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Service of the Small Paráklesis to the Most Holy Theotokos

If a Priest is present:

Priest: Blessed is our God, always, now, and ever, and unto ages of ages.

Amen.

Otherwise we begin:

In the name of the Father and of the Son and of the Holy Spirit. Amen.

From the Sunday of Pascha to the Sunday of Pentecost, “Glory to Thee, O God...” and “O heavenly King...” are not said. Instead, during Paschaltide: “Christ is risen...” (3).

Otherwise, from Pentecost to Pascha:

Glory to Thee, O our God, glory to Thee.

O heavenly King, the Comforter, the Spirit of Truth, Who art everywhere present and fillest all things, Treasury of Blessings and Giver of life: Come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

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

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

O All-Holy Trinity: Have mercy on us. Lord: Cleanse us from our sins. Master: Pardon our transgressions. Holy One: Visit and heal our infirmities for Thy name's sake.

Lord, have mercy. (3)

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

Our Father, Who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us: and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages.

Amen. Lord, have mercy. (12)

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

Come, let us worship God our King.

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

Come, let us worship and fall down before Christ Himself, the King and our God.

Psalm 142

Lord, hear my prayer, in Thy truth give ear to my supplications; hear me in Thy righteousness.

And enter not into judgement with Thy servant, for in Thy sight shall no man living be justified.

For the enemy hath persecuted my soul; he hath humbled my life down to the earth.

He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled.

I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands.

I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land.

Quickly hear me, O Lord; my spirit hath fainted away.

Turn not Thy face away from me, lest I be like unto them that go down into the pit.

Cause me to hear Thy mercy in the morning; for in Thee have I put my hope.

Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul.

Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge.

Teach me to do Thy will, for Thou art my God.

Thy good Spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me.

In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies.

And Thou shalt cut off all them that afflict my soul, for I am Thy servant.

God is Lord

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

Verse: Give thanks to the Lord and call upon His holy name.

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

Verse: All the nations compassed me round about; and by the name of the Lord I warded them off.

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

Verse: This is the Lord's doing, and it is marvelous in our eyes.

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

Troparia

Tone 4 (Lifted up on the Cross)

To the Theotokos, let us now run most fervently; • as sinners and lowly ones, let us fall down in repentance, • crying from the depths of our souls: • Lady, come and help us, have compassion upon us; • hasten now for we are lost, the host of our errors; • do not turn thy servants away, • for thou alone are a hope to us.

Tone 4, Troparion of the Temple

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

Following is the Troparion of the Temple for Holy Wisdom Church. The Troparion of your own parish church may be chanted, or the previous Troparion, "To the Theotokos" may be repeated.

O Savior at the Middle of the Feast, • fill my thirsting soul with the waters of piety, • as Thou didst cry to all: • "If anyone thirst, • let him come to Me and drink." • O Christ God, • Fountain of our life, • glory to Thee.

Tone 4 (Lifted up on the Cross)

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

O Theotokos, we shall never be silent; • of thy mighty acts, all we the unworthy; • hadst thou not stood to intercede for us • who would have delivered us from the numerous perils? • Who would have preserved us all until now with our freedom? • O Lady, we shall not depart from thee; • for thou dost always save thy servants, from all tribulation.

Psalm 50

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy tender mercies blot out my transgression.

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

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

Against Thee only have I sinned and done this evil and in Thy sight, that Thou mightest be justified in Thy words and victorious when Thou art judged.

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

For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou revealed unto me.

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

Thou shalt make me to hear joy and gladness; my humbled bones shall rejoice.

Turn Thy face away from my sins, and blot out all mine iniquities.

Create in me a clean heart, O God, and renew a right spirit within me.

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

Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me.

I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee.

Deliver me from bloodguiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness.

O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.

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

A sacrifice unto God is a broken spirit; a broken and humbled heart God will not despise.

Do good, O Lord, in Thy good pleasure unto Sion, and let the walls of Jerusalem be built.

Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and wholeburnt offerings.

Then shall they offer young bulls upon Thine altar.

Kanon of the Small Paráklesis, Tone Plagal 4

Ode 1

Most holy Theotokos save us.

With many temptations surrounding me, • searching for salvation, I have sought refuge in thee; • O Mother of the Word, and ever virgin, • from all distresses and dangers deliver me.

Most holy Theotokos save us.

Assaults of the passions have shaken me, • my soul to its limits has been filled with much despair; • Bring peace, O Maiden, in the calmness, • of thy Son and thy God, allblameless one.

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

To God and the Savior thou'st given birth; • I ask thee, O Virgin, from the dangers deliver me; • for now I run to thee for refuge, • with both my soul and my reasoning.

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

Diseased is the body and the soul; • deem me truly worthy of divine guidance and thy care; • for thou alone are God's Mother, • as the good and the birth-giver of the Good

Ode 3

Most holy Theotokos save us.

A protection and shelter I have with thee in my life; • thee, the Theotokos and Virgin, pilot me towards thy port. • For thou art the cause, the cause of that which is good; • support of the faithful, the only all-praised one.

Most holy Theotokos save us.

I entreat thee, O Virgin, disperse the storm of my grief, • and the soul's most inward confusion, scatter it far from me; • thou art the Bride of God, for thou hast brought forth the Christ, • the Prince of Peace; O all-blameless one.

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

Having brought forth unto us the Cause and Giver of good, • from thy great abundance of kindness, pour forth upon us all. • For all is possible, for thee who carried the Christ, • Who is mighty in power, thou who art blessed of God.

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

With most serious ailments, and with the passions so dark, • I am being tested, O Virgin; come and bring help to me, • for I have known of thee, that thou art without fail, • the endless treasure of cures, only all-blameless one.

Troparia

Deliver us, • all of thy servants, from danger, O Theotokos; • after God, we all flee to thee, for shelter and covering, • as an unshakable wall and our protection.

Turn to me, • in thy good favor, all praiseworthy Theotokos; • look upon my grave illnesses, which painfully sting my flesh • and heal the cause of my soul's pain and suffering.

Petitions

Only if a Priest is present:

Priest: Have mercy on us, O God, according to Thy great mercy, we pray Thee, hearken and have mercy.

Lord, have mercy. (3)

Priest: Again we pray for our Metropolitan Tikhon, for our Archbishop Benjamin, for priests, deacons, and all other clergy, and for all our brethren in Christ.

Lord, have mercy. (3)

Priest: Again we pray for mercy, life, peace, health, salvation, and visitation, for the servants of God, (*names*) ..., for the brethren of this holy temple, and for the pardon and remission of their sins.

Lord, have mercy. (3)

Priest: For Thou art a merciful God and lovest mankind, and to Thee do we send up glory: to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

Amen.

Otherwise, continue:

Kathisma, Tone 2 (Who live on high)

A fervent prayer, and wall most unshakable, • a merciful spring, and shelter of all mankind; • fervently, we cry to thee: Theotokos, our Lady, • come to us and from all dangers now deliver us • the only protection who speeds to us.

Ode 4

Most holy Theotokos save us.

Still the darkest of passions, • calm the sea of errors in thy great peacefulness; • it was thee who bore the guiding Lord, • and thou who art the blessed Bride of God.

Most holy Theotokos save us.

Thy depth of compassion • grant unto me as one beseeching thee: • thou hast carried the compassionate One • the Savior of those praising thee.

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

We are thankful for all the gifts • which we have been given by thee the spotless one; • and to thee, we sing a hymn of praise, • knowing thee to be the Mother of God.

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

As a hope and foundation, • and a wall unshaken of our salvation; • we have thee, the all-lauded one, • and from afflictions thou dost rescue us.

Ode 5

Most holy Theotokos save us.

Pure one, fill my heart • with a merriment, a happiness; • bestow upon me thy spotless joy, • for thou hast given birth • to Him Who is the Cause of joy.

Most holy Theotokos save us.

Deliver all of us • from the dangers, Theotokos, most pure, • for thou didst bear the timeless Deliverer, • and thou didst bear the Peace, • the Peace which has surpassed all thought.

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

Dissipate the cloud • of my sinfulness, O bride of God, • with the brightness of thine eminence; • for thou didst bring forth the Light, • divine Light, Which was before all time.

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

Heal me from the ills • which the passions bring, most pure one; • make me worthy of thy guiding care, • and unto me grant health, • through thy intercessions and thy prayers.

Ode 6

Most holy Theotokos save us.

From death and corruption He has saved • my nature, held by death and corruption; • for unto death He Himself has surrendered; • for which reason, O Virgin, please intercede • with Him Who is thy Lord and Son, • from the enemies' evils deliver me.

Most holy Theotokos save us.

I know thee as the protection of my life, • a steadfast shelter and refuge, O Virgin; • disperse the host of my many temptations, • and force away the demonic attacks from me; • I pray to thee unceasingly, • from corruption of passions deliver me.

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

We have thee as a wall of refuge, • and our soul's most perfect salvation; • thou art an aid, in affliction, O Maiden, • and in thy light we rejoice to eternity; • O Lady, also now, • from passions and dangers deliver us.

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

I lie now on a bed of infirmities, • and there is no healing at all for my body • except for thee, who has brought forth our Savior, • God, the Healer of all our infirmities; • of thy goodness, I pray to thee, • from corruption of sicknesses raise me.

Troparia

Deliver us, • all of thy servants, from danger, O Theotokos; • after God, we all flee to thee, for shelter and covering, • as an unshakable wall and our protection.

Spotless one, • who by a word, did bring to us the Word eternal, • in the last days ineffably; • do thou now plead with Him • as the one with the motherly favor.

Petitions

Only if a Priest is present:

Priest: Have mercy on us, O God, according to Thy great mercy, we pray Thee, hearken and have mercy.

Priest: Again we pray for our Metropolitan Tikhon, for our Archbishop Benjamin, for priests, deacons, and all other clergy, and for all our brethren in Christ.

Again we pray for mercy, life, peace, health, salvation, and visitation, for the servants of God, (*names*) ..., for the brethren of this holy temple, and for the pardon and remission of their sins.

For Thou art a merciful God and lovest mankind, and to Thee do we send up glory: to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

Otherwise, continue:

Kontakion, Tone 2

A protection of Christians unshamable, • intercessor to our holy Maker, unwavering, • Reject not the prayerful cries of those who are in sin; • instead, come to us, for thou art good; • thy loving help bring unto us, • who are crying in faith to thee: • hasten to intercede, • and speed now to supplicate, • as a protection for all time, • Theotokos for those who honor thee.

The following sequence for the Gospel Reading (Anavathmoi, Prokeimenon, and Gospel is chanted only if a Priest is present:

Anavathmoi, Tone 4, First Antiphon

From the years of my youth, many passions combat me; but Thou, Who art my Savior, assist me and save me.

(Repeat) **F**rom the years of my youth, many passions combat me; but Thou, Who art my Savior, assist me and save me.

Ye haters of Sion shall be put to shame by the Lord Almighty, for as grass in the fire, you shall all be withered.

(Repeat) **Y**e haters of Sion shall be put to shame by the Lord Almighty, for as grass in the fire, you shall all be withered.

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

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

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

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

Prokeimenon

I shall remember Thy holy name from generation to generation.

I shall remember Thy holy name from generation to generation.

Listen, O daughter, and see, and incline thine ear, and forget thy people and thy father's house and the King will desire thy beauty.

Thy holy name: from generation to generation I shall remember.

Gospel

Priest: And that we may be worthy to hear the Holy Gospel, let us pray to the Lord our God.

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

Priest: Wisdom! Rise! Let us hear the Holy Gospel. Peace be with all.

And with thy spirit.

Priest: The reading from the Holy Gospel according to Luke.

Glory to Thee, O Lord, glory to Thee.

Priest: Let us be attentive.

Priest: IN THOSE DAYS, Mary arose...

Glory to Thee, O Lord, Glory to Thee.

Otherwise, continue:

Troparia, Tone 2

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

Father, Word, and Spirit: Trinity in oneness, • blot out the multitude of our transgressions.

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

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

Tone Plagal 2, Having laid up all their hope

Merciful One, have mercy on me, O God, according to Thy great mercy, and according to the multitude of Thy compassions blot out my transgression.

Put me not into the hands of any human protection, • O our Lady, most holy, • but do now receive the prayers of thy supplicant; • sorrow has taken me, and I am unable • to withstand and bear the demon's darts; • shelter I do not have, nor a place to go, worthless that I am; • embattled from all sides am I, and no consolation have I but thee • Lady of humanity, the shelter of the faithful and their hope, • do not reject my prayers to thee, do the things that profit me.

Other Theotokia

No one is turned away from thee, • ashamed and empty, who flee unto thee, • O pure Virgin Theotokos; • but one asks for the favor, • and the gift is received from thee, • to the advantage of their own request.

The transformation of the afflicted, • thou art the cure of those in sickness, Theotokos, O Virgin; • save thy people and thy town, • thou art the peace of those in conflict, • the calm of those in turmoil, • the only protection of the faithful.

Prayer of Intercession

Only if a Priest is present:

Priest: O God, save Thy people and bless Thine inheritance, visit Thy world with mercy and compassions, exalt the horn of Orthodox Christians, and send down upon us Thy rich mercies. Through the intercessions of our all-pure Lady, the Theotokos and ever-virgin Mary; by the might of the precious and life-giving Cross; by the protection of the honorable Bodiless Powers of heaven; at the supplications of the honorable, glorious, prophet, forerunner, and baptist John; of the holy, glorious, and all-laudable Apostles; of Saints NN. whose memory we keep this day; of the holy and righteous ancestors of God, Joachim and Anna; and of all Thy saints: we beseech Thee, O most-merciful Lord, hearken unto us sinners who make our supplications unto Thee, and have mercy on us.

Lord, have mercy. (12)

Priest: Through the mercy, compassion, and love for mankind of Thine only-begotten Son with Whom Thou art blessed, together with Thine all-holy, good and life-giving Spirit, now and ever, and to the ages of ages.

Amen.

Otherwise, continue:

Ode 7

Most holy Theotokos save us.

As thou didst will, O our Savior, • to dispense our salvation through Thine economy • inside the Virgin's womb; • Thou didst show to all the people that she was our own guardian: • O the God of our fathers, blessed art Thou, our God.

Most holy Theotokos save us.

The Bestower of mercy • that thou didst bear, O pure Mother, entreat on our behalf; • from sins deliver us, • and from the soul's defilement, we cry out most faithfully: • O the God of our fathers, blessed art Thou, our God.

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

A fountain of pureness • and a tower of safety is she who carried Thee, • a treasure of salvation • and the door of repentance, she has been shown to those that cry: • O the God of our fathers, blessed art Thou, our God.

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

The illnesses of body, • and the soul's ailing sickness, of those who run to thee, • for divine protection, • as God's holy Mother, make them worthy of remedy: • for the Savior Christ was born from thee.

Ode 8

Most holy Theotokos save us.

Do not neglect those who seek the help thou dost grant; • they hymn thee, O virgin Maiden, • and they do exalt thee, • throughout the many ages.

Most holy Theotokos save us.

O Virgin thou pourest a wealth of healing • on those who faithfully hymn thee, • and those who exalt thy • child-bearing wonder.

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

The infirmities of my soul are healed by thee, • and the pains of my body, O Virgin, • so that I may praise thee, • O Lady, in God's favor.

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

Thou dost drive away the assaults of temptations, • and attacks of the passions, O Virgin, • therefore we do praise thee • throughout the many ages.

Ode 9

Eirmos: Saved through thee, O pure Virgin, • hence we do confess thee • to be most truly the birth giver of our Lord; • with choirs of bodiless angels, thee do we magnify.

Most holy Theotokos save us.

The streams of my many tears, • reject not, holy Virgin; • for thou gavest birth to the One Who dried all the tears, • from all the faces of people, the Christ was born of thee.

Most holy Theotokos save us.

With gladness fill my heart, • most-holy virgin Lady, • for thou art she who received the abundant joy; • take the grief of my sinfulness, and make it disappear.

Most holy Theotokos save us.

A shelter and protection • and a wall unshaken, • become, O Virgin, for those who flee to thee, • a sheltered cover and refuge, and a place of joy.

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

O Virgin, from the brightness • of thy light illumine • the ones who call thee most piously God's Mother, • take all the gloom of our ignorance, and banish it away.

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

Oppressed I am, O Virgin; • in a place of sickness, • I have been humbled; I ask thee: bring remedy, • transform my illness, my sickness, into a wholesomeness.

Megalynaria

Truly it is worthy • to bless thee, the Theotokos, • the ever-blessed and all-pure • and the Mother of our God.

More honorable than the Cherubim, • and incomparably more glorious than the Seraphim, • the one who incorruptibly gave birth to God the Word, • truly the Theotokos, thee do we magnify.

Higher than the heavens above art thou, • and thou art much purer than the radiance of the sun; • thou who hast redeemed us • from the curse which was upon us; • the Lady of all people, in hymns do we honor thee.

From the great multitude of my sins, • ill am I in body, ill am I also in my soul. • I am fleeing to thee, • the one who is all-blessed, • the hope of all the hopeless: please come bring help to me.

Lady and the Mother of Him Who saves, • receive the supplications of the lowly who pray to thee; • mediate between us • and the One Whom thou didst bring forth. • O Lady of all people, intercede for us.

Now with zeal we chant this ode to thee; • thou, the all-praised Lady, Theotokos, we hymn with joy; • with the saints most holy, • together with the Baptist, • beseech, O Theotokos, for God's mercy on us.

Speechless be the lips of impious ones, • those who do not reverence thy great icon, the sacred one, • which is called Directress, • and was depicted for us • by one of the Apostles, Luke the evangelist.

With the hosts of angels, God's messengers, • with the Lord's Forerunner, • and the Apostles, the chosen Twelve, • with the saints most holy, • and with thee, the Theotokos, • we seek thine intercession for our salvation.

Trisagion Prayers

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

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

O All-Holy Trinity: Have mercy on us. Lord: Cleanse us from our sins. Master: Pardon our transgressions. Holy One: Visit and heal our infirmities for Thy name's sake.

Lord, have mercy. (3)

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

Our Father, Who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us: and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages.

Amen.

Troparia

Have mercy on us, O Lord; have mercy on us; laying aside every excuse, we sinners offer this prayer to Thee as Master: have mercy on us.

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

O Lord, have mercy on us, for we have placed our trust in Thee. Do not be exceedingly angry with us, nor remember our transgressions, but look down upon us even now with compassion, and save us from our enemies. For Thou art our God, and we are Thy people; we are all the work of Thy hands, and we call upon Thy name.

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

Blessed Theotokos, open the doors of compassion to us who have our hope in thee, that we may not perish but be delivered from adversity through thee, for thou art the salvation of the Christian people.



Petitions

Only if a Priest is present:

Priest: Have mercy on us, O God, according to Thy great mercy, we pray Thee, hearken and have mercy.

Again we pray for our Metropolitan Tikhon, for our Archbishop Benjamin, for priests, deacons, and all other clergy, and for all our brethren in Christ.

Again we pray for mercy, life, peace, health, salvation, and visitation, for the servants of God, (*names*) ..., for the brethren of this holy temple, and for the pardon and remission of their sins.

Again we pray that He will keep this city and this holy church, and every holy monastery and city and countryside from wrath, famine, plague, earthquake, flood, fire, sword, foreign invasion, civil war, and sudden death; that our good God, Who loves mankind, may be gracious and conciliatory, and turn away and dispel all the wrath stirred up against us and all sickness, and may deliver us from His righteous chastisement which impendeth against us, and have mercy on us.

For Thou art a merciful God and lovest mankind, and to Thee do we send up glory: to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

Dismissal

Priest: Glory to Thee, O Christ our God, glory to Thee.

Glory to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages. Amen. Lord, have mercy. (3)

Father, bless.

Priest: May Christ our true God, through the prayers of His most-pure Mother; of the holy, glorious, and all-laudable Apostles; of the holy, glorious and victorious martyrs; of our venerable and God-bearing fathers; of Saints (*the saints of the day*) whose memory we keep this day; of the holy and righteous ancestors of God, Joachim and Anna; and of all the saints: have mercy on us and save us, for He is good and loves mankind.

Amen.

Otherwise, continue:



Troparia or Exaposteilaria

We reverence the Icon of the Theotokos while chanting the following Troparia or Exaposteilaria.

Troparia, Tone 2 (When from the tree as dead)

But not during the period of August 1-14; during that period we chant the Exaposteilaria (below).

All those dost thou shelter, O good one, • those who in their faith flee unto thee, • with thy strong hand thou dost protect; • we who sin have no one else, who intercedes for us, • before God endlessly, in ills and all dangers, • for us who are laden with our many sins and mistakes; • Mother, of our God in the Highest • therefore we fall down to thee, humbly; • from all misfortunes, keep thy servants safe.

For those in great sorrow thou art joy, • and for the oppressed a protection, • and for the hungry their food, • comfort unto those estranged; thou art a staff to the blind, • visitation of all those sick and to those held by pain • shelter and comforting, and to the orphaned an aid; • Mother, of our God in the Highest, • thou who art the Spotless One, hasten • save thy servants from their sin, we ask of thee.

Tone Plagal 4

Lady, dost thou receive, • from thy servants, their many prayers; • and deliver all of us, • from all sadness and necessity.

Tone 2

My numerous hopes are placed • before thee, most-holy one; • Mother of our God, • guard me with care, within thy sheltered arms.

Exaposteilaria, Tone 3 (The stars of the heavens)

During the period of the first fourteen days of August:

O you Apostles from far off, • being gathered together • in the village of Gethsemane, • lay my body in burial, • and Thou my Son, and my God, • receive now my spirit from me.

Thou art the sweetness of angels, • the gladness of the afflicted ones, • a protection of all Christians, • O virgin Mother of our Lord; • grant me now help and save me • from the eternal torments.

I have thee as mediator • before God Who loves mankind; • may He not question my action • before the hosts of the angels, • I ask thee, O Virgin, • hasten now quickly to my aid.

Thou art a tower adorned with gold • a city surrounded by twelve walls, • a shining throne touched by the sun, • a royal seat for the King, • O unexplainable wonder, • how dost thou nurse the Master?

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

If a Priest is present he intones “Through the prayers...” and we respond “Amen.”

