

**MONDAY EVENING: TONE V
AT VESPERS**

On “Lord, I have cried...”, 3 Stichera of repentance, in Tone V: Spec. Mel.:
“Rejoice, ... ”:

Verse: If Thou shouldest mark iniquities, Lord, O Lord, who shall stand? *
For with Thee there is forgiveness.

Woe unto me who have angered Thee, my merciful God and Lord! How many times have I promised to repent, O Christ, and have been found to be a senseless liar? I have soiled my first baptismal raiment, and have forsaken my covenant with Thee, and this second commandment, which I confessed before Thee in the presence of men and angels, have I also abandoned, clad in a lamentable form. Setting this aside, O Savior, leave me not to perish utterly.

Verse: For Thy name’s sake have I patiently waited for Thee, O Lord; my soul hath, waited patiently for Thy word, * my soul hath hoped in the Lord.

What answer shalt thou find on the day of judgment, O wretched soul? Who will deliver thee from condemnation to everlasting fire and other torments? No-one, if thou thyself dost not placate the Compassionate One, forsaking thine evil deeds and acquiring a right pleasing life, every day weeping over thy countless transgressions, which thou committest at every hour in deed, word and thought, and beseeching Christ to grant thee the complete forgiveness of them.

Verse: From the morning watch until night, * from the morning watch let Israel hope in the Lord.

Let sinful habit not seize me, dragging me down, O Savior, nor let the demon, which ever wagheth war on me and subjecteth me to his will, gain dominance over me; but rescue me from his dominion with Thy mighty hand, O Almighty One Who lovest mankind, and reign Thou within me. Grant that I may be wholly Thine, and living according to Thy will, O Word, may find rest in Thee, and cleansing, salvation and great mercy for myself.

Then the Stichera for the saint, from the Menaion; or if there is no Menaion, these Stichera for the Forerunner, in Tone V, in the same melody:

Verse: For with the Lord there is mercy, and with Him there is plenteous redemption; * and He shall redeem Israel out of all his iniquities.

O blessed Forerunner and martyr of Christ, heal me who am wholly bowed down to the earth and am incurably broken, yet I flee with faith to thy godly protection. And rescue me, I pray thee, on the dread day, when I shall come to stand before His judgment-seat, and shall be given over to torments; and as thou hast unashamed boldness, O wise one, deliver me from standing on the left hand of Christ, entreating Him Who granteth great mercy to the world.

Verse: O praise the Lord, all ye nations; * praise Him, all ye peoples.

As a most radiant luminary of the Sun, O wise Forerunner of Christ, shine thou a ray of light upon me who have fallen down into the darkness of countless evils, I pray thee. Raise me up out of the pit of sin, guiding me by thy sweet voice. O thou who of old loosed the voice of thy father by thy birth, direct now my voice, I pray thee, that with faith and love I may glorify God the Savior, the Lover of mankind, Who grants the world great mercy.

Verse: For He hath made His mercy to prevail over us, * and the truth of the Lord abideth forever.

Thou wast the divine temple of God, the Bestower of life upon all, O blessed prophet, Forerunner and herald, and didst have Him living in thy heart. Him do thou ever entreat, O most noetically rich John, that those who have recourse to thy holy temple and honor thee may become temples of the Spirit and draw nigh unto God, that in hymns we may honor thy help and fervent prayer, for He bore witness that thou art the greatest from all mankind, O right wondrous one.

Glory ..., Now & ever ..., Theotokion:

From my childhood I have been revealed to be a tireless committer of sins, having been grievously wounded in mind and lovingly remained such by my many evil habits. Downcast, I now weep over my cruel deception, mine evil habits and mindlessness, and the destruction of my soul. O Lady, disdain me not who am perishing in evil, but, taking pity, deliver me from every assault of the passions by thine aid, that if only in old age I may repent before God.

Then, O gladsome Light...; the Prokeimenon in Tone IV:

Prokeimenon: The Lord will hearken unto me * when I cry unto Him.

Verse: When I called upon Thee, O God of my righteousness, Thou didst hearken unto me.

Vouchsafe, O Lord ..., Litany: Let us complete ..., Then:

Aposticha Stichera of repentance, in Tone V:

O Lord, I cease not to sin, nor do I perceive Thy love for mankind which Thou hast granted me. Vanquish my lack of discernment, O Thou Who alone art good, and have mercy upon me.

Verse: Unto Thee have I lifted up mine eyes, unto Thee that dwellest in heaven. Behold, as the eyes of servants look unto the hands of their masters, as the eyes of the handmaid look unto the hands of her Mistress, so do our eyes look unto the Lord our God, * until He take pity on us.

O Lord, from reverent fear of Thee I tremble, yet I cease not from committing sins. Who, when called to trial, doth not fear the judge? Or who, desiring to be healed, angereth the physician, as I do? O longsuffering Lord, have compassion upon my weakness, and have mercy upon me.

Verse: Have mercy on us, O Lord, have mercy on us, for greatly are we filled with abasement. Greatly hath our soul been filled therewith; let reproach come upon them that prosper, * and abasement on the proud.

Martyricon: Having put on the breastplate of faith and armed themselves with the image of the Cross, Thy saints, O Lord, manfully gave themselves over to torments and cast down the pride and deception of the devil. As God almighty, send down peace upon the world through their entreaties, and great mercy upon our souls.

Glory ..., Now & ever ..., Theotokion:

Assuage the sufferings of my much-sighing soul, * O thou that wipest every tear from the face of the earth; * for thou dost banish the sufferings of mankind, * and dispel the sorrows of the sinful. * For in thee do we all have our hope and confirmation, ** O most holy Virgin Mother.

Then, Now lettest Thou Thy servant depart ..., Trisagion through Our Father ..., Troparia. Litany: Have mercy on us ..., and Dismissal.

MONDAY NIGHT: TONE V
AT COMPLINE

Canon of Supplication to the Most Holy Theotokos

ODE I

Irmos: Christ, who with an upraised arm * bringeth wars to naught, * hath shaken horse and rider in the Red Sea; * but Israel hath He saved * as they chanted a song of victory.

O good and most immaculate one, grant me contrition of soul, humility of heart, purity of mind, correction of life, remission of transgressions and fountains of tears.

Behold my tribulation and compunction, heal thou the stripes of mine ancient transgressions, and grant me time to repent and confess my sins.

Glory ..., Pondering the abyss of mine evils, O all-immaculate one, I weep for myself before my departure; wherefore, I beseech thee: Entreat thy Son, that He deliver me from torment.

Now & ever ..., As thou hast time for repentance, O my soul, depart from all evil and cry out with tears to thy Creator: O my God, save me by the supplications of her who gave birth to Thee!

ODE III

Irmos: By Thy command Thou didst establish the earth upon nothing * and suspended it unsupported; * do Thou establish Thy Church on the unshakeable rock of Thy commandments, O Christ, * who alone art good * and the Lover of mankind.

The foremost of my passions have seized me, O most pure one, and have filled me with shame who have been created according to the image and likeness of God; yet deliver me from the harm thereof, for I hymn thee in compunction.

The enemy wickedly seeks to hunt me down, desiring to show me utterly consumed in everlasting flame, O most pure one; yet set at naught his wiles and counsels, that, rejoicing, I may glorify thee.

Glory ..., The enemies of the righteous have deceitfully set me in the uttermost pit of many offenses, yet as one now helpless and wholly wounded, I call upon thy supplication: O most immaculate Lady, save me!

Now & ever ..., I have wasted my life in slothfulness, wretch that I am, and have now arrived at the gates of death; and, terrified of the assault of the enemy, I cry unto thee: deliver me from their temptations, that saved, I may glorify thee.

ODE IV

Irmos: Habbakuk, prophetically apprehending * Thy divine self-emptying, O Christ, * cried out to Thee with trembling: * Thou hast come for the salvation of Thy people; * to save Thine anointed Ones.

I have been wounded by the darts of sin, and wounds now cover mine entire body; wherefore, I cry out to thee, O most pure one: by thy speedy prayers heal the wounds of my soul.

Have mercy upon thy servants, O pure one; for we have acquired thee as our mediatrix before God, and we pray that we be delivered from all want and everlasting torment.

Glory ..., O good one, thou art my hope, shield and confirmation, my deliverance from evils, the enlightenment of my soul, my boast, bulwark and might.

Now & ever ..., Prodiggally have I wasted the riches of good works which Christ gave me, in that He is good. Yet disdain me not, O most pure Maiden, for I am perishing of hunger.

ODE V

Irmos: O Thou Who hast clothed Thyself in light as with a garment, * I rise early unto Thee and cry out to Thee: * Enlighten my darkened soul, O Christ, * in that Thou alone art compassionate!

Behold the weakness of my lowly soul, O Lady, the infirmity of my flesh and the captivity of my mind, and save me who am bereft of hope.

God to Whom thou hast given birth do thou ever entreat, that He save all of us who confess thee to be the Theotokos, and glorify thy birthgiving, O most pure one.

Glory ..., Who doth not call thee blessed, O all-immaculate one? For thou didst ineffably give birth to the one Master, the Savior of the whole world.

Now & ever ..., O most pure one, send down upon me streams of tears, that, having purified myself of the defilements and blemishes of my sins, I may hymn the magnitude of thy goodness.

ODE VI

Irmos: Calm the raging sea of the passions, * O Master Christ, * with its soul-destroying tempest, * and lead me up from corruption * in that Thou art compassionate.

I have been cast into the abyss of transgressions and iniquities, O all-immaculate one; yet stretch forth thy hand, and lead me up from the despair of Hades.

I know the multitude of the offenses and thoughts which vex me; wherefore, hasten thou and deliver me, O most pure one.

Glory ..., **T**ake pity on thy servant, O Christ Master, by the supplications of her who in purity gave birth to Thee, when Thou shalt come to judge the world which Thou hast fashioned.

Now & ever ..., **O** pure Lady, my soul hath been dragged down into the abyss of transgressions, to become food for the demons; wherefore, save me who am beyond hope.

“Lord have mercy!” (Thrice). Glory ..., Now & ever ...,

Sedalion, in Tone V:

Spec. Mel.: “The co-beginningless Son...”:

The greatly painful passions of my soul and the infirmities of my flesh do thou quickly heal; still the wandering of my mind, O most immaculate Theotokos, and grant that in serenity of thought I may offer pure prayers unto the King, and beg remission of offenses.

ODE VII

Irmos: The supremely exalted Lord of our fathers * quenched the flame, * and bedewed the Youths * as they chanted in harmony: * O God, blessed art Thou!

When I bring to mind the multitude of mine unseemly deeds and transgressions, O all-immaculate one, I am afraid and horrified. O Virgin, by thy prayers free me from them.

The sleepless word and the unquenchable fire ever erode and devour my soul. Let me not become food for them, O most holy Theotokos.

Glory ..., **O** all-immaculate Virgin, from the outmost darkness and dread torment deliver thy servants who cry out to thy Son: O God, blessed art Thou!

Now & ever ..., **I** have defiled my flesh with shameful passions, and have darkened by mind with vile thoughts; yet take pity, O pure one, and save me, Thy useless servant.

ODE VIII

Irmos: Unto Thee the Fashioner of all, * the children in the furnace chanted a hymn: * All ye works of the Lord, * supremely exalt Him throughout all ages.

Unto thee, the Theotokos, do I bring the weakness of my lowly soul, the infirmity of my heart and the delusion of my mind; and I cry aloud, asking thine aid, O Virgin.

Be Thou merciful to Thy servants, O Word, through the supplications of her who gave birth to Thee, and save those who chant: O all ye works of the Lord, hymn the Lord and supremely exalt Him throughout the ages!

Glory ..., **O** thou who hast given birth to Him Who hath willed mercy, have mercy upon all who chant with faith: O all ye works of the Lord, hymn the Lord and supremely exalt Him throughout the ages!

Now & ever ..., **D**eliver me from the outermost darkness and the worm which sleepeth not, O good Virgin, in that thou hast given birth to the Creator of the world; for all things whatsoever He desireth, He can accomplish by thy prayers.

ODE IX

Irmos: O Isaiah, rejoice and be glad! * The Virgin hath conceived in her womb, * and hath borne a Son, Emmanuel, * who is both God and man; * and Orient is His name; * Him we magnify, and the Virgin we call blessed.

God to Whom thou hast ineffably given birth, O pure Lady, do thou earnestly beseech, that He deliver us from misfortunes and sorrows, and from the dread judgment which is to come; and that He grant unto us the splendors of His saints.

I have sinned more than all others, disobeying Thy life-creating commandments, O Christ, making myself like the irrational beasts; yet by the prayers of Thy Mother, O Word, may I not be taken unrepentant from this life.

Glory ..., **I**n that thou hast given birth to the Word of God, the Abyss of mercy, O good one, have mercy upon the souls of all who flee beneath thy protection; for thee have we all acquired as an unashamed intercessor before God.

Now & ever ..., **A**sk now for our purification and remission, deliverance from all needs, and correction of life which is pure and radiant, O Mother of God, that we may glorify thy great beneficence.

Then, “It is truly meet...”, and a prostration. Trisagion through Our Father ..., Troparion, and the rest as usual. Dismissal.

**ON TUESDAY MORNING: TONE V
AT MATINS**

**After the first chanting of the Psalter, these Sessional hymns of repentance, in
Tone V:**

When the Judge shall take His seat and the angels stand before Him, when the trumpet shall sound and the flame kindled, what shalt thou do, O my soul, when thou art brought to judgment? For thine evils will then confront thee, and thy secret sins will be laid bare. Wherefore, before the end cry out to the Judge: Cleanse me, O God, and save me!

Verse: **O Lord, rebuke me not in Thine anger, * nor chasten me in Thy wrath.**

Let us all keep vigil and greet Christ with a plentitude of oil and radiant lamps, that we may be deemed worthy to enter the bridal-chamber; for he who findeth himself outside the gates shall cry unto God in vain: Have mercy on me!

Glory ..., Now & ever ..., Theotokion:

The strange mystery of the Virgin * hath been revealed to the world as salvific: * for from her wast seedlessly born, * and revealed in the flesh without corruption. * The Joy of all, ** O Lord glory be to Thee!

After the second chanting of the Psalter, these Sessional hymns, in Tone V:

When thy deeds are laid bare, O my soul, and myriads of angels stand before the Judge, what answer shalt thou find for thy shame, if thou wilt not cry out, weeping, before the end: “I have sinned, O good Lord! Have mercy on me!”?

Verse: **O Lord, rebuke me not in Thine anger, * nor chasten me in Thy wrath.**

I lie upon the bed of mine offenses, robbed of my hope of salvation; for the dreaming of my slothfulness winneth torment for my soul. O God Who wast born from the Virgin, raise me up to Thy hymnody, that I may glorify Thee.

Verse: **Wondrous is God in His saints, * the God of Israel.**

Martyricon: **T**hou hast given us an indestructible bulwark, O Christ God: the miracles of Thy holy martyrs. By their prayers make steadfast Thy faithful people, in that Thou art good and the Lover of mankind.

Glory ..., Now & ever ..., Theotokion:

Show forth thy ready protection, help and mercy * upon thy servants, O pure one; * dampen the waves of vain thoughts, * and raise up my fallen soul, O Theotokos, * for I know, O Virgin, I know, ** that thou canst do whatsoever thou dost will.

After the third chanting of the Psalter, these Sessional hymns, in Tone V:
Spec. Mel.: “The Word Who with the Father and the Spirit is equally without
beginning...”

The threefold waves of despair assail me who have fallen headlong into the depths of sin; but in that Thou art almighty, O Christ, Pilot of all, go Thou before me and in Thy tender compassion steer me to the calm harbor of dispassion, and save me by the prayers of the Forerunner, O Savior.

Elizabeth was freed from barrenness, and the Virgin remained a virgin when she conceived in her womb at the sound of Gabriel’s voice. And the Forerunner John leapt up beforehand in his mother’s womb, perceiving in the womb of the Virgin the God and Master, Who became incarnate for our salvation.

Glory ..., Now & ever,..: Theotokion:

O root that hath budded forth the divine flower, tabernacle and candlestick, golden vessel of manna, holy table bearing the bread of life: with John the Forerunner, intercede before Him, since He is thy son and God, that He may grant mercy and salvation to all who acknowledge thee to be the very Theotokos!

ODE I

Canon of repentance, the acrostic whereof is “O Christ, grant us cleansing of transgressions”, the composition of Joseph, in Tone V:

Irmos: A land which the sun had never beheld, * and upon which it had never shined, * an abyss which the vault of heaven had not seen laid bare, * hath Israel traversed dry-shod, O Lord. * And Thou didst lead them to Thy mountain of sanctification, * as they sang and chanted * a hymn of victory.

Grant me cleansing of the things I have done, O Savior, and absolve me before I depart from hence. Wash away my great filth, O Lord Who cleansed the lepers, and grant that I may stand blamelessly before Thee Who wilt come to judge the living and the dead.

The discharge which lieth upon the eyes of my soul prevents me from gazing upon Thy beams, which Thou didst emit when Thou didst appear on earth, O unapproachable Sun. Wash it away, O Savior, and grant that I may contemplate the light of Thy grace, O compassionate Lord.

Martyricon: Full of vigilance, O blessed spiritual athletes, keepers of the commandments of Christ, ye lulled to sleep all the evil of the enemy; wherefore, in your divine vigilance raise me up to repentance, I pray, for I am weighed down by the sleep of sin.

Martyricon: **C**ontending in your flesh against the adverse foe, O martyrs, ye vanquished him with the sword of the Cross and drowned him in the outpouring of your blood; and, singing and chanting a hymn of victory, ye have received from God crowns of victory.

Theotokion: **D**eliver me from evil habits, O pure Virgin. Upon the rock of the commandments establish me who am shaken by the machinations of him who of old caused our first parents to fall. And grant that I may please Christ, singing well and chanting a hymn of victory.

Another canon, of John the Forerunner, the acrostic whereof is “O Baptist, accept this entreaty”, the composition of Joseph, in Tone V:

Irmos: **C**hrist, who with an upraised arm * bringeth wars to naught, * hath shaken horse and rider in the Red Sea; * but Israel hath He saved * as they chanted a song of victory.

A pure and immaterial way of life didst thou show forth in a material body, O Forerunner; wherefore, we beseech thee: Make those who bless thee with faith emulators of thyself.

O Forerunner who immersed Christ, the Abyss of compassion, in the river's streams, entreat Him to dry up the abyss of mine evils and to enlighten my mind, I pray.

O Forerunner of the Savior, mediating causes of repentance for me, I pray thee: Ask and entreat Him Who is the Lover of mankind, that I be granted the compunction which washeth away the fetid mire of sin.

Theotokion: **W**ithout pain thou hast ineffably given birth unto Him Whom the Father incorruptibly begat before all ages, O all-hymned Lady. Him do thou beseech, that He save from all harm those who have recourse unto thee.

ODE III

Canon of Repentance

Irmos: **D**o Thou establish my heart, O Lord, * which is shaken by the billows of life, * and guide it to a calm haven, O God.

I promised Thee that I would repent, O God, yet still I commit sin. What will become of me? How shall I find myself when Thou shalt come to judge the earth?

Let us offer supplication unto the Lord; let us sigh and shed the tears which wash away defilement, that we may find deliverance in the world to come.

Martyricon: **T**heir minds wholly dead, the violators of the law wounded the victorious martyrs who love Life and confess Christ.

Martyricon: The choirs of the martyrs have been numbered with the choirs of the noetic angels; becoming peers of the angels through the grace of the divine Spirit.

Theotokion: Open now to me the gates of repentance, the portal of the Light, O Virgin; and forbid the passions entry into my humbled soul.

Canon of the Forerunner

Irmos: By Thy command Thou didst establish the earth upon nothing * and suspended it unsupported; * do Thou establish Thy Church on the unshakeable rock of Thy commandments, O Christ, * who alone art good * and the Lover of mankind.

Ever pouring forth healings upon those who approach thy temple with faith, O wondrous Forerunner, I pray thee: Cure the passions of my heart, which most wretchedly grows within me through negligence, O thou who art most noetically rich.

I sigh and am ever wracked by lamentations when I think of Thine inexorable judgment, O only most-righteous Judge. By the supplications of Thy Forerunner, preserve me uncondemned there, O Lord my God.

As the mediator between the Old and the New Covenants through thy divine mediations, O glorious Forerunner, I cry to thee: By repentance renew me who am grown old through many sins, that I may honor thee in praise.

Theotokion: O holy Virgin Mother who alone art all-immaculate: Lift from us the blame of transgressions, enlighten our minds, purify our hearts, and deliver us all from everlasting condemnation, we pray.

ODE IV

Canon of Repentance

Irmos: I have heard Thy report, O Lord, * and I was afraid. * I came to knowledge of Thy dispensation, * and I glorified Thee, O only Lover of mankind.

Paying no heed to Thine enlightening words, O Lord, I have committed deeds of darkness, and I fear Thy dread tribunal in the life to come.

If we give wings to the ship of our soul with the sail of the fear of God, we shall reach the havens of repentance, escaping the threefold waves of evils.

Martyricon: O martyrs, ye have been revealed to be divine mountains which let fall sweetness, and the divinely-planted garden having within it the Lord, the Tree of life.

Martyricon: With arrows of patience and perseverance ye shot down the demonic foe, and have received crowns of glory.

Theotokion: O most pure Lady, intercessor for sinners, divine correction of those who have fallen, thou art glorified as she who gave birth to God.

Canon of the Forerunner

Irmos: Habbakuk, prophetically apprehending * Thy divine self-emptying, O Christ, * cried out to Thee with trembling: * Thou hast come for the salvation of Thy people; * to save Thine anointed Ones.

As a true warrior of Christ the King, thou hast made thine abode in the kingdom on high, O Baptist. Unceasingly entreat Him, that He have pity on those who honor thee.

Foreseeing the gratefulness of thy heart, the Lord sanctified thee from thy mother's womb, O blessed one. Him do thou entreat, that He sanctify us all, we pray.

Thou didst announce the coming of Him Who died for our sake unto all the dead. Him do thou beseech, O Forerunner, that He give life to me who have died, and save me.

Theotokion: Have mercy on me, O only most immaculate one, for thou hast ineffably given birth unto God Who is merciful in His surpassing goodness; and deliver me from everlasting torments.

ODE V

Canon of Repentance

Irmos: Hasten Thou and have compassion on my wretched soul, * which doth battle at night * with the darkness of the passions. * Shine in me with the brightness of the day, * O noetic Sun, * and thereby make the night give way to light.

There is no salvation for me in my works, for I have committed many sins on earth, wretch that I am, and I shall tremble before Thy dread judgment-seat when thou shalt judge those who have broken Thy commandments, O God.

How mindless have I been! How dark I have become by doing evil deeds! How I have failed to understand the fear of Thee, O Christ! I have fallen face down upon the ground and made myself like the irrational beasts; yet grant me conversion, O God of all.

Martyricon: The cloud of martyrs hath dispelled the clouds of bitter torments, shining forth the daylight of true understanding, destroying the gloom of polytheism, and reaching the unapproachable Light.

Martyricon: Sanctify my mind by the supplications of Thy holy martyrs, I pray, O Christ, and show me to be full of enlightenment, and a partaker of everlasting glory, that, rendering glory, I may hymn Thee, O Savior.

Theotokion: At the ineffable word thou hast given birth for us, O Virgin Mother, unto God Who through thy blessed mediations hath granted repentance unto all who have greatly sinned, O refuge and haven of the faithful.

Canon of the Forerunner

Irmos: O Thou Who hast clothed Thyself in light as with a garment, * I rise early unto Thee and cry out to Thee: * Enlighten my darkened soul, O Christ, * in that Thou alone art compassionate!

The womb of the barren one gave birth unto thee, O Forerunner, through thy right fruitful words showing forth as right fertile our hearts which are void of good works; wherefore, we call thee blessed.

In the desert places thou didst blossom like a right fragrant lily, O ever-blessed one; wherefore, we cry out to thee: Drive all the fetor of evil from my soul, O Forerunner.

Thou didst stand between the law and grace, O all-wise one; wherefore, I cry aloud: Have pity on me who am afflicted with wretchedness and am vanquished by the law of sin, O Forerunner.

Theotokion: O most pure one, impassable portal of glory, open unto me the gates of repentance, winning for me divine entry and rest in the life to come.

ODE VI

Canon of Repentance

Irmos: Even as Thou didst deliver the Prophet from the beast, O Lord, * so do Thou lead me up from the depths * of unrestrained passions, I pray Thee, * that I may dare * to look upon Thy holy temple.

Now is the time to change our ways, yet I always lie prostrate, ever stuck in great senselessness. But releasing me from the darkness of my heart, O Word, have pity on me.

Have pity on me who groan, as once Thou hadst pity on the publican, O compassionate Christ; and grant that I may weep fervent tears like the harlot, that I also may wash away the filth of my many transgressions

Martyricon: O great martyrs of Christ, from the great flame in Gehenna, which awaiteth me there, rescue me who have sinned greatly, that I may ever greatly glorify your memory.

Martyricon: **H**aving struggled well, Thy passion-bearers were radiantly crowned by Thy life-creating right hand, O Lord and God. By their honored intercessions save all Thy people.

Theotokion: **O** divinely joyous tabernacle of holiness, precious ark, lampstand of the divine Light, table of the Bread of life, animate palace of the Word: Show me to be a temple of the Spirit.

Canon of the Forerunner

Irmos: **Calm the raging sea of the passions, * O Master Christ, * with its soul-destroying tempest, * and lead me up from corruption * in that Thou art compassionate.**

Resplendent with ineffable beams, O Forerunner of Christ, by thine effective supplications illumine the hearts of those who piously praise thee.

O Forerunner of Christ, with grace illumining me, who am held fast in the sleep of slothfulness, assiduously rouse me to do those things which God willeth.

From every tribulation caused by the adversary deliver us who have acquired thee as a divine intercessor and advocate before the Master, O blessed one.

Theotokion: **T**he tempest of sin assails me, O most pure Theotokos. Make haste to deliver me, guiding me to the haven of repentance, O all-immaculate one.

ODE VII

Canon of Repentance

Irmos: **The prayer of the Children quenched the fire * and the furnace which bedewed them proclaimed the miracle, * for it neither burned nor consumed those, * who chanted hymns unto the God of our Fathers.**

Forgive Thou mine iniquities, mine injustices and my countless offenses, O Christ, and in the greatness of Thy compassions, O God, deliver me from the torment which is to come.

Like the prodigal I have now squandered all the wealth I once received, and I am beset by starvation, deprived of divine food. Accept me, the penitent, O Savior, and save me.

Martyricon: **Y**our members mortified by many tortures, ye rendered dead the warring foe, O right wondrous martyrs of the Lord; wherefore, we the faithful piously hymn you.

Martyricon: **O** martyrs, with patience and valor ye impaled hordes of the demons and all the multitude of tormentors, and have now been transported to true Life.

Theotokion: **T**hou hast been revealed to be a haven of salvation for all, O pure one, stilling the tempest of the passions and leading to tranquility all who are humble on the earth, O pure Theotokos.

Canon of the Forerunner

Irmos: **T**he supremely exalted Lord of our fathers * quenched the flame, * and bedewed the Youths * as they chanted in harmony: * O God, blessed art Thou!

With words we entreat thee who art the Forerunner of the Word: As thou didst loose the voice of thy father at thy birth, so loose thou the snares of our transgressions.

O all-radiant sun who shinest the radiance of salvation upon me, deliver me from the darkness of the passions which vex my darkened heart.

I have acquired an unfruitful soul and a barren heart, O divine offspring of the barren woman. O Baptist of Christ, pray thou without ceasing, that I may produce the fruits of repentance.

Triadicon: **L**et us glorify the Son Who is equal to the Father, and the Holy Spirit, the indivisible Trinity, chanting in a godly manner: O God, blessed art Thou!

Theotokion: **O** all-immaculate one, thou hast given birth to Christ as a little Child, Who worketh the renewal of us who have grown old through the ancient transgression.

ODE VIII

Canon of Repentance

Irmos: **O** ye company of Angels, * and assembly of mankind; * ye priests, Levites, and peoples: * praise, bless, and supremely exalt the King and Creator of all, * throughout all ages.

Behold, the sores of my soul have putrefied and grown fetid, O Christ, and I have suffered and been humbled thereby; but treat me, O Savior, with the medicines of repentance.

By deception the most wicked serpent defrauded me and filled me with evils; but, sighing, I cry: O Word, reject me not, who am condemned and brought low!

Martyricon: **Y**e turned not away from a higher standing, O all-praised ones, and ye cast down the enemies of the Cross who sought to undermine you, utterly vanquishing them, O most wise ones.

Martyricon: O all-praised martyrs of the Lord, neither fire, nor the sword, nor wild beasts, nor starvation, nor the crushing wheel, nor any other torture was able to separate you from Christ the Lover of mankind.

Theotokion: O Mother of God, boast of angels and salvation of all, be thou a surety for me, that I may find and receive remission of the sins I have committed in the past, in knowledge and in ignorance.

Canon of the Forerunner

Irmos: Unto Thee the Fashioner of all, * the children in the furnace chanted a hymn: * All ye works of the Lord, * supremely exalt Him throughout all ages.

Thou didst wash the assembly of the people in the streams of the Jordan, preaching repentance, O great Forerunner; wherefore, I cry out to thee: Dry up the stream of my passions, sending forth wellsprings of tears upon me.

Be thou wholly atremble, O my soul, pondering the judgment-seat of the Almighty; and cry aloud: O Compassionate One, for the sake of Thy Forerunner have pity and save me, and deliver me from torments.

I move mine unclean lips and defiled tongue in prayer to thee, O holy Forerunner: Hasten thou quickly, and help me, who am unceasingly shaken by all the assaults of the deceiver.

Triadicon: O consubstantial Trinity - Father, Son and Spirit - rain down upon us remission of offenses, that, having received perfect salvation, we may supremely exalt Thee throughout all ages.

Theotokion: O divinely joyous one, by thine exalted birthgiving thou hast raised us up from the pit into which we have fallen; wherefore, with grateful voices, O Maiden, we hymn thee with faith throughout all ages.

We then chant the Hymn of the Theotokos [the Magnificat], with the refrain: "More honorable than the cherubim...", and make prostrations.

ODE IX

Canon of Repentance

Irmos: For the Mighty One hath done great things to thee, * in that He showed thee forth as a pure Virgin * even after giving birth, * since thou art she that hath seedlessly borne her own creator, * wherefore, O Theotokos, * we magnify thee.

That I may magnify Thy long-suffering, I cry to Thee: O Jesus, be Thou yet patient with me, and hew me not down like the barren fig tree, but let me produce for Thee the fruits of repentance.

How awesome art Thou, O Thou Who alone art mighty and powerful! Who will withstand the dread threat of Thee when Thou Thyself shalt come to sit in judgment? When that shall take Thy place, preserve me uncondemned.

Martyricon: **B**y your divine pangs ye take away the pains of my body, O spiritual athletes of the Lord; wherefore, heal the most grievous passions of my soul, in that ye are most skilled physicians.

Martyricon: **T**he shrines of your relics shine forth more brightly than the rays of the sun with rays of divine grace, enlightening hearts and illumining the souls of those who praise you with faith, O passion-bearers.

Theotokion: **O** thou who art full of the grace of God, thou hast truly been revealed to be the radiant cloud which leadeth the new people to the promised land, and the gate which leadeth to life; wherefore, we magnify thee, O Theotokos.

Canon of the Forerunner

Irmos: **O** Isaiah, rejoice and be glad! * The Virgin hath conceived in her womb, * and hath borne a Son, Emmanuel, * who is both God and man; * and Orient is His name; * Him we magnify, and the Virgin we call blessed.

Lo! the majesty of thy temple is acknowledged to be heaven on earth, O Forerunner of Christ, and with divine rays thou enlightenest those who approach it and who now bless thee therein every day.

As the true friend of the Master, O all-blessed Baptist, strengthen me to love Him without wavering, and with an upright character, and to spurn the corrupting passions which lead me into the pit of perdition.

Thou wast not a reed shaken by contrary winds, O most wise one, but rather our divine confirmation and the unshakable fortification of the Church, which do thou preserve unshaken by thy supplications, causing every temptation to cease.

The coming of the Creator is at hand! Why, therefore, dost thou not weep over thyself, O my wretched soul - living in indifference. But arise, and cry out to the Lord: Have pity on me, O Savior, through the supplications of the Forerunner, in that Thou lovest mankind!

Theotokion: **T**hou hast been shown to be the radiant chariot of the Sun Who shone forth from thy womb and broke the cruel darkness of delusion, O all-immaculate and pure one. Wherefore, with faith we bless thee as is meet.

Then, “It is truly meet to bless thee...”, and a prostration. Litany, Exapostilarion, and the usual psalms.

Aposticha Stichera of repentance, in Tone V:

Turn away from the multitude of my transgressions O Lord, Who wast born of the Virgin, and cleanse me of all my sins. I beseech Thee to grant me the thought of turning back unto Thee, for Thou alone art the Lover of mankind, and have mercy upon me.

Verse: We were filled in the morning with Thy mercy, O Lord, and we rejoiced and were glad. In all our days, let us be glad for the days wherein Thou didst humble us, for the years wherein we saw evils. And look upon Thy servants, and upon Thy works, * and do Thou guide their sons.

Woe is me, to whom am I like? I am like the barren fig tree, and I fear that I shall be cursed and cut down. But, do Thou O heavenly Husbandman, make my barren soul fruitful, O Christ God, and receive me as the Prodigal Son, and have mercy upon me.

Verse: And let the brightness of the Lord our God be upon us, and the works of our hands do Thou guide aright upon us, * yea, the work of our hands do Thou guide aright.

Martyricon: Thy passion-bearers, O Lord, emulators of the angelic ranks, endured tortures as though bodiless, and in oneness of mind possessed the hope of enjoyment of the good things promised them. By their prayers, O Christ God, grant peace to Thy world and great mercy to our souls.

Glory ..., Now & ever ..., Theotokion:

O thou who art full of grace, * intercede by thy supplications, * and beg that a multitude of compassions be granted to our souls * and the cleansing of our many sins, ** we entreat thee.

Then, “It is good to give thanks...” Trisagion through Our Father... Troparion.
Litany. First Hour, and Dismissal.

**ON TUESDAY MORNING: TONE V
AT LITURGY**

On the Beatitudes, these Troparia, in Tone V:

Believing Thee to be God, the thief on the cross confessed Thee, O Christ, crying out in purity from the depths of his heart: Remember me, O Lord, in Thy kingdom!

As Thou didst justify the harlot who wept from the depths of her soul, O Christ, so do Thou rescue me from all torment, for I am in despair, O good Master, I entreat Thee.

Together let us bless John, who went before Christ and prepared His goodly ways, that through his divine supplications we may be delivered from transgressions.

Martyricon: O holy martyrs, who drained the cup of Christ with a fervent soul: With the downpour of your divine prayers deliver us from turbid sins and ailments.

Glory ..., O unapproachable God, almighty Trinity and Unity: By the supplications of Thy Forerunner save me, delivering me from darkness and the flame which awaiteth me.

Now & ever ..., Ever defiled by wicked acts, I beseech thee, the undefiled Mother of the Master: Cleanse me of all defilement, O Lady!

On Tuesday, the Prokeimenon in Tone VII:

Prokeimenon, in Tone VII: The righteous man shall be glad in the Lord * and shall hope in Him.

Verse: Harken, O God, unto my prayer, when I make supplication unto Thee.

Alleluia, in Tone IV: The righteous man shall flourish like a palm tree, and like a cedar in Lebanon shall he be multiplied.

Verse: They that are planted in the house of the Lord, in the courts of our God they shall blossom forth.

Communion Verse: In everlasting remembrance shall the righteous be; he shall not be afraid of evil tidings.