envelope them with Thy holy protection. Keep them safe from every evil and war. Keep our beloved homelands

in Thy protective embrace day and night. Embrace her with Thy holy protection defending her from all evil and war.

Lord have mercy on those who have been abandoned and have suffered injustice. Have mercy on families that are going through trying times. Pour Thy abundant love upon them.

Lord have mercy on Thy servants who suffer from spiritual and bodily problems of all kinds.

Lord have mercy on those who are despairing. Help them and grant them peace.

Lord have mercy on those that have requested that we pray for them.

Lord grant eternal rest to all those who have passed on to eternal life throughout the ages.

## THE CANON

### Ode 4

I have hearkened and heard, O Lord of Thy dispensation's most awesome mystery, and I came to knowledge of Thy works, and I sang the praise of Thy divinity.

Most holy Theotokos, save us!

Lull the tempests of all my sins and be still the raging of passions with thy calm, for progenitress art thou of Him Who is Lord and helmsman, O thou Bride of God.

Most holy Theotokos, save us!

O bestow out of the abyss of thy great compassion on me, thy supplicant, for thou brought forth One compassionate, Who is the Savior of all who sing hymns to thee.

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

While delighting O spotless one in thy many favors, a hymn of thankfulness do we all raise up our song to thee, knowing thee to be the Mother of God.

Both now and ever, and unto ages of ages. Amen.



Having thee as our staff and hope and as our salvation's unshaken battlement from all manner of adversity, are we then redeemed, O thou All-lauded one.

#### Ode 5

Lord, enlighten us by Thy precepts and by Thy commands and by the power of Thy lofty arm bestow Thy peace upon us all, as Thou art Friend of man.

Most holy Theotokos, save us!

Pure one, fill my heart with rejoicing unto plenitude, and grant thing undefiled felicity, since thou didst give birth unto Him Who is the cause of joy.

Most holy Theotokos, save us!

Come deliver us out of dangers, Pure Mother of God, since thou art Mother of deliverance, and of the peace which doth surpass all human reasoning.

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

Dissipate the gloom of my trespasses, O Bride of God, with the clear brightness of thy radiance, for thou didst bear the Light Divine which was before all time.

Both now and ever, and unto ages of ages. Amen.

Heal me, O Pure one, of the sickness which the passions bring, and make me worthy of thy guardianship, and by thy prayers and intercessions grant thou health to me.

#### Ode 6

Entreaty do I pour forth unto the Lord, and to Him do I proclaim all my sorrows, for many woes fill my soul to repletion, and lo, my life unto hades has not drawn nigh. Like Jonah do I pray to Thee. Raise me up from corruption, O Lord, my God.

Most holy Theotokos, save us!

My nature held by corruption, and by death hath He saved from out of death and corruption, for unto death He, Himself, hath submitted. Wherefore, O Virgin, do thou intercede with Him

Who is in truth thy Lord and Son, to redeem me from enemies' wickedness.

Most holy Theotokos, save us!

I know thee as the protection of my life and most safe fortification, O Virgin. Disperse the horde of my many temptations and put to silence demonic audacity. Unceasingly I pray to thee: from corruption of passions deliver me.

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

A bulwark of safe retreat art thou to us, and of souls art thou the perfect salvation, and a relief in distresses, O Maiden, and in thy light do we ever exult with joy. O Lady to thou also now from all passions and dangers deliver us.

Both now and ever, and unto ages of ages. Amen.

Bedridden I lie supine with sickness now, and no healing for my flesh is existent, except for thee who didst bear the world's Savior, our God, the healer of every infirmity. I pray to thee for thou art good. From corruption of illnesses raise me up.

#### Troparia following Ode 6

Preserve and save, O Theotokos, thy servants from every danger. After God, do all of us from refuge free unto thee; a firm rampart art thou and our protection.

O Spotless one, who inexpressibly in the last days by a word brought forth the Word, do thou make request of Him, as one who hath motherly boldness.

#### A PRAYER FOR ALL THE PEOPLES OF THE WORLD

according to the model of the prayer of St Silouan of Mount Athos

*I pray Thee, O Merciful Lord, for all the peoples of the world, that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst relieve the suffering of the hungry, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst bring to repentance those who can alleviate the suffering of the hungry, but do nothing, or even actively increase their suffering, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst relieve the sickness and suffering of those who are ill, especially those who suffer because of civil war, oppression, neglect and poverty, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst comfort and make safe those who are suffering from war, and killing, and civil unrest, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst comfort and guard from anger, bitterness and despair those who have lost loved ones because of the inhumanity of men. Help them to not return hatred for hatred or murder for murder, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst enlighten and bring to repentance and the knowledge of Thee those who kill and rape and plunder from their fellow man, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst comfort and protect women, children and men who are trafficked as slaves, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst comfort and protect women, children and men who are abused physically, sexually, verbally and emotionally, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou would bring to sobriety, peacefulness and love those who are angry and nursing grudges, and planning retribution for wrongs they have suffered, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst enlighten those who hate Christianity and the church because of personal experiences, and prejudices, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst make steadfast those who are suffering persecution, deprivation, slander and danger because of their true belief in Thee, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst comfort, protect and bring to repentance those who are incarcerated, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst comfort and guard from evil thoughts and actions those who are suffering unjustly for something they did not do, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst comfort and give purpose and joy to those who are in despair or feel no purpose in their lives or are contemplating suicide, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst bring to full sobriety, and mental clarity those who suffer from mental illness and those who are possessed or oppressed by demons, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst enlighten and bring to repentance those who kill and torture and dominate others in the name of a false God, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, That Thou wouldst enlighten and bring to repentance those who kill and profit from and promote the killing of babies in the womb, and children, and the elderly and the feeble, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst comfort and enlighten and bring to repentance and fill with true joy and purpose those who are contemplating killing their unborn child, and those who have killed their children, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst help those who have committed a great sin, and have great sorrow, to know Thy forgiveness and to grow in hope, and love, and joy, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst bring to repentance those who are advocating for or attempting to impose abortion upon anyone, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst bring to repentance and true belief and moral purity politicians who promote and subsidize all immorality, the killing of the unborn and feeble and disenfranchisement or the subjugation of the poor, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst bring to repentance and true belief and moral purity those who teach indecent things because of greed, or ignorance or any other hidden sin, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst help those who know what is right and are afraid to speak the truth, especially the clergy, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou would enlighten and bring true belief, and purpose those who do not believe in Thee, or oppose Thee, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee O Merciful Lord, that thou wouldst increase peace in families, and mutual love between all, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst teach spouses to put aside any divisions and grow to perfection in Thee through loving each other, with peace, mutual comfort, and tranquility, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst help spouses to keep their marriage bed undefiled, never with lust or selfishness or perverse practices, and always increasing their love for Thee, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst guard children from the pernicious effects of our unbelieving society and that they would grow in their faith unto the stature of a perfect man, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst help Fathers and Mothers to do the one thing needful for their children, and with patience and wisdom raise them in the fear of Thee and piety and remember to pray for them with tears every day, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst teach siblings to love each other as their neighbor and not have petty squabbles and disputes, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst prosper the church and not let any one of our children, loved ones and friends be lost to unbelief, lukewarmness or depravity, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst bring to repentance and purity those who fornicate and do impure sexual things or have heretical beliefs concerning them, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst break the bondage of those who are addicted to pornography and all uncleanness and bring them to the knowledge of Thee, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst bring to wholeness and purity those who are engaged in the homosexual lifestyle and give strength to those who have any kind of illicit sexual attractions to live in purity and holiness, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst give courage and steadfastness to those Who have true belief in Thee, whose lives, families and property are at great risk because of the spectre of militant Islam, atheistic governments, or any totalitarian system that hates true Christianity, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst comfort and give true joy to those who are in despair because of drug addiction, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst help those who do not live according to purpose to learn their purpose, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst enlighten and bring to repentance and true faith and the knowledge of Thee those who proclaim heresies, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst help all peoples to have the remembrance of death and to have their treasure in heaven, not among the things of the world which are passing away, and that they may come to know Thee by the Holy Spirit*

*I pray Thee, O Merciful Lord, that Thou wouldst bring to repentance and Christian action those of us who do very little to help our suffering brethren, and that they may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord, that Thou wouldst forgive me my terrible sins, and not let any one of them cause my brother to stumble. And if I have caused anyone to stumble because of my sins, I beseech Thee - forgive! And give me a path to rectify my*

wrongs, and grant that *we all may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord,* that Thou wouldst help me to love my enemies, that *we all may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord,* that Thou wouldst open my heart to the sufferings of others, that *we all may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord,* that Thou wouldst help me to judge rightly regarding my brothers, but never to disdain them because of their sins, *and that we all may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord,* that Thou wouldst season my foolish words with salt, that *we all may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord,* that Thou wouldst teach me to pray with attention and love, *that those I pray for may come to know Thee by the Holy Spirit.*

*I pray Thee, O Merciful Lord,* for all the peoples of the world, that *they may come to know Thee by the Holy Spirit. Amen.*

#### KONTAKION

O protection of Christians who cannot be put to shame, mediation unto the Creator most constant: O despise not the suppliant voices of those who have sinned, but be thou quick, O good one, to come unto our aid who in faith cry unto thee: Hasten to intercession and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

#### ANABATHMOI IN TONE 4

+ From my youth up many passions have warred against me. But do Thou help and save me, O my Savior. *(repeat)*



+ Ye who hate Zion shall be put to confusion of the Lord; like grass in the fire shall ye be withered up. (*repeat*)

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

+ Through the Holy Spirit is every soul quickened and exalted in purity, and made resplendent by the Triune Unity in mystic holiness.

+ Both now and ever and unto ages of ages. Amen.

+ Through the Holy Spirit the channels and streams of grace overflow showering all creation with invigorating Life.

## PROKEIMENON

Proclaim from day to day the good tidings of the salvation of our God. (*twice*)

Sing unto the Lord a new song; sing unto the Lord, all the earth. Proclaim from day to day the good tidings of the salvation of our God.

Proclaim from day to day the good tidings of the salvation of our God.

## THE GOSPEL

The Reading from the Holy Gospel according to Saint Luke (1:39-49, 56).

In those days, Mary arose and went with haste into the hill country, to a city of Judah, and she entered the house of Zechariah 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 that 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 low 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.

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

O Father, Word and Spirit, the Trinity in unity, blot out the multitude of our transgressions.

Both now and ever, and unto ages of ages. Amen.

Through the intercessions of the Theotokos, O Merciful One, blot out the multitude of our transgressions.

Have mercy upon me, O God, according to Thy lovingkindness; according to the multitude of Thy tender mercies, blot out my transgressions.

*(To the melody "Having laid up all their hope")* O entrust me not, I pray, to any human protection, O our Lady, holy one, but do thou accept the prayer of thy supplicant. Sorrow hath fettered me, and I am unable to endure and bear the demons' darts; a shelter have I not, nor a place to run, I, the wretched one; embattled from all sides am I, and no consolation have I but thee. Mistress of creation, protection and hope of faithful ones: Turn not away when I turn to thee; do that which will profit me. From thee is no one is turned away ashamed and empty who doth run to thee for refuge, O pure Virgin Theotokos; but he asketh the favor and receiveth the gift from thee, unto the profit of his own request. The transformation of the afflicted, and the relief of those in sickness, art thou in truth, O Virgin Theotokos; save thy people and thy flock, thou who art the peace of the embattled, and who art the calm of the storm-driven; the only protection of those who believe.

Lord, have mercy. *(12 times)*

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

## THE CANON

### Ode 7

Once from out of Judea did the children go down to the land of Babylon. The fire of the furnace they trampled down, while chanting by their faith in the Trinity. O God of our Fathers blessed art Thou.

Most holy Theotokos, save us!

Having willed thus, O Savior, to dispense our salvation in Thine economy, Thou dwelt within the Maid's womb and unto all creation as protectress Thou showed her forth. O God of our Fathers blessed art Thou.

Most holy Theotokos, save us!

Make request, O pure Mother to thy Son, Who hath willed to grant mercy unto us, to rescue from transgressions and from the soul's defilement those who cry out most faithfully. O God of our Fathers blessed art Thou.

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

A fount of incorruption and a tower of safety is she who gave Thee birth. A treasure of salvation and portal of repentance hast Thou provided her to them that shout. O God of our Fathers blessed art Thou.

Both now and ever, and unto ages of ages. Amen.

Deign to grant restoration from diseases of body and soul to those who run to thy divine protection with faith, O Theotokos, and this grant them recovery. O Mother of Christ our Savior art Thou.

## Ode 8

The King of Heaven, Whom all the hosts of angels hymn with their chants and praises of glory, praise ye and exalt Him to the ages forever.

Most holy Theotokos, save us!

Do not disdain those who seek the aid that thou dost grant, for, O Virgin Maiden, they do hymn thee, and they all exalt thee unto ages forever.

Most holy Theotokos, save us!

On all who hymn thee with faith, O Virgin, and exalt thy truly ineffable Off-spring, thou poured forth a great abundance of thy cures and healings.

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

All the diseases that plague my soul dost thou make well, and the sufferings of the flesh thou healest, wherefore, O thou Maiden full of grace, I glorify thee.

Both now and ever, and unto ages of ages. Amen.

All the assaultings of the temptations dost thou quell, and the on-slaughts of the passions banish, wherefore do we hymn thee to all ages, O Virgin.

## Ode 9

Most rightly we confess thee as our God's birth-giver we, who through thee have been saved, O thou Virgin most pure. With choirs of bodiless angels, thee do we magnify.

Most holy Theotokos, save us!

The torrents of my weeping turn not with refusal, for thou gave birth unto Him, Who doth take away all tears from every face, O thou Virgin, for He is Christ indeed.

Most holy Theotokos, save us!

Do thou, O Virgin Maiden, fill my heart with gladness, for thou art she who received all the fullness of joy and made to vanish away all sorrow of sinfulness.

Most holy Theotokos, save us!

A haven and protection and a wall unshaken and a rejoicing and shelter and place of retreat do thou become, O thou Virgin for those who flee to thee.

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

Illumine with the radiance of thy light, O Virgin, all those who piously call thee the Mother of God, and do thou banish away all darkness of ignorance.

Both now and ever, and unto ages of ages. Amen.

Brought low am I, O Virgin, in a place of sickness and in a dwelling of anguish. Grant healing to me, transforming all of my illness into full healthfulness.

### The Hymn to the Theotokos

It is truly meet to bless thee, O Theotokos, who art ever blessed and all-blameless, and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without stain barest God the Word, and art truly Theotokos: we magnify thee.

### The Megalynaria

Higher than the heavens above art thou, and thou art much purer than the radiance of the sun, for thou hast redeemed us out of the curse that held us. O Mistress of creation, thee do we magnify.

From the great abundance of all my sins, ill am I in body, ailing also am I in soul. Thee have I as refuge. Do thou therefore help me, O hope of all the hopeless, for thou art full of grace.

O Lady and Mother of Christ our God, receive supplication from us sinners, who beg of thee, that thou make entreaty unto the One born from thee. O Mistress of creation, pray thou to God for us.

Now we chant with eagerness unto thee with this hymn, most joyful Theotokos, all lauded one. Together with the Baptist and all the Saint together, beseech, O Theotokos, that we find clemency.

Speechless be the lips of the impious who refuse to reverence the revered Icon which is known by the name Directress and which hath been depicted for us by the Apostle, Luke, the Evangelist.

All creation greatly exults today, Thy Holy Cross, O Savior, and lifts up its voice to Thee; Crying out to Thee in faith, O Logos, grant Thy people Thy grace and boundless mercy unto all the ages.

O all ye array of angelic hosts, O ye Holy Baptist, and ye Holy Apostles, all the Saints together, as well as God's birth giver, pray make ye intercessions for our deliverance.

### TRISAGION PRAYERS

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

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for thy Name's sake.

Lord have mercy. (*thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever and unto 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 the evil one.

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

#### TROPARIA OF CONTRITION

Have mercy on us, O Lord, have mercy on us; for laying aside all defense we sinners offer unto thee, as our Master, this supplication: have mercy on us.

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

O Lord, have mercy on us, for in thee have we put our trust; be not exceedingly wroth with us, nor remember our iniquities, but look down upon us even now, as thou art compassionate, and deliver us from our enemies; for thou art our God, and we are thy people; we are all the work of thy hands, and we call upon thy name.

Both now and ever, and unto ages of ages. Amen.

Open unto us the door of compassion, O blessed Theotokos. As we set our hope in thee, may we be not confounded; through thee may we be delivered from all adversities, for thou art the salvation of the race of Christians.

#### COMMEMORATIONS

O Lord Jesus Christ our God, who in thy mercy and loving-kindness dost regard the prayers of all who call upon thee with their whole heart, incline thine ear and hear our prayer, now humbly offered unto thee:

Be mindful, O Lord, of Thy Holy, Catholic, and Apostolic Church. Establish, strengthen, increase and confirm her. Give her peace and keep her eternally unassailable by the gates of hell.

Be mindful, O Lord, of the Holy, Orthodox Patriarchs; of every bishop of the Orthodox; of the priests, the deacons, and all the clergy whom thou hast appointed to shepherd thy reason-endowed flock.

Be mindful, O Lord, of the President of these United States, of all civil authorities, and of our armed forces. Grant us peaceful times that we may lead a calm and peaceful life in all piety and purity.

Be mindful, O Lord, of this city and every city and countryside; keep us from wrath, famine, plague, earthquake, flood, fire, the sword, foreign invasion, civil war and sudden death; be gracious, favorable and conciliatory and turn away and dispel all the wrath stirred up against us and all sickness, and deliver us from thy righteous chastisement which impendeth on us, and have mercy upon us.

Be mindful, O Lord, of all Orthodox Christians of true worship, who live and dwell in this community and of the servants of God, *NN.*. Grant them mercy, life, peace, health, salvation and visitation, and pardon and remission of sins that they may evermore praise and glorify thy holy name.

Be mindful, O Lord, of those who travel by sea, by land, and by air; of the young and the old; the orphans and widows; the sick and the suffering, the sorrowing and the afflicted, of the captives and the poor; upon them all send forth thy mercies, for thou art the Giver of all good things.

Hearken unto the voice of the supplication of us sinners, O Lord, and have mercy upon us, for thou art a merciful God and lovest mankind, and unto thee do we ascribe glory: to the Father and to the Son and to the Holy Spirit, both now and ever and unto ages of ages. Amen.



## A PRAYER TO THE MOST-HOLY THEOTOKOS

O Most-holy sovereign Lady Theotokos. Thou art higher than all the angels and archangels, and more honorable than all creation; thou art the Helper of the offended, the Hope of them that are without hope, and Intercessor for the poor, the Consolation of the sorrowful, a Nourisher of them that hunger, a Robe for the naked, Healing for the sick, the Salvation of sinners, and the Help and Protection of all Christians. O all-merciful Sovereign Lady, Virgin Theotokos: Through thy mercy do thou save and have mercy on the most-holy Orthodox Synod of Bishops, the most-holy Metropolitan, Archbishops and Bishops, and all the priestly and monastic orders, the military leaders, civil authorities, and Christ-loving armed forces, and well-wishers; and all Orthodox Christians do thou defend by thy precious robe, and do thou entreat, O Lady, Christ our God who became incarnate of thee without seed, that he gird us with his power from on high, against our enemies, both visible and invisible. O all-merciful Sovereign Lady Theotokos: Raise us up out of the depths of sin, and deliver us from famine, destruction, from earthquake and flood, from fire and the sword, from invasion of aliens and civil war, and from sudden death, and from attacks of enemies, and from noxious winds, and from death-bearing plagues, and from all evil. Grant, O Lady, peace and health unto thy servants, unto all Orthodox Christians, and enlighten their minds and the eyes of their hearts unto salvation; and count us, thy sinful servants, worthy of the kingdom of thy Son, Christ our God: for blessed and glorified is his dominion, together with his unoriginate Father, and his all-holy, good, and life-giving Spirit, both now and ever, and unto ages of ages. Amen.

### DISMISSAL

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

Lord, have mercy. (*thrice*)

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

## EXAPOSTEILARIA OF THE DORMITION

O ye Apostles from afar, being now gathered together here in the town of Gethsemane, give burial to my body, and Thou, my Son and my God, receive Thou my spirit.

Thou art the sweetness of Angels, the gladness of afflicted ones; and the protectress of Christians, O Virgin Mother of our Lord; be thou my helper, and save me from out of eternal torments.

I have thee as Mediatress with the man-befriending God; may He not censure my actions before the hosts of the Angels. I supplicate thee, O Virgin, come unto mine aid most quickly.

Thou art a gold-entwined tower and twelve-wall encircled city, a throne besprinkled with sunbeams, a royal chair of the King. O inexplicable wonder that thou dost milk-feed the Master.