MATINS FOR THURSDAY IN THE FIFTH WEEK OF THE GREAT FAST WITH THE GREAT CANON OF SAINT ANDREW OF CRETE

BYZANTINE CATHOLIC SEMINARY PITTSBURGH, PENNSYLVANIA

2005

FOREWORD

Matins in the Fifth Week of the Great Fast is sung with the long penitential poem called the Great Canon of Saint Andrew of Crete. This Canon takes vignettes from the Scriptures, both Old and New Testaments, and presents them to the assembled faithful as either examples of repentance to be followed, or examples of folly to be avoided. After each of the troparia of the Great Canon, we sing "Have mercy on me, O God, have mercy on me!" and make a full prostration. Because of this practice, among Rusyns and Galicians this service was called "Poklonyj," "prostrations."

It should be noted that each Ode of the Canon ends with invocations of two saints. The first is our venerable mother Mary of Egypt, the infamous sinner who became a model of repentance and conversion. The second is our holy father Andrew, the bishop of Crete and author of the hymns we are singing.

The majority of the translations in this book are from The Lenten Triodion, published by the Sisters of St. Basil the Great, Uniontown, PA. The Irmoi of the Great Canon are transcribed by His Grace, Bishop Job, and utilize a different translation. The portions of the ordinary of the Matins service are the translation of the Inter-Eparchial Liturgical Commission of the Byzantine Catholic Metropolia of Pittsburgh. The translation of the second and third sessional hymn and the arrangement of those texts to the podoben, Povelinnoje Tajno, was done by the Very Rev. Mitered Archpriest Conrad Dachuk, as were the "second" Irmosi in Odes Two and Three.

The melodies of the Irmoi of the Great Canon are "samopodobni:" i.e., they were composed FOR these texts. They are an important part of the Znammenyj "stream" which makes up a large part of Carpatho-Rusyn prostopinije; they are also melodies we have in common with the Galician churches on the other side of the Carpathian Mountains. The harmonization in this edition of the Great Canon is Greek, using the "ison" (sustained pitch underneath the melody). While this is not a method that was used historically with prostopinije, it is being used occasionally today in both Ukraine and Slovakia by our co-religionists. This form of harmonization permits much more emphasis to be given to the text of the Canon, and prevents the common harmonic disasters which sometimes occur when "natural" harmonies (those sung in parallel thirds) are utilized, especially at final cadences.

The harmony for the Sessional Hymns, the Beatitudes, the Aposticha, and the refrains (pripivy) of this service can be obtained separately by contacting the office of the Metropolitan Cantor Institute.

It must be stressed that harmonic singing of the chant of this service, while truly lovely, is NOT essential to its use.

May this book be a blessing to all who use it, publicly or privately. Glory to God in all things!

Prof. J. Michael Thompson Byzantine Catholic Seminary Pittsburgh, PA

The Order of Matins for Thursday in the Fifth Week of the Great Fast The Great Canon of St. Andrew of Crete

The priest, vested in dark epitrachilion, makes a full incensation of the Church. The deacon precedes him with the candle. After the incensation, the priest stands before the Royal Doors, holding the censer. The deacon stands to his right and says:

Deacon: In the name of the Lord, Father, give the blessing.

While making the sign of the cross with the censer, the priest says:

Priest: Glory to the holy, consubstantial, life-creating and undivided Trinity, :

always, now and ever and forever.

Response:





The Lector, holding a candle and standing in the middle of the church, chants Psalm 3 recto tono. During this Psalm, the priest says the Prayers of Light of Matins in front of the Royal Doors. The deacon returns to the altar.

Psalm 3 How many are my foes, O Lord! How many are rising up against me!

How many are saying about me: "There is no help for him in God."

But you, Lord, are a shield about me, my glory, who lift up my head.

I cry aloud to the Lord. He answers from his holy mountain.

I lie down to rest, and I sleep. I wake, for the Lord upholds me.

I will not fear even thousands of people who are ranged on every side against me.

Arise, Lord; save me, my God, you who strike my foes on the mouth, you who break the teeth of the wicked!

O Lord of salvation, bless your people!

I lie down to rest, and I sleep. I wake, for the Lord upholds me.

Glory to the Father and to the Son and to the Holy Spirit: now and ever and forever. Amen.

And then three times, with a bow each time:

Alleluia! Alleluia! Glory to you, O God!

The third time, with melody:



The deacon comes to the Ambon to say the Litany of Peace. He and the priest bow to each other, and the priest returns to the altar. If there is no deacon, the priest says this litany before the Royal Doors, remaining outside the altar.

Litany of Peace

Deacon: In peace, let us pray to the Lord.

Response:

1. Lord, have mer - cy.

Deacon: For peace from on high and for the salvation of our souls,

let us pray to the Lord.

Response:

2. Lord, have mer - cy.

Deacon: For peace in the whole world, for the stability of the holy Churches of God,

and for the union of all, let us pray to the Lord.

Response: Lord, have mercy. (1)

Deacon: For this holy church and for all who enter it with faith, reverence,

and fear of God, let us pray to the Lord.

Response: Lord, have mercy. (2)

Deacon: For our holy father, (*Name*), pope of Rome, let us pray to the Lord.

Response: Lord, have mercy. (1)

Deacon: For our most reverend metropolitan, (Name), for our bishop, (Name),

whom God loves, for the venerable presbyterate, the diaconate in Christ,

and all the clergy and people, let us pray to the Lord.

Response: Lord, have mercy. (2)

Deacon: For our government and for all in the service of our country,

let us pray to the Lord.

Response: Lord, have mercy. (1)

Deacon: For this city, [or: For this holy monastery], for every city, community, and

for the faithful living in them, let us pray to the Lord.

Response: Lord, have mercy. (2)

Deacon: For favorable weather, for an abundance of the fruits of the earth,

and for peaceful times, let us pray to the Lord.

Response: Lord, have mercy. (1)

Deacon: For those who travel by sea, air, and land, for the sick, the suffering,

the captive and for their salvation, let us pray to the Lord.

Response: Lord, have mercy. (2)

Deacon: That we be delivered from all affliction, wrath, and need,

let us pray to the Lord.

Response: Lord, have mercy. (1)

Deacon: Protect us, save us, have mercy on us, and preserve us, O God,

by your grace.

Response: Lord, have mercy. (2)

Deacon: Commemorating our most holy, most pure, most blessed and glorious Lady,

the Theotokos and ever-Virgin Mary with all the saints, let us commit

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





Priest: We thank you, Lord, our God, for you have wakened us from our sleep,

and have filled our lips with praise that we might worship you and call upon your holy name. We beg of your compassion that you have always shown towards us, hear us now and send help to those who stand before your holy glory, awaiting your abundant mercy. O Lord, grant that those who serve you in fear and love may praise your ineffable goodness. For to you is due all glory, honor, and worship, Father, Son, and Holy Spirit,

now and ever and forever.



Alleluia and Hymns to the Trinity

"Alleluia" is sung in the Tone of the Week. The deacon remains at the ambon and chants the verses. If there is no deacon, the priest remains at the Royal Doors and chants the verses.

Tone 1, page 76	Tone 5, page 88
Tone 2, page 79	Tone 6, page 91
Tone 3, page 82	Tone 7, page 94
Tone 4. page 85	Tone 8, page 97

Deacon: Alleluia! Alleluia! (recto tono)

All: Alleluia! Alleluia! (in the Tone of the Week)

Deacon: My spirit yearns for you in the night,

yes, my spirit within me keeps vigil for you. Repeat Alleluia.

Deacon: When your judgment dawns upon the earth,

the world's inhabitants learn justice. Repeat Alleluia.

Deacon: Let them be shamed when they see your zeal for your people,

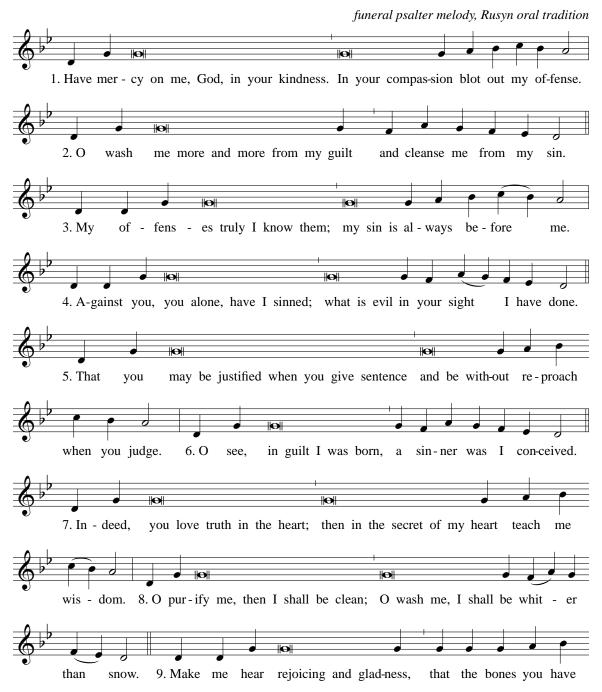
let the fire prepared for your enemies consume them. Repeat Alleluia.

Deacon: You have increased the nation, O Lord,

increased the nation to your own glory. Repeat Alleluia.

The Hymns to the Trinity are sung in the Tone of the Week.

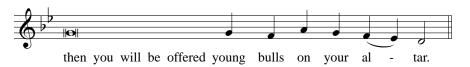
Psalm 50







20. Then you will be pleased with lawful sacrifice, burnt offerings wholly consumed,



Then the deacon, before the Icon of our Lord, says:

Deacon:

Save your people, O God, and bless your inheritance. Watch over your world in mercy and compassion. Exalt the strength of true Christians and send down upon us your abundant mercies. Through the prayers of our all-pure Lady, the Theotokos and ever-virgin Mary; through the power of the precious and life-creating Cross; through the protection of the honorable, heavenly, and angelic powers; through the prayers of the honorable and glorious prophet, forerunner, and baptist John; of the holy, glorious, and illustrious apostles; of our holy fathers, the great hierarchs and universal teachers: Basil the Great, Gregory the Theologian, and John Chrysostom; of our holy father Nicholas the Wonderworker, Archbishop of Myra in Lycia; of the holy equals to the apostles and teachers of the Slavs, Cyril and Methodius; of the holy equal to the apostles, the faithful great prince Vladimir; of the holy martyr Josaphat, bishop of Polotsk; of the blessed martyr Theodore, bishop of Mukačevo; of our blessed fathers and confessors Paul, bishop of Prešov; and Basil, bishop of Medila; of the holy, glorious, and victorious martyrs; of our venerable and God-bearing fathers, Anthony and Theodosius of the Monastery of the Caves, and of our other venerable and God-bearing fathers; of the holy and just ancestors of God, Joachim and Anna; and of all the saints; we beseech you, all-merciful Lord, hear the prayers of us sinners and have mercy on us.



Lord, have mer - cy. Lord, have mer cy. Lord, have mer - cy. (sung twice)

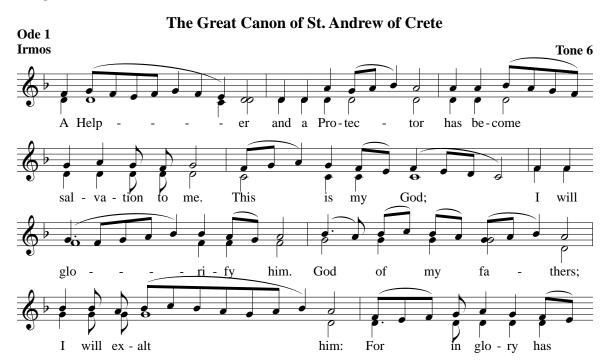
The priest stands before the Royal Doors and says:

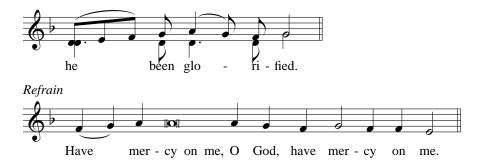
Priest:

O Lord our God, you have given us forgiveness through repentance, and as a model of knowledge and confession of sins, you have revealed to us the repentance of the prophet David that led to pardon. Master, have mercy on us who have fallen into so many and so great sins. Have mercy in your kindness, and in your compassion blot out our offenses, for against you have we sinned, Lord, who know the hidden depths of our hearts, and who alone have the power to forgive sins. A pure heart you have created for us; you have sustained us with a spirit of fervor and have given us the joy of your help. Do not cast us away from your presence, but in your goodness and love for all, grant that we may offer a sacrifice of righteousness and oblation on your holy altar until our last breath. Through the mercies and goodness and love of your only begotten Son, with whom you are blessed, together with your good and life-creating Spirit, now and ever and forever.



The priest and deacon enter the altar.





Where shall I begin when I weep for all the deeds of my life? * How shall I sing of my grief? * But in your goodness, O Christ, * grant me the forgiveness of my sins. *Refrain*

Come, my soul, and lead your body to glorify the Creator; * henceforth, regain sound judgment * that you may offer to God the tears of repentance. *Refrain*

By straying far from you, * I have imitated our first parents;* and like Adam, I have been deprived of your divine grace and unending kingdom * because of my sin. *Refrain*

Alas, O my poor soul, * why do you imitate the first Eve? * Your look was evil and you were bitterly seduced; * you have touched the tree and tasted the fruit, * the bitterness of sin. *Refrain*

In place of the Eve of former times, * a spiritual Eve surges up in me; * it is the thought of carnal desires, * recounting sensual pleasures * and unceasingly relishing the bitterness of sin. *Refrain*

Justly was Adam dispelled from Paradise for one sin, O my Savior; * but what shall my punishment be, * for I have unceasingly rejected your life-giving word? *Refrain*

I have followed in the footsteps of Cain, * I have chosen to become a murderer; * for I have led my poor soul to death, * by living according to the flesh * in the wickedness of my deeds. *Refrain*

O Jesus, how is it that I could not follow the path of the just Abel, * that I could not present to you pure offerings, * holy deeds and an unblemished sacrifice, * by the purity of my life? *Refrain*

Like Cain, we offered to the Creator of the universe *our evil deeds, blemished sacrifices, and our worthless life; * therefore, we shall be condemned. *Refrain*

You have formed me from clay, O Creator, * and you have given me flesh and bones, breath and life; * You have created me, O Lord; * now lead me back to you, O my Judge and my Savior. *Refrain*

I confess the sins I have committed before you, O Savior; * you see the wounds of my soul and my flesh,* for I have fallen beneath the blows of the Enemy * which rob me of my power to think. *Refrain*

Despite my faults, O Savior, * I truly know that you are the Lover of us all. * You chastise those whom you love, * and generous is your mercy; * you behold my tears, * and you hasten to meet me, your prodigal. *Refrain*

I stand before your gate, O Savior, * do not reject me; * in my old age, do not cast me into Hades; * but before the end, O Lord, * grant me the forgiveness of my sins. *Refrain*

I am the traveller who has fallen into the thievery of my thoughts; * completely wounded, I am covered with bruises; * come to save me, O Christ, and heal me. *Refrain*

A Priest sees me, but continues on his way; * a Levite notices my grief and scorns my nudity; * but you, O Jesus, who come from Mary, * you bring me help. *Refrain*

Lamb of God, who take away the sin of the world, * lighten my burden and free me from the yoke of my sins; * in your love, grant me the forgiveness of my sins. *Refrain*

In this season of repentance, I hasten to you, O Creator; * deliver me from the weight of my faults; * in your great goodness, grant me the forgiveness of my sins. *Refrain*

Do not reject me far from your face, O my Savior; * but take upon yourself the heavy burden of my transgressions; * in your mercy, grant me the forgiveness of my sins. *Refrain*

Forgive and wipe away all the sins I have committed, O Savior, * voluntarily or involuntarily, * by day or by night, * known and unknown; * forgive me, O God, and save me. *Refrain*

From my youth I have scorned your commandments, O my Savior; * I have spent my life in carelessness * and in the laziness of passions. * Therefore, I cry to you, O my Savior: * Before the end, save me. *Refrain*

I have foolishly wasted the riches of my soul in luxurious living; * deprived of everything and starved of virtue, * I cry to you, O Father all-good: * Have mercy on me. *Refrain*

I bow before you, O Jesus; * I have sinned against you. * Forgive me and drive far from me the burden of my sins; * in your goodness, grant me the tears of repentance. *Refrain*

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Do not bring me into judgment, * recalling all that I should have done, * examining my deeds and correcting my wrongs. * In your mercy, overlook my transgressions, * and save me, O God almighty.

Refrain

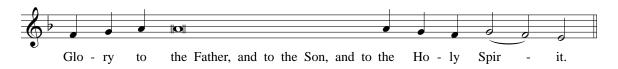


Since you have a special place with God, * give me the light of grace from on high * to enlighten the darkness of my passions,* that, in joy, I may praise, O Mary, * your holy life and your wondrous virtues. *Refrain*

Submitting yourself to the divine precepts, * you have followed Christ; * wisely you have overcome the power of your passions, * and more than all, you live the life of virtue.



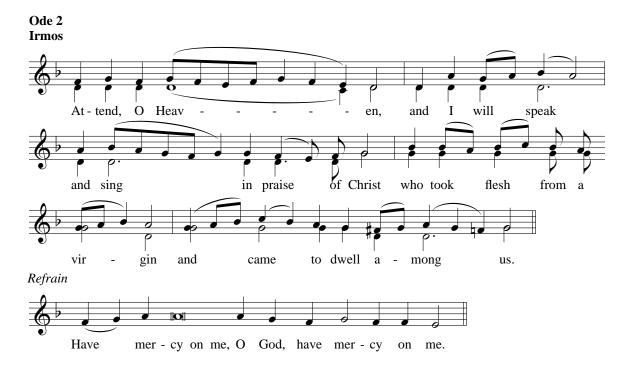
By your prayers, O holy Andrew, * keep us from our passions; * make us worthy, we pray you, * to share in the kingdom of Christ; * filled with faith and love, we praise you.



Heavenly Trinity, I bow before your unique majesty;* lift from my shoulders the heavy burden * brought about by the yoke of my sins; * in your goodness, grant me the tears of compunction.



O Theotokos, * the hope and protection of those who praise you, * lift off the weight, the burden of my sins; * accept me, O most holy Lady, * for I am transformed by repentance.



Listen to my voice, O heaven, * O earth, lend your ear to my cry; * for God draws me back to him, * and I will praise him. *Refrain*

O Lord, God of mercy, * look upon me with compassion * and accept the confession of my sins from my lips. *Refrain*

More than all have I sinned against you, O Lord; * forgive me, O God and Savior, * for I am the work of your hands. *Refrain*

The storm of sin resounds around me; * stretch forth your hand to me, O Lord, * as you did to Peter upon the water. *Refrain*

I cry out to you, O Christ, * with the tears of the Sinful Woman; * in your love, O Savior, have mercy on me. *Refrain*

The pleasures I sought have darkened the grace of my soul;* and through them, my spirit has been brought back to dust. *Refrain*

I have torn the beautiful garment * that the Creator wove for me in the beginning; * and now I am covered with rags. *Refrain*

I have clothed myself in the rags that the Serpent wove for me; * I followed his counsel * and now I am covered with shame. *Refrain*

To see the beauty of the Tree, * my mind was misled; * henceforth, I am naked * and filled with shame. *Refrain*

The workers of iniquity have plowed upon my back, * and they have made their long furrows of sin upon me. *Refrain*

Through my sin I have lost both my beauty and original dignity; * I am ashamed of my nudity. *Refrain*

Sin has clothed me with a robe of skin, * since I have been deprived of the garment formerly given to me by God. *Refrain*

I am covered with shame as with fig leaves, * thus proving that the passions rule me. *Refrain*

My garment is defiled, * shamefully stained by the blood * of my life given over to pleasures. *Refrain*

I have dragged the tunic of my flesh in the mire, * disfiguring your image and likeness, O my Savior. *Refrain*

The passions have ruled me and corrupted me; * therefore, the Enemy now oppresses me. *Refrain*

Instead of poverty, * I preferred the riches and pleasures of life; * and now, O my Savior, * I am bent beneath the weight of sin. *Refrain*

I have adorned the idol of my flesh * with the gaudy robe of my impure thoughts, * and now I am condemned. *Refrain*

Being attentive only to outer beauty, * I have neglected the inner temple fashioned by God. Refrain

Concealing the ugliness of my passions, * in my thirst for pleasure, * I have tarnished the beauty of my soul. *Refrain*

By my passions, O Savior, * I have lost the beauty of your image; * but you have sought and found it * as you once did to the lost coin. *Refrain*

I cry out to you as did the Sinful Woman: * I have sinned, against you alone have I sinned; * accept my tears, O God and Savior, * as you once accepted myrrh. *Refrain*

Like David, I have fallen into the abyss * where I am covered with mire; * but cleanse me with my tears, * as you once did to him, O my Savior. *Refrain*

I cry to you as did the Publican: * Forgive me, O Savior, * for no descendant of Adam has sinned as I have sinned. *Refrain*

I have neither compunction nor tears of repentance; * grant these to me, O my Savior and my God. *Refrain*

O Lord, Lord, do not close the door to me on that day; * but deign to open for me the gate to repentance. *Refrain*

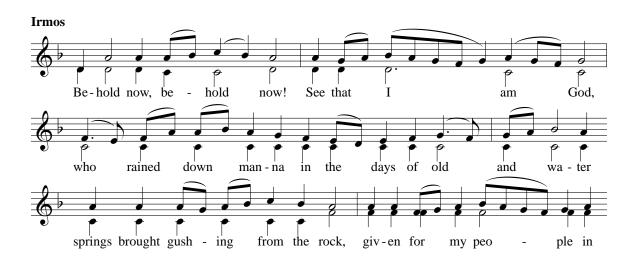
O Lord and Lover of Humankind, * who desire the salvation of all, * in your goodness call me back * and receive my repentance. *Refrain*

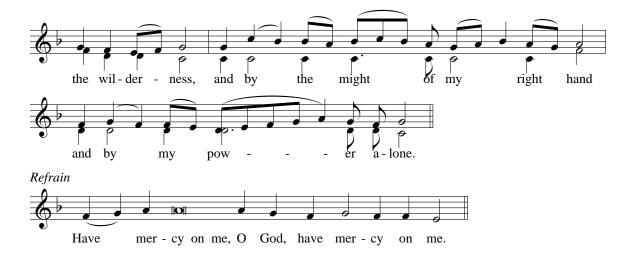
Give ear to my sighs and to the murmurs of my heart; * accept the tears of my eyes, * and save me, O God my Savior.

Refrain



O Virgin Theotokos, * you are most pure and alone are worthy of our songs; * intercede unceasingly that we may be saved.





Behold and see! I am your God. * Listen to the Lord, O my soul; * separate yourself from your former perversion, * in the fear of your God who shall come to judge you. *Refrain*

To whom shall I compare you, O my poor soul? * To Cain, the first murderer, or to Lamech? * For you have stoned your body and slain your spirit, * by your misdeeds and the fervor of your sin. *Refrain*

O my soul, if you are compared to all those before the Law,* you have surely not imitated those who turned their life around,* such as Seth, Enos, Enoch and Noah; * no, you have not followed the righteousness of their life. *Refrain*

You alone have opened the windows of the wrath of God; * as in the time of the flood, * you have submerged your flesh and the works of your life, * and you have not entered into the ark of salvation. *Refrain*

I have killed a man for a wound, * a child for a bruise, * said Lamech amid his tears; * and you, O my soul, * you do not tremble for having despoiled your flesh and defiled your spirit. *Refrain*

How have I imitated Lamech the murderer, * by killing my spirit as a man * and my soul as a child? * Like Cain the murderer, * I have killed my brother the body, * in the fervor of my passions. *Refrain*

Through your desires, O my soul, * you sought to build a tower * and to establish a fortified city; * but the Creator has upset these plans, * and he has overturned your projects. *Refrain*

Behold, I am wounded and injured, * for the arrows of the Enemy have pierced my soul and body; * my bruises and the inflammation of my sores * bear witness to the violence of my passions. *Refrain*

In days of old, the Lord of heaven * rained down fire upon Sodom * which was inflamed with evil desires; * and you, O my soul, are fanning the flames of Gehenna * into whose fires you shall descend. *Refrain*

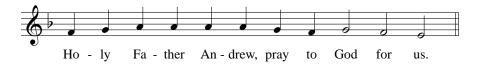
Behold and understand, I am your God, * who searches hearts and corrects thoughts, * who lays open deeds and burns away sins, * who renders justice to the orphans, the weak and the little ones.

Refrain

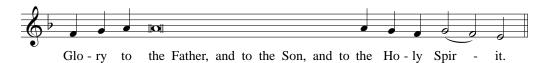


Having sunk into the pit of temptation, * you stretched out your hands, O Mary, * toward the mercy of God; * and, as he did to Peter, * the Lover of Humankind reached out his helping hand, * for it was your conversion that he sought above all. *Refrain*

With a burning heart, you have hastened to follow Christ, * leaving your former way of sin * to now live in the solitude of the desert, * observing his divine commandments with a pure heart.



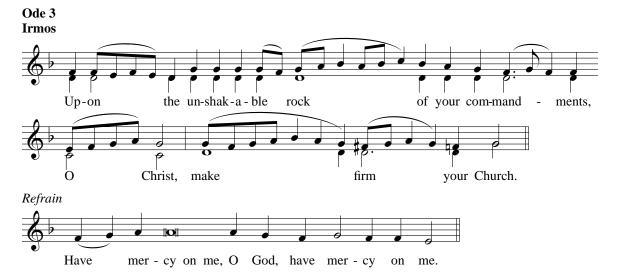
Let us behold and contemplate the love of the divine Master for us; * before the end, let us bow before him, * and let us cry out in tears: * Through the prayers of our holy father Andrew, O Savior, have mercy on us.



Eternal Trinity and indivisible Unity, * accept me in repentance and save me, a sinner; * do not despise the work of your hands; * protect me and deliver me from the fires of judgment.



O holy Lady, Mother of God, * hope of those who hasten to you, * harbor who save us from the wrath of the waters, * implore your Creator and your Son * to spare us through your intercession.



From the height of heaven, * the Lord once rained down a deluge of fire * upon the land of Sodom. *Refrain*

Seek safety on the mountain, O my soul, * as once did Lot * who took refuge in Zoar. *Refrain*

Flee the flaming sword, O my soul, * flee the fire of Sodom,* flee the affliction of the divine flames. *Refrain*

I confess to you, O my Savior, * that I have sinned without measure against you; * but in your goodness, wipe out my sin. *Refrain*

Against you have I sinned, * more than all have I fallen; * O Christ our Savior, have mercy on me. *Refrain*

You are truly the Good Shepherd; * come in search of me, O Lord; * do not despise your lost sheep. *Refrain*

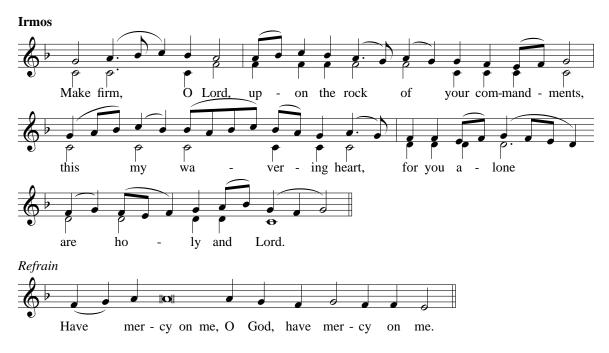
O Jesus, you are the sweetness of my life; * you have created me; * in you, O Savior, I shall be justified.



O one divine Trinity, * save us from straying, * from temptations and from all dangers.



Rejoice, O womb that bore God; * rejoice, O throne of the Lord; * rejoice, O Mother of our Life.



For me, you are the fountain of life * and the One who conquered Death, * and with all my heart I cry out to you before the end: * I have sinned; forgive me and save me. *Refrain*

I have followed the example of those who lived in the time of Noah; * and I deserve the same punishment * in the flood that engulfed them. *Refrain*

I have sinned against you, O Lord, * forgive me, for I have sinned; * there is no sinner whom I have not surpassed by my sins. *Refrain*

O my soul, you have imitated the filial disrespect of Ham, * for you have not covered the shame of your neighbor, * walking backwards so as not to see. *Refrain*

You have not received the blessing of Shem, * O my poor soul; * you have not inherited the vast domain of Japheth, * in the land of forgiveness. *Refrain*

Departing from Haran, O my poor soul, * leave behind the land of sin, * for the land which flows with immortality, * which Abraham received as an inheritance. *Refrain*

You have heard, O my soul, * how Abraham left the land of his ancestors * and became a stranger upon earth; * imitate his example and his resolve. *Refrain*

Beneath the oak of Mamre, * the Patriarch showed hospitality to the angels; * and despite his advanced age, * he received the fulfillment of the promise of God. *Refrain*

O my soul, * you know the new sacrifice of Isaac, * the spiritual holocaust offered to the Lord; * seek to imitate his resolve. *Refrain*

You have heard, O my soul, * how Ishmael, the child of slavery, was chased away; * keep watch so as not to become a servant of the passions, * that you do not incur the same banishment. *Refrain*

You have imitated the mother of Ishmael, * Hagar the Egyptian of old, * for you have made yourself the slave of your desires * and have boasted about what you conceived. *Refrain*

You know, O my soul, about the Ladder of Jacob, * which reached from earth to heaven; * why then have you not ascended the rungs of piety? *Refrain*

Seek to imitate the life of Melchizedek, * the priest of God and the king with no genealogy, * who was a splendid image of Christ. *Refrain*

Do not become a pillar of salt * by turning around to see what is behind you; * fear the example of Sodom * and be saved by ascending to Zoar. *Refrain*

Like Lot, O my soul, flee from the flames of sin; * far from Sodom and Gomorrah, * flee from the fire of your evil inclinations. *Refrain*

Have mercy on me, O Lord, have mercy on me, * such shall be my cry * when you come with your holy angels * to judge each of us according to our deeds. *Refrain*

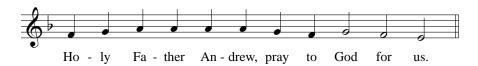
O Master, do not reject the prayer of those who sing to you;* but spare them in your goodness, * granting to the faithful the forgiveness of their sins.

Refrain

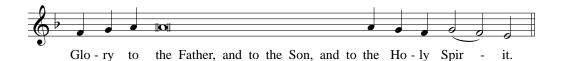


I am assaulted by the storm of my sins; * come to my aid, O mother, * and guide me to the harbor, * the way that leads to God. *Refrain*

Offer your prayer of intercession, O venerable mother, * to the tenderness of the most pure Virgin, * thus opening for me the door that leads to God.



Through your prayers, grant me the forgiveness of my sins,* O holy Andrew, bishop of Crete; * for you are indeed the best of guides to repentance.

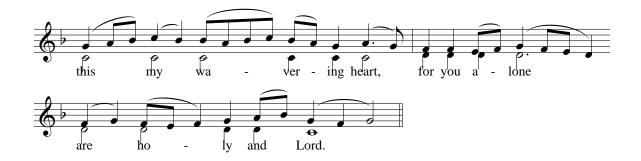


O Trinity all-worthy of our praise, * one God in three Persons, * save us who in faith bow before your majesty.



O marvelous wonder! * Without seed, the Virgin and Mother of God * has conceived the Son of the eternal Father, * and you have given birth to him in time.





Small Litany

Deacon: Again and again, in peace let us pray to the Lord.

Response:

Lord, have mer - cy.

Deacon: Protect us, save us, have mercy on us, and preserve us, O God,

by your grace.

Response:

Lord, have mer - cy.

Deacon: Commemorating our most holy, most pure, most blessed and glorious Lady,

the Theotokos and ever-Virgin Mary with all the saints, let us commit

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

Response:

To you, O Lord.

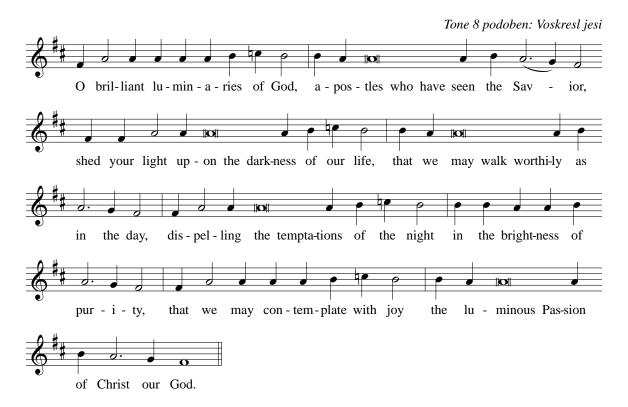
Priest: For you are our God, and to you we give glory, to the Father, and to

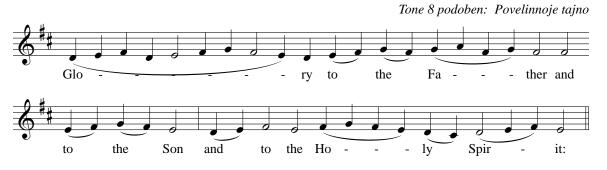
the Son, and to the Holy Spirit, now and ever and forever.

Response:

A - - - men.

Sessional Hymn

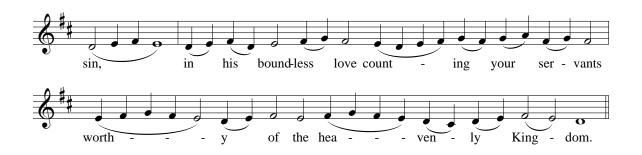


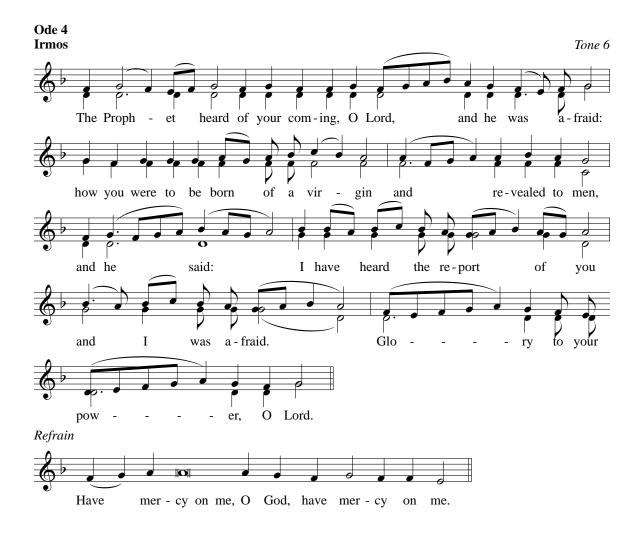












Do not despise the work of your hands, * nor scorn your creation, O just Judge, * even though I alone have sinned more than all, O merciful God; * for you are the God of the universe, * and it is you who forgive sins. *Refrain*

The end is near, O my soul, * it approaches and you neglect to prepare yourself; * the time is at hand; * arise, for the Judge is at the door; * our life disappears like a dream or a flower, * and we toil in vain. *Refrain*

Awake, O my soul, * and think about what you have done in your life; * let your tears flow as you meditate upon your past;* confess your deeds and secret thoughts to Christ, * and you shall be justified. *Refrain*

O Savior, there is nothing in this life that I have not done, * no sin nor evil deed that I have not committed, * in word or intention, * deliberately, in thoughts or in deeds, * more than any other at any time. *Refrain*

For this I am condemned, * for this I am also judged by my own conscience * which has no equal in this world; * you probe me and you know me, O Redeemer, * spare me, and save me, your servant. *Refrain*

The ladder that the Patriarch Jacob once contemplated * is the ascetical effort, the mystical ascent; * O my soul, if you wish to understand these two, * renew yourself and be made new. *Refrain*

To gain his two wives, * the Patriarch endured the heat of day and the freezing of night, * in labor and in combat, * cunningly increasing his flock day by day. *Refrain*

The two wives are action and contemplation; * Leah is action, because she had many children; * Rachel is knowledge, which is gained only with toil; * and we gain the fruit of both of these only with struggle. *Refrain*

Be watchful, O my soul, and strive as did Jacob, * so that you may not only be filled with action, * but that you may also gain knowledge * and the vision of God, * and radiant contemplation, that pearl of great price. *Refrain*

Jacob was the father of the twelve Patriarchs, * and thus he provided a mystical ladder of ascent, * setting up his sons as so many steps, * that the most wise might rise up. *Refrain*

Imitating that miserable Esau, O my soul, * you have sold the birthright of your original beauty to the Deceiver, * and thus you have been deprived of the paternal blessing; * henceforth, do penance. *Refrain*

Esau was called Edom because of his raging passions; * burning with lust and stained with pleasure, * he was called Edom * which means the blazing of a soul that is smitten with sin. *Refrain*

27

From Job, you have learned submission, O my soul, * with which he sat upon the ash heap and was justified; * but you have not imitated his courage and steadfastness; * perseverance is still lacking in you. *Refrain*

Behold he now sits naked upon the dungheap, * he who not long ago was seated upon a throne; * this illustrious father of yesteryear now has no home nor children; * the ash heap is his palace, * and his sores take the place of precious jewels. *Refrain*

Not long ago he was clothed with royal garments, * wearing the purple and the diadem; * the just man had much wealth and countless flocks; * but suddenly he is deprived of all his splendor. *Refrain*

When a just person such as Job, * who is totally beyond reproach, * cannot hold off the attacks of the Evil One, * what shall you do, O my soul, * when misfortune falls upon you? *Refrain*

My body and my spirit are stained and corrupted; * O Christ, the Physician of souls, heal my wounds; * wash me through repentance, * purify me and make me whiter than snow. *Refrain*

You offered your body and your blood upon the Cross * for the salvation of all, O Word: * your body to re-create me * and your blood to cleanse me; * you handed over your spirit, O Christ, * to bring me to the Father. *Refrain*

You worked salvation in the middle of the earth, * to save us, O Lord; * you ascended the Cross to open Paradise for us; * all creation and the nations who are redeemed * now bow before you. *Refrain*

May the blood and water flowing from your side * be both a baptism and a redeeming drink for me, * so that, doubly purified,* I may draw your life-giving Word * from both your chalice and your anointing. *Refrain*

I have been banished from the bridal chamber, * far from the wedding of the lamb; * my lamp has no more oil and the doors are closed; * the banquet has been eaten, * and I am thrown outside, hands and feet tied. *Refrain*

From your life-giving side, O Savior, * the Church has inherited a chalice, * which flows with a double stream of knowledge and forgiveness, * in the image of the one who unites both Testaments, * the Old and the New. *Refrain*

My life is short, * filled with evil and grief; * accept me in repentance, * and call me into your light * that I may not become a prize for the Enemy; * have mercy on me, O Savior. *Refrain*

My heart is filled with vanity; * do not condemn me, Pharisee that I am, * but grant me the humility of the Publican * and count me with him, * through your goodness and just judgment. *Refrain*

I have sinned and defiled the temple of my body; * now accept me in repentance * and call me into your light, * that I may not become a prize for the Enemy; * have mercy on me, O Savior. *Refrain*

I have become my own idol, * defiling my soul through the passions; * now accept me in repentance * and call me into your light, * that I may not become a prize for the Enemy; * have mercy on me, O Savior. *Refrain*

Instead of listening to your voice, * I have transgressed your Law; * now accept me in repentance * and call me into your light,* that I may not become a prize for the Enemy; * have mercy on me, O Savior.

Refrain

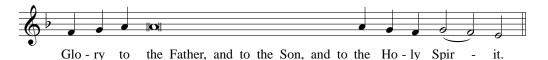


Living the angelic life in the flesh, O holy Mary, * you have received the greatest grace from God; * thus, you can intercede for the faithful who honor you, * and we now implore you: * through your prayers, deliver us from all temptation. *Refrain*

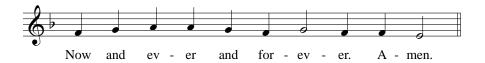
Having fallen into the abyss of sin, * you did not remain there as a booty; * but, taking flight by your works, you were raised up to the heights of virtue, * thus inspiring the admiration of the angels.



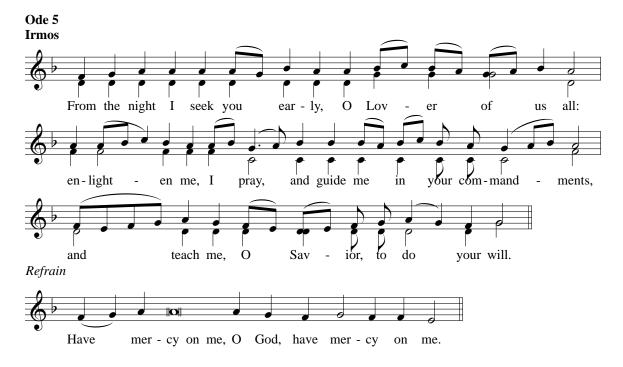
You are the glory of the Fathers * and the adornment of Crete, O holy Andrew; * do not forget to intercede with the Holy Trinity,* for the deliverance from eternal punishment * of those who call upon you for aid.



I confess the Holy Trinity as God, * three Persons sharing the same royal throne, * indivisible in essence and beyond confusion; * my voice resounds with the triple hymn of the angels.



You have given birth, O Virgin, * and you still remained a Virgin, * for your virginal womb brought forth the One who renewed the laws of nature in himself; * for God has willed it so.



My life has slipped away in the night, * in darkness, deep chaos and the dark night of sin; * enlighten me, O Savior, * that I may become a child of light. *Refrain*

Woe is me, for I have become like Ruben; * I have sinned and given great offense to the Most High, * by transgressing his paternal love. *Refrain*

I confess to you, O Christ my King, that I have sinned; * I have sinned as did the brothers of Joseph, * who once sold the offspring of wisdom and purity. *Refrain*

The life of the just Joseph * was sold by his own brothers, * and the gentle young man was brought down to slavery, * as a figure of the Lord; * and you, O my soul, have sold yourself into sin. *Refrain*

Follow the footsteps of Joseph, O my poor and miserable soul; * imitate the justice and purity of his heart, * instead of giving yourself over to the enjoyment of passions * which keep you far from God. *Refrain*

When Joseph was thrown into the pit, O sovereign Master,* it was a foreshadowing of your burial and your holy Resurrection. *Refrain*

You know the story of Moses, O my soul, * how he drifted in his cradle as in an ark of salvation, * thus escaping the bitter execution of Pharaoh's plan. *Refrain*

The midwives were supposed to kill every male offspring of wisdom; * you know this, O my soul; * and now, like Moses, be nursed on the milk of wisdom. *Refrain*

You have not struck the spiritual Egyptian, O my soul, * as did the great Moses; * how will you be able, through repentance, * to dwell in the desert of passions. *Refrain*

Moses dwelt in the desert; * follow the path of his life, O my soul, * that you may also contemplate * the burning bush of the divine apparition. *Refrain*

Picture for yourself, O my soul, * the rod of Moses striking the sea * and holding back the wall of water; * it is the image of the holy Cross, * by which you also shall work wonders. *Refrain*

Aaron offered God a pure and unadulterated fire; * but, like you, O my soul, * Hophni and Phinehas brought the impurity of their lives. *Refrain*

My heart is hardened like that of Pharaoh; * I have become like Jannes and Jambres * in my soul and body, * in the heaviness of my spirit; * O Lord, come to my assistance. *Refrain*

Alas, I am sinking into the mire! * Wash me, O my Master, in the bath of my tears; * make the garment of my flesh whiter than snow. *Refrain*

When I scrutinize my deeds, O Savior, * I see that I am burdened with sin more than any other, * for I have sinned willfully, and not through ignorance. *Refrain*

Spare the work of your hands, O Lord; * forgive me, for I have sinned; * you alone are all-pure by nature; * you alone are without sin. *Refrain*

You covered your divinity with the robe of my humanity to save me; * you worked wonders by healing the lepers, * raising up paralyzed people, * and stopping the flow of blood by the hem of your garment. *Refrain*

Follow the example of the woman with the flow of blood, O my soul; * draw near and touch the garment of Christ * who will deliver you and say to you: * Take courage! Your faith has saved you. *Refrain*

Imitating the woman who was stooped over, O my soul, * draw near and bow before the feet of Jesus, * that he may raise you up * and that you may walk uprightly in the way of the Lord. *Refrain*

The well is deep, O Lord, * but you draw from your bosom the living water, * which I drink as did the Samaritan woman; * thus, I will no longer thirst, * for you refresh me with the waters of your life. *Refrain*

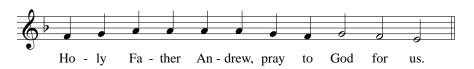
May my tears become another pool of Siloam for me, O Lord God, * that I may wash the eyes of my heart there * and contemplate your eternal brightness.

Refrain

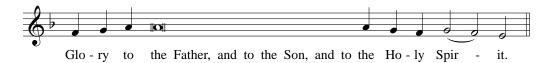


Impelled by an unparalleled love, * you wished to prostrate yourself before the Tree of life, * and your desire was granted; * now make me worthy of the glory from on high. *Refrain*

Having crossed the Jordan River, you found repose, * escaping the yoke of carnal desires; * deliver us also, O Mary, through your holy prayers.



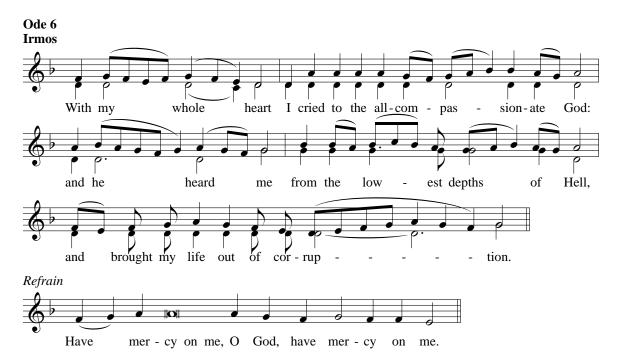
I call upon you with all my heart, O holy Andrew, * wise pastor and chosen one of God, * and in fear I beseech you: * through your intercession, * may I obtain salvation and eternal life.



We glorify you as one God, * O thrice-holy Trinity, * Father, Son, and Holy Spirit, * consubstantial divinity, * and we unceasingly adore you.



From you, O most pure Virgin and holy Mother of God, * the divine Creator of the ages becomes flesh, * to unite himself intimately to our mortal nature.



In all purity, I offer you, O God and Savior, * the tears of my eyes, * my deep sighs and the cries of my heart: * I have sinned; forgive me. *Refrain*

You have separated yourself from your Lord, O my soul, * as did Dathan and Abiram; * but cry out to him with all your heart:* Spare me, O Lord, * and may the earth not open and swallow me! *Refrain*

You are like Ephraim, that raging heifer; * and like a gazelle broken free from its reins, * save yourself upon the wings of action and contemplation. *Refrain*

May the hands of Moses, O my soul, * confirm for you how God can purify the leprosy of our life * and make it white as snow. *Refrain*

Like the waters of the Red Sea, * the ocean of my sins has totally engulfed me, * as with the Egyptians in days of old. *Refrain*

Like ancient Israel, O my soul, * you have made a foolish choice; * instead of the manna of heaven, * you preferred the food of the passions. *Refrain*

Like Israel in the desert, O my soul, * you have preferred the impure fleshpots of Egypt, * instead of the food of heaven. *Refrain*

O my soul, * you have preferred the wells of Canaan * to the Rock, the fountain which gushes forth for you, * with the wisdom and the knowledge of God. *Refrain*

When Moses, your servant, struck the rock with his staff, * he prefigured your life-giving side, * from which we all draw life and salvation. *Refrain*

Explore, O my soul, the promised land; * look over your inheritance, as did Joshua, * and dwell in it by keeping the precepts of the Law. *Refrain*

Rise up to do battle with the passions of the flesh, * as Joshua once did against Amalek; * do not let yourself be deceived by your thoughts, * as did the Gibeonites. *Refrain*

Pass through the stream of life * as once did the Ark of the covenant; * O my soul, take possession of the promise of God. *Refrain*

As you once saved Peter on the waters, * O Savior, hasten to save me; * stretch out your hand to me * and save me from the abyss of sin. *Refrain*

In you I find the harbor of salvation, * O Master and Lord Jesus; * draw me up from the bottomless pit * of hopelessness and sin. *Refrain*

I am the drachma bearing the image of the king * which you once lost, O Savior; * now light your lamp, the forerunner, * to find me and refashion your image. *Refrain*

Refrain

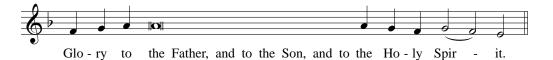


To extinguish the flaming sword of your passions, O Mary,* you made the streams of your tears flow abundantly; * grant that I may also share equally in this grace. *Refrain*

By your sublime life in this world, O Mary, * you have gained heavenly repose; * beseech the Lord to deliver from their passions * those who sing to you in praise.



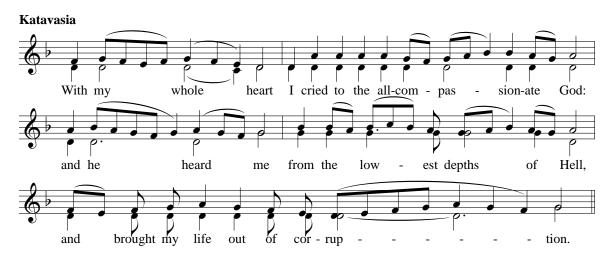
You were the bishop and shepherd of Crete, * and now you are an intercessor for the whole world; * I come to you also, O holy Father; * draw me up from the abyss of sin.



I am the indivisible Trinity, * one in nature, * says the Father, together with the Son and Holy Spirit.



Your womb has brought into the world for us * a God who is conformed to our humanity; * O Theotokos, * beseech the Creator of the world * that, through your prayers, we may be saved.



Small Litany

Deacon: Again and again, in peace let us pray to the Lord.

Response:

Lord, have mer - cy.

Deacon: Protect us, save us, have mercy on us, and preserve us, O God, by your grace.

Response:

Lord, have mer - cy.

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

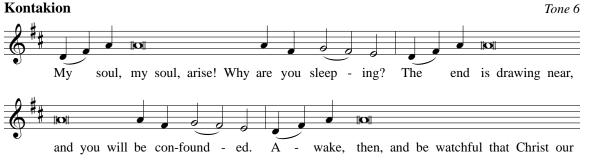
Response:

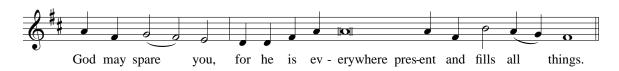
To you, O Lord.

Priest: For you are the King of peace, and the Savior of our souls, and we give thanks to you, Father, Son, and Holy Spirit, now and ever and forever.

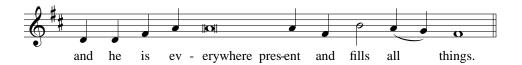
Response:

A - - - men.

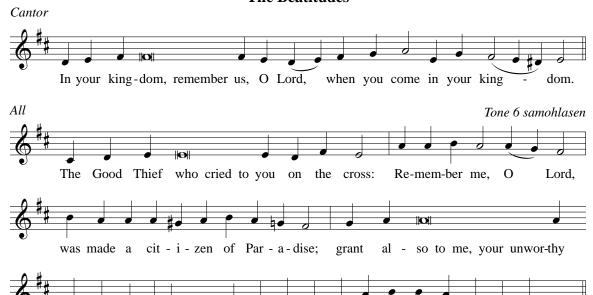




Ikos Seeing the healings worked by Christ * and salvation flowing upon Adam, * the Devil was struck with grief; * in face of this threat, he sighed and said to his companions: * What shall I do with the Son of Mary? * For he is going to put me to death, * the One who is born in Bethlehem,



The Beatitudes





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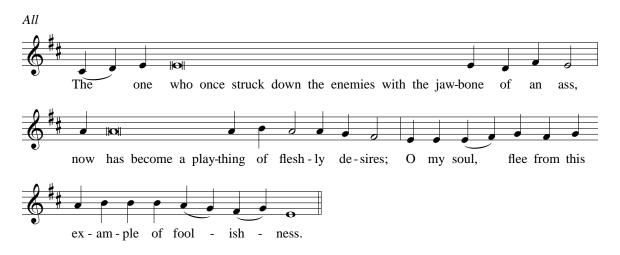




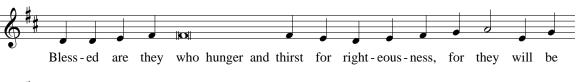
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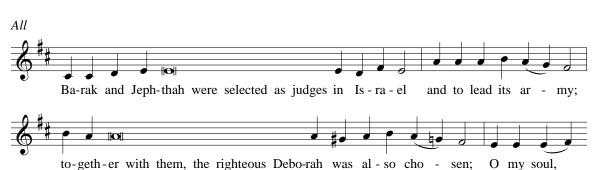




Cantor

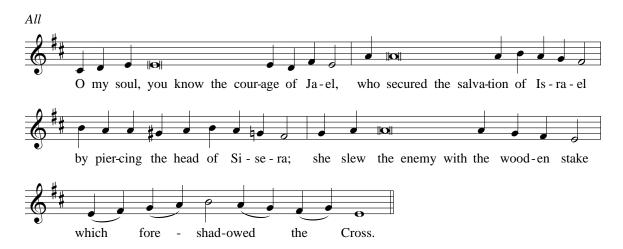










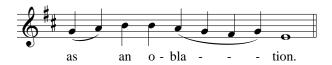






O my soul, offer a sac-ri-fice of praise by consecrating your life to pur - i - ty,

as did the daugh - ter of Jeph - thah; of - fer to the Lord your car-nal de-sires





All





the

com-mand-ments of

Cantor



Lord.

Bless-ed are they who are persecuted for the sake of righteous-ness, for theirs



All



You have brought upon your-self, O my soul, the judgment of the priest E - li,



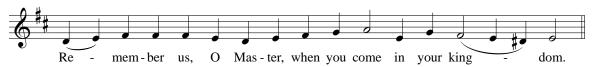


Han-nah, the moth-er of Sa-muel, moved her lips in pray'r, e - ven though no one could hear her voice; and des-pite her ste-ril - i - ty, she gave birth to a son who was claimed by the Lord.

Cantor



A-mong the Judg-es was the great Samuel, born in Ra-mah, who was reared in the house of the Lord; learn from him, O my soul, and judge your own deeds be - fore you judge those of oth - - - ers.



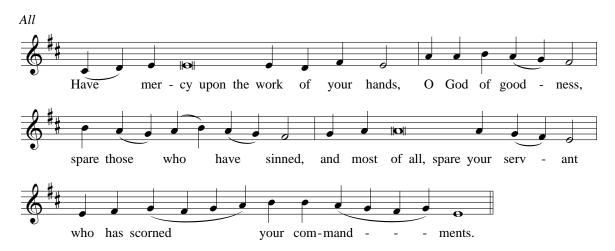
Da - vid was cho - sen king and received the holy oil of a - noint - ing;

if you desire the kingdom of heav - en, O my soul, pour up - on

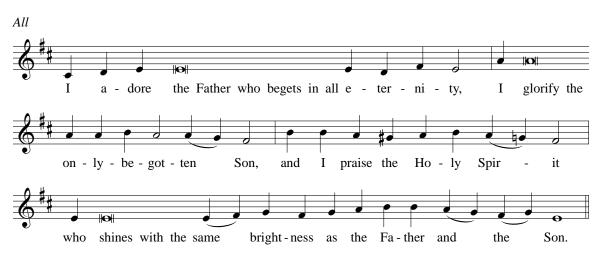
your - self the oint-ment of your tears.

Cantor



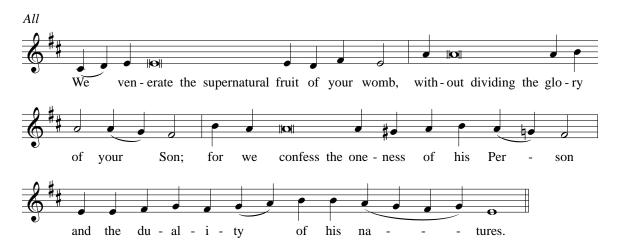


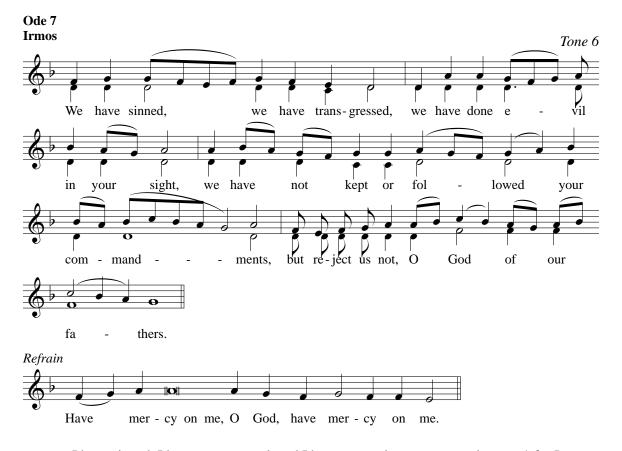




Cantor







I have sinned, I have transgressed, and I have scorned your commandments; * for I was born in sin, and I have added to my wounds; * but, in your goodness spare me, O Lord, God of our fathers. *Refrain*

I confess the secrets of my heart to you, O my Judge; * behold my grief and my humiliation; * be attentive to my judgment, * and in your goodness spare me, O Lord, God of our fathers. *Refrain*

Having gone in search of the asses of his father, * Saul found in addition his royal vocation; * and you, O my soul, keep watch* that you do not prefer the flock of your passions * to the kingdom of Christ. *Refrain*

David, the ancestor of the Lord, once sinned doubly: * by being pierced with the arrow of desire, * and then by the spear of murder; * and you, O my soul, * bear even more the weight of your passions. *Refrain*

David once multiplied the gravity of his sin, * adding murder to adultery; * but he immediately showed a double repentance.* And you, O my soul, have done even worse, * without repenting before God. *Refrain*

David once wrote a hymn as the icon of his repentance, * publicly revealing his deeds by saying: * Have mercy on me, O God of the universe; * against you alone have I sinned; * in your goodness, purify me. *Refrain*

When the Ark of the covenant was being carried on a chariot* and the oxen began to slip, * Uzzah placed his hand upon the holy Ark; * and for this single gesture, * he incurred the wrath of God. * Do not imitate his boldness, O my soul, * but treat the holy things with respect. *Refrain*

You know the story of Absalom * and his rebellion against nature; * and you know his abominations, * even the defiling of his father's bed; * and yet you imitate, O my soul, * his desires and his drives for pleasure. *Refrain*

You have enslaved your dignity and your freedom to your body; * and you have found in the Enemy another Ahithophel,* for you have followed his counsels. * But Christ has destroyed them * in order to save you. *Refrain*

Filled with grace and knowledge, * the wondrous Solomon once distanced himself from God, * by doing evil in his sight; * and you, O my soul, have modeled yourself after him * through your accursed life. *Refrain*

Swept away by pleasure, * he was debased by his passions;* the lover of wisdom now courts debauchery, * and he distances himself from God; * and you have followed his path, * in the shame of your passions. *Refrain*

Imitating Rehoboam who disregarded his father's advice, * you have also followed the ancient apostasy of Jeroboam, that evil servant; * imitate them no more, but cry out to the Lord: * Have mercy on me, a sinner. *Refrain*

Through your impurity, you have followed the path of Ahab;* you have become a receptacle for the defilements of the flesh * and a vile vase of shameful passions. * Now sigh deeply from the bottom of your heart, * as you confess your sins to the Lord. *Refrain*

Twice, Elijah struck down fifty men of Ahaziah, * after having destroyed the prophets of Jezebel to confound Ahab; * do not imitate them, * but cry out to the Lord: * Have mercy on me, a sinner. *Refrain*

Heaven is closed to you, * and the famine sent by God seizes you; * and you, another Ahab, have not come to faith * through the warnings of Elijah the Tishbite. * Rather, imitate the widow of Zaraphath * by welcoming the messengers of God. *Refrain*

You have willingly piled up the transgressions of Manasseh, O my soul, * by setting up your passions upon the altar of abomination, * thus multiplying the deeds that displease the Lord; * therefore, imitate his conversion * by gaining compunction. *Refrain*

I bow before you, * and I offer my tearful confession to you:* More than the sinful woman have I fallen; * more than any other person have I sinned. * But, have mercy on your creature, O Lord, * and call me back to your fold. *Refrain*

I have tarnished the image of your splendor, * and I have transgressed the Law; * my beauty is disfigured by the breath of my passions; * my lamp no longer burns. * But, give me joy along with your grace, O Lord, * as David sings. *Refrain*

Repent and turn back to the Lord, * lay bare your secret thoughts to him, * and say to God who reads our hearts: * You alone, O Lord, know my secrets; * but as David says, * have mercy on me, O Lord, in your goodness. *Refrain*

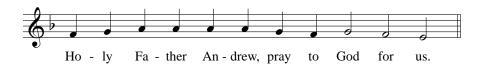
My days have vanished as someone awakening from a dream; * therefore, I cry as did Hezekiah, * that the years of my life may be prolonged. * But, what other Isaiah will come to assist you, O my soul, * if not the God most high? *Refrain*

Refrain

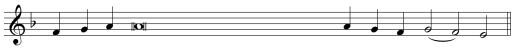


Having sought the help of the holy Mother of God, * you turned back the violence of passions, * and you covered over the tricks of the Enemy. * Give help to me in time of affliction, * for I am your servant. *Refrain*

The One whom you have so desired, * whose paths you have followed, * has led you and preserved you on the way of repentance; * implore this compassionate God unceasingly, * that he deliver us from our passions * and save us from all danger.



Strengthen my heart on the rock of faith, O holy Father; * encircle me with the fear of God, O holy Andrew; * grant me the grace of repentance, I beseech you, * and save me from the Enemy * who wishes to seize me in his net.

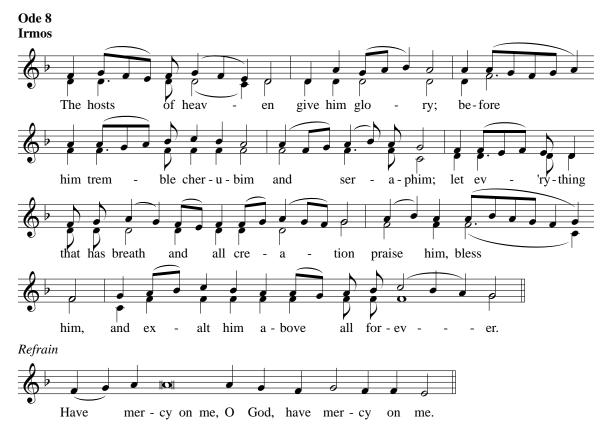


Glo-ry to the Father, and to the Son, and to the Ho-ly Spir - it.

O unique and undivided Trinity, * consubstantial unity, * light with three rays, * one fountain of triple holiness, * I praise and glorify you, * Giver of life and the God of all.



We praise you, we bless you, * and we bow before you, * O Mother of God; * for you have given birth to One of the Holy Trinity, * your Son and your God, * opening for us heaven on earth.



I have sinned, O Savior, have mercy on me; * stir my soul to conversion; * accept my repentance and spare me when I cry: * Against you alone have I sinned, have mercy on me. *Refrain*

Riding in the chariot of fire, * Elijah was carried aloft on the wings of virtue * from earth to heaven; * O my soul, imitate his ascent. *Refrain*

Elisha once received the mantle of Elijah * and obtained a double grace from the Lord; * but you, O my poor soul, * you are far from this grace. *Refrain*

Once the course of the Jordan was completely stopped by Elisha * when he struck it with the mantle of Elijah; * but you, O my poor soul, * you are far from this grace. *Refrain*

In her goodness, the Shunammite woman offered hospitality to the just man; * but you, O my soul, have not welcomed the stranger or the pilgrim; * therefore, you shall weep far from the chamber of the Bridegroom. *Refrain*

O my poor soul, you have imitated the vileness of Gehazi; * in your waning days, give up your greed, * that you may avoid Gehenna which you deserve. *Refrain*

You have become a follower of Uzziah, * and therefore you received a double portion of his leprosy upon your forehead; * for you contemplate infamy and you practice iniquity; * renounce evil and reform your thoughts. *Refrain*

You know that the Ninevites repented before God with sackcloth and ashes; * but you have not imitated their noble conversion; * rather, you go beyond all others in sin. *Refrain*

Jeremiah once sighed and lamented in the mud pit, * pouring out his tears over the city of Zion; * imitate his tears, and you shall be saved. *Refrain*

Foreseeing the conversion of the Ninevites, * Jonah once fled towards Tarshish; * for he knew in advance the tenderness of God, * who is always ready to withdraw his judgments. *Refrain*

In the pit, Daniel closed the jaws of lions; * and by their faith,* the three Youths extinguished the flaming furnace of the Chaldeans. *Refrain*

I have brought before you, O my soul, * all the models of the Old Testament; * imitate the deeds of the just friends of God * and turn away from the example of the wicked. *Refrain*

O just Judge and my Savior, * have mercy on me * and save me from the fiery punishment * which I shall endure because of a just judgment; * before the end, change me through repentance. *Refrain*

As the Good Thief, I cry, O Lord: Save me; * I weep bitterly as did Peter; * like the Publican, I cry: Forgive me; * and as the sinful woman and the Canaanite woman, I say: * O Lord, accept my tears. *Refrain*

Heal my wounded soul, O Savior; * O only Physician, apply the wine and oil, the fruits of repentance, * along with tears and compunction. *Refrain*

As the Canaanite woman, I cry to you: * Have mercy on me, Son of David; * as the woman with the flow of blood, * I touch your garment; * and I weep as did Martha and Mary over Lazarus. *Refrain*

I pour out upon your head, O my Savior, * the alabaster jar of the myrrh of my tears, * as did the sinful woman of long ago;* I implore your mercy; * hear my prayer and grant me your forgiveness. *Refrain*

Even though no one has offended your goodness as I have, O my Savior, * still, accept my repentance, * along with my cry of love and respect: * Have mercy on me, a sinner. *Refrain*

Spare the work of your hands, O Savior; * O Good Shepherd, go in search of your lost sheep; * preserve me from the ravishing wolf, * and make me a sheep of your flock. *Refrain*

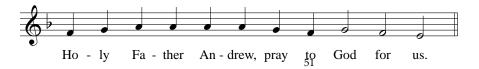
When you shall be seated in judgment, O Christ, * and when you shall be resplendent in glory, * Oh, what a frightful moment that shall be, * when the flaming furnace blazes, * and every person shall tremble before your awesome judgment seat! *Refrain*

Refrain



Illumined by the Mother of the unsetting Light, * you escaped the darkness of passions; * having received the grace of the Spirit in you, * enlighten, O Mary, the faithful who sing to you. *Refrain*

The holy Zossima was struck with wonder * at the sight of this new miracle; * for you became, O Mary, an angel in the flesh;* and rapt with amazement, * he glorified Christ forever.



O holy Andrew, I beseech you, * for you can speak boldly before the Lord; * by your prayers, free me from sin, * that I may praise your glory among the saints.



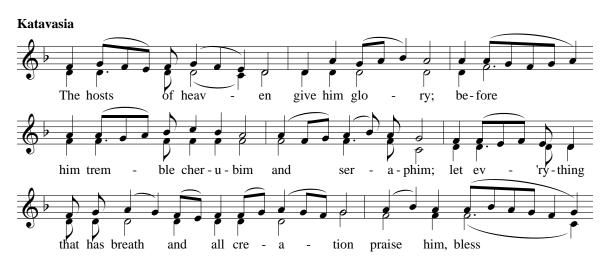
O Father of God the Word, * coeternal Son and Word of the timeless God, * comforter Spirit and Giver of life, * Holy Trinity, have mercy on us.



Emmanuel was clothed in the purple of your blood, * and therefore, we truly honor your divine maternity, * O most pure Virgin.

Let us praise, bless and wor-ship the Lord, sing-ing and high-ly ex-alt-ing him







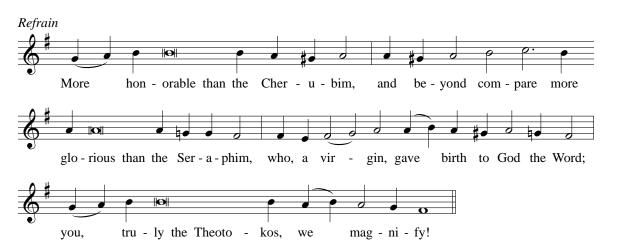
At the end of the Eighth Ode, the priest (or deacon) comes with the censer before the icon of the Theotokos on the icon screen. Incensing her icon, he intones:

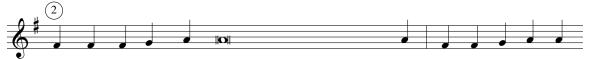
Deacon: Let us greatly extol the Theotokos and the Mother of Light in hymns!

Then he incenses the whole Church as usual, beginning with the Holy Table, while the people respond with 'My soul magnifies the Lord...'

Canticle of the Theotokos

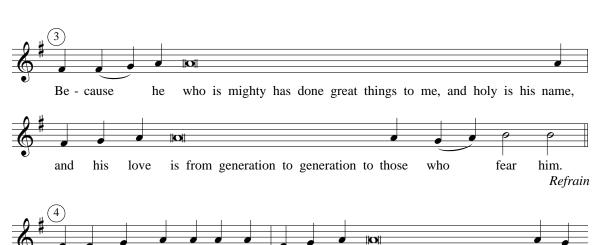




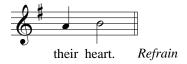


Be-cause he has looked upon the humility of his serv-ant, from this day for-ward



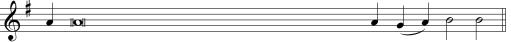


He has shown might in his arm; he has scat - tered the proud in the con-ceit of

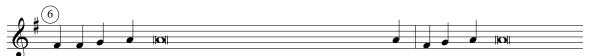




He has put down the mighty from their seat and exalted the hum-ble; he has filled



the hungry with good things, and the rich he has sent a - way emp - ty. Refrain



He has re-ceived Israel his servant, being mindful of his love, as he spoke to our fathers:





My soul is wounded, my body is sickly, and my spirit is weak;* my thoughts have no strength; * the end is near and my life fades away; * what shall you do, O my poor soul, * when the Judge shall come to reveal your secret deeds? *Refrain*

I have placed before you, O my soul, * the writings of Moses concerning the beginning of the world, * along with his exhortations, * and the story of the just and the wicked; * you have imitated these latter and not the former; * for you have sinned unceasingly before God, O my soul. *Refrain*

The Law has no force, * the Gospel, no fruit; * you have no care for the whole of Scripture; * the Prophets have no power, * nor do the words of the just ones. * Your wounds, O my soul, have worsened, * for you have no physician to heal you. *Refrain*

I offer you the examples of the New Testament, * calling you to compunction, O my soul. * Be inspired by the just ones, * turn away from sinners * and stir up the grace of Christ, * by fasting and prayer and the purity of your life. *Refrain*

Christ has become a little child; * he was united to my flesh* to voluntarily fulfill the entire human condition, * except for sin.* He shows you, O my soul, * the example and image of condescension beyond description. *Refrain*

Christ has become incarnate, * calling the thieves and harlots to repentance; * repent, O my soul, * for the gate of the Kingdom opens, * and the pharisees, publicans and repentant sinners go in ahead of us. *Refrain*

Christ has saved the Wise Men and gathered the Shepherds;* he called the innocent children to martyrdom; * in the Temple, he glorified the Elder * and the Widow in her latter years. * O my soul, you have not imitated the deeds of their lives; * woe to you, for you must undergo judgment! *Refrain*

Having fasted forty days in the desert, * the Lord showed his humanity by being hungry; * therefore, do not be discouraged, O my soul, * by the assaults of the Enemy; * you shall trample them underfoot through fasting and prayer. *Refrain*

Christ knew temptation, for the Devil tested him; * he showed him stones to be turned into bread; * he led him on the mountain to show him all the kingdoms of the world. * Look with dread upon this sight, O my soul; * be vigilant and pray to the Lord at all times. *Refrain*

The Dove that dwelled in the wilderness, * the voice of one crying in the desert, * he is the torch, the Precursor of Christ. * He preached repentance; * Herod and Herodias preached against God. * And you, O my soul, keep watch, * that you do not fall into the net of the wicked; * rather, return to the Lord. *Refrain*

The Precursor of the grace of God lived in the desert; * Judea and Samaria ran to hear his voice; * confessing their sins, they received baptism in joy. * You alone, O my soul, have not imitated their conversion. *Refrain*

Marriage is an honorable estate, * and the nuptial bed is without reproach; * for Christ has blessed them * when he went to the wedding in Cana, clothed in our flesh, * and changed the water into wine. * This was the first of the miracles he performed to transform you, my soul. *Refrain*

Christ made the paralyzed man walk straight again, * and he carried his mat; * he raised the dead, the son of the widow of Naim, and the servant of the centurion; * then he revealed himself to the Samaritan woman, * and through her, O my soul,* he taught you to worship in spirit. *Refrain*

With the hem of his garment, * Christ healed the woman with the flow of blood; * he cleansed those with leprosy; * He gave light to those who were blind and strength to those who were feeble, * and, by his word, * He cured those who were deaf and mute, along with the woman who was bent over. *Refrain*

Those who are sick are now healed, * and the Gospel is preached to those who are poor, * by Christ, the Word of God, * who heals all infirmities. * He eats at the table of the publicans and mingles with sinners; * and taking the daughter of Jairus by the hand, * he calls back the breath of life into her body. *Refrain*

The Publican found salvation and the sinful woman regained chastity, * but the haughty Pharisee underwent condemnation; * for the first one said: Forgive me, * and the second said: Have mercy on me; * but the third boasted: I give you thanks, O my God, * along with other idle words. *Refrain*

Zacchaeus was a publican, but still gained salvation; * Simon the pharisee grumbled at his disappointment, * when the sinful woman received deliverance and forgiveness * from the One who has power to forgive sins. * O my soul, hasten to also receive your forgiveness. *Refrain*

You have not imitated, O my soul, * the repentance of the sinful woman; * taking the vase of perfume and mixing it with her tears, * she poured it over the feet of the Lord, * and with her hair, * she wiped away the record of her sins. *Refrain*

O my soul, you know of the great misfortune that befell the cities * where Christ brought the good news of salvation; * do not imitate their example, that you may avoid their destiny. * Likening them to Sodom, * the Master condemned them to Hades. *Refrain*

Do not despair, O my soul; * do not let yourself be surpassed by the Canaanite woman; * for you know her great faith * and the way the Lord healed her child by his all-powerful word; * cry out from the depth of your heart, * as she did to Christ: * Save me, O Son of David! *Refrain*

In your mercy, save me, * have mercy on me, O Son of David;* by your word, you save those possessed by demons; * let me hear your gentle voice, * as once did the Good Thief: * Truly I say to you, you shall be with me in Paradise. *Refrain*

One thief reviled you upon the cross, * the other confessed your divinity; * for both were sharing the same suffering. * O Lord of all goodness, * open for me the door of your glorious Kingdom, * as you did for the Good Thief who recognized you as God. *Refrain*

Seeing you upon the Cross, O Lord, * creation was seized with fear; * mountains and rocks split in terror; * the earth trembled and Hades gave up its plunder; * the light of day was changed into darkness, * when it saw you crucified, O Jesus. *Refrain*

Do not demand worthy fruits of repentance, * for my strength is spent; * but always grant me contrition of heart * and the spirit of poverty, * that I may offer these to you, O my Savior. *Refrain*

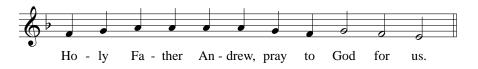
O my Judge, you probe me and you know me; * when you shall come again with the holy angels * to judge the whole world,* look upon me with kindness and save me; * spare me, O Jesus, even though I am filled with sin. *Refrain*

Refrain

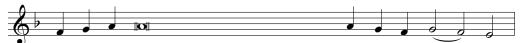


All the angels of heaven and people on earth * are struck with admiration at your sublime life, * for you surpassed the human condition; * you crossed the Jordan, * gliding over the waters, O Mary, * as an angel in the flesh and a pure spirit. *Refrain*

Touch the heart of the Creator * in behalf of those who praise your name, O holy Mary, * that, delivered from the sufferings and dangers that surround us, * and freed from temptations, * we may always extol the Lord who glorifies you.



O holy Andrew, Shepherd of Crete, * O thrice-blessed father,* always intercede for those who praise your name; * may those who unceasingly honor your memory * be delivered from every evil thought, * from affliction and from sin.

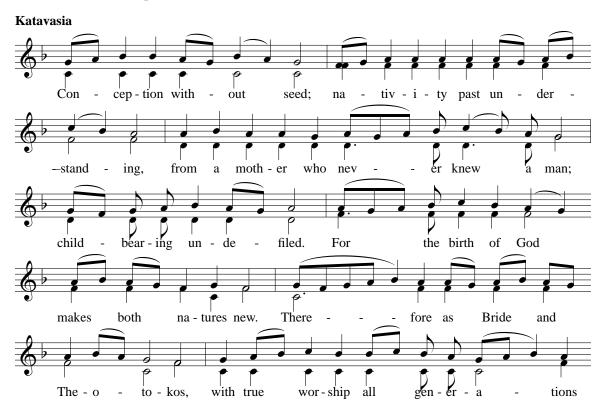


Glo-ry to the Father, and to the Son, and to the Ho-ly Spir - it.

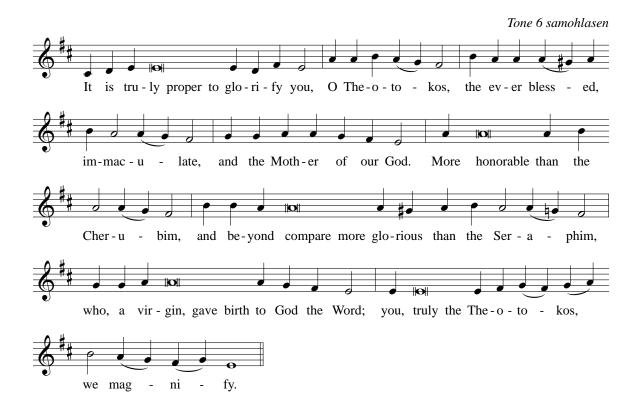
O consubstantial Trinity, * we praise the unity of your Persons, * glorifying the Father, * extolling the Son, * and bowing before the Spirit, * truly one God, * one triple life, and eternal kingdom.



O most holy Theotokos, * keep under your protection the Christian people * who share your royal power, * and through you, make them triumphant over the assaults of the Enemy * and over all temptation.







Small Litany

The deacon says this litany at the Ambon. If there is no deacon, the priest says this litany before the Royal Doors.

Deacon: Again and again, in peace, let us pray to the Lord.



Deacon: Protect us, save us, have mercy on us, and preserve us, O God, by your grace.

Response:

2. Lord, have mer - cy.

Deacon: Commemorating our most holy, most pure, most blessed and glorious Lady,

the Mother of God and ever-Virgin Mary with all the saints, let us commit

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

Response:

To you, O Lord.

Priest: O God, our God, who have placed all spiritual and intellectual powers under your will, we pray and beg you, accept these hymns of praise which we offer to you according to our ability together with all your creatures. Give us in exchange the riches of your goodness, for before you all beings in the heavens, or on earth and under the earth bend their knees, and everything that lives or that breathes gives praise to your glory beyond reach, for you are the one true God, full of mercy.

For all the heavenly powers praise you, and we give glory to you, to the Father, and to the Son, and to the Holy Spirit, now and ever and forever.

Response:

Hymns of Light

The Hymns of Light are sung in the Tone of the Week.

 Tone 1, page 78
 Tone 5, page 89

 Tone 2, page 81
 Tone 6, page 93

 Tone 3, page 83
 Tone 7, page 96

 Tone 4. page 87
 Tone 8, page 99

The Psalms of Praise

Psalm 148



Praise the Lord from the heav-ens; praise him in the heights.

Praise him, all his angels. Praise him, all *his* host.

Praise him, sun and moon, praise him, shin*ing* stars.

Praise him, highest heavens and the waters above *the* heavens.

Let them praise the name of the Lord. He commanded: they *were* made.

He fixed them for ever, gave a law which shall not pass *a*way.

Praise the Lord from the earth, sea creatures and *all* oceans,

fire and hail, snow and mist, stormy winds that obey *his* word;

all mountains and hills, all fruit trees *and* cedars,

beasts, wild and tame, reptiles and birds on *the* wing;

all earth's kings and peoples, earth's princes *and* rulers,

young men and maidens, old men together *with* children.

Let them praise the name of the Lord * for he alone is *ex*alted.

The splendor of his name * reaches beyond heaven *and* earth.

He exalts the strength of his people. *
He is the praise of all *his* saints,

of the sons of Israel, * of the people to whom he *comes* close.

Psalm 149 Sing a new song to the Lord, * his praise in the assembly of *the* faithful.

Let Israel rejoice in its Maker, * let Zion's sons exult in *their* king.

Let them praise his name with dancing * and make music with timbrel *and* harp.

For the Lord takes delight in his people. * He crowns the poor with *sal* vation.

Let the faithful rejoice in their glory, * shout with joy and take *their* rest.

Let the praise of God be on their lips * and a two-edged sword in *their* hand,

to deal out vengeance to the nations * and punishment on all *the* peoples;

to bind their kings in chains * and their nobles in fetters *of* iron;

to carry out the sentence pre-ordained: * this honor is for all *his* faithful.

Psalm 150 Praise God in his holy place, * praise him in his mighty heavens.

Praise him for his powerful deeds, * praise his surpassing greatness.

O praise him with sound of trumpet, * praise him with lute *and* harp.

Praise him with timbrel and dance, * praise him with strings *and* pipes.

O praise him with resounding cymbals, * praise him with clashing *of* cymbals.

Let everything that lives and that breathes * give praise to *the* Lord.

The Priest stands before the Royal doors and says:

Priest: To you all glory is due, O Lord our God, and we give glory to you, Father, Son, and Holy Spirit, now and ever and forever. Amen.

Glory to you who show us the light!

The Lesser Doxology is sung in the Lenten tone

All:



We praise you, we bless you, we wórship you, * we glorify, we thank you for your great glóry.

Lord God, heavenly King, Father *Al*mighty; * Lord, only-begotten Son, Jesus Christ, and you, *Ho*ly Spïrit.

Lord God, Lamb of God, Son of *the* Fäther, * you take away the sin of the *world*, have mércy on us.

You take away *the* síns of the world, * hear *oür* präyer.

- You are seated at the right hand of *the* Fáther, * have mer*cy* on üs.
- → For you alone are holy, you alone are *the* Lórd, Jesus Christ, * to the glory of God the *Fa*ther, Ämen.
- I will bless **you** dáy after day, * and praise your **name** forëver.
- O Lord, you have been *our* rëfuge * from one gene*ra*tion tó the next.
- I said: Lord, *have* mércy on me, * heal my soul, for I have *sinned* against you.
- O Lord, I *have* fléd to you, * teach me to do your will, for *you*, O Lórd, are my God.
- In you is *the* source of life * and in your *light* we see light,
- Extend *your* mërcy, * to *those* who knöw you.
- Make *us* wórthy, O Lord, * to be kept sin*less* this mörning.
- Blessed are you, O Lord, the God of *our* fäthers, * and praiseworthy and glorious is your name for*ever*. Ämen.
- May your mercy, O Lord, be *up*ön us * because we have *placed* our hópe in you.
- → Blessed *are* yóu, O Lord, * teach me *your* commändments.
- → Blessed are you, *O* Mäster, make me understand *your* commändments.
- + Blessed are you, *O* Hóly One, enlighten me with *your* commändments.

O Lord, your mercy is *for*éver; despise *not* the wórk of your hands.

To you is due praise, to you *is* dúe a hymn; * to *you* is glóry due.

→ Father, Son, and Holy Spírit, * now and ever and foréver. Amen.

The priest returns to the altar.

The deacon says the following litany at the ambon. If there is no deacon, the priest says this litany at the Holy Doors.

Deacon: Let us complete our morning prayer to the Lord

Response:

1. Lord, have mer - cy.

Deacon: Protect us, save us, have mercy on us, and preserve us, O God,

by your grace.

Response:

2. Lord, have mer - cy.

Deacon: That this whole day be perfect, holy, peaceful, and without sin,

let us beseech the Lord.

Response:

3. Grant this, O Lord.

Deacon: For an angel of peace, a faithful guide, a guardian of our souls

and bodies, let us beseech the Lord.

Response:

4. Grant this, O Lord.

Deacon: For the pardon and remission of our sins and offenses,

let us beseech the Lord.

Response: Grant this, O Lord. (3)

Deacon: For what is good and beneficial to our souls and for peace in the world,

let us beseech the Lord.

Response: Grant this, O Lord (4)

Deacon: That we spend the rest of our life in peace and repentance,

let us beseech the Lord.

Response: Grant this, O Lord. (3)

Deacon: For a Christian, painless, unashamed, peaceful end of our life,

and for a good account before the fearsome judgment seat of Christ,

let us beseech the Lord.

Response: Grant this, O Lord. (4)

Deacon: Commemorating our most holy, most pure, most blessed and glorious Lady,

the Mother of God and ever-Virgin Mary with all the Saints, let us commit

ourselves and one another, and our whole life to Christ our God.

Response:



The priest, standing before the Royal Doors, says:

Priest: We sing to you, we praise you, we bless you, and we thank you, God of our

Fathers, for you have banished the dark of night and shown us once again the light of day. We beseech you, forgive our sins and accept our prayer in your great tenderness of heart because we take refuge in you, the merciful and all-powerful God. Shine in our hearts your true Sun of Justice. Enlighten our minds and guard all our senses, so that walking blamelessly

in the path of your commandments as in daylight, we may reach eternal life, for in you is the source of life. Make us worthy to enjoy the unapproachable

light. For you are our God and we give glory to you, Father, Son, and Holy

Spirit, now and ever and forever.



Prayer over Bowed Heads

Priest: Peace be to all!

Response:

And to your spir - it.

Deacon: Bow your heads to the Lord.

Response:

To you, O Lord.

Priest: Holy Lord, you dwell on high and look upon the lowly, and with your all-seeing eye you watch over all creation. To you we bend our neck in

spirit and body and we implore you, O Holy of Holies, stretch forth your invisible hand from your holy dwelling place and bless us all. If we have sinned voluntarily or involuntarily forgive us as a good God who loves

us all and gives us earthly and heavenly gifts.

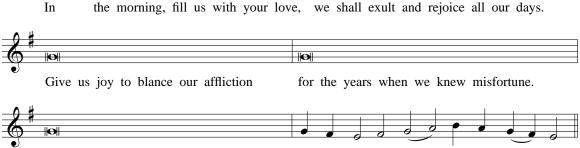
For yours are mercy and salvation, O Christ our God, and we give glory to you, with your eternal Father and your life-creating Spirit, now and ever and forever.

Response:

The priest and deacon enter the altar.

Aposticha





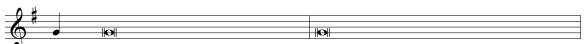
All repeat "Fallen beneath the blows of the thieves..."

Show forth your work to your servants,

let your glo-ry shine

on their chil - dren.





Let the favor of the Lord be upon us; give success to the work of our hands!





You have bold-ly put on the breast - plate of faith, and for ar-mor you have the



sign of the Cross; you showed yourselves to be brave sol - diers. You no-bly



re-sist-ed ty-rants, and you wiped out the lie of the Dev--il;



you have earned the crown of vic - to - ry. Pray to Christ for



the sal - va - tion of our souls.

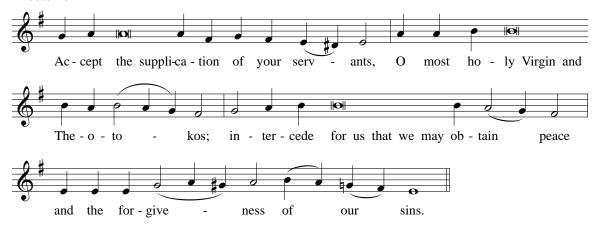
Cantor



Glo - ry to the Father and to the Son and to the Holy Spir-it. Now and ev - er and



Theotokion



The following is sung to the Lenten Tone:

It is good to *give* thanks to the Lord, to make music to your *näme*, O Most High, to proclaim your love in *the* mörning and your truth in the *watch*es of the night. *(twice)*

Holy God, Holy and Mighty, Holy and Immörtal, have *mer*cy ön us. (3 times)

Glory to the Father, and to the Son, and to the Holy Spïrit, * now and ever **and** forever. Amen.

Most Holy Trinity, have mercy on us; Lord, cleanse us of our sins; Master, forgive our *trans*grëssions, * Holy One, come to us and heal our infirmities *for* your näme's sake.



Glory to the Father, and to the Son, and to the Holy Spïrit, * now and ever **and** forever. 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 *temp*tätion, *
but deliver *us* from ëvil.

Priest: For thine is the kingdom and the power and glory,

Father, Son, and Holy Spirit, now and ever and forever.

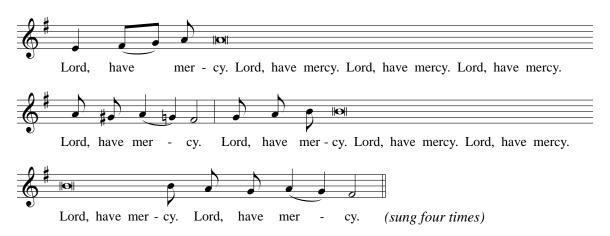
Response:



Dismissal

As we stand in the temple of *your* glöry, * we consider ourselves stand*ing* in hëaven.

O Mother of God, heaven ly Gäte, * Open to us the doors of your mërcy.



Father, give the blëssing.

Priest: Blessed is Christ our God, the One-Who-Is, always, now and ever and forever.

Response:



Priest:

King of heaven, support our civil authorities, confirm the faith, calm the nations, give peace to the world and safeguard this city (*or* this holy monastery), grant those who have gone before us a dwelling place among the righteous, accept us in repentance and have mercy, for you are good and love us all.







Glory to the Father, and to the Son, and to the Holy Spïrit, * now and ever *and* foréver. Amen.

More honorable than *the* Chérubim, * and beyond compare more glorious *than* the Séraphim, who, a virgin, gave birth *to* Gód the Word, * you, truly the Theoto*kos*, we mágnify.

In *the* náme of the Lord, * give the *bles*sing, Fäther.

Priest

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

Response:



Prayer of St. Ephrem

All: Lord and Master of my life,

spare me from the spirit of indifference, despair,

lust for power, and idle chatter. (Prostration)

Instead, bestow on me, your servant,

the spirit of integrity, humility,

patience, and love. (Prostration)

Yes, O Lord and King,

let me see my own sins

and not judge my brothers and sisters;

for you are blessed forever and ever. Amen. (Prostration)

Then, with a simple bow, the following is repeated four times:

O God, be merciful to me, a sinner.

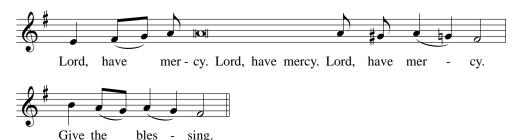
O God, cleanse me of my sins and have mercy on me.

O Lord, forgive me, for I have sinned without number.

Once more, the Prayer of St. Ephrem is recited, without the usual prostrations. One prostration is made at the conclusion of the prayer.

Priest: Glory to you, O Christ, our God, our hope; glory to you!

Response: Glory to the Father, and to the Son, and to the Ho*ly* Spïrit, * now and ever *and* foréver. Amen.

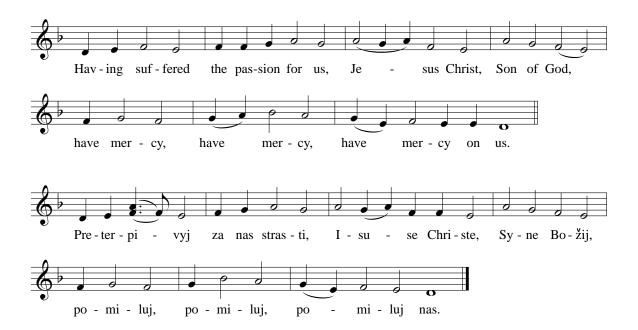


Priest:

May Christ our true God have mercy on us and save us through the prayers of his most pure Mother; of the honorable and glorious prophet, forerunner, and Baptist John; of the holy, glorious, and illustrious apostles, and of holy (*patron of the church*), and of holy (*the saint of the day*), and through the prayers of all the saints; for Christ is good and loves us all.



Having suffered (Preterpivyj)



Tone One

Alleluia

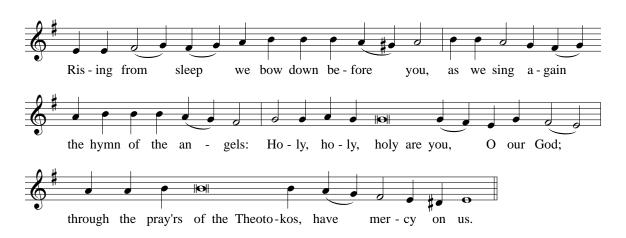


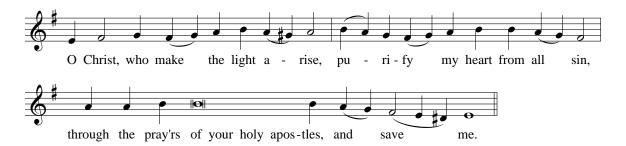
Hymns to the Trinity



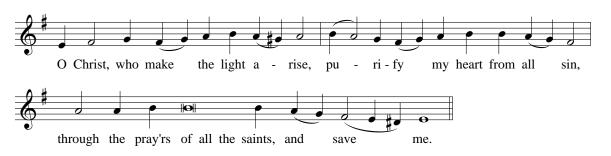


Cantor: Now and ever...

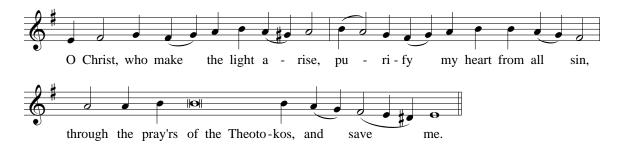




Cantor: Glory...



Cantor: Now and ever...

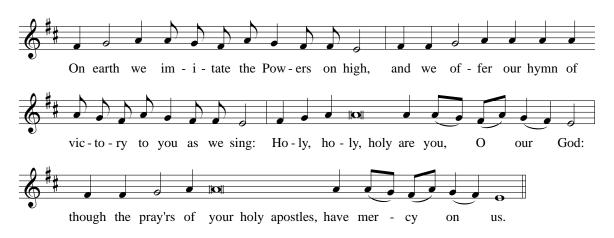


Tone Two

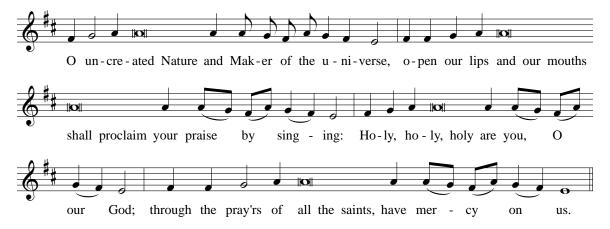




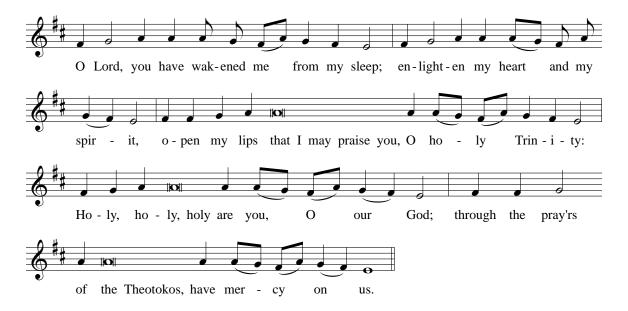
Hymns to the Trinity



Cantor: Glory...



Cantor: Now and ever...



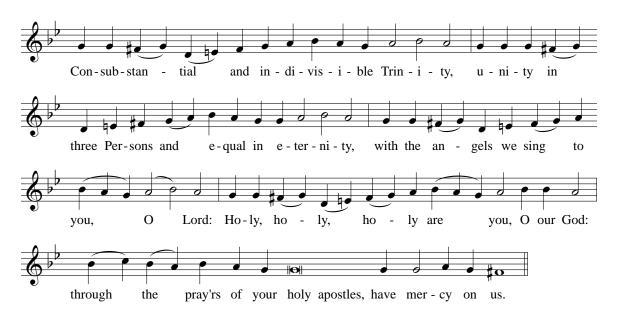


Tone Three

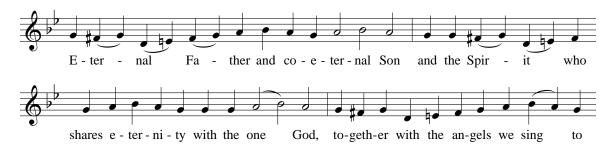
Alleluia

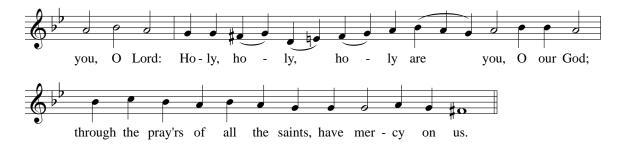


Hymns to the Trinity

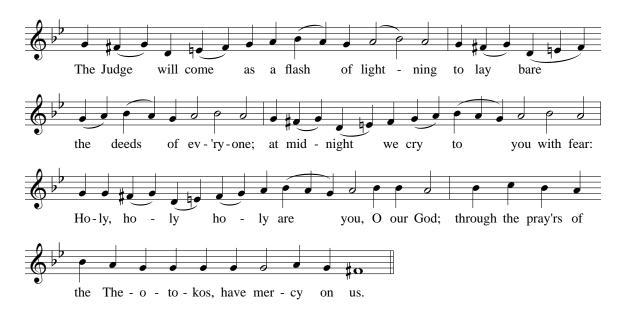


Cantor: Glory...





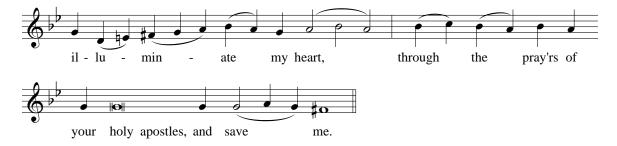
Cantor: Now and ever...



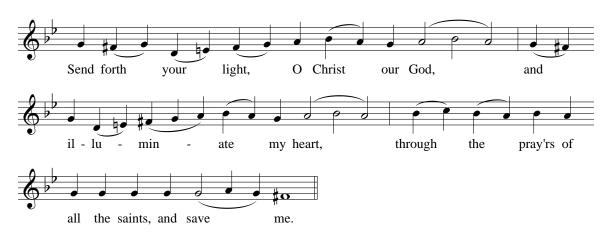
The service continues on page 6.

Hymns of Light

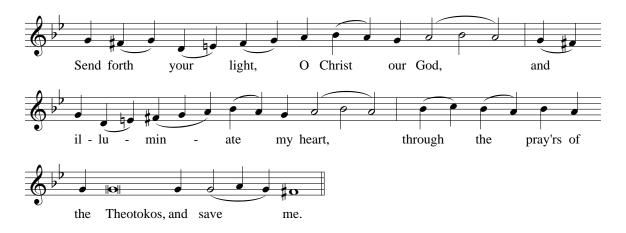




Cantor: Glory...



Cantor: Now and ever...

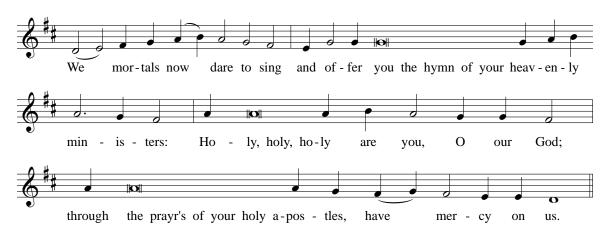


Tone Four

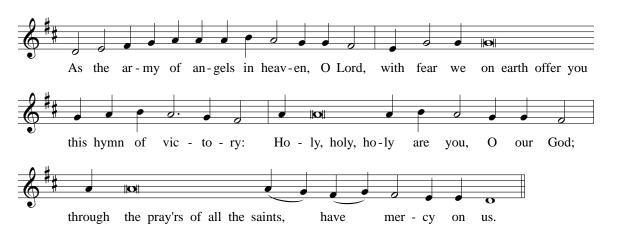
Alleluia



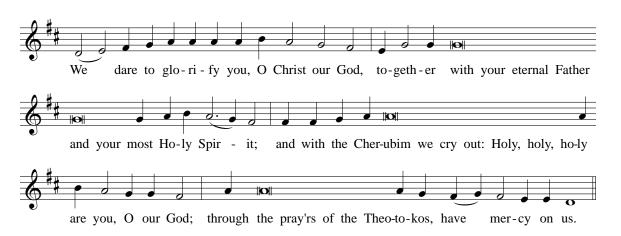
Hymns to the Trinity



Cantor: Glory...



Cantor: Now and ever...



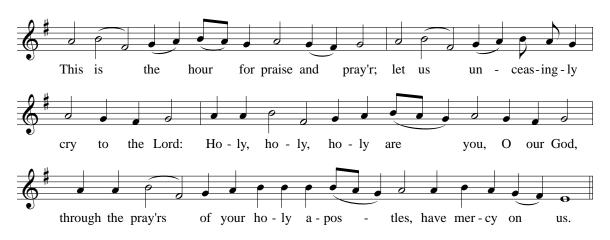


Tone Five

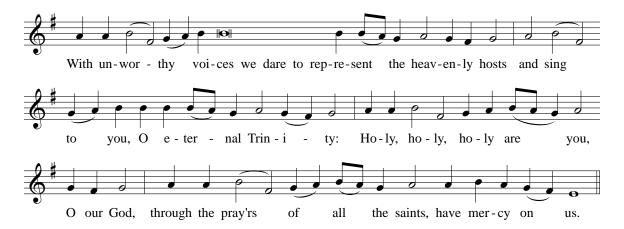
Alleluia



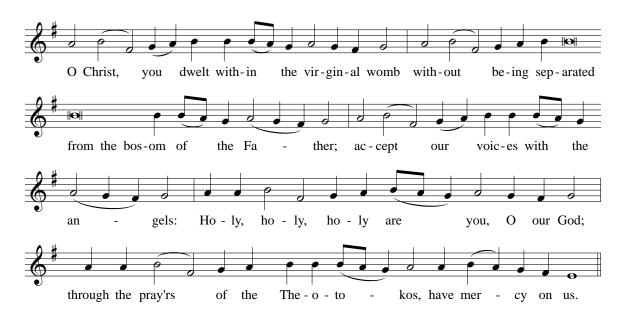
Hymns to the Trinity



Cantor: Glory...

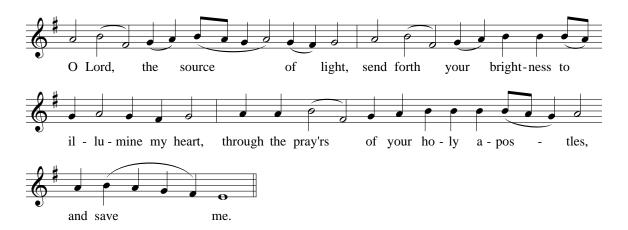


Cantor Now and ever...

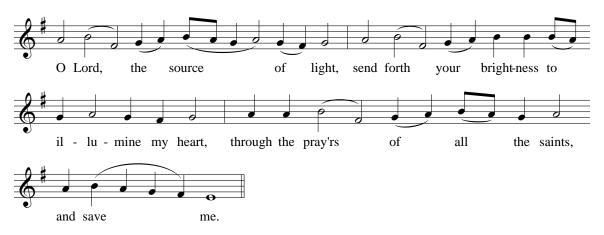


The service continues on page 6.

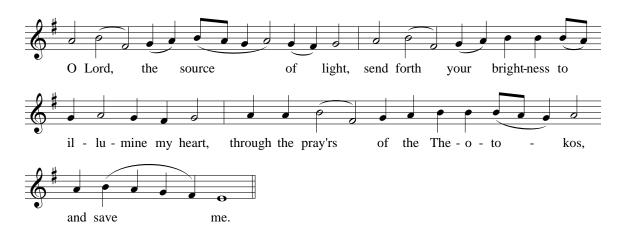
Hymns of Light



Cantor: Glory...



Cantor: Now and ever...

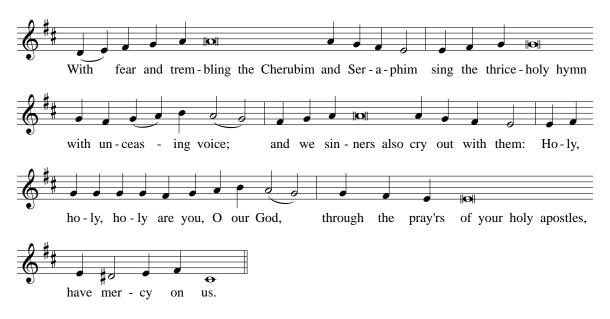


Tone Six

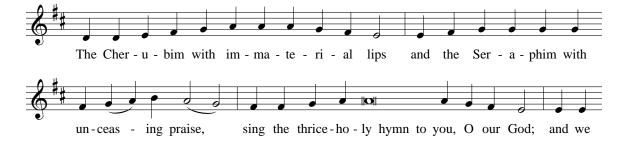
Alleluia

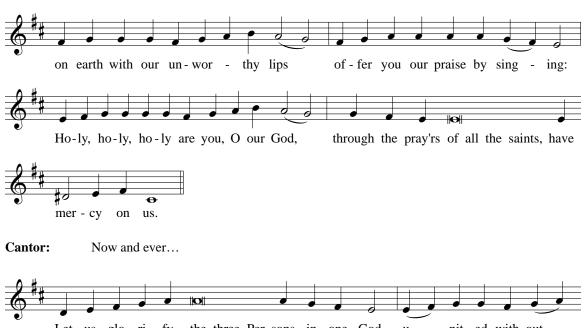


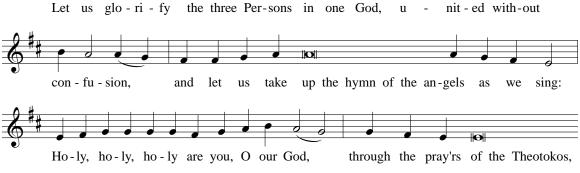
Hymns to the Trinity



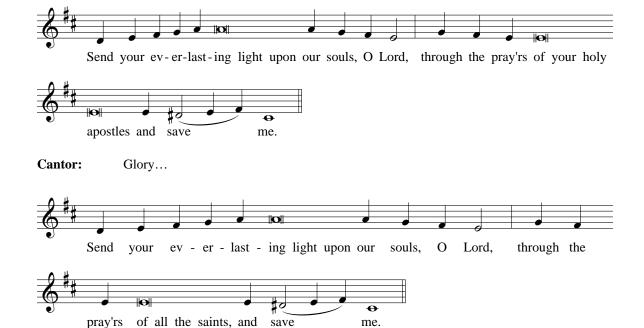
Cantor: Glory...



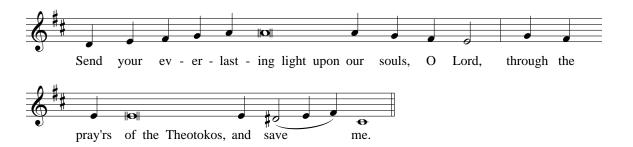








Cantor: Now and ever...

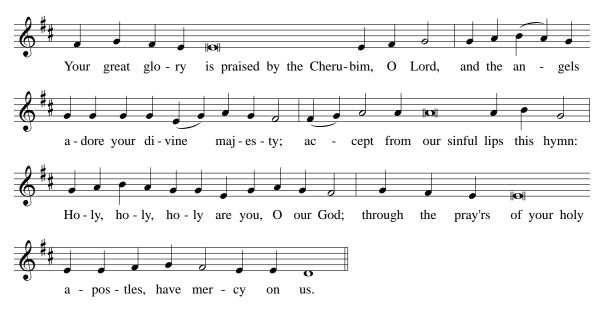


Tone Seven

Alleluia



Hymns to the Trinity



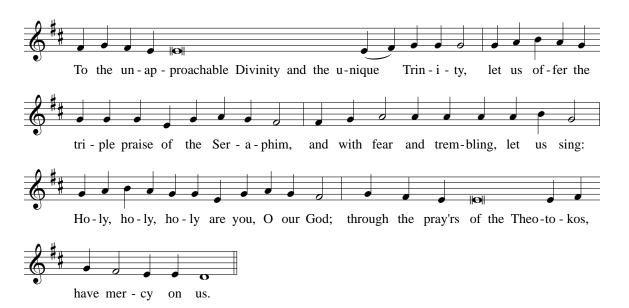
Cantor: Glory...





ho-ly are you, O our God; through the pray'rs of all the saints, have mer-cy on us.

Cantor: Now and ever...

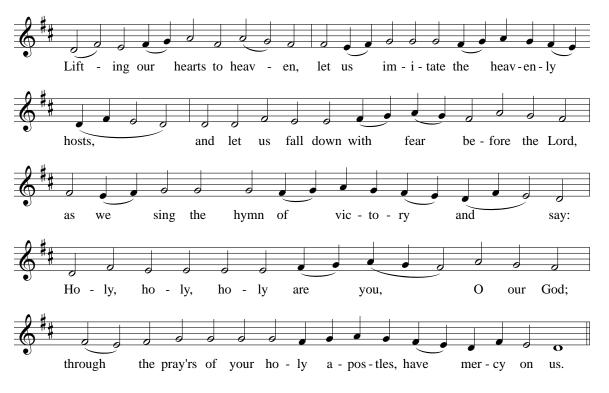




Tone Eight

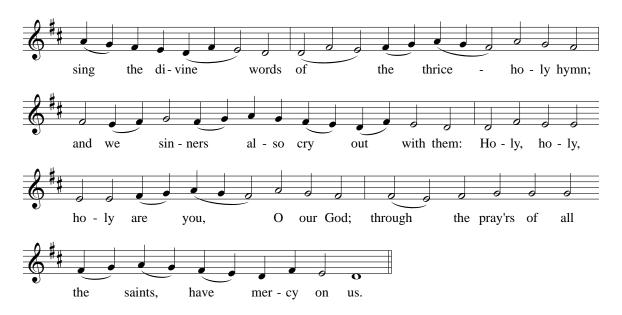


Hymns to the Trinity



Cantor:





Cantor: Now and ever...

