

## TRIODION

### FIRST WEEK OF LENT: THURSDAY MATINS

The usual beginning, with the Six psalms, the Great Litany and then:

Deacon (Priest): Alleluia, in the \_\_\_ Tone:

Verse: **O**ut of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are light upon the earth.

Choir: Alleluia, alleluia, alleluia.

Verse: **L**earn righteousness, ye that dwell upon the earth.

Choir: Alleluia, alleluia, alleluia.

Verse: **Z**eal shall lay hold upon an uninstructed people.

Choir: Alleluia, alleluia, alleluia.

Verse: **A**dd more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

Choir: Alleluia, alleluia, alleluia.

Then the Choir sings the Triadicon (Hymns to the Trinity) in the Tone of the week, each one only once. Then follows the 1st reading from the Psalter (Kathisma VI) and the Sessional hymns from the Oktoechos in the Tone of the week. Then follows the 2nd reading (Kathisma VII) from the Psalter and:

Sessional hymn; by Joseph in Tone II:

**O** Word of god, Thou didst make Thy disciples \* beacons illumining the ends of the earth by their preaching! \* Illumine our hearts with the light of the virtues; \* Cleanse us through fasting; \* Grant Thy servants repentance and conversion \* That we may glorify Thee, O Savior, \*\* Thou only supremely good One!

Glory ..., in Tone II:

Repeat: **O** Word of god, Thou didst make ....

Both Now & ever ..., in Tone II:

**O** Theotokos turn not away from me \* who am in need of thy help! \* for my soul trusteth in thee: \*\* do thou have mercy on me!

Then the 3rd reading from the Psalter (Kathisma VIII) followed by:

Sessional hymn; by Theodore in Tone V:

**W**e entreat ye, twelve apostles: \* intercede for us that we may in peace practice abstinence, \* the most glorious of those virtues that abide in heaven, \* so that we may gain the fruits of salvation! \* for ye are indeed a strong support to us on earth \*\* and a refuge for our souls!

Glory ...,

**Repeat:** We entreat ye, twelve apostles ...

**Both Now & ever ..., in Tone V:**

**O** Theotokos, in truth we confess thee \* to be worthy of all praise; \* truly higher than the heavens \* and more holy than the Cherubim. \* Through thee we sinners gain salvation \* and find protection in temptations! \* cease not to intercede on our behalf, \*\* for thou art a strong support and refuge for our souls!

**Psalm 50, Then: "Save O God thy people ... ", Lord have mercy (40 times):**

**Followed by the Canons from the Menaion and the Triodion: Consult the rubrics for the order of reading (Mother Mary's Lenten Triodion). Note: After Ode III there is a small litany, followed by the Sessional hymns from the Menaion: After Ode VI there is a small litany, followed by the Kontakion and Ikos from the Menaion and/or Triodion.**

**After ODE III there is a small litany, followed by the Sessional hymns from the Menaion:**

**The Tri-ode Canon, by Joseph in Tone II:**

**ODE IV: First Canon:**

**Irmos: From a Virgin didst Thou come forth, not as an ambassador, \* nor as an Angel, \* but the very Lord himself incarnate, \* and didst save me, the whole man; \* wherefore I cry unto Thee: \* Glory to Thy power, O Lord!**

**Refrain: Holy Apostles pray to God for us.**

**B**ecome as lightning, my soul, receiving the flashing rays of abstinence, and flee from the obscurity of sin: that through the Divine Spirit the light of forgiveness may enlighten thee as the rising sun.

**Refrain: Holy Apostles pray to God for us.**

**T**he deceiver enticed and captured me with the hook of pleasure. But, as ye caught the whole world in your net by your preaching O apostles, deliver me also from his malice.

**Refrain: Holy Apostles pray to God for us.**

**G**lorious apostles, ye shine as rays from the Sun of glory, dispelling the eclipse of delusion. Let your light also fall on me, for I am darkened by every evil.

**Refrain: Most Holy Theotokos Save us!**

**O** Virgin I cry out to thee day and night in my affliction, encircled by thy help and strength, I shall be saved, and easily leap the hurdle of sensual pleasure.

**Second Canon; by Theodore in Tone V:**

**Irmos:** The works of Thy dispensation, O Lord, \* filled the prophet Habakkuk with wonder, \* for Thou hast come to bring salvation to Thy people, \* and to save all Thine anointed ones.

**Refrain:** Holy Apostles pray to God for us.

Effulgent with the radiance of the sun of righteousness, O ye apostles, you give light to this earthly world, driving away the gloomy darkness of delusion.

**Refrain:** Holy Apostles pray to God for us.

**O** ye apostles, lyres of the Savior, played by the Spirit; preaching to the ends of the earth, ye sing a melody pleasing to the ear, converting the world to God.

**Glory ...,** Let us glorify the Trinity, unity in essence; let us sing the praises of the one Lord God, the Father unbegotten, the Son begotten and the Spirit of life.

**Now & ever ...,** A virgin hath conceived, O Lord, and given birth to Thee, Emmanuel; for Thou hast come to bring salvation to Thy people, and to save all of Thine anointed ones in Thy love for mankind.

**Refrain:** Glory to Thee, our God, glory to Thee;

**O** ye divine and honored company of twelve apostles, we entreat you to pray unto Christ on our behalf, that with a firm resolve we may pass through the period of the forty days.

**Katavasia:** The works of Thy dispensation, O Lord, \* filled the prophet Habakkuk with wonder, \* for Thou hast come to bring salvation to Thy people, \* and to save all Thine anointed ones.

*After ODE VI there is a small litany, followed by the Kontakion and Ikos from the Menaion and/or the Martyricon.*

**ODE VIII**

**First Canon**

**Irmos:** The three holy children were not obedient \* to the decree of the tyrant; \* and cast into the furnace they confessed God, singing: \* O all ye Works of the Lord, bless ye the Lord.

**Refrain:** Glory to Thee, our God, glory to Thee;

**L**et us abstain from every pleasure; let us enrich our powers of perception through fasting, and let us drink gladly the cup of compunction, as we sing: all ye works of the Lord, bless ye the Lord!

**Refrain: Glory to Thee, our God, glory to Thee;**

**O** ye apostles, when ye sit with Christ to judge all mankind, even though I deserve condemnation for my many sins, intercede on my behalf, that I may be granted a place at His right hand.

**Refrain: Glory to Thee, our God, glory to Thee;**

**C**leansed by the fast, let us go up into the chariot of the divine virtues, making our mind ascend on wings to the heights of heaven, as we sing: all ye works of the Lord, bless ye the Lord!

**Refrain: Most Holy Theotokos Save us!**

**O** Virgin, thou didst bear the fire of the Godhead, yet remained unconsumed, do thou burn up the passions of our souls, for in faith we call upon thee with the angelic salutation, since it is thou alone who didst bring us joy!

### **Second Canon;**

**Irmos: Thy venerable children sang Thy praises \* in the furnace, O Christ, \* and they cried aloud: \* all ye works of the Lord, bless ye the Lord!**

**Refrain: Holy Apostles pray to God for us.**

**We** praise the trumpets of the spirit, the disciples of Christ, and we cry aloud: all ye works of the Lord, bless ye the Lord!

**Refrain: Holy Apostles pray to God for us.**

**We** praise the disciples of Christ who offer intercession for the world and drive away all delusion, and we cry aloud: all ye works of the Lord, bless ye the Lord!

**Refrain: Let us bless the Father, Son, and Holy Spirit: the Lord!**

**We** praise the all-holy Trinity, Father, Son and Spirit, and we sing: all ye works of the Lord, bless ye the Lord!

**Both Now & ever ...;** **W**ith all mankind we sing the praises of thine ineffable childbearing, and with true devotion we cry aloud, pure virgin: all ye works of the Lord, bless ye the Lord!

**Refrain: Glory to Thee, our God, glory to Thee;**

**P**ray for us, O ye apostles, that we may complete these days of cleansing in peace, as we cry aloud: all ye works of the Lord, bless ye the Lord!

**Verse:** We praise, we bless and we worship the Lord, singing and exalting Him throughout all ages!

**Katavasia:** Thy venerable children sang Thy praises \* in the furnace, O Christ, \* and they cried aloud: \* all ye works of the Lord, bless ye the Lord!

And then we sing the Song of the Most Holy Theotokos (the Magnificat)

**Verse:** My soul doth magnify the Lord, \* and my spirit hath rejoiced in God my Savior.

And after each Verse:

**Refrain:** More honorable than the Cherubim, \* and beyond compare more glorious than the Seraphim; \* who without corruption gavest birth to God the Word, \* the very Theotokos, thee do we magnify.

**Verse:** For He hath looked upon the lowliness of His handmaiden; \* for behold, from henceforth all generations shall call me blessed.

**Refrain:** More honorable ...

**Verse:** For the Mighty One hath done great things to me, \* and holy is His name; \* and His mercy is on them that fear Him \* unto generation and generation.

**Refrain:** More honorable ...

**Verse:** He hath showed strength with His arm, \* and He hath scattered the proud in the imagination of their heart.

**Refrain:** More honorable ...

**Verse:** He hath put down the mighty from their seat, \* and exalted them of low degree; \* He hath filled the hungry with good things, \* and the rich He hath sent empty away.

**Refrain:** More honorable ...

**Verse:** He hath holpen His servant Israel \* in remembrance of His mercy, \* as He spake to our fathers, \* to Abraham and his seed forever.

**Refrain:** More honorable ...

## ODE IX:

### First Canon

**Irmos:** Thou didst contain within thy Womb \* the God whom nothing can contain, \* and hast brought forth joy to the world, \* wherefore we sing thy praises, \* O Virgin Theotokos.

**Refrain:** Have mercy on me, O God, have mercy on me.

Cast into the gaping deep of sensual pleasure, I call upon the abyss of Thy tender compassion: O Helmsman, save me!

**Refrain:** Have mercy on me, O God, have mercy on me.

O fountain of compassion, grant unto me compunction and cries of sorrow, that I may lament the boundless ocean of my evil deeds.

**Refrain:** Have mercy on me, O God, have mercy on me.

By the holy prayers of Thy disciples, Jesus grant that I may venerate Thy divine passion and Thine awesome Resurrection.

**Refrain:** Most Holy Theotokos Save us!

Thou hast made our earthly nature heavenly, O all-immaculate Virgin, for God took up his dwelling in thy womb: do thou deliver us all from all dangers!

**Second Canon;**

**Irmos:** O Christ, we magnify Thine all-immaculate and pure mother, \* for in a manner surpassing nature, \* she bore Thee in the flesh, \* delivering us from all manner of deception.

**Refrain:** Holy Apostles pray to God for us.

The apostles prophetically drew the water of immortality from the font of the Savior, ever giving the thirsty drink from the teachings of His life.

**Refrain:** Holy Apostles pray to God for us.

O apostles, princes of the King of heaven, ye have subdued the whole inhabited earth, so that it honoreth Him alone, worshiping and giving glory to Him as God.

**Glory ...**, Trinity, undivided unity, all-creative and all-powerful, Father, Son and Holy Spirit, Thou art my God, and Lord and light; I sing Thy praises and I worship Thee.

**Now & ever ...**, We and every generation call thee blessed, O pure Virgin mother, for thou art the mercy-seat of the universe, O thou who hast ineffably borne the Savior and creator.

**Refrain:** Glory to Thee, our God, glory to Thee;

O ye choir of apostles, keep safe those who praise you, and grant that they may pass with a contrite heart through all the days of the light-giving fast.

**Katavasia:** O Christ, we magnify Thine all-immaculate and pure mother, \* for in a manner surpassing nature, \* she bore Thee in the flesh, \* delivering us from all manner of deception.

**Then:** It is truly meet to bless thee, the Theotokos, \* ever-blessed and most blameless, and Mother of Our God. \* More honorable than the Cherubim, \* and beyond compare more glorious than the Seraphim, \* who without corruption gavest birth to God the Word, \* the very Theotokos, thee do we magnify.

The Small Litany, followed by the Svetilen for Thursday in the Tone of the week.

At the Aposticha in Tone III:

**T**hou hast appointed repentance for me, a sinner, O Lord, \* and because of Thy boundless mercy, \* desired to save me, who am unworthy, \* wherefore I fall down before Thee in prayer: \* do Thou humble my soul through fasting, \*\* for I have fled to Thee O Lord who alone art abundant in mercy!

**First 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.

**Repeat:** Thou hast appointed repentance...

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

**E**ven after death ye shone like beacons in the world, \* O holy martyrs! \* Having struggled in right noble endeavors; \* wherefore, having boldness before Christ, \*\* entreat Him to have mercy on our souls.

Glory ..., Now & ever ..., in Tone III:

**O** Theotokos, \* thou intercessor for all who pray to thee: \* in thee do we have boldness, \* in thee do we boast, \* and in thee do we place all our hope. \* Pray thou unto Him who was born from thee, \*\* on behalf of thine unprofitable servants.

**Reader:** It is good to give praise unto the Lord, and to chant unto Thy name, O Most High, to proclaim in the morning Thy mercy, and Thy truth by night.

**Reader:** Holy God, Holy Mighty, ... **O**ur Father ...

**Priest:** For Thine is the Kingdom, ....

**Reader: Amen.** Standing in the temple of thy glory, we seem to stand in heaven; O Theotokos, gate of heaven, open the door of thy mercy.

Lord have mercy. (40 Times)

Glory ..., Now & ever .... Amen.

**More** honorable than the Cherubim, and beyond compare more glorious than the Seraphim; who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, father (master) bless.

**Priest: He** that is blessed, Christ our God, always, Now & ever ..., and unto the ages of ages.

**Reader: Amen.** O Heavenly King, strengthen Orthodox Christians, establish the Faith, subdue the nations, give peace to the world, keep well this city (or habitation, or town); settle our departed fathers and brethren in the tabernacles of the righteous, and receive us in penitence and confession, for Thou art good and the Lover of mankind.

Then the Prayer of St Ephraim:

**Priest: O** Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. (Prostration)

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. (Prostration)

Yea, O Lord King, grant me to see my own failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. (Prostration)

O God, cleanse me a sinner. (Twelve times)

O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. Yea, O Lord King, grant me to see my own failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. (Prostration)

Then the reader immediately begins the first hour.

FIRST WEEK OF LENT, THURSDAY  
SIXTH HOUR

Troparion of the prophecy in Tone I:

**D**o Thou deliver us, O Lord, from enemies visible and invisible, \* that the gentiles may never say: \* where is their God? \* Let them understand, O master, \* that Thou dost forgive the sins \*\* of Thy repentant people.

Prokeimenon of the prophecy in Tone I:

**Prokeimenon:** When the Lord hath turned back the captivity of his people, \* Jacob shall rejoice and Israel shall be glad

**Verse:** The fool hath said in his heart: there is no God!

THE READING IS FROM THE PROPHECY OF ISAIAH (2:11-21)

**T**he lofty looks of man shall be humbled, and the haughtiness of men shall be bowed down, and the LORD alone shall be exalted in that day. For the day of the LORD of hosts shall be upon every one that is proud and lofty, and upon every one that is lifted up; and he shall be brought low: And upon all the cedars of Lebanon, that are high and lifted up, and upon all the oaks of Bashan, And upon all the high mountains, and upon all the hills that are lifted up, And upon every high tower, and upon every fenced wall, And upon all the ships of Tarshish, and upon all pleasant pictures. And the loftiness of man shall be bowed down, and the haughtiness of men shall be made low: and the LORD alone shall be exalted in that day. And the idols he shall utterly abolish. And they shall go into the holes of the rocks, and into the caves of the earth, for fear of the LORD, and for the glory of his majesty, when he ariseth to shake terribly the earth. In that day a man shall cast his idols of silver, and his idols of gold, which they made each one for himself to worship, to the moles and to the bats; To go into the clefts of the rocks, and into the tops of the ragged rocks, for fear of the LORD, and for the glory of his majesty, when he ariseth to shake terribly the earth.

Prokeimenon in Tone IV:

**Prokeimenon:** Lord, who shall abide in Thy tabernacle, \* and who shall dwell in Thy holy mountain?

**Verse:** Walking blamelessly, and doing right?

## FIRST WEEK OF LENT, THURSDAY

### VESPERS

On "Lord, I have cried ...", 6 Stichera:

Three Stichera from the Triodion, by St. Joseph the Hymnographer in Tone II:

**I** have been darkened by the adversary's deceits, O my Christ, \* do Thou enlighten me, \* O enlightener of the faithful, \* who didst darken the sun as Thou didst hang upon the Cross, \* granting deliverance, so that as I walk in the light of Thy precepts \*\* I may purely behold the saving rays of Thy resurrection!

**H**anging as a vine upon the tree, O Savior, \* Thou didst satisfy the earth with the wine of incorruption, \* wherefore, I cry unto Thee: \* I have been drunk always and darkened with sinfulness. \* Satisfy me with the sweet and true drink of compunction, \* and strengthen me now through abstinence from pleasures \*\* O my gracious Savior and Lover of mankind!

**G**reat are the wonders of the Cross! \* it planted abstinence firmly in the church, \* and uprooted Adam's lack thereof in paradise, \* one tree in Eden brought death to mankind, \* but another on Golgotha granted eternal life to the world. \* The Cross is the fountain of paradise \* which released Thy life-bearing blood and water. \* By Thy cross, do Thou gladden our Lenten joy, \* O God of Israel \*\* as one abundant in mercy.

And three Stichera from the Menaion.

Glory ..., Now & ever ..., From the Menaion.

Prokeimenon in Tone IV:

**Prokeimenon:** I will bless the Lord who giveth me understanding, \* moreover even till night have my reins instructed me.

**Verse:** Keep me, O God, for in Thee have I hoped!

### THE READING IS FROM THE BOOK OF GENESIS

**T**hese are the generations of the heavens and of the earth when they were created, in the day that the LORD God made the earth and the heavens, And every plant of the field before it was in the earth, and every herb of the field before it grew: for the LORD God had not caused it to rain upon the earth, and there was not a man to till the ground. But there went up a mist from the earth, and watered the whole face of the ground. And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul. And the LORD God planted a garden eastward in Eden;

and there he put the man whom he had formed. And out of the ground made the LORD God to grow every tree that is pleasant to the sight, and good for food; the tree of life also in the midst of the garden, and the tree of knowledge of good and evil. And a river went out of Eden to water the garden; and from thence it was parted, and became into four heads. The name of the first is Pison: that is it which compasseth the whole land of Havilah, where there is gold; And the gold of that land is good: there is bdellium and the onyx stone. And the name of the second river is Gihon: the same is it that compasseth the whole land of Ethiopia. 14 And the name of the third river is Hiddekel: that is it which goeth toward the east of Assyria. And the fourth river is Euphrates. And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it. And the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat: But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die. And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him. And out of the ground the LORD God formed every beast of the field, and every fowl of the air; and brought them unto Adam to see what he would call them: and whatsoever Adam called every living creature, that was the name thereof.

#### Prokeimenon in Tone IV:

**Prokeimenon:** Keep me, O Lord as the apple of thine eye, \* in the shelter of Thy wings wilt Thou shelter me.

**Verse:** Harken O Lord, unto my righteousness, attend unto my supplication, give ear unto my prayer.

#### THE READING IS FROM THE BOOK OF PROVERBS

**M**y son, forget not my law; but let thine heart keep my commandments: For length of days, and long life, and peace, shall they add to thee. Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart: So shalt thou find favour and good understanding in the sight of God and man. Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones. Honour the LORD with thy substance, and with the firstfruits of all thine increase: So shall thy barns be filled with plenty, and thy presses shall burst out with new wine. My son, despise not the chastening of the LORD; neither be weary of his correction: For whom the LORD loveth he correcteth; even as a father the son in whom he delighteth. Happy is the man that findeth wisdom, and the man that getteth

understanding. For the merchandise of it is better than the merchandise of silver, and the gain thereof than fine gold. She is more precious than rubies: and all the things thou canst desire are not to be compared unto her. Length of days is in her right hand; and in her left hand riches and honour. Her ways are ways of pleasantness, and all her paths are peace. She is a tree of life to them that lay hold upon her: and happy is every one that retaineth her. The LORD by wisdom hath founded the earth; by understanding hath he established the heavens. By his knowledge the depths are broken up, and the clouds drop down the dew.

**The Priest:** Let us complete our evening prayer ....

**At the Aposticha in Tone IV:**

**D**esiring to commune of the divine Pascha, \* the Pascha not from Egypt, but from Zion, \* let us renounce the drink of sin through repentance! \* let us gird our loins with the mortification of pleasures! \* let us cover our feet with shoes that tread no evil path! \* let us be confirmed with the shield of faith! \* let us not imitate the enemies of the Master's Cross! \* Rather, let us pursue victory over the devil through fasting \*\* for the sake of our Savior, who showed us the way!

**Verse 1:** 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.

**Repeat:** Desiring to commune of the divine ...

**Verse 2:** 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.

**T**hou art glorified in the memory of Thy martyrs, \* O Christ God, \* they entreat Thee on our behalf, \*\* to send down upon us Thy great mercy!

**Glory ..., Now & ever ..., in Tone IV:**

**Stavrotheotokion:** Beholding Thee \* nailed to the Cross, O Lord, \* the ewe-lamb, Thy Mother, marveled \* and cried out: "What is this that I see, \* O my Son most desired? How hast Thou been rewarded by the unfaithful and iniquitous assembly \* which hath enjoyed Thy many miracles? \* Yet glory to Thine ineffable condescension, O Master!"

**Reader [or the Choir]:** Now lettest Thou Thy servant depart in peace, O Master, according to Thy word, for mine eyes have seen Thy salvation, which

Thou hast prepared before the face of all peoples; a light of revelation for the Gentiles, and the glory of Thy people Israel.

**Reader:** Holy God, Holy Mighty, ... **O**ur Father ...

**Priest:** For Thine is the Kingdom, ....

In Tone V:

**O** Theotokos and Virgin, rejoice, O Mary, full of grace; the Lord is with thee; blessed art thou among women, and blessed is the Fruit of thy womb, for thou hast borne the Savior of our souls. (Prostration)

Glory ...,

**O** Baptist of Christ, be mindful of us all, that we may be delivered from our iniquities, for unto thee is given the grace to pray on behalf of us all. (Prostration)

Both Now & ever ...;

**P**ray for us, holy apostles and all ye saints, that we may be delivered from perils and afflictions: for ye are our fervent supplicants before the Savior. (Prostration)

**W**e take refuge beneath thy tender mercy O Theotokos: despise not our supplications in distress: but deliver us from perils, for thou alone art pure and blessed. (No Prostration)

Lord have mercy (40 Times)

Glory ..., Now & ever ...;

**M**ore honorable than the cherubim, and beyond compare more glorious than the seraphim, who without corruption gavest birth to God the word, the very Theotokos thee do we magnify.

In the name of the Lord father (master) bless!

**Priest:** He that is blessed, Christ our God, always, Now & ever ..., and unto the ages of ages.

**Reader:** Amen. **O** Heavenly King, strengthen Orthodox Christians, establish the Faith, subdue the nations, give peace to the world, keep well this city (or habitation, or town); settle our departed fathers and brethren in the tabernacles of the righteous, and receive us in penitence and confession, for Thou art good and the Lover of mankind.

Then the Prayer of St Ephraim:

**Priest:** **O** Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. (Prostration)

**But** rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. (Prostration)

**Yea,** O Lord King, grant me to see my own failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. (Prostration)

**O** God, cleanse me a sinner. (Twelve times)

**O** Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. Yea, O Lord King, grant me to see my own failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. (Prostration)

**Reader:** **H**oly God, Holy Mighty, ... **O**ur Father ...

**Priest:** **F**or Thine is the Kingdom, ....

**Lord Have Mercy (12 Times)**

**Reader:** **O** Most holy Trinity, the consubstantial dominion, the indivisible Kingdom, and cause of every Good: Show Thy good will even unto me a sinner; make steadfast my heart and grant it understanding, and take away mine every defilement; enlighten my mind that I may glorify, hymn, worship, and say: One is Holy, One is Lord, Jesus Christ, to the Glory of God the Father. Amen.

**Choir:** **B**lessed be the name of the Lord from henceforth and forevermore (Thrice). **G**lory ..., **N**ow & ever ..., **A**men.

### **PSALM 33 (READ OR SUNG)**

**I** will bless the Lord at all times, \* His praise shall continually be in my mouth. \*In the Lord shall my soul be praised; \* let the meek hear and be glad.

**O** magnify the Lord with me, \* and let us exalt His name together. \* I sought the Lord, and He heard me, \* and delivered me from all my tribulations.

**C**ome unto Him, and be enlightened, \* and your faces shall not be ashamed. \* This poor man cried, and the Lord heard him, \* and saved him out of all his tribulations.

**T**he angel of the Lord will encamp round about them that fear Him, \* and will deliver them. \* O taste and see that the Lord is good; \* blessed is the man that hopeth in Him.

**O** fear the Lord, all ye His saints; \* for there is no want to them that fear Him. \* Rich men have turned poor and gone hungry; \* but they that seek the Lord shall not be deprived of any good thing.

**C**ome ye children, hearken unto me; \* I will teach you the fear of the Lord. \* What man is there that desireth life, \* who loveth to see good days?

**K**eepe thy tongue from evil, \* and thy lips from speaking guile. \* Turn away from evil, and do good; \* seek peace, and pursue it.

**T**he eyes of the Lord are upon the righteous, \* and His ears are opened unto their supplication. \* The face of the Lord is against them that do evil, \* utterly to destroy the remembrance of them from the earth.

**T**he righteous cried, and the Lord heard them, \* and He delivered them out of all their tribulations. \* The Lord is nigh unto them that are of a contrite heart, \* and He will save the humble of spirit. \*

**M**any are the tribulations of the righteous, \* and the Lord shall deliver them out of them all. \* The Lord keepeth all their bones, \* not one of them shall be broken.

**T**he death of sinners is evil, \* and they that hate the righteous shall do wrong. \* The Lord will redeem the souls of His servants, \* and none of them will do wrong that hope in Him.

**Priest:** **G**lory to Thee, O Christ our God and our hope, glory be to Thee

**Choir:** **G**lory ..., **N**ow & ever ..., **A**men, **L**ord, have mercy (**T**hrice),

**F**ather (**M**aster), Bless.

**Priest:** (**T**he dismissal)

**GREAT COMPLINE**  
**CANON OF ST. ANDREW OF CRETE**  
**THURSDAY OF THE FIRST WEEK**

**Priest:** Blessed is our God, ...

**Reader:** Amen. **G**lory to Thee our God ..., **H**eavenly King ..., **H**oly God ...,  
Our Father.

**Priest:** For thine is the kingdom ...

**Reader:** **L**ord Have Mercy (12 times)... **G**lory ..., **N**ow & ever ..., **O** come let  
us worship ..., **Then:**

**PSALM 69**

**O** God, be attentive unto helping me; O Lord, make haste to help me. Let them be shamed and confounded that seek after my soul. Let them be turned back and brought to shame that desire evils against me. Let them be turned back straightway in shame that say unto me: Well done! Well done! Let them be glad and rejoice in Thee all that seek after Thee, O God, and let them that love Thy salvation say continually: The Lord be magnified. But as for me, I am poor and needy; O God, come unto mine aid. My helper and my deliverer art Thou, O Lord; make no long tarrying.

Immediately there follows the fourth Stasis of the Great Canon:

**ODE I**

**Irmos:** **A** helper and a protector \* hath become unto me salvation. \* My God, whom I will glorify, \* the God of my fathers, \* and I will exalt Him \* for gloriously hath He been glorified.

**Refrain:** Have mercy on me, O God, have mercy on me.

**O** Lamb of God, that takest away the sins of all, take from me the heavy yoke of sin, and since Thou art compassionate, grant me tears of compunction

**Refrain:** Have mercy on me, O God, have mercy on me.

**I** fall down before Thee O Jesus: I have sinned against Thee, be merciful to me. Take from me the heavy yoke of sin, and since Thou art compassionate, grant me tears of compunction.

**Refrain:** Have mercy on me, O God, have mercy on me.

**E**nter not into judgment with me, setting before me things I have done, examining my words, and correcting my disordered impulses. But according to Thine abundant compassion, overlook my wickedness, and save me O Almighty One.

**Refrain:** Have mercy on me, O God, have mercy on me.

It is the time for repentance, wherefore I come to Thee, my Creator. Take from me the heavy yoke of sin, and since Thou art compassionate, grant me tears of compunction.

**Refrain:** Have mercy on me, O God, have mercy on me.

As the Prodigal, O Savior, I have wasted the substance of my soul in sin, and I am barren of the virtues of holiness. In my hunger I cry: O Giver of mercy, come out quickly to meet me and take pity on me.

**Refrain:** Holy Mother Mary, pray to God for us.

Bowing before the divine laws of Christ, thou didst draw near to Him, and having forsaken the unbridled lust of sensual pleasure; in the fear of God thou didst attain unto all the God-pleasing virtues as if one.

**Glory ..., O** Trinity beyond all essence and worshiped in unity, take from me the heavy yoke of sin, and since Thou art compassionate, grant me tears of compunction.

**Now & ever ..., O** Theotokos, thou hope and protection of those who sing unto Thee, take from me the heavy yoke of sin and O lady, as one pure, accept me in penitence.

## ODE II

**Irmos:** Behold now, and see \* that I am God, \* Who by My right hand and by My power alone \* rained down manna in the days of old, \* and made springs of water \* flow from the barren rock, \* for My people in the wilderness.

**Refrain:** Have mercy on me, O God, have mercy on me.

'I have slain a man to my grief and wounding, and a young man to my detriment' cried Lamech lamenting; dost thou not tremble O my soul, for thou hast defiled thy flesh and polluted thy mind?

**Refrain:** Have mercy on me, O God, have mercy on me.

Skillfully didst thou plan to build a tower, O my soul, and establish a stronghold for thy wanton lusts; had the Creator not confounded thy designs and dashed thy crafty plans to the ground.

**Refrain:** Have mercy on me, O God, have mercy on me.

O how I have emulated Lamech, the murderer, slaying my soul as it were a man, and my mind as it were a young man, and as Cain the murderer killed his brother, so have I killed my body with sensual desires.

**Refrain:** Have mercy on me, O God, have mercy on me.

The Lord once rained down fire from heaven and burnt up those who dwelt in Sodom, roused to anger by their transgressions. And thou, O my soul, hast kindled within the fire of Gehenna, and there shalt thou burn.

**Refrain:** Have mercy on me, O God, have mercy on me.

I have been assaulted and wounded; behold, the arrows of the enemy which have pierced my soul and body; behold the lesions, the sores and injuries, which cry to God on behalf of the wounds of my freely-chosen passions.

**Refrain:** Venerable Mother Mary, pray to God for us.

Thou didst lift up thine hands to the compassionate God O Mary, having sunk into the abyss of sin, and, as once He did to Peter, so also in His love for mankind, He stretched forth His hand to help thee, in every way seeking thy conversion.

Glory ..., Trinity uncreated and without beginning, O undivided Unity: accept me in repentance and save me, a sinner. I am Thy creation, reject me not; but spare me and deliver me from the fire of condemnation.

Now & ever ..., Most pure Lady, Mother of God, the hope of those who run to thee and the haven of the storm-tossed: pray to the merciful God, thy Creator and thy Son, that He may grant His mercy even to me.

### ODE III

**Irmos:** O Lord, upon the rock \* of Thy commandments \* make firm my heart, \* for Thou alone art Holy and Lord.

**Refrain:** Have mercy on me, O God, have mercy on me.

O my soul, thou hast become like Hagar the Egyptian: thy free choice hath become enslaved, and thou hast borne a new Ishmael, stubbornness.

**Refrain:** Have mercy on me, O God, have mercy on me.

Thou knowest, O my soul, how the ladder that was shown to Jacob, reached from earth to heaven. Why hast thou not provided a firm foundation for such a passage through piety?

**Refrain:** Have mercy on me, O God, have mercy on me.

The priest of God, the king set apart, whose life was an image of Christ among men in the world, do thou emulate him.

**Refrain:** Have mercy on me, O God, have mercy on me.

Turn back, wretched soul, and lament, before the fairground of life cometh to an end, before the Lord shuteth the door of the bridal chamber.

**Refrain:** Have mercy on me, O God, have mercy on me.

**B**e not turned into a pillar of salt O my soul, looking back: Fear the example of the people of Sodom, and find salvation in the mount of Zoar.

**Refrain:** Have mercy on me, O God, have mercy on me.

**R**eject not, O Master, the prayer of those who sing Thy praises, but in Thy loving-kindness be merciful and grant forgiveness to them that ask with faith.

**Glory ...,** O simple Unity praised in a Trinity of Hypostases, uncreated beginningless Essence, save us who in faith worship Thy power.

**Now & ever ...,** O Mother of God, who without knowing a man hast given birth within time to a Son, who was begotten outside time from the Father; and, strange wonder! thou givest suck while remaining a Virgin.

#### ODE IV

**Irmos:** The prophet heard \* of Thy coming, O Lord, \* and he was afraid. \* How wast Thou to be born of a virgin \* and appear unto mankind? \* and he said \* "I have heard report of Thee and I am afraid"; \* glory to Thy power, O Lord.

**Refrain:** Have mercy on me, O God, have mercy on me.

**T**he time of my life is short, and filled with illness and wickedness. But accept me in repentance and call me back to knowledge, that I not become the possession and food of the enemy; but do Thou, O Savior, have compassion upon me.

**Refrain:** Have mercy on me, O God, have mercy on me.

**A** man of great wealth and righteousness, abounding in riches and livestock, clothed in royal dignity, in a crown and purple robe, Job was suddenly stripped of wealth, glory and kingship, and became a beggar.

**Refrain:** Have mercy on me, O God, have mercy on me.

**I**f he who was righteous and blameless above all men did not escape the snares and pits of the deceiver, what wilt thou do, O wretched and sin-loving soul, when some sudden misfortune befalleth thee ?

**Refrain:** Have mercy on me, O God, have mercy on me.

**N**ow I speak boastfully, with boldness of heart; but to no avail and in vain, may I not be condemned with the Pharisee, but rather grant me the humility of the Publican, O righteous Judge, who alone art compassionate, and number me with him.

**Refrain:** Have mercy on me, O God, have mercy on me.

I know, O compassionate One, that I have sinned and violated the vessel of my body. But accept me in repentance and call me back to knowledge. Let me not become the possession and food of the enemy; but do Thou, O Savior, have compassion upon me.

**Refrain:** Have mercy on me, O God, have mercy on me.

I have become mine own idol, utterly defiling my soul with the passions, O compassionate One. But accept me in repentance and call me back to knowledge. Let me not become the possession and food of the enemy; but do Thou, O Savior, have compassion upon me.

**Refrain:** Have mercy on me, O God, have mercy on me.

I have not hearkened to Thy voice, I have not heeded Thy Scripture, O Giver of the Law. But accept me in repentance and call me back to divine knowledge. Let me not become the possession and food of the enemy; but do Thou, O Savior, have pity on me.

**Refrain:** Venerable Mother Mary, pray to God for us.

Having descended into an abyss of great iniquity, thou was not held captive therein: but with better thinking didst gloriously ascend the heights of virtue through action, and the angelic orders, O Mary, were amazed.

**Glory ...**, Undivided in Essence, uncommingled in Hypostasis, I confess Thee to be God: Triune Deity, co-enthroned and co-ruling; and to Thee I raise the great thrice-holy hymn that is sung on high.

**Now & ever ...**, Thou didst give birth and art yet a virgin, and in both thou didst remain by nature inviolate. He who is born maketh new the laws of nature, and the womb bringeth forth without travail. When God so willeth, the natural order is overcome: for He doeth whatsoever He wills.

## ODE V

**Irmos:** Out of the night I seek Thee early, \* enlighten me I pray Thee, O Lover of mankind, \* and guide me in Thy commandments, \* and teach me, O Savior, \* to do Thy will.

**Refrain:** Have mercy on me, O God, have mercy on me.

Imitate the woman who was bowed down to the ground, O my soul; come and fall down at the feet of Jesus, that He may make thee straight again; and thou shalt walk upright upon the paths of the Lord.

**Refrain:** Have mercy on me, O God, have mercy on me.

**A**s Thou art a deep well, O Master; flow forth unto me water from Thy pure veins, that like the woman of Samaria I may drink thereof and thirst no more; for from Thee floweth the streams of life.

**Refrain:** Have mercy on me, O God, have mercy on me.

**M**ay my tears be to me like the pool of Siloam, O Master and Lord, that I also may cleanse the eyes of my heart, and with my mind behold Thee, the pre-eternal Light.

**Refrain:** Venerable Mother Mary, pray to God for us.

**W**ith an incomparable and exceedingly rich love, thou didst desire to venerate the wood of the Cross, and wast deemed worthy to fulfill thy desire. Make me also worthy to attain the glory on high.

**Glory ...,** We glorify Thee, O Trinity, one God, simple essence and unity, and we worship Thee forever singing, "Holy! Holy! Holy!" Father, Son and Holy Spirit.

**Now & ever ...,** O most pure Virgin Mother who knew not a man, God the creator of all things became incarnate through thee, uniting Himself to our human nature.

## ODE VI

**Irmos:** With my whole heart, I cried \* unto the tenderly compassionate God, \* and he heard me \* from the lowest depths of Hades; \* and raised up my life from corruption.

**Refrain:** Have mercy on me, O God, have mercy on me.

**I** am like the coin, O Savior, marked with the likeness of the King, which of old Thou didst lose. But light Thy lamp, O Word, Thy Fore-runner, and seek and find Thine image again.

**Refrain:** Have mercy on me, O God, have mercy on me.

**R**ise up and make war, as did Joshua against Amalek, against the passions of the flesh, ever gaining the victory over the Gibeonites, thy deceitful thoughts.

**Refrain:** Venerable mother Mary, pray to God for us.

**T**hou didst ceaselessly shed streams of tears, and with thy soul afire, quenched the burning of the passions O Mary, grant also unto me thy servant, the grace of these thy tears.

**Refrain:** Venerable mother Mary, pray to God for us.

**T**hou didst attain to heavenly passionlessness, through the perfection of thy life on earth, O Mother, wherefore we hymn thee, and beseech thee to intercede on our behalf, that we may be delivered from the passions.

**Glory ...**, "I am the Trinity, simple and undivided in Essence yet divided in Hypostasis. I am the Unity one in essence," sayeth the Father, the Son, and the divine Spirit.

**Now & ever ...**, Thy womb, O Theotokos, bore God who for our sakes was clothed in our likeness. Implore Him, the creator of all, that by thy prayers we may be found justified.

#### Kontakion in Tone VI:

**O** My soul, O my soul, \* arise! Why dost thou sleep? \* The end draweth near, and thou shalt be confounded, \* awake then and be watchful \* that Christ thy God may spare thee, \*\* for He is everywhere present, and fillest all things.

#### ODE VII

**Irmos:** We have sinned, we have transgressed, \* and we have done evil before Thee. \* We have not kept nor followed \* Thy commandments, but reject us not utterly, \* O God of our fathers.

**Refrain:** Have mercy on me, O God, have mercy on me.

**L**ike a dream of one awakening my days have vanished; wherefore, like Hezekiah, I weep upon my bed, that years may be added to my life. But what Isaiah will come to help, O my soul, except the God of all?

**Refrain:** Have mercy on me, O God, have mercy on me.

**I** fall down before Thee, and bring to Thee my words as tears. I have sinned as never did the Harlot, and I have transgressed as no other man on earth. But have compassion upon Thy creature, O Master, and call me back.

**Refrain:** Have mercy on me, O God, have mercy on me.

**I** have buried Thine image and broken Thy commandment. All my beauty hath been destroyed O Savior, and my lamp hath been quenched by the passions, but have compassion upon me, as David once sang, and 'restore to me Thy joy'.

**Refrain:** Have mercy on me, O God, have mercy on me.

**T**urn back, repent, uncover thine hidden things, and tell God, before whom all things are known; "Thou alone knowest my secrets, O only Savior; "have mercy on me", as David once sang, "according to Thy mercy".

**Refrain:** Venerable mother Mary, pray to God for us.

**R**aising thy lament to the most pure Mother of God, thou didst first drive away the fury of the passions which, of necessity, assailed thee, then didst thou put the enemy to shame. Do thou ever grant help to me thy suffering servant.

**Refrain:** Venerable mother Mary, pray to God for us.

**T**o Him whom thou hast loved, and whom thou didst desire, and for whose sake thou didst wear out thy flesh, O venerable one, to Christ pray now on behalf of us thy servants, that He may be merciful to us all, and grant a peaceful life to those who with honor worship Him.

**Glory ..., O** simple and undivided Trinity, one in essence and nature, Light and Lights, one Holy and three Holies, God; is praised as the Trinity. Therefore sing praises to Him, O my soul, and glorify the Life and Lives, the God of all.

**Now & ever ..., We** praise thee, we bless thee and we venerate thee, O mother of God, for from the undivided Trinity hast thou brought forth the only Son of God, opening unto us the heavenly realms on earth.

### ODE VIII

**Irmos:** Him whom the hosts of heaven glorify, \* and before whom tremble the Cherubim and Seraphim, \* let every breath and all creation \* praise, bless, and supremely exalt, \* throughout all ages.

**Refrain:** Have mercy on me, O God, have mercy on me.

**O** Savior, I pour out upon Thine head as precious oil, the alabaster box of my tears, and like the Harlot, I cry out to Thee, seeking Thy mercy: I bring my prayer to Thee and ask of Thee forgiveness.

**Refrain:** Have mercy on me, O God, have mercy on me.

**N**one hath sinned against Thee as I; yet accept even me, O compassionate and good Savior, for I repent in fear and cry with love: Against Thee only have I sinned; I have transgressed, have mercy on me O merciful one.

**Refrain:** Have mercy on me, O God, have mercy on me.

**S**pare, O Savior thy creature, and as a shepherd seeketh the lost sheep that hath gone astray, do Thou snatch me from the wolf and make me a nursling in the pasture of Thine own flock.

**Refrain:** Have mercy on me, O God, have mercy on me.

**W**hen Thou the Judge sittest upon Thy throne, since Thou art compassionate, Thou wilt reveal Thy fearful glory, O Savior, what fear there shall be then! When the furnace burns with fire, and all shrink back in fear before Thy Judgment-seat.

**Refrain:** Venerable mother Mary, pray to God for us.

The Mother of the never-setting Light illumined thee and delivered thee from the darkness of the passions. Since thou hast recourse to the grace of the Spirit, O Mary, enlighten those who praise thee with faith.

**Refrain:** Venerable mother Mary, pray to God for us.

Upon beholding in thee a wonder truly strange and new, Zosimas was struck with amazement, O Mother. For he saw an angel in the body and filled with astonishment, he praiseth Christ throughout the ages.

**Refrain:** Let us bless the Father, Son, and Holy Spirit: the Lord!

O beginningless Father, co-eternal Son, and gracious Comforter, the Spirit of righteousness, Begetter of the Word of God, Word of the eternal Father, Spirit living and creative, O Trinity in unity, have mercy on me.

Now & ever ..., As from purple silk, O undefiled virgin, the spiritual robe of Emmanuel was woven within thy womb. Wherefore we proclaim thee to be the Theotokos in truth.

### ODE IX

**Irmos:** Ineffable is the birthgiving \* of a seedless conception, \* from a mother who knew not a man; \* an undefiled childbearing. \* For the birth of God hath renewed nature, \* wherefore all generations rightly worship and magnify thee \* as the Bride and Mother of God.

**Refrain:** Have mercy on me, O God, have mercy on me.

Have mercy on me and save me O Son of David, Thou who with Thy word didst heal the possessed. Let me hear Thy compassionate voice speak unto me as to the thief: 'Verily, I say unto thee thou shalt be with Me in Paradise, when I come in My glory'.

**Refrain:** Have mercy on me, O God, have mercy on me.

One thief accused Thee, the other thief confessed Thy Divinity: for both were hanging beside Thee on the Cross. Open to me also, O compassionate One, the door of Thy glorious Kingdom, as once it was opened to the thief who with faith confessed Thee to be God.

**Refrain:** Have mercy on me, O God, have mercy on me.

Creation shuddered, upon seeing Thee crucified. Mountains and rocks were split from fear, the earth quaked, and Hades was despoiled; the light of day grew dark, at beholding Thee, O Jesus, nailed to the Cross.

**Refrain:** Have mercy on me, O God, have mercy on me.

**D**emand not from me fruits worthy of repentance, for my strength hath failed within me. Grant me an ever-contrite heart and poverty of spirit, that I may offer these unto Thee as an acceptable sacrifice, O only Savior.

**Refrain:** Have mercy on me, O God, have mercy on me.

**O** my Judge, who knowest me well, when Thou comest again with the angels to judge the whole world, look upon me then with Thy merciful eye and spare me, and have compassion upon me, O Jesus, for I have sinned beyond that of any other man.

**Refrain:** Venerable mother Mary, pray to God for us.

**T**hou hast struck all with wonder, by thy strange and wonderful way of life, both the ranks of angels and the race of mankind; for having surpassed nature thou didst live as though immaterial, traversing the Jordan with thy feet like that of a bodiless angel, O Mary.

**Refrain:** Venerable mother Mary, pray to God for us.

**C**all down the gracious mercy of the Creator upon us who sing thy praises, O venerable Mother, that we may be delivered from the sufferings and afflictions that beset us; that without ceasing, we may magnify the Lord who hath glorified thee.

**Refrain:** Venerable father Andrew, pray to God for us.

**O** venerable Andrew, thrice-blessed father and pastor of Crete, ceaselessly offer prayer on behalf of those who sing thy praises, that all who faithfully honor thy memory may be delivered from danger, distress, and from corruption and sin.

**Glory ...,** Let us glorify the Father, let us exalt the Son, and with faith let us worship the Holy Spirit of God, the indivisible Trinity and Unity in essence, Let us worship Light and Lights, the Life and Lives Who granteth light and life unto the ends of the Earth.

**Now & ever ...,** Watch over thy City O most pure Mother of God, for through Thee she reigneth in faith, and by thee she is strengthened, and by thee she is victorious, overcoming every temptation, despoiling the enemy, and ruling her faithful subjects.

**Katavasia:** Ineffable is the birthgiving \* of a seedless conception, \* from a mother who knew not a man; \* an undefiled childbearing. \* For the birth of God hath renewed nature, \* wherefore all generations rightly worship and magnify thee \* as the Bride and Mother of God.

We Continue with Psalm IV, and the rest of Great Compline