

TRIODION

FIRST WEEK OF LENT: TUESDAY MATINS

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

Deacon (Priest): Alleluia, in the ___ Tone:

Verse: Out 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: Learn righteousness, ye that dwell upon the earth.

Choir: Alleluia, alleluia, alleluia.

Verse: Zeal shall lay hold upon an uninstructed people.

Choir: Alleluia, alleluia, alleluia.

Verse: Add 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 X) and the Sessional hymns from the Oktoechos in the Tone of the week. Then follows the 2nd reading from the Psalter (Kathisma XI) and:

Sessional hymn; by Joseph in Tone II:

The grace of the holy fast is most blessed: * for through fasting Moses was glorified, * receiving the law written upon tablets. * Through fasting the three children were made stronger than the flames! * Let us, then, quench the burning passions of the flesh. * Let us cry out to Christ the savior: ** "Grant us all conversion and deliver us from Gehenna!"

Glory ..., in Tone II:

The season of repentance is at hand, * show the fruits of abstinence, O my soul! * Consider those who have repented in the past * and cry aloud to Christ: * I have sinned, O loving master; * save me, as Thou didst save the publican who sighed with sorrow from his heart, ** for Thou alone art plenteous in mercy!

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

O Theotokos, thou fervent advocate of Christians, * ever entreat thy son, that He deliver us * from all the malice and cunning of the enemy, * and by thine intercessions, O Mother and Virgin, * that in His tender compassion * He grant us the forgiveness of our sins,

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

Sessional hymn; by Theodore in Tone V:

As we begin the second day of saving abstinence, * we cry unto Thee, O Lord: * pierce our hearts with compunction * for we are Thy servants * and accept the prayers we offer unto Thee in fear. * Allow us to complete the course of the fast without stumbling, ** and grant us cleansing and great mercy!

Glory ..., in Tone V:

Repeat: **A**s we begin the second day of saving abstinence ...,

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

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

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.

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

ODE II: FIRST CANON

Irmos: **B**ehold; behold! I am He who hath saved the people of Israel * in the sea and nourished them in the wilderness. * I drew water from a rock for mortal men, * that I might raise up the one who had fallen into corruption, * and draw him to me by Mine unspeakable mercy.

Refrain: **H**ave mercy on me, O God, have mercy on me.

O my Soul, be temperate; be vigilant, sigh and weep. Reject all the burden of sin by fasting. Flee from the fire of the passions by true and fervent repentance, rend asunder the garments of mourning with thy tears, and be clothed anew.

Refrain: **H**ave mercy on me, O God, have mercy on me.

By fasting let us ascend the mountain of virtue, casting aside the creeping things of sensuality. Let us enter into the darkness of sacred contemplations, let us behold Christ our beloved one in His beauty, and through divine ascents mystically become godlike.

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

Woe is me! Who will I become? And what shall I do? Conscienceless, I have committed sins and not feared the Master. Therefore, even before the Judgment, I stand condemned. Save me and bring me back, O righteous and gracious Judge, though I have angered Thee more than all mankind.

Refrain: Most Holy Theotokos Save us!

O unsown earth, which brought forth the Nourisher of all: He Who openeth His hands, and of His own good will satisfieth every living thing by His power. Strengthen with the Living Bread hearts weakened by satiation with wicked transgression.

Second Canon, by Theodore in Tone V:

Irmos Behold now, and see that I am God * who hath willingly clothed Myself in flesh to save Adam, * who from the snares of the serpent * fell into transgression.

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

Come, let us gather in the chamber of our soul, rendering prayers unto the Lord and crying: "Our Father, Who art in heaven, forgive and remit our transgressions, since Thou alone art compassionate!"

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

Showing our souls to be joyful in the Fast, let us not grieve the loss of our days of pleasure, for this loss brings instruction in virtue.

Glory ..., The Unity of three Hypostases, beginningless, uncreated Lord, King of all the ages, a multitude of angels and all mortal nature glorify Thee: Father, Son, and Holy Spirit!

Both ..., **Theotokion:** Let us hymn the most virtuous glory of mankind, for in her we have been deified. Thou hast borne, for our sake, the God and Savior, Christ who hath released us from the curse.

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

Who quenched the flames? Who closed the mouths of beasts? It is the Fast, which delivered the youths from the fiery furnace, and Daniel the prophet from the teeth of the lions. So even now O brethren let us welcome it,.

Katavasia: Behold now, and see that I am God * who hath willingly clothed Myself in flesh to save Adam, * who from the snares of the serpent * fell into transgression.

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 the Martyricon.

ODE VIII

First Canon

Irmos: Unto Him Who of old prefigured the miracle of the Virgin, * unto Moses in the burning-bush * on Mount Sinai, * let us sing, bless and supremely exult throughout all ages.

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

O my Soul, put aside the wicked sleep of laziness, and persevere with sincere vigilance in the Lord's commands. The torch-bearing Bridegroom draweth near; let us hasten to greet Him!

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

Wounded by wicked pleasures, heal me with the bountiful cure of Thy merciful divine will, O Word, and I will ever glorify Thee with thanksgiving.

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

Restrain thyself, O soul, from harmful passions, from hate, and envy, and from every evil, and be Thou nourished in the Fast with the spiritual manna from heaven, which is the Word of God.

Refrain: Most Holy Theotokos Save us!

O Pure Birthgiver of God, heal the inclinations of my soul, the passions of my heart; and the instability of my mind. For thou alone art an invincible wall and the only help of us sinners.

Second Canon;

Irmos: The Fashioner of all creation, * whom the angels fear: * let us praise, O ye people, * and supremely exalt throughout all ages!

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

Having raised our souls toward heaven through abstinence, let us offer acceptable prayers to the Lord.

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

Receiving the spirit of compunction, let us weep for the salvation of our souls, glorifying Christ throughout the ages.

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

Trinity consubstantial, Unity uncreated, God of all: we exalt Thee throughout all ages.

Now & ever ..., Pray for all those who magnify thee in song, O pure One, and deliver them from all temptations and dangers.

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

Spitting out the food of the wealthy, come, let us fast with Lazarus, that we also may be comforted in the bosom of Abraham.

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

Katavasia: The Fashioner of all creation, * whom the angels fear: * let us praise, O ye people, * and supremely exalt throughout all ages!

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: Who born on Earth hath ever heard of, or beheld, * a Virgin miraculously conceiving in her womb, * and painlessly giving birth to a child, * wherefore we magnify thee O pure Virgin.

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

Who among men hath sinned against the Lord as much as I have? Or who hath remained in sin for as long as I, O wretched man? But, do Thou O God, the Fountain of mercy, have compassion upon me.

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

O Angelic powers, ye who look upon God, entreat Him who is quick to forgive, to save the soul of one, lost and adrift on the sea of this life's pleasures, in a tempest of passions, and suffering from the attacks of hostile spirits.

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

Come, soul, take wing, by the efforts of the fast arise from indolence. Be filled with the vision of joy, and behold God in faith!

Refrain: Most Holy Theotokos Save us!

Who can worthily proclaim thy praises, O pure Virgin, thou who hast given birth ineffably to the exalted Master and Lord, and to whom the angelic hosts sing praises. Pray to Him on behalf all of who have sinned exceedingly, O unwedded Bride.

Second Canon;

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

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

This is the acceptable time. This is the time for repentance. Let us offer our virtues to God as gifts, and set aside the works of darkness, by putting on the armor of light as the apostle Paul proclaims.

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

As the Lord killed the enemy by fasting, so let us also come to destroy his arrows and spears, saying: Get thee behind me, Satan! when he cometh to tempt us.

Glory ..., I hymn the Trinity in Unity: eternal, honorable, life-giving; indivisible, consubstantial. Unbegotten Father, begotten Word and Son, and Holy Spirit, save us who hymn Thee!

Both ..., Thy fruit is above all understanding, O Mother of God, for in thee a conception took place without a man, and thy childbearing was virginal. God was born from thee, and we magnify and bless thee, O Virgin.

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

Through fasting, let us look on God, as we approach the mount of prayer with a pure heart, and receive the tablet of His commandments as Moses did, shining spiritually with them in the presence of God's love.

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

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 Tuesday in the Tone of the week.

At the Aposticha in Tone III :

Let us begin the pure fast, O ye people, * which is the salvation of our souls. * Let us serve the Lord with fear; let us anoint our heads with the oil of good deeds. * Let us wash our faces with the waters of purity. * Let us not use empty phrases in prayer, but as we have been taught, let us cry aloud: * "Our Father who art in the heavens, ** forgive us our trespasses, for Thou art the Lover of mankind!"

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: Let us begin the pure fast ...

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.

The warriors of Christ have rejected the fear of kings and tormentors, * and with boldness and courage confessed Him, our King, * the Lord and God of all, ** and now they pray on behalf of our souls.

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

O Theotokos, thou protection of all who pray to thee, * we have boldness and exult in thee. * We put all our hope in thee. * Pray for thy corrupt servants, ** to the one whom thou didst bear.

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, ... Our 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, TUESDAY
SIXTH HOUR

Troparion of the prophecy in Tone I :

We are strangers upon the earth, * as all our forefathers were; * the span of our life is brief. * But O our savior, keep us free from sin, ** and have mercy on us in Thy love for mankind!

Prokeimenon of the prophecy in Tone IV:

Prokeimenon: **H**earken to the sound of my cry * my King, and my God.

Verse: **U**nto to my words give ear O Lord; hear my cry!

THE READING IS FROM THE PROPHECY OF ISAIAH (1:19-2:3)

The Lord said: If ye be willing and obedient, ye shall eat the good of the land: But if ye refuse and rebel, ye shall be devoured with the sword: for the mouth of the LORD hath spoken it. How is the faithful city become an harlot! it was full of judgment; righteousness lodged in it; but now murderers. Thy silver is become dross, thy wine mixed with water: Thy princes are rebellious, and companions of thieves: every one loveth gifts, and followeth after rewards: they judge not the fatherless, neither doth the cause of the widow come unto them. Therefore saith the LORD, the LORD of hosts, the mighty One of Israel, Ah, I will ease me of mine adversaries, and avenge me of mine enemies: And I will turn my hand upon thee, and purely purge away thy dross, and take away all thy tin: And I will restore thy judges as at the first, and thy counsellors as at the beginning: afterward thou shalt be called, The city of righteousness, the faithful city. Zion shall be redeemed with judgment, and her converts with righteousness. And the destruction of the transgressors and of the sinners shall be together, and they that forsake the LORD shall be consumed. 29 For they shall be ashamed of the oaks which ye have desired, and ye shall be confounded for the gardens that ye have chosen. For ye shall be as an oak whose leaf fadeth, and as a garden that hath no water. And the strong shall be as tow, and the maker of it as a spark, and they shall both burn together, and none shall quench them. The word that Isaiah the son of Amoz saw concerning Judah and Jerusalem. And it shall come to pass in the last days, that the mountain of the LORD's house shall be established in the top of the mountains, and shall be exalted above the hills; and all nations shall flow unto it. And many people shall go and say, Come ye, and let us go up to the mountain of the LORD, to the house of the God of Jacob; and he will teach us of his ways, and we will walk in

his paths: for out of Zion shall go forth the law, and the word of the LORD from Jerusalem.

Prokeimenon in Tone IV:

Prokeimenon: Lord, rebuke me not in thine anger, * nor chasten me in Thy wrath.

Verse: Have mercy on me, O Lord, for I am weak!

FIRST WEEK OF LENT, TUESDAY

VESPERS

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

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

As of old we were cast out from paradise through eating bitter food, * let us make haste to enter therein again, * abstaining from the passions, and crying to our God: * "Thou didst stretch out Thy hands upon the cross, * Thou didst drink vinegar and tasted of gall, * patiently enduring the pain of the nails: * Do Thou uproot all bitter pleasures from our souls, ** and for the sake of Thy tender compassion save Thou Thy servants."

Once we were cast out of paradise through eating from the tree, * but through Thy cross we are restored again. * We offer unto Thee Thy cross in supplication, * O Lord of many mercies, praying to Thee in faith: * send down upon us fountains of tears in this time of abstinence * to cleanse the filth of our passions and offenses, * that we may cry fervently to Thee: ** "Glory to Thee O Lord!"

As once Thou didst grant paradise to Adam, * so now grant me O Word the joy of abstinence, * that I may taste of all Thy commandments, O God, * yet never eat of the forbidden fruit of sin; * and so with gladness ** I shall come to Thy life-giving passion on the cross!

And three Stichera from the Menaion.

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

Prokeimenon in Tone V:

Prokeimenon: **O** Lord my god, in Thee have I put my hope, * save me!

Verse: Save me from all those that persecute me, and do Thou deliver me!

THE READING IS FROM THE BOOK OF GENESIS (1:14-23)

The Lord said: Let there be lights in the firmament of the heaven to divide the day from the night; and let them be for signs, and for seasons, and for days, and years: And let them be for lights in the firmament of the heaven to give light upon the earth: and it was so. And God made two great lights; the greater light to rule the day, and the lesser light to rule the night: he made the stars also. And God set them in the firmament of the heaven to give light upon the earth, And to rule over the day and over the night, and to divide the light from the darkness: and God saw that it was good. And the evening and the morning were the fourth day. And God said, Let the waters bring forth abundantly the

moving creature that hath life, and fowl that may fly above the earth in the open firmament of heaven. And God created great whales, and every living creature that moveth, which the waters brought forth abundantly, after their kind, and every winged fowl after his kind: and God saw that it was good. And God blessed them, saying, Be fruitful, and multiply, and fill the waters in the seas, and let fowl multiply in the earth. And the evening and the morning were the fifth day..

Prokeimenon in Tone V:

Prokeimenon: O Lord, our Lord, * how wonderful is Thy name in all the earth!

Verse: Thy magnificence is lifted high above the heavens!

THE READING IS FROM THE BOOK OF PROVERBS (1:20-33)

Wisdom crieth without; she uttereth her voice in the streets: She crieth in the chief place of concourse, in the openings of the gates: in the city she uttereth her words, saying, How long, ye simple ones, will ye love simplicity? and the scorners delight in their scorning, and fools hate knowledge? Turn you at my reproof: behold, I will pour out my spirit unto you, I will make known my words unto you. Because I have called, and ye refused; I have stretched out my hand, and no man regarded; But ye have set at naught all my counsel, and would none of my reproof: I also will laugh at your calamity; I will mock when your fear cometh; When your fear cometh as desolation, and your destruction cometh as a whirlwind; when distress and anguish cometh upon you. Then shall they call upon me, but I will not answer; they shall seek me early, but they shall not find me: For that they hated knowledge, and did not choose the fear of the LORD: They would none of my counsel: they despised all my reproof. Therefore shall they eat of the fruit of their own way, and be filled with their own devices. For the turning away of the simple shall slay them, and the prosperity of fools shall destroy them. But whoso hearkeneth unto me shall dwell safely, and shall be quiet from fear of evil.

The Priest: Let us complete our evening prayer

At the Aposticha, in Tone VIII:

Let us keep the fast not only by refraining from food, * but by becoming strangers to all bodily passions; * that we who are enslaved to the tyranny of the flesh may be deemed worthy * to partake of the Lamb, the Son of God, * slain of His own will for the sake of the world, * and that we may spiritually celebrate the feast of the Savior's resurrection from the dead! * So shall we be raised on high in the glory of the virtues, * through our righteous actions ** giving joy to the Lord and the Lover of mankind!

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: Let us keep the fast ...

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.

Thy martyrs, O Lord, putting aside the things of this life, * and enduring tortures for the sake of the life to come, * were shown to be its inheritors, * and now they rejoice with the angels! ** By their prayers grant Thy people great mercy!

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

Stavrotheotokion: "O marvelous wonder! O Strange mystery and fearful deed!" * Cried the Virgin as she beheld in fear and trembling, * Thee, the child whom she had borne without travail, * hanging between two malefactors on the cross. * She cried aloud weeping: * "Woe is me, O my beloved child! How hast this wicked and ungrateful people ** nailed Thee to the Cross!"

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 ...;

Pray 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)

We 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 ...;

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

Reader: **A**men. **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: Blessed be the name of the Lord from henceforth and forevermore (**Thrice**). **Glory ...**, **Now & ever ...**, **Amen**.

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.

Come 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.

The 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.

Come 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?

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

The 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.

The 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. *

Many 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.

The 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),
Father (**M**aster), Bless.

Priest: (**T**he dismissal)

GREAT COMPLINE
CANON OF ST. ANDREW OF CRETE
TUESDAY OF THE FIRST WEEK

Priest: Blessed is our God, ...

Reader: Amen. Glory to Thee our God ..., Heavenly King ..., Holy God ..., Our Father.

Priest: For thine is the kingdom ...

Reader: Lord Have Mercy (12 times)... Glory ..., Now & 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 second Stasis of the Great Canon in Tone VI :

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.

By mine own free choice I have incurred the guilt of Cain's murder. I have killed my conscience, bringing the flesh to life and making war upon the soul by my wicked actions.

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

O Jesus, I have not been like Abel in His righteousness. I have never offered Thee acceptable gifts or godly actions, a pure sacrifice, or an unblemished life.

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

O wretched soul, Like Cain, we have also offered to the Creator of all, defiled actions, a polluted sacrifice and a worthless life: wherefore also we are condemned.

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

Thou hast fashioned me, O my Maker and Redeemer and Judge, as one who moulds clay, giving me flesh and bones, breath and life. But do Thou accept me in repentance,

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

O Savior, I confess to Thee, the sins I have committed, the wounds of my soul and body, which murderous thoughts, like thieves, have inflicted upon me.

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

Though I have sinned, O Savior, yet I know that Thou art the Lover of mankind. Thou dost chastise with mercy and art fervently compassionate. Thou seest me weeping and dost hasten to meet me, like the Father calling back the Prodigal Son.

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: Attend O heaven and I shall speak, * and sing in praise of Christ, * who from the virgin took flesh and came to dwell among us.

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

Sin hath stripped me of the robe that God once wove for me, and it hath sewn for me garments of skin.

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

I am clothed with the raiment of shame as with the leaves of the fig tree, in condemnation of my self-willed passions.

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

I am clad in a defiled garment, shamefully bloodstained by the flow of a passionate and self-indulgent life.

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

I have fallen under the burden of passions and the corruption of material things; and the enemy vexeth me.

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

I have lived a life of love for material things, lacking in abstinence, instead of one free from possessions, O Savior, and now I wear a heavy yoke.

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

I have adorned the image of my flesh with a many-colored coat of shameful thoughts, wherefore I am condemned.

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

Having cared only for outward adornment, I have neglected that which is within; the tabernacle fashioned in God's image.

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

I have buried with the passions the first beauty of the image, O Savior. But seek me, as once Thou didst seek the lost coin, and find me.

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

Like the Harlot I cry to Thee: I have sinned, I alone have sinned against Thee. Do Thou accept my tears as sweet myrrh, O Savior.

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

Like the Publican I cry to Thee: Be merciful, O Savior, be merciful to me. For no child of Adam hath ever sinned against Thee as I have sinned.

Glory ..., O God of all, I sing of Thee as one in three hypostases, Father, Son and Holy Spirit.

Now & ever ..., O most holy virgin Theotokos, who alone art praised everywhere, pray thou fervently that we may be saved.

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.

Unto me Thou art the Fountain of life, and the Destroyer of death; and before the end I cry unto Thee from my heart: I have sinned, do Thou cleanse and save me.

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

I have sinned, O Lord, I have sinned against Thee, do Thou cleanse me. For there is none among men who have sinned, whom I have not surpassed in transgressions.

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

I have followed the example, O Savior, of those who, in the days of Noah, lived in wantonness; and like them I am condemned to drown in the Flood.

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

Thou, O my soul, hast followed after Ham, who mocked his father. Thou hast not covered thy neighbor's shame, by walking away with turned face.

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

Flee, O my soul, like Lot from the burning of sin; flee from Sodom and Gomorrah; flee from the flame of every unspeakable desire.

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

Have mercy, O Lord, have mercy on me, I cry unto Thee, who comest with Thine angels to give to every man what is due for his deeds.

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

Now & ever ..., O Birthgiver 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.

O my soul, be watchful, be full of courage, like unto the great Patriarch, that thou mayest acquire action with knowledge, and be named Israel, 'the mind that sees God'; and thus by contemplation reach the innermost darkness and gain great merchandise.

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

The great Patriarch begat the twelve Patriarchs as children, mystically establishing for thee, O my soul, a ladder of ascent through action, for in his wisdom he set his children as steps, by which thou canst ascend upwards.

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

Thou hast emulated Esau the despised, O my soul, and given the birthright of thy first beauty to the deceiver; thereby losing thy father's blessing, and in thy wretchedness thou hast been twice deceived, both in action and in knowledge, wherefore repent now.

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

Esau was called Edom because of his raging love for women; burning always with unrestrained desire and stained with the smear of sensual pleasure, he was named 'Edom', which means the red-hot heat of a soul that loveth sin.

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

Thou hast heard, O my soul, of Job who was justified, but thou hast not imitated his fortitude. In all thine experiences, and trials, and temptations, thou hast not kept firmly to thy purpose but hast shown thyself to be inconsistent.

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

He formerly sat upon a throne, but now he sitteth upon a dung-hill, naked and covered with lesions. Once he was blessed with many children and admired by all, but suddenly he became childless, and homeless. Even so, he counted the dung-hill as a palace and his sores as pearls

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.

Thou hast heard, O my soul, of the basket of Moses: how he was carried on the surging waves of the river as if in a tabernacle; and thus avoided the bitter execution of Pharaoh's decree.

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

If thou hast heard of the midwives who once killed in its infancy the manly action of chastity O wretched soul; then be like the great Moses, and be suckled on wisdom.

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

Thou hast not struck and killed the wretched mind, like Moses the great did to the Egyptian, O my soul. Tell me then, how canst thou go and dwell in the desert emptied of passions through repentance?

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

Moses the great went to dwell in the desert, come and seek to emulate his way of life, O my soul, that thou mayest attain to the vision of God in the bush.

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

Picture before thyself, O my soul, the rod of Moses striking the sea and making firm the deep by the sign of the divine Cross, by which thou canst also do great things.

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

Aaron offered to God a blameless and undefiled fire, but Hophni and Phinehas brought to Him, as hast thou O my soul, a strange fire and a defiled life.

Glory ..., **W**e 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.

The waves of my sins, O Savior, have returned and of a sudden engulfed me, as of old the waters of the Red Sea engulfed the Egyptians and their charioteers.

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

Thou hast made a foolish choice, O my soul, like Israel before thee; instead of manna from heaven, thou hast unreasonably shown a preference for the pleasure-loving gluttony of the passions.

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

The wells of Canaanitish thoughts, O my soul, hast thou prized more than the veined Rock from which floweth the river of Wisdom, like a chalice pouring forth streams of theology.

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

The meat of swine, the flesh-pots and foods of Egypt hast thou preferred, O my soul, to the manna from heaven, as did the ungrateful people of old in the desert wilderness.

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

When Thy servant Moses struck the rock with his rod, he prefigured Thy life-giving side, O Savior, from whence we all draw forth the water of life.

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

Search O my soul, like Joshua the son of Nun, and spy out the land of thine inheritance, and take up thy dwelling within it through the goodness of the law.

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.

The Ark was being carried in a carriage, and when the ox stumbled, it was no more than touched, and invoked the wrath of God. O my soul, flee from such presumption and with reverence have respect for divine things.

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

Thou hast heard of Absalom; how he rebelled against what is natural; thou knowest the unholy deeds by which he defiled his father David's bed, but nevertheless thou hast imitated him in his passionate and sensual-loving desires.

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

Thou hast made thy free dignity subject to the flesh; for having found in thine enemy another Ahitophel, O my soul, thou hast acquiesced to his counsels. But Christ Himself hath nullified them, and redeemed thee from all of them.

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

Solomon the wonderful, who was full of the grace of wisdom, once committed wickedness in the sight of God and turned away from Him. By thine accursed life O my soul, thou hast become like him.

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

Consumed by sensual passions, he defiled himself, The zealot of wisdom hath become a zealot of prodigal women and a stranger to God. Woe is me! O my soul, thou hast noetically imitated him, defiling thyself with polluted desires.

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

Thou hast imitated Rehoboam, who paid no attention to his father's counselors, and Jeroboam, that evil servant and betrayer of old. O my soul, flee from their example and cry unto God: 'I have sinned, have compassion upon me'.

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 Birthgiver 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.

Thou hast emulated Uzziah, O my soul, and hast twofold the leprosy he had: for thy thoughts are futile, and thy deeds unlawful. Leave what thou hast, and hasten to repentance.

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

O my soul, thou hast heard how the men of Nineveh repented before God in sackcloth and ashes. Thou hast not imitated them, but rather art more wicked than all who have sinned before the Law, and after the Law.

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

Thou hast heard, O my soul, how Jeremiah cried lamenting for the city of Zion while in the muddy pit, seeking tears. Follow then, his life of lamentation and be saved.

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

Jonah fled to Tarshish, foreseeing the conversion of the men of Nineveh; for as a prophet he knew the compassionate goodness of God, and was jealous that his prophecy should not be proved wrong.

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

O my soul, thou hast heard how Daniel stopped the mouths of the wild beasts in the pit; and thou knowest how the Children with Azarias, by their faith quenched the flames of the fiery furnace.

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

All the names of the Old Testament have I set before thee, O my soul, as examples. Emulate the god-loving deeds of the righteous and flee from the sins of the wicked.

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.

Christ was being tempted, tempted by the devil O my soul, who showed Him the stones that they might be made bread, and led Him up into a mountain, to see all the kingdoms of the world in an instant. O my soul, look with fear on what happened; watch and pray every hour to God

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

The gentle Dove who loved the desert wilderness, the voice of one crying aloud, the Lamp of Christ, preached repentance; but Herod sinned with Herodias. O my soul, watch that thou be not trapped in the snares of the lawless ones, rather, embrace repentance

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

The Forerunner of Grace went to dwell in the desert wilderness, and Judaea and all Samaria hastened to hear him; they confessed their sins and were eagerly baptized. But thou, O my soul, hast not imitated them.

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

Marriage is honorable, and the marriage-bed undefiled, for on both Christ hath given His blessing, eating in the flesh at the wedding in Cana, turning the water into wine, and revealing His first miracle, that thou, O my soul, may change thy life.

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

Christ healed the paralyzed man, and he took up his bed; He raised from the dead the young man, the son of the widow, and the centurion's child-servant; He appeared to the woman of Samaria and spoke to thee, O my soul, of worship in spirit.

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

The Lord healed the woman with an issue of blood, through the touching of the hem of His garment; He cleansed lepers, and restored the blind and the lame to health; He cured the deaf and the dumb, and the woman bowed to the ground, by His word, that thou, O wretched soul, may be brought to salvation.

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 Birthgiver 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.

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

O venerable Andrew, thrice-blessed father and pastor of Crete, cease not to offer prayer for those who sing thy praises, that all who faithfully honor thy memory may be delivered from danger, distress, and from corruption and sin.

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.

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