

The Service of the Small  
**Paraklesis**  
to the Most Holy Theotokos



by Theosteriktos the Monk (or Theophanes )



Cover:  
12th Century Russian Icon of  
The Most Holy Theotokos  
from an Edition by  
"Perivolis Panagias"

for all  
who want to Pray

## Preface

The service of the Small Paraklesis in English in this volume, has been adapted to Byzantine Music notation. It is an attempt to present the adapted music faithful to music used in the Greek Orthodox Church services. The Byzantine musical sources used for this adaptation are, “ΜΟΥΣΙΚΟΣ ΠΑΝΔΕΚΤΗΣ” ΑΔΕΛΦΩΤΗΣ ΘΕΟΛΟΓΩΝ Η < ΖΩΗ > Athens, Greece, 1984, Vol. 2 & 3.

The English text is from the translation by Fathers Demetri Kangelaris & Nicholas Kasemeotes, Holy Cross Orthodox Press, Brookline, 1984.

Some changes have been made such as:

- The Trisagion Prayer, taken from the ‘Book of Prayers’, Greek Orthodox Archdiocese of Australia, Sydney, 1993.
- The Gospel Reading, taken from the ‘Greek-English New Testament’, Nestle-Aland, Deutsche Bibelgesellschaft Stuttgart, 1990.
- The verse ‘Both now and ever and to the ages of ages. Amen.’ from ‘Now and forever...’
- The word ‘lay’ from ‘lie’ in Ode 6.
- The Kontakion, taken from ‘The Divine Liturgy’, Greek Orthodox Archdiocese of Australia, Sydney, 2005.
- The word ‘afar’ from ‘far off’ in the first Exaposteilarion, and after the word ‘afflicted’ in the second Exaposteilarion, the word ‘ones’ has been ommitted.

## Acknowledgements

I express my gratitude to the Very Rev. Angelos Alifierakis and Rev. Evagrios Koutouzis for their asistance.

Basilios Psilacos

the Service of the Small  
Paraklesis  
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*Priest:*

Blessed is our God, always, now and forever and to the ages of ages.

*Reader:* Amen.

*(Psalm 142)*

O Lord, hear my prayer, give ear to my supplications in Your truth; hear me in Your righteousness. Do not enter into judgement, with Your servant, for in Your sight no one living is justified. For the enemy has persecuted my soul; he has crushed my life to the ground; he has made me dwell in darkness, like those who have long been dead, and my spirit is over-whelmed within me; my heart within me is distressed. I remembered the days of old; I meditated on all Your works: I pondered on the work of Your hands. I spread out my hands to You; my soul longs for You, like a thirsty land. Hear me quickly, O Lord; my spirit fails. Do not turn Your face away from me, lest I be like those who go down into the pit. Cause me to hear Your mercy in the morning, for in You I have put my trust. Cause me to know, O Lord, the way in which I should walk, for I lift up my soul to You. Rescue me, Lord, from my enemies; to You have I fled for refuge. Teach me to do Your will, for You are my God. Your good Spirit shall lead me in the land of uprightness. For Your name's sake, O Lord, You shall quicken me. In Your righteousness You shall bring my soul out of trouble, and in Your mercy, You

shall utterly destroy my enemies. And You shall destroy all those who afflict my soul; for I am Your servant.

*And immediately the Choir begins with the following:*

Mode  $\frac{4}{\text{D}}$   $\overline{\Delta\iota}$

**G** <sup>-Δ-</sup> | <sup>3</sup> |

<sup>-M-</sup> <sub>-B-</sub>

od is the Lord; and has re-veal'd him-self to us,  
bles-sed is He who comes in the name of the Lord.

*Verse 1:* Give thanks to the Lord and call upon His holy name.

*God is the Lord;...*

*Verse 2:* All the nations have surrounded me, but in the name of the Lord, I have overcome them.

*God is the Lord;...*

*Verse 3:* This has been done by the Lord, and it is wonderful in our eyes.

*God is the Lord;...*

*Then the following troparia.*

$\frac{6}{\text{D}}$

<sup>-Δ-</sup> **T** | <sup>3</sup> |

| <sup>3</sup>

o the The- o- to- kos, let us run now most  
fer-vent- ly, as sin-ners and low-ly ones, let us fall  
down in re- pen- - tance, cry- ing from the depths of  
our soul: La- dy, come and help us, have com- pas- sion

up- on us; hast- en now for we are lost in the host  
 of our er- rors; do not turn your ser- vants a- way,  
 for you a- lone are a hope\_\_ to us\_\_

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

*The same troparion, or the Apolytikion of the Church.*

Both now and ever and to the ages of ages. Amen.  $\Delta$

**O** The- o- to- kos, we shall ne- ver be si- lent, of  
 your migh- ty acts, all we the un- wor- - thy; had  
 you not stood to in- ter- cede for us who would have  
 de- li- ver'd us, from the nu- me- rous pe- rils? Who would  
 have pre- serv'd us all un- til now with our free- dom?

O La- dy, we shall not de- part from you; for you  
 al- ways save your ser- - vants, from all tri- bu- la -  
 tion.

*Reader: (Psalm 50)*

Have mercy on me, O God, according to Your great mercy; and according to the multitude of Your compassion blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I acknowledge my iniquity, and my sin is ever before me. Against You, You only, have I sinned, and done this evil in Your sight, that You may be found just when You speak, and blameless when You judge. For behold, I was conceived in iniquity, and in sin my mother bore me. For behold, You have loved truth: You have made known to me the secret things of Your wisdom. You shall sprinkle me with hyssop, and I shall be made clean: You shall wash me, and I shall be whiter than snow. Make me to hear joy and gladness, that bones which You have broken may rejoice. Turn Your face away from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation: And establish me with Your governing Spirit. I shall teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from blood-guiltiness, O God, the God of my salvation, my tongue shall rejoice in Your righteousness. O Lord, open my lips, and my mouth shall show forth Your praise. For if You had desired sacrifice, I would give it: You do not delight in burnt offering. A sacrifice to God is a broken spirit, God will not despise a broken and humbled heart. Do good in Your good pleasure to Sion; and let the walls of Jerusalem be built. Then You shall be pleased with a sacrifice of righteousness, with oblation and whole burnt offerings. Then they shall offer bulls on Your altar.



*Ode 1. The Heirmos. Plagal Fourth Mode.*

λ π δ̣̣ — 2

**C**ros-sing the wa-ters as on dry land, in that way  
  
 es-cap- - ing from the e- - vils of E-gypt's land, the  
  
 Is- rael- ites cried out ex- claim- - ing: let us sing to  
  
 our Re- deem-er\_\_ and our God.

*The Troparia.*

*Verse:*

**M**ost Ho-ly The- o- to- kos save\_\_ us.

**W**ith my temp- ta-tions sur-round-ing me, search- ing  
  
 for sal- va- - tion, I have sought\_ re- - fuge in you;

O Mo- ther of the Word, and e- ver- Vir- - gin,  
  
 from all di- stress-es and dan-gers de- li- ver me.

*Verse:* Most Holy Theotokos save us.

**A** <sup>-r-</sup> <sup>3</sup> assaults of the pas-sions have sha-ken me, my  
 soul to its li- - mits has been filled\_ with\_ much des-  
 pair; <sup>3</sup> <sup>-r-</sup> bring peace, O Mai-den, in the calm- - ness, of  
 your Son and your God, all- - blame-less One.

*Verse:* <sup>-r-</sup> **G** lo- ry to the Fa-ther and the Son and the  
 Ho- ly Spi- - rit.

**T** <sup>-r-</sup> <sup>3</sup> o God and the Sa-vior you've gi-ven birth; I  
 ask you, O Vir- - gin, from the dan- - gers de-li- ver  
 me; <sup>3</sup> <sup>-r-</sup> for now I run to you for re- - fuge,  
 with both my soul and my rea-son-ing.

*Verse:* <sup>-r-</sup> **B** <sup>3</sup>oth now and e- ver and to the a- ges  
of a- - ges. A- men.

<sup>-r-</sup> **D** <sup>3</sup>is- eased is the <sub>-N-</sub>bo- dy\_\_ and the soul; deem me  
tru- ly wor- - thy of di- vine\_\_ guid-ance and your  
care; <sup>3-r-</sup> <sub>3-N-</sub>for you a- lone are <sup>3</sup>God's Mo- - ther, as  
the good and the birth- gi- ver of the Good.

*Ode 3. The Heirmos.*

<sup>-r-</sup> **T** <sup>3-n-</sup>he apse of the <sub>-N-</sub>hea- - vens, are you <sup>-r-</sup> O Lord, Fa-  
shio-ner, and the <sub>-N-</sub>H<sub>-N-</sub>o- ly Chur- ch's great Foun- der, like- wise  
es- tab-lish me, in con-<sub>-N-</sub>stant love\_\_ for You for  
You're the height of our long- ing; sup- port of the  
faith- full, the on- ly\_\_ Friend of all.

*The Troparia.*

*Verse:* Most Holy Theotokos...

**Α** pro- tec- tion and shel- ter, I have with you in  
 my life, You, the The- o- to- kos and the Vir- gin, pi-  
 lot me to- wards your port; for you are the cause, the  
 cause of that which is good, sup- port of the faith- ful,  
 the on- ly all- praised One.

*Verse:* Most Holy Theotokos...

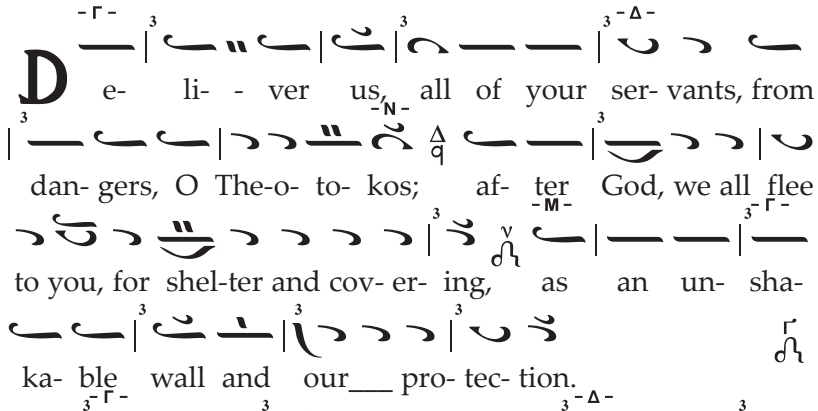
**Ι** en- treat you, O Vir- gin, dis- perse the storm  
 of my grief, and the soul's most in- ward con- fus- ion,  
 scat- ter it far from me; you are the Bride of God,  
 for you have brought forth the Christ, the Prince of  
 Peace; O all- blame- less One.

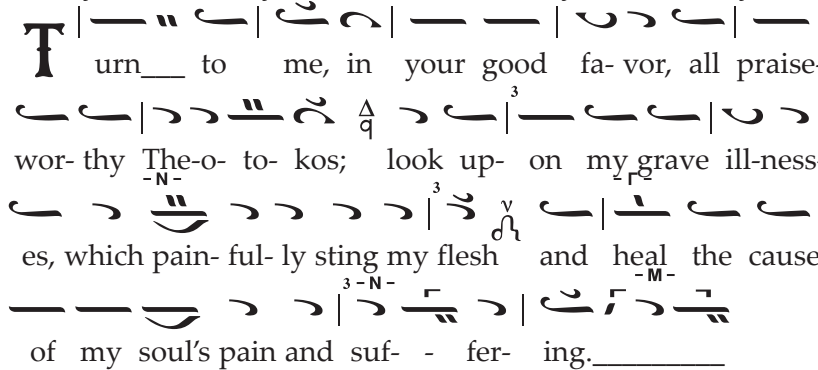
*Verse:* Glory to the Father...

**H**aving brought forth un-to us the cause and giver of good, from your great abundance of kindness, pour forth upon us all; for all is possible, for you who carried the Christ, who is mighty in power; You, who are bless'd of God.

*Verse:* Both now and ever...

**W**ith 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 you, that you are without fail the endless treasure of cures, only all-blameless One.


**D**e- li- - ver us, all of your ser- vants, from dan- gers, O The-o- to- kos; af- ter God, we all flee to you, for shel-ter and cov- er- ing, as an un- sha- ka- ble wall and our\_\_ pro- tec- tion.


**T**urn\_\_ to me, in your good fa- vor, all praise- wor- thy The-o- to- kos; look up- on my grave ill-ness- es, which pain- ful- ly sting my flesh and heal the cause of my soul's pain and suf- - fer- ing.

*The priest commemorates those for whom the Parakelsis is sung.*

*Priest:*

Have mercy on us, O God, according to your great love, we pray to you, hear us, and have mercy.

*Choir (on a dominating note):*





Lord, have mer- cy, Lord, have mer- cy, Lord, have mer- cy.

*Priest:*

Again we pray for our Archbishop (*name*), and our Bishop (*name*), and all the clergy and the laity in Christ.

*Choir:*

Lord, have mercy. (*thrice*)

*Priest:*

Again we pray for mercy, life, peace, health, salvation, visitation, forgiveness, and remission of the sins of the servants of God, all pious and Orthodox Christians, those who reside and visit in this city, the members, council members, contributors, and benefactors of this holy church.

*Choir:*

Lord, have mercy. (*thrice*)

*Priest:*

Again we pray for the servants of God... (*at this time the Priest commemorates those for whom the Paraklesis is sung.*)

*Choir:*

Lord, have mercy. (*thrice*)

*Priest:*

For You are a merciful and loving God, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

*Choir:*

Amen.

*After the petitions, the following Kathisma is chanted.*

Mode  $\frac{4}{\delta\lambda}$   $\overline{\Delta t}$

**A** fer- vent pray-er, and wall most un- sha - ka-  
 ble, a mer-ci- ful spring and shel- ter of all man  
 kind; fer- vent- ly, we cry to you: The- o- to- kos, our  
 La- - dy, come\_\_ to us and from all dan- gers  
 now de- li- ver us the on- ly pro- tec- tion who speeds  
 to us.

*Ode 4. The Heirmos.*

Mode  $\frac{\lambda}{\pi}$   $\delta\lambda$   $\overline{\lambda}^2$

**O** Lord, I have heard of the wond-rous mys-te-ry  
 of Your sal- va- - tion; I have con- tem- plat- ed all  
 Your works and I have glo- ri- fied Your great di- vi- ni-  
 ty.

*The Troparia.*



*Verse:* Most Holy Theotokos...

**S** till the dark-est of pas- - sions, calm the sea of er-  
 rors in your great peace-ful- ness; it was you who bore the  
 guid-ing Lord, and you who are the bles-sed\_ bride of God

*Verse:* Most Holy Theotokos...

**Y** our depth\_ of com- pas- - sion grant un- to me  
 as one be- seech-ing you; you have car- ried the com-pas-  
 sion- ate one the Sa- vior of those prais- ing you.

*Verse:* Glory to the Father...

**W** e are thank- - ful for all the gifts which we have  
 been gi- ven by you the Spot-less One; and to you,  
 we sing a hymn of praise, know- ing you to be the  
 Mo- - ther of God.

*Verse:* Both now and ever...

As a hope\_ and foun- da- - tion, and a wall  
un- sha- ken of our sal- va- - tion; we have you,  
the all- laud-ed One, and from af- flic-tions you res-cue us.

*Ode 5. The Heirmos.*

Lord, en-light- en us, with Your pre- cepts that can guide  
our lives, and with Your arm most pow-er- ful grant to us  
Your peace, O You Who are the Friend of all.

*The Troparia.*

*Verse:* Most Holy Theotokos...

Pure one, fill my heart with a mer- ri-ment, a hap-  
pi- ness; be- stow on me your spot- less joy, for  
you have giv- en birth to Him Who is the cause of joy.

*Verse:* Most Holy Theotokos...

**D**e- li- ver all of us from the dan- gers, The- o-  
to- - kos, most pure, for you bore the time-less de- li-  
ver- er, and you bore the peace, the peace which has sur-  
passed all thought.

*Verse:* Glory to the Father...

**D**is- si- pate the cloud of my sin- ful-ness, O bride  
of God, with the bright-ness of your e- mi- nence; for  
you brought forth the Light, Di- vine light, which was be-fore  
all time.

*Verse:* Both now and ever...

**H**eal me from the ills which the pas- sions bring, most  
pure\_ One, make me wor- thy of your guid- ing care,

and un- to me grant health, through your in- ter- ces-  
 sions and your prayers.

*Ode 6. The Heirmos.*

**M** y pe- ti- - tion, I pour out to the Lord,  
 and to Him I will con-fess\_ all my sor- rows; for  
 ma- ny woes fill my soul to its li- - mits, and un-  
 to Ha-des my whole life has now ap-proach'd, like Jo-  
 - nah, I pray to You, O God, now raise me from cor-  
 rup- - tion.

*The Troparia.*

*Verse:* Most Holy Theotokos...

**F** rom death and cor- ruption He has saved  
 my na-ture, held by death and cor- ruption; for un-

— ̣̣̣ — | ̣̣̣ ̣̣̣ | ̣̣̣ ̣̣̣ Δ̣̣̣ ̣̣̣ — | ̣̣̣  
 to death He Him- self has sur-rend- ed; for which rea-  
 ̣̣̣ | ̣̣̣ ̣̣̣ ̣̣̣ ̣̣̣ | ̣̣̣ ̣̣̣ ̣̣̣ | ̣̣̣ ̣̣̣ ̣̣̣  
 son, O Vir- gin, please in- ter- cede with Him who is  
 ̣̣̣ ̣̣̣ ♂ ̣̣̣ ̣̣̣ ̣̣̣ | ̣̣̣ ̣̣̣ ̣̣̣ | ̣̣̣ ̣̣̣ ̣̣̣  
 your Lord and Son, from the e- ne- mies' e- vils de- li-  
 ̣̣̣ ̣̣̣  
 ver me.

*Verse:* Most Holy Theotokos...

— ̣̣̣ — | ̣̣̣ — ̣̣̣ — ̣̣̣ ̣̣̣ — ̣̣̣ ̣̣̣ ̣̣̣ ̣̣̣  
 I know \_\_\_\_\_ you as the pro- tec- tion of  
 ̣̣̣ | ̣̣̣ ̣̣̣ | ̣̣̣ ̣̣̣ | ̣̣̣ ̣̣̣ ̣̣̣ | ̣̣̣ ̣̣̣ ̣̣̣ | ̣̣̣  
 my life, a stead-fast shel-ter and re- - fuge, O Vir- gin;  
 ̣̣̣ | ̣̣̣ — ̣̣̣ ̣̣̣ — | ̣̣̣ ̣̣̣ ̣̣̣ | ̣̣̣ | ̣̣̣ Δ̣̣̣ ̣̣̣ |  
 dis- perse the host of my ma- ny temp- ta- tions, and  
 — — | ̣̣̣ ̣̣̣ | ̣̣̣ ̣̣̣ ̣̣̣ ̣̣̣ ̣̣̣ | ̣̣̣ ̣̣̣ ̣̣̣ |  
 force a- way the de- mo- nic at- tacks from me; I  
 ̣̣̣ ̣̣̣ ̣̣̣ ̣̣̣ ♂ ̣̣̣ ̣̣̣ ̣̣̣ | ̣̣̣ ̣̣̣ ̣̣̣ | ̣̣̣ ̣̣̣ ̣̣̣  
 pray to you un- ceas- ing- ly, from cor- rup- tion of pas- sions  
 ̣̣̣ ̣̣̣ ̣̣̣  
 de- li- ver me.

Verse: Glory to the Father...

We \_\_\_\_\_ have you as a wall of re- fuge,  
 and our soul’s most per- - fect sal- va- tion; you are an  
 aid, in af- flic- tion, O Mai- den, and in your light we  
 re- joice to e- ter- ni- ty; O La- dy, al- so now, from  
 the pas- sions and dan- gers de- li- ver us.

Verse: Both now and ever...

I \_\_\_\_\_ lay now on a bed of in- fir- ma-  
 ties, and there is no heal- ing at all for my bo- dy  
 ex- cept for you, who has brought forth our Sa- vior,  
 God, the heal- er of all our in- fir- ma- ties; of your  
 good- ness, I pray to you, from cor- rup- tion of sick- nes- ses  
 raise me.

**D**<sup>-r-</sup> e- li- - ver us<sup>3</sup>, all of your ser- vants, from  
 dan- gers, O The-o- to- kos; af- ter<sup>3</sup> God, we all flee<sup>3-Δ-</sup>  
 to you, for shel-ter and cov- er- ing, as an un- sha-  
 ka- ble wall and our pro- tec- tion.

**S** pot- - less one<sup>3</sup>, who by a word, did bring to  
 us the Word e- ter- nal, in the last<sup>3</sup> days in- ef- fa-  
 bly; do you now\_ plead with him<sup>3</sup> as the one with  
 the mo- ther- ly fa- - vor.

*The priest commemorates as before.  
 After the petitions, the following Kontakion is chanted.*

Mode  $\frac{4}{\text{D}}$   $\overline{\Delta i}$

**P**<sup>-M-</sup> ro- tec- tor of Chris- tians, cham- pi- on un- de-  
 feat- - ed, me- di- a- tor most sure with our cre- a-  
 - tor, dis- re- gard not the voice of pray-er of sin-

ners, but come quick-ly in your good-ness, to help us  
 who cry out to you with faith: Be swift to in-ter-  
 cede, make haste to sup-pli-cate, O The-  
 o-to-kos, pro-tec-tor al-ways of those  
 who hon- or you.

*Then the 1st Antiphon of the Anavathmoi(Hymn of Degrees)  
 of the Fourth Mode.*

From the years of my youth, ma-ny pas-sions com-  
 bat me; but You, Who are my Sa- - vior, as- sist  
 me and save me.

You ha-ters of Zi-on shall be put to shame by  
 the Lord Al-migh-ty, for as grass in the fire,  
 you shall all be wi-thered.



-B-  
**G** lo-ry to the Fa-ther and the Son and the Ho-ly  
 Spi-rit. By the Ho-ly Spi-rit, e-v'ry soul\_\_ is  
 made liv-ing, is ex- alt- - ed, and shin- - ing thru'  
 pu- ri- fi- ca- tion, by the Three-fold One- - ness, in  
 a hid- den man-ner.

-B-  
**B** oth now and e- ver and to the a- ges of  
 a- ges. A- men. By the Ho-ly Spi-rit, the streams  
 of grace are flow-ing, wa- - ter- - ing, all of the  
 cre- a- - tion, grant-ing life up-on it.

-B-  
**I** shall re- mem-ber your Ho-ly Name from ge-  
 ne- ra- tion to ge- ne- ra- - tion. (Twice)

*Verse:* Listen, O Daughter, and see, and incline your ear,  
 and forget your people and your father's house  
 and the King will desire your beauty.

-Δ-

Y our Ho- ly Name I shall re- mem- - ber from ge-  
 ne- ra- tion to ge- ne- ra- - tion.\_\_\_\_\_

*Priest:*

Let us pray to the Lord, our God,  
 that we may be made worthy to hear the Holy Gospel.

*Choir:*

Lord, have mercy. (*thrice*)

*Priest:*

Wisdom. Arise. Let us hear the Holy Gospel.  
 Peace be with you all.

*Choir:*

And with your spirit.

*Priest:*

The reading is from the Holy Gospel according to Luke.  
 Let us be attentive.

*Choir:*

Glory to you, O Lord, glory to you.

*Priest:*

In those days, Mary arose, and went with haste into the hill country, to a city of Judah, and she entered the house of Zachariah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit and she

exclaimed with a loud voice, "Blessed are you among women, and blessed is the fruit of your womb! And why is this granted me, that the mother of my Lord should come to me? For behold, when the voice of your greeting came to my ears, the babe in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her from the Lord." And Mary said, "My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has regarded the low estate of his handmaiden. For behold, henceforth all generations will call me blessed; for he who is mighty has done great things for me, and holy is his name." And Mary remained with her about three months, and returned to her home.

*Choir:*

Glory to you, O Lord, glory to you.

*And then in Second Mode:*

△

-Δ-

**G** lo- ry to the Fa- ther and the Son and the Ho-  
 ly Spi- rit. Fa- ther, Word, and Spi- rit, Tri- ni- ty\_\_  
 in one-ness, wash a- way my ma- ny\_\_ per- son- al  
 of- fen- ses. △

**B** oth now and e- ver and to the a- ges of a- ges. △



hope, do not re-ject my prayers to you, do  
 the things that pro- - fit\_\_ me.\_\_

*The Theotokia.*

**N**o one is turned a- way from you, a- shamed and  
 emp-ty, who flee to you, O pure\_ vir- gin The- o- to-  
 - kos; but one\_ asks for the fa- vor, and the gift  
 is re- ceived from\_ you, to the ad- van- tage of their  
 own\_ re- - quest.\_\_

**T**he trans- for- ma- tion of the af- flic- ted, you  
 are the cure of those in sick- ness, The- o- to- - kos,  
 O Vir- - gin; save your peo- ple and your town. You are  
 the peace of those in con- flic- t, the calm of those in tur-moil,  
 the on- ly pro- tec- tion of the faith- - ful.\_\_

*Priest:*

O God, save Your people, and bless Your inheritance; look upon Your world with mercy and compassion; raise the Orthodox Christians to glory, and shower us with your abundant mercies, through the intercessions of our all-pure Lady, the Theotokos and ever-virgin Mary, through the power of the precious and life-giving Cross; through the protection of the honorable, heavenly bodiless powers; of the honorable, glorious prophet, the Forerunner John the Baptist; of the holy glorious and all-praised Apostles; of our holy fathers the great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian, and John Chrysostom; Athanasios and Cyril, John the Merciful, patriarchs of Alexandria; Nicholas of Myra, Spyridon bishop of Trimythous, the wonder-workers; of the holy glorious great martyrs George the triumphant, Demetrios the myrrh-flowing, Theodore of Tyros and Theodore the Commander; of the holy-martyrs Charalambos and Eleutherios; of the holy glorious triumphant Martyrs; of our pious and God-bearing Fathers; of *(the Saint of the Church, if not mentioned above)*; of the holy and righteous Ancestors of God, Joachim and Anna; of Saint *(Name)* whose memory we celebrate today; and of all Your Saints, we beseech You Lord, Who alone are all merciful; hear the prayers of us sinners and have mercy upon us.

*Choir:*

Lord, have mercy. *(12 times)*

*Priest:*

By the mercy and compassion, and love of Your only begotten Son, with whom You are blessed, together with

Your all-holy and life giving Spirit, now and forever and to the ages of ages.

*Choir:*  
Amen.

*Ode 7. The Heirmos.*


Mode  $\lambda$   $\frac{\lambda}{\pi}$   $\delta\lambda$   $\underline{\quad}$   $\delta$


**C**om- ing out of Ju- de- a, once the young men  
 did go to the land of Ba- by- lon; the flame\_\_ of  
 the fur- nace, they tram- pled down while chant- ing, with  
 their faith in the Tri- ni- ty: O the God\_\_ of our Fa-  
 thers, Bles- sed are You, our God.

*The Troparia.*

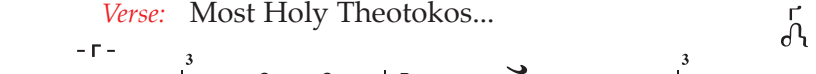
*Verse:* Most Holy Theotokos...


**A**s You willed, O our Sa- - vior, to dis- pense our  
 sal- va- tion thru' Your e- co- no- my in- side\_\_ the  
 Vir- gin's womb;\_ You showed to all the peo- ple that

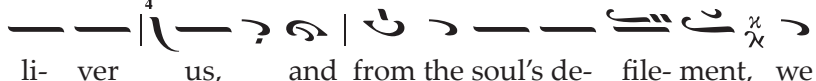

  
she was our own guar- di- an; O the God\_ of our

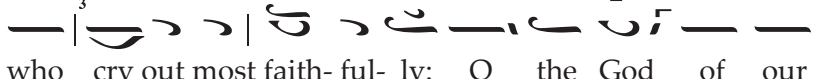

  
fa- thers, bles-sed are You, our God.


*Verse:* Most Holy Theotokos...


  
**T**he be- stow- er of mer- - cy that you bore, O



  
pure Mo-ther, en- treat on our be- half; from sins\_\_ de-



  
li- ver us,\_\_ and from the soul's de\_ file- ment, we

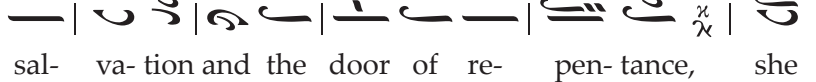

  
who cry out most faith- ful- ly: O the God\_ of our


  
fa- thers, bles-sed are You, our God.

*Verse:* Glory to the Father...


  
**A**foun- tain of pure- -ness and a tow- er of


  
safe-ty is she who car-ried You, a trea- - sure of


  
sal- va- tion and the door of re- pen- tance, she



has been shown to those that cry; O the God of our  
 fa- thers, bles-sed are You, our God.

*Verse:* Both now and ever...

The ill- ness-es of bo-- dy, and the soul's ail-  
 ing sick-ness, of those who run to you. For di-  
 vine pro- tec-tion, as God's ho- ly Mo- ther, make them  
 wor- thy of re- me-dy: for the Sa- - vior Christ was  
 born from you.

*Ode 8. The Heirmos.*

The King of hea-ven, Who is praised, and is  
 hymn'd by the host of the an- gels; praise Him and ex-  
 alt Him through-out the ma- ny a- ges.

*The Troparia.*

*Verse:* Most Holy Theotokos...

**D** <sup>-r-</sup> <sup>3</sup> <sup>3-Δ-</sup> <sup>ⲓⲁⲣ</sup>  
<sup>o</sup> <sup>-N-</sup> not ne-glect\_\_\_\_\_ those who seek the help you  
<sup>3</sup> <sup>3</sup> <sup>-r-</sup> <sup>ⲓⲁⲣ</sup>  
 grant. They hymn you, O Vir- - gin Mai- den, and they  
 \_\_\_\_\_  
 do ex- alt\_\_ you through-out the ma- ny a- ges.

*Verse:* Most Holy Theotokos...

**O** <sup>-r-</sup> <sup>3</sup> <sup>-Δ-</sup> <sup>ⲓⲁⲣ</sup>  
<sup>-N-</sup> Vir- - - gin, you pour a wealth of heal- ing  
 \_\_\_\_\_  
 on those who faith- ful- ly hymn you, and those\_\_ who  
 \_\_\_\_\_  
 ex- alt\_\_ your\_\_ child- - bear- ing won- der.

*Verse:* Glory to the Father...

**T** <sup>-r-</sup> <sup>3</sup> <sup>-Δ-</sup> <sup>ⲓⲁⲣ</sup>  
 he in- fir- mi- ties of my soul\_\_ are healed  
<sup>-N-</sup> <sup>3</sup> <sup>-r-</sup> <sup>ⲓⲁⲣ</sup>  
 by you, and the pains of my bo- - dy, O Vir- gin, so  
 \_\_\_\_\_  
 that I may praise\_\_ you, O La- dy, in God's fa- vor.

*Verse:* Both now and ever...

**Y**ou drive\_ a- way the as- saults of temp- ta- tions,  
and at- tacks of the pas- - sions, O Vir- gin, there- fore  
we do praise\_ you through- out the ma- ny a- ges.

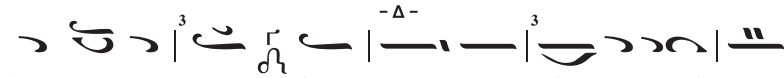
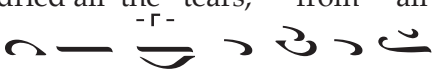
*Ode 9. The Heirmos.*

**S**aved through you, O pure\_ Vir- gin, hence we do  
con- fess you to\_ be most tru- ly the birth- gi- ver of  
our Lord; with choirs of bo- di- less An- gels, you  
do we mag- ni- fy.


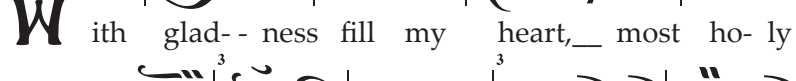
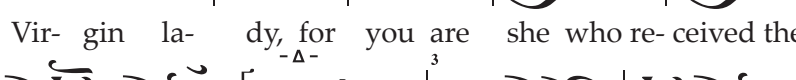
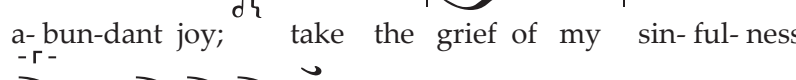
*The Troparia.*

*Verse:* Most Holy Theotokos...


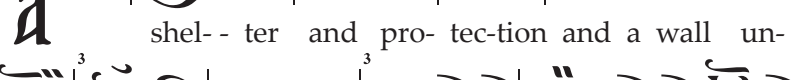
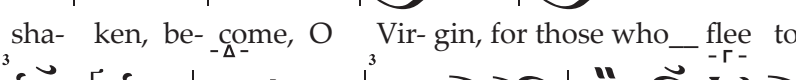
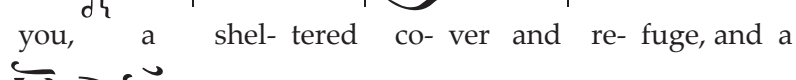
**T**he streams of my ma- ny tears, \_ re- ject not,  
Ho- ly Vir- gin; for you gave birth to the One who


  
 dried all the tears, from all the faces of peo-
 
  
 ple; the Christ was born of you.

*Verse:* Most Holy Theotokos...


  
**W**ith glad-ness fill my heart, most ho-ly
 
  
 Vir- gin la- dy, for you are she who re- ceived the
 
  
 a- bun- dant joy; take the grief of my sin- ful- ness,
 
  
 and make it dis- ap- pear.

*Verse:* Most Holy Theotokos...


  
**A** shel- ter and pro- tec- tion and a wall un-
 
  
 sha- ken, be- come, O Vir- gin, for those who flee to
 
  
 you, a shel- tered co- ver and re- fuge, and a
 
  
 place of joy.

*Verse:* Glory to the Father...

Vir - gin, from the bright-ness of your light il-  
lu- mine the ones who call you most pi- ous- ly God's  
mo- ther, take all the gloom of our ig- nor- ance  
and ban- ish it a- way.

*Verse:* Both now and ever...

p- press'd\_ I am, O Vir- gin; in a place of  
sick- ness, I have been hum- bled; I ask you: bring re-  
me- dy, trans- form my ill- ness, my sick- ness, in-  
to a\_ whole- some- ness.





**T** ru- ly you are wor- thy to be bless'd, mo- ther of  
our God, the The- o- to- kos, you the e- ver bles- sed one,  
and all\_ blame- less one, and the mo- ther of our God.



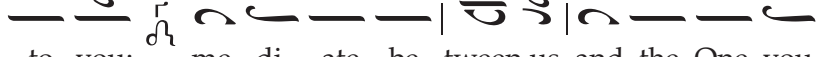

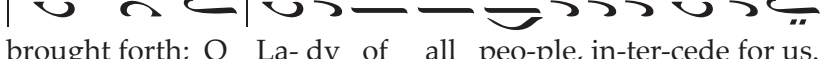
You are more ho-nor'd than the Che-ru-bim, and you  
 have more glo-ry, when com-pared, to the Se-ra-phim;  
 you, with-out cor-ruption, did bear God, the Lo-gos;  
 you are the The-o-to-kos; you do we mag-ni-fy.


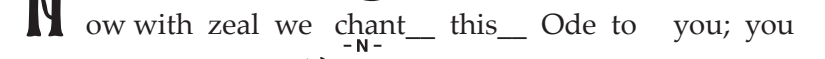
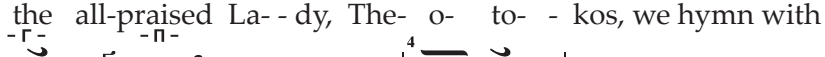

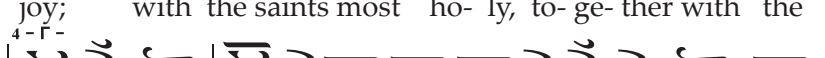
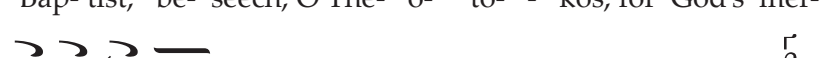

*The priest censes the altar and the people, or the place where the Parakelsis is held, while the following Megalynaria are chanted.*


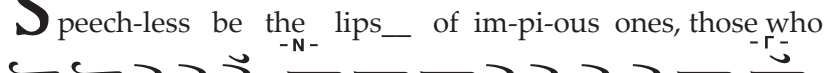
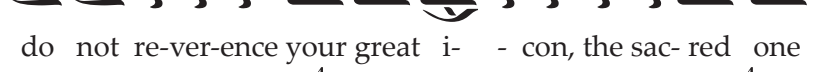

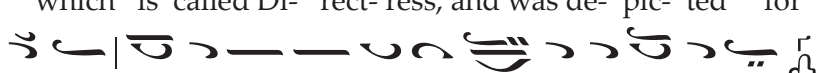


Higher than the hea-vens a-bove are you, and you  
 are much pur-er than the ra-di-ance of the sun;  
 you who have re-deem'd us from the curse which is up-  
 on us; the La-dy of all peo-ple, in hymns, do we  
 ho-nor you.

From the great mul-ti-tude of my sins, ill am  
 I in bo-dy, ill am I al-so in my soul;


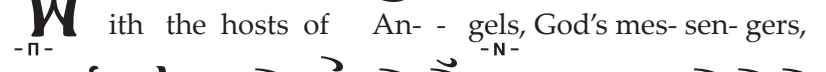



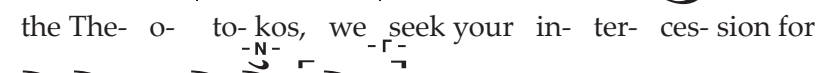


  
 I am flee- ing to you, the one who is all- bles- sed,
   

  
 the hope of all the hope- less, please come bring help to
   

  
 me. 


  
**L** a- dy and the mo- - ther of Him who saves, re-
   

  
 ceive the sup- pli- ca- - tions of the low- - ly who pray
   

  
 to you;  me- di- ate be- tween us and the One you
   

  
 brought forth; O La- dy of all peo- ple, in- ter- cede for us.


  
**N** ow with zeal we chant\_ this\_ Ode to you; you
   

  
 the all- praised La- - dy, The- o- to- - kos, we hymn with
   

  
 joy;  with the saints most ho- ly, to- ge- ther with the
   

  
 Bap- tist, be- seech, O The- o- to- - kos, for God's mer-
   

  
 - cy on us. 

<sup>-r-</sup>  <sup>-n-</sup>  
**S**peech-less be the lips\_\_ of im-pi-ous ones, those who  
<sup>-n-</sup>  <sup>-r-</sup>  
do not re-ver-ence your great i- - con, the sac- red one  
 <sup>4</sup>  <sup>4</sup>  
which is called Di- rect-ress, and was de- pic- ted for  
    
us by one of the a- pos-tles, Luke the E- van-ge- list.

*The Megalyrnarion of the Church is chanted at this point. Then:*

<sup>-r-</sup>  <sup>-n-</sup>  
**W**ith the hosts of An- - gels, God's mes- sen- gers,  
<sup>-n-</sup>  <sup>-n-</sup>  
with the \_\_Lord's\_\_ Fore- run-ner, and A- pos- - tles, the  
 <sup>3</sup>   
cho- sen twelve,  <sup>4</sup>   
the The- o- to- kos, we <sup>-n-</sup>  <sup>-r-</sup>  
our sal- va- - tion. \_\_\_\_\_



*Reader:* Amen.

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

Glory to the Father and the Son and the Holy Spirit;  
Both now and ever and to the ages of ages. Amen.

All-Holy Trinity, have mercy on us. Lord, be merciful to  
our sins. Master, forgive our transgressions. Holy One,  
visit and heal our infirmities, for your name's sake.

Lord have mercy. (*Thrice*)

Glory to the Father and the Son and the Holy Spirit;  
Both now and ever and to the ages of ages. Amen.

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done on earth as it is in heaven.  
Give us today our daily bread  
and forgive us our sins,  
as we forgive those who sin against us.  
And lead us not into temptation,  
but deliver us from evil.

*Priest:*

For yours is the kingdom and the power and the glory,  
Father, Son and Holy Spirit, now and ever and to the ages  
of ages.

*Choir: Amen.*


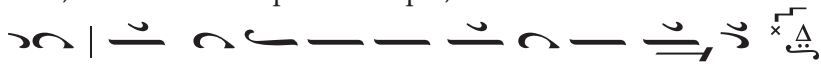
*Then the following Troparia are chanted.*



Mode  $\lambda$   $\pi$   $\bar{\sigma}$  Bov  $\bar{\omega}$


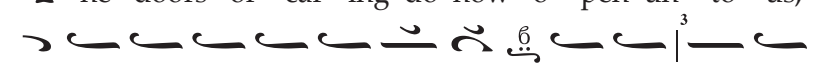
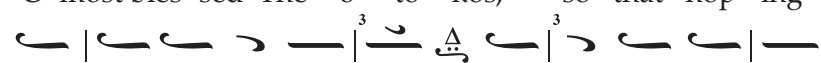
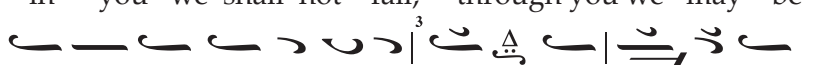

**H**ave mer-cy on us, O Lord, have mer-cy on us, for we are emp-ty of all de-fense, as sin-ners we of-fer this sup-pli-ca-tion to You; O Mas-ter, have mer-cy on us.

**G**lo-ry to the Fa-ther and the Son and the Ho-ly Spi-rit.

**L**ord, have mer-cy on us, for in You we have put our trust; be not ex-ceed-ing-ly ang-ry with us, nor re-mem-ber our ma-ny i-ni- -qui-ties; but look up-on us now as the Com-pas-sion-ate, and de-li-ver us from our e-ne-mies; for You are our


 God, and we Your peo- - ple, we are all the work of  

 Your <sup>-Δ-</sup>hands, and up- on Your Name we have now called.


**B**oth now and e- ver and to the a- ges of  

 a- ges. A- men.


**T**he doors of car- ing do now o- pen un- to us,  

 O most bles- sed The- o- to- kos, so that hop- ing  

 in you we shall not fail; through you we may be  

 de- li- ver'd from ad- ver- si- ties, <sup>-M-</sup>for you are the  

 sal- va- tion of the Chris- tian faith.

*(During the period from the 1st to the 14th of August,  
 instead of the above Troparia,  
 the Apolytikion of the day and the Theotokion of the Mode are chanted.)*

*Priest:*

Have mercy on us, O God, according to your great love, we pray to you, hear us, and have mercy.

*Choir:*

Lord, have mercy. (*thrice*)

*Priest:*

Again we pray for our Archbishop (*name*), and our Bishop (*name*), and all the clergy and the laity in Christ.

*Choir:*

Lord, have mercy. (*thrice*)

*Priest:*

Again we pray for mercy, life, peace, health, salvation, visitation, forgiveness, and remission of the sins of the servants of God, all pious and Orthodox Christians, those who reside and visit in this city, the members, council members, contributors, and benefactors of this holy church.

*Choir:*

Lord, have mercy. (*thrice*)

*Priest:*

Again we pray for the servants of God... (*at this time the Priest commemorates those for whom the Paraklesis is sung.*)

*Choir:*

Lord, have mercy. (*thrice*)

*Priest:*

Again we pray for the safekeeping of this holy church and this city (*or land, or island*), and of all cities and towns from pestilence, famine, earthquake, flood, fire and the sword, from invasion of enemies, civil war, and unforeseen death; for His mercy, that He will be kind to entreat as our good God, Who loves all people and that He may turn away and scatter all wrath and disease that moves against us, and deliver us from His impending, justified chastisement, and have mercy on us.

*Choir:*

Lord, have mercy. (*thrice*)

*Priest:*

Again we pray that the Lord God will hear the voices of the petitions of us sinners and have mercy on us.

*Choir:*

Lord, have mercy. (*thrice*)

*Priest:*

Hear us, O God, our Savior, the hope of all the ends of the earth, and of those who are far off upon the sea; and show compassion on us, O Master, on our many sins, and have mercy on us.

*Choir:*

Lord, have mercy. (*thrice*)

*Priest:*

For You are a merciful and loving God, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

*Choir:*  
Amen.

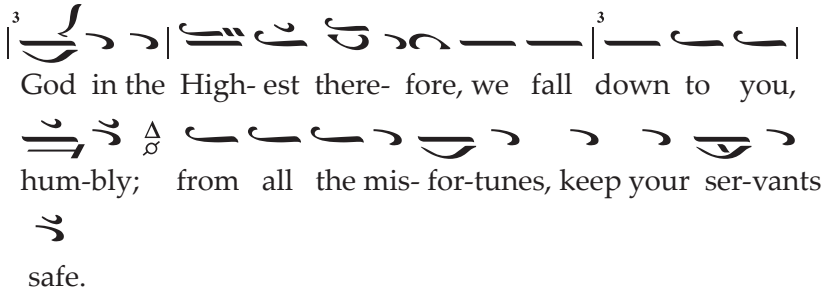
*Priest:*

Glory to You, O God, our hope, glory to You. May Christ our true God, through the intercessions of His all-pure and blameless holy Mother; of the holy glorious and praise-worthy Apostles; of the holy glorious and triumphant martyrs; of *(the Saint of the Church)*; of the holy righteous ancestors of God Joachim and Anna; of Saint *(name)* whose memory we celebrate today; and of all the Saints, have mercy and save us, as a good and loving God.

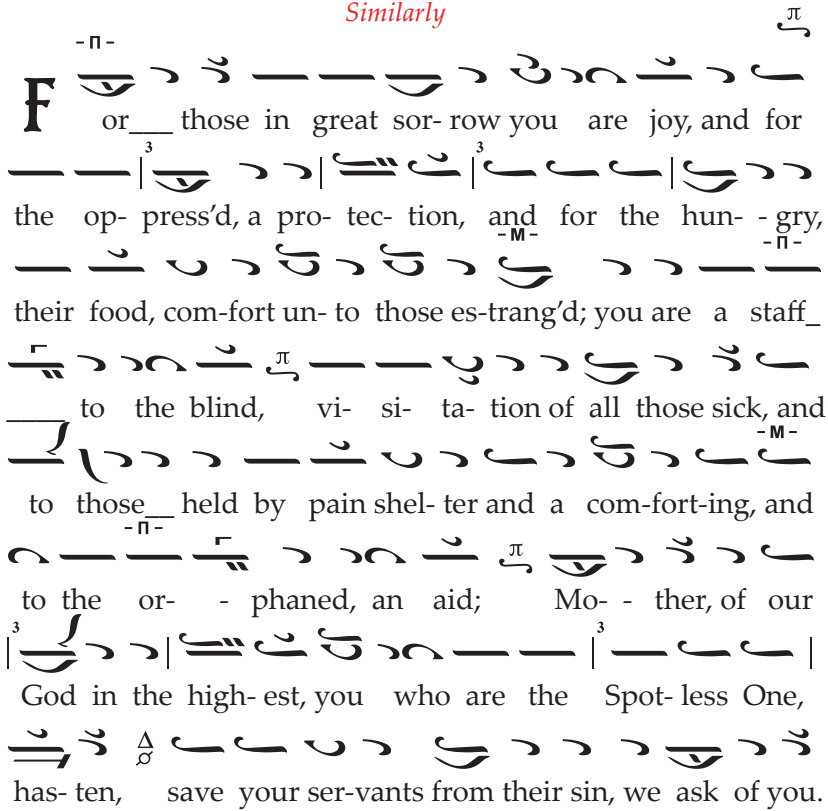
*The Christian faithful reverence the icon of the Theotokos while the following troparia are chanted.*

Mode Πα

<sup>-π-</sup>  
**Α** 
 ll those do you shel- ter, O Good One, those who  
  
 in their faith\_\_ flee to you, with your strong hand, you  
  
 pro- tect; we who sin have no one else, who in- ter- cedes\_\_  
  
 for us be- fore God, pray- ing end- less- ly, in  
  
<sup>3</sup>ills and all dan- gers, for us who are lai- den with our  
<sup>-M-</sup> <sup>-π-</sup>  
  
 ma- ny sins\_\_ and mis- takes; Mo- - ther, of our

<sup>3</sup> | 
  
 God in the High-est there-fore, we fall down to you,  
 hum-bly; from all the mis-for-tunes, keep your ser-vants  
 safe.

*Similarly*

<sup>-n-</sup> 
  
**F** or those in great sor-row you are joy, and for  
 the op-press'd, a pro-tection, and for the hun-gry,  
 their food, com-fort un-to those es-trang'd; you are a staff  
 to the blind, vi-si-ta-tion of all those sick, and  
 to those held by pain shel-ter and a com-fort-ing, and  
 to the or-phaned, an aid; Mo-ther, of our  
 God in the high-est, you who are the Spot-less One,  
 has-ten, save your ser-vants from their sin, we ask of you.

Mode λ ϝ Νη

**L**<sup>-N</sup> a- dy, O do re-ceive from your ser- - vants, their  
ma- ny prayers; and de- li- ver all of us, from  
all sad- ness and ne- ces- - si- - ty.

*(or the above in Second Mode)*

Mode Πα

**L**<sup>-π-</sup> a- dy, O do re-ceive from your ser- ants, their ma-  
ny prayers; and de- li- ver all of us, from all sad-  
ness and ne- ces- si- ty.

**M**<sup>-π-</sup> y nu-mer-ous hopes are placed be- fore you, most  
ho- ly one; Mo- ther of our God, gaurd me with care,  
with- in your shel-tered arms.

*During the period from the 1st to the 15th of August,  
instead of chanting the previous Theotokia,  
we chant the following Exapostilaria.*



## Mode ǰǰ ǰǰ

O You A- pos- tles from a- far, \_\_\_\_\_ be-  
 ing ga- thered\_ to- ge- ther ǰǰ in the vil- lage of  
 Geth- se- ma- - ne, \_\_\_\_\_ lay my bo- dy \_\_\_\_\_  
 in bur- i- al, and You, my Son, \_\_\_\_\_ and  
 my \_\_\_\_\_ God, re- ceive now my spi- - rit  
 from \_\_\_\_\_ me. ǰǰ

You are the sweet-ness of An- - gels, \_\_\_\_\_ the  
 glad- ness of the \_\_\_\_\_ af- flic- ted, a pro- tec- tion  
 of all Chris- - tians, \_\_\_\_\_ O Vir- gin Mo- ther \_\_\_\_\_  
 \_\_\_\_\_ of our Lord; grant me now help \_\_\_\_\_ and save \_\_\_\_\_  
 \_\_\_\_\_ me from the e- ter- - nal tor- - - ments.

ǰǰ

<sup>-r-</sup> I <sup>-n-</sup> have you as me-di- a- - tor <sup>4</sup> <sup>-N-</sup> be-  
<sup>-r-</sup> fore God <sup>3</sup> who <sup>3</sup> loves man-kind; may He not ques-  
<sup>-n-</sup> tion my act- - - ion <sup>4</sup> <sup>-N-</sup> be- fore the hosts of <sup>4</sup>  
<sup>-r-</sup> <sup>3</sup> the An- gels, I ask of you, <sup>3</sup> <sup>Δ</sup> O Vir-  
<sup>3</sup> <sup>-r-</sup> gin, <sup>Δ</sup> <sup>3</sup> has- ten now quick-ly to my <sup>3</sup> aid.

<sup>-r-</sup> You <sup>3</sup> are a tow- er a- dorned <sup>-n-</sup> with gold, <sup>4</sup> <sup>-N-</sup>  
<sup>3</sup> <sup>-r-</sup> a ci- ty sur- round-ed <sup>-n-</sup> by twelve walls, <sup>4</sup> <sup>-N-</sup> a  
<sup>3</sup> <sup>-r-</sup> shin- ing throne touch'd by the sun, <sup>4</sup> <sup>-N-</sup> a roy-  
<sup>4</sup> <sup>-r-</sup> al seat for the King, <sup>-M-</sup> <sup>-r-</sup> O un- ex- plain- a- ble  
<sup>3</sup> <sup>-N-</sup> <sup>-M-</sup> won- der, how do you nurse <sup>3</sup> the Mas-  
<sup>-N-</sup> <sup>-M-</sup> - ter?

*Priest:*

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

*Choir:*

Amen.



