

SUNDAY EVENING: TONE VII
AT VESPERS

On “Lord, I have cried ...,” 3 Stichera of repentance, in Tone VII:

Spec. Mel.: “Today Judas keepeth vigil ...”:

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

Lift up thine eyes, O my soul, and behold the dispensation and tender compassion of God: how having bowed down the heavens, He descended to the earth, that He might raise thee up from the wretched state of thy passions, and set thee upon the rock of faith. O the wonder of this awesome miracle! Glory to Thine abasement, O Lover of mankind!

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

Behold thine exceedingly iniquitous works, O my soul, and marvel that the earth still beareth thee, that it hath not been driven asunder, that the wild beasts do not devour thee, that the ever-shining Sun hath not ceased to shine upon thee. Arise, repent, and cry out to the Lord: I have sinned against Thee, I have sinned! Have mercy on me!

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

Trusting in thee, O omnipotent Lord, we beseech Thee, that we be delivered from all tribulations, sufferings and turmoil; that we may pass our life in peace; and, having lived in purity, may find Thee, our Master, merciful on the day of judgment.

Then the Stichera from the Menaion; or if there is no Menaion, these Stichera of the holy incorporeal angels, in the same melody:

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

Illumined by the rays of the Trinity, O archangels, illumine those who hymn you with faith.

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

O ye who are secondary luminaries through communion, who are shown to be perfect lights, we pray: Intercede for us before the primal Radiance.

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

Within the shelter of your wings preserve all the faithful from the spirits of wickedness, dispelling their darkness.

Glory..., Both now ..., Theotokion:

With the angels let us all cry out to the Theotokos in hymns, for she gave birth to the Savior of the world, and remained a virgin even after giving birth, and by her birthgiving hath delivered the world from delusion. She who fed the Liberator of our souls hath given us inexhaustible sustenance.

Then, “O Joyous Light ...,” the Prokeimenon, in Tone VIII:

Prokeimenon: Behold now, bless ye the Lord, * all ye servants of the Lord.

Verse: Ye that stand in the house of the Lord, in the courts of the house of our God.

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

On the Aposticha, these Stichera of repentance, in Tone VII:

I have come, O Compassionate One, like the prodigal son. As one of Thy hirelings do Thou accept me who fall down before Thee, O God, and have mercy on me, O Thou Who lovest mankind.

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

Like the one who fell among thieves and was wounded, so have I fallen through many sins, and my soul hath been wounded. To whom shall I who am guilty flee? To Thee alone, the Physician of men’s souls. O God, pour forth upon me Thy great mercy.

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

To the Martyrs: Glory to Thee, O Christ God, Thou boast of the apostles and joy of the martyrs, who preached the consubstantial Trinity!

Glory..., Both now ..., Theotokion:

With the angel we cry out to thee, Rejoice! O Bride of God, * calling thee the bridal-chamber and portal, * the fiery throne and unquarried mountain, ** and bush unconsumed.

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

ON SUNDAY NIGHT
AT COMPLINE

Canon of supplication to the most holy Theotokos

ODE I

Irmos: At thy command O Lord, * the nature of the waters that beforehand flowed freely was transformed * and became like the earth; * whereby Israel having traversed them dryshod * chanted unto Thee a hymn of victory.

O of a truth the ranks of angels rightly honor thee, the Mother of the God of all, O most pure one. Accept now also this hymn of supplication from my lips of clay.

O most pure one who hast given birth to true Life, slay my carnal wickedness, which liveth yet, and grant unto thy servant deliverance from transgressions and the passions, O pure one.

Glory ..., The timeless Word, the Sun Who shone forth unapproachably from the Sun, hath shone forth in time, enlighten our souls, with His rays O Virgin, and grant us understanding.

Both now ..., Ever effective words of praise are due thee, O Theotokos; yet we entreat thee, O pure one: From all the sorrows of life save those who have recourse unto thee.

ODE III

Irmos: O Lord and Savior, * Who in the beginning established the heavens * by Thine all-powerful Word , * and by the divine and all-accomplishing Spirit * hath granted them all their strength, * do Thou establish me on the unshakeable rock of Thy confession.

As a servant right wisely repaying my debts for thy grace, O Lady, I zealously hymn thee, O most pure Mother of the Word, the Redeemer of all; wherefore, even now rescue me from the assaults of life.

O most pure Lady who hast given birth to the life-creating Word, thou hast clearly deemed Adam worthy of a higher life, upon whom death came through disobedience Free me now also from mortal sin.

Glory ..., The law of the passions which hardens the flesh, and now vexes the spirit, causes my mind to grow attached to the most grievous of passions, O most pure one; yet By thy prayers quickly grant me the peace of dispassion.

Both now ..., Having ineffably conceived in thy womb Christ, the Sustainer of all, O most pure one, thou hast freed human nature from the chains of Hades. Do thou now break asunder the tangled bonds which hold me in corruption.

ODE IV

Irmos: Having never left the bosom of the Father, * Thou didst descend to earth O Christ God, * I have heard of the mystery of Thy dispensation, * and I have glorified Thee, * O only Lover of mankind.

My mind fraught with gloom, at night I do battle against a myriad of evil spirits. O portal of the light, with thy rays illumine me, and quickly rescue me from bitterness and grief.

Surrounded by a multitude of sins and bound fast with bonds of temptations, I now call upon thine aid, O Lady, that I may be delivered from every torment.

Glory ..., **D**rive away the hordes of evil and cruel demons and the assemblies of envious and wicked men, O all-hymned one, and deliver me from all the grief and tribulation of life.

Both now ..., **W**ith the sword of thy prayers, O Lady, cut down the lying words and deeds which reverberate around me, and quickly free me and deliver me from all grief.

ODE V

Irmos: Night is bereft of light * for those without faith, O Christ, * but for the faithful there is enlightenment * in the sweetness of Thy words; * wherefore, I rise early unto Thee * and hymn Thy Divinity.

In that thou art the impregnable bulwark of the faithful and the protection of thy servant, O Virgin, from every violent grief and affliction deliver me.

Assailed on every side, O most pure one, I am in great distress. By thy prayers restore the strength of body and soul which hath failed within me.

Glory ..., **I**, thy servant, now flee to the depths of thy compassion, O Virgin, that I may be delivered from oppression and the unjust assemblies which assail me.

Both now ..., **T**he glory of thy supplications is everywhere supremely exalted, O most pure Virgin Mother; thereby deliver me now from every assault of life.

ODE VI

Irmos: Sailing in the tempest of the cares of life, * together with the ship I have been submerged by sins, * and cast to the soul-corrupting beast, * wherefore like Jonah I cry to Thee, O Christ: * Lead me up from the deadly abyss.

The utterances and words of all praise thee with faith, O pure one, for by thy birthgiving the debt of all mankind hath been clearly abolished; yet even now accept the supplications of those who hymn thee, and deliver us from temptations and griefs.

Sick am I, and pierced by the thorns of sinful passions, O most pure one, yet I seek healing from thee. Take from me all pain and sorrow, and deliver me from temptations and griefs.

Glory ..., O Theotokos who didst become the palace of the King of glory, thou hast manifestly exalted human nature to heaven; wherefore, lead me up from the abyss of my many transgressions, temptations and passions.

Both now ..., O pure Virgin, in a manner transcending understanding and all telling thou hast given birth to the incarnate Word Who hath delivered us from irrationality; wherefore, we unceasingly hymn thee with divine discourse, and glorify thee with faith.

Lord, have mercy, (Thrice).

Glory ..., **Both now ...**, **Sessional Hymn, in Tone VII:**

O Lady, thy Son hath been angered by thy sinful servants. We have turned to wrath Him Who is full of loving-kindness, but do thou turn Him again to mercy, O pure one. Have pity, O Mother of God, and with thine own supplications beseech the Compassionate One, and deliver those who are held captive.

ODE VII

Irmos: Cast into the fiery furnace, * the venerable children transformed the fire into dew, * crying aloud thus in hymnody: * Blessed art Thou O Lord, the God of our fathers!

O most pure Maiden who art arrayed in the vesture of purity, transport now my soul from vile wickedness to divine beauty, O blessed Lady, thou intercessor for our race.

The demons of evil now exceedingly rage, and the fire of the passions burneth within me; yet with the rays of thy life, and all the more with thy compassions, do thou utterly consume them, O intercessor for our race.

Glory ..., Entreating thy Son on our behalf, O most pure Mother of God, by thy supplications never cease to rescue thy servant from the griefs and misfortunes of humanity.

Both now ..., The transcendent Son immutably took flesh from thee, O Virgin, and became a man, that He might save those who chant: Blessed is the Fruit of thy womb, O most pure one.

ODE VIII

Irmos: Bedewed, the children cried aloud * in the midst of the furnace: * Let creation bless Him Who formed all things by His word, * and supremely exalt Him throughout the ages!

Expanses of the passions and many and varied woes truly surround thy servant, O Lady; but deliver me from their every temptation.

Let thy mighty hand now come upon us, O Lady, and let it deliver us from the human tribulations we expect.

Glory ..., **B**reak thou the snares of wicked people of evil counsel, O pure Birthgiver of God, and deliver thy servant from every need.

Both now ..., **A**s thou art the only divine haven of the faithful, O pure Virgin, I entreat thee to deliver me from the bitter tempest of the sea of life.

ODE IX

Irmos: Rejoice, O radiant Virgin, * Mother of the Bestower of light! * Rejoice, for thou didst contain the Infinite One within thy womb! * Rejoice, thou who art greater in honor than the very cherubim, * for thou hast given birth unto the Savior of our souls!

Having bolted away from the commandments of the Master like a colt, let me be restrained by the bridle of thy prayers, O most pure one, that I may be brought back to the path of speedy restoration.

I have been brought low by the commission of my wicked sins through mindless stumbling. Deliver me from my bitter state, O Theotokos.

Glory ..., **H**aving been shown to be the primal healing of human nature, thou didst cure the fall of Adam and Eve. Heal me also by thy prayers, O Theotokos.

Both now ..., **G**rant me a chaste mind, a pure heart and prudent understanding, O Lady, that I may keep the most pure commandments of my God.

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

**ON MONDAY MORNING: TONE VII
AT MATINS**

After the 1st chanting of the Psalter, the
Sessional Hymns of repentance, in Tone VII:

Possessing the therapy of repentance, O my soul, draw nigh, falling down and with sighing cry out: O Physician of souls and bodies, Who lovest mankind, free me from my many offenses, and number me with the harlot, the thief and the publican. Grant me forgiveness of mine iniquities, O God, and save me.

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

O Lord Who lovest mankind, Who washed away the denial of Peter with his tears, and forgave the publican's offenses with his sighs: Have mercy upon me!

Glory ..., Both now ..., Theotokion:

Thou hast surpassed the hosts of heaven, * O blessed Theotokos, * for thou hast been shown to be a divine temple, * in that thou hast given birth unto Christ, ** the Savior of our souls.

After the 2nd chanting of the Psalter,
The Sessional Hymns of repentance, in Tone VII:

I have not emulated the repentance of the publican or acquired the tears of the harlot; for in my blindness I am at a loss how to make any such amendment. But in Thy tender compassion, O Christ God, save me, in that Thou lovest mankind.

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

I am tempest-tossed on the abyss of life, O Lord, and the waves of mine iniquities drown me. But stretch forth Thy hand as Thou didst to Peter, and save me, O Lover of mankind.

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

To the Martyrs: **P**ray ye, O saints, that we be granted remission of our sins, and that we be delivered from the evils we expect and from bitter death, we pray.

Glory ..., Both now ..., Theotokion:

O all-holy Virgin, * thou art greater in honor than the glorious cherubim. * For unable to endure the divine splendor, * while performing their ministry, * they veil their faces with their immaterial wings; * but with thine own eyes * hast thou gazed upon the Incarnate Word, * ceaselessly pray to Him on behalf of our souls.

After the 3rd chanting of the Psalter, the Sessional Hymns, in Tone VII:

Spec. Mel.: “The Fruit of thy womb ...”:

The tempest of divers passions and mine offenses causeth me to sink into the depths of despair; but through the supplications of Thine angels save me, as Thou didst the prodigal son, O greatly merciful Jesus.

Prepare thyself in this thy life, O my soul, and have no doubt concerning the life to come; for then thou wilt have no-one to help thee, neither riches, power, friends nor princes. There will only be the disclosure of thy deeds, and God’s love for mankind.

Glory..., Both now ..., Theotokion:

O undefiled Virgin Theotokos, * with the heavenly hosts beseech thy Son, * that forgiveness of transgressions be granted before the end ** unto us who faithfully glorify thee.

ODE I

Canon of repentance to our Lord Jesus Christ, and to His holy martyrs, the composition of Joseph, in Tone VII:

Irmos: Let us chant unto God, * Who alone helped Moses * lead Israel out of Egypt, * for He hath been glorified.

Having fallen into the abyss of evils, I cry unto Thee: Reach forth Thy hand unto me, O Compassionate One, and save me, as Thou didst Peter, O Lover of mankind.

With a gesture of Thy mercy, O Christ, wash away the many offenses from me who repent, as Thou didst the harlot, that I may glorify Thee with faith.

To the Martyrs: O Christ Who made Thy saints luminous in the crucible of many and varied wounds, by their prayer deliver me from the darkness of the passions.

To the Martyrs: Purified by the endurance of wounds, the holy martyrs shone more brightly than the sun, and cast deception into darkness.

Theotokion: O all-hymned Virgin, who art the intercessor of the faithful and the turning of the sinful toward God: Save me by thy prayers!

Another canon, of the holy incorporeal angels, the acrostic whereof is “I offer the seventh praise to the incorporeal ones,”

The composition of Theophanes, in Tone VII:

Irmos: To God Who overthrew Pharaoh in the Red Sea * let us chant a hymn of victory, * for He hath been glorified.

Having illumined my mind with Thy light, O Christ infinite in power, inspire me to hymn Thine angels, in that Thou art omnipotent. (Twice)

Possessed of the mighty radiance which originates with the wellspring of the Godhead, the choirs of heaven honor Christ with hymns.

Theotokion: **W**e, the faithful, know thee to be adorned with divine splendors, O pure One, and we all clearly cry out to thee: Rejoice!

ODE III

Canon of repentance

Irmos: **M**y heart hath been established in the Lord; * my horn hath been exalted in my God; * my mouth hath been enlarged over the enemy; * and I am gladdened in Thy salvation.

At night I have been beset by unseemly sins. Illumine me now with the light of repentance, O Bestower of light Who lovest mankind, that I may glorify Thee with love.

All the paths I have followed in this life have brought me down into the crevasse of the passions. O Jesus, show unto me the divine paths of repentance!

To the Martyrs: **H**aving finished your struggles with valor, O all-glorious martyrs, ye have been deemed worthy of crowns; and ye pray for all.

To the Martyrs: **H**aving endured myriads of pangs, O passion-bearers, ye have been deemed worthy of myriads of good things, having joined the myriads of the incorporeal hosts.

Theotokion: **H**aving given birth to God, the King of heaven, O Virgin, cast down the sin which reigneth within me, and taking pity, save me.

Canon of the holy angels

Irmos: **T**he Church of Christ hath been confirmed by faith; * wherefore she crieth out unceasingly in hymns, chanting: * Holy art Thou, O Lord! * and my spirit doth hymn Thee!

As mediators of the manifestation of the Divinity, O ye choirs of angels, ye unceasingly cry out immaterially: “Holy art Thou, O Lord!”, saving our souls.

Emitting divine effulgence upon one another with love of the law, ye chant in goodly ranks unto Christ: Holy art Thou, O Lord, Who alone art greatly merciful!

Let us piously emulate the life of the secondary luminaries of the primal Radiance, chanting unto Christ: “Holy art Thou, O Lord!”, saving our souls.

Theotokion: **T**he Word and Lover of mankind, Who by His will brought all things out of non-existence, in His tender compassion took flesh from thee, O Virgin, becoming a man

ODE IV

Canon of repentance

Irmos: The heavens hath been covered O Christ God * through Thy dispensation, * by virtue of Thine ineffable wisdom, * O Lover of mankind.

O compassionate Word, Who desirest that all should be saved, save me who have transgressed Thy precepts, and destroy me not.

I have submitted to the irrational passions, O Compassionate One, and made myself like unto the beasts. O Word of God, taking pity save me.

To the Martyrs: Bound and burned with fire, ye utterly consumed delusion, aflame with the zeal of piety, O martyrs.

To the Martyrs: Ye were revealed to be a noetic paradise, O blessed ones, having in your midst the Tree of life: Christ, the Husbandman of all.

Theotokion: O pure Virgin, full of the grace of God: Having filled my darkened mind with grace, free it utterly from ignorance.

Canon of the holy angels

Irmos: I heard report of Thee * and became filled with fear; * I understood Thy works * and became filled with awe, O Lord.

O ye choirs of angels who stand before Christ as chosen ministers: Entreat Him to heal the wounds of my soul.

The armies of incorporeal beings, standing with reverence round about Thy throne, O Master, clearly ever cry aloud: Glory to Thy power, O Lord!

The ranks of angels were amazed, beholding Thee, O Christ, living on earth in the body, with mortal men.

Theotokion: O all-hymned and most pure Mother of God, who ineffably hast given birth unto God: We beseech thee: Pray that we be saved.

ODE V

Canon of repentance

Irmos: Rising at dawn O Word unto Thy glory and praise, * we unceasingly hymn the image of Thy Cross, * which Thou hast bestowed upon us * as a weapon of assistance.

I have wasted my life in slothfulness, and tremble before Thine inevitable tribunal, at which I, the passion fraught, must needs be judged. Have pity on me, O Lord!

O Word Who enlightened the eyes of the blind, open Thou the eyes of my soul, which have been cruelly darkened, that I may behold the light of Thy precepts.

To the Martyrs: **C**onfessing Christ with mighty thought, ye endured the wounds of every torment, O valiant spiritual athletes; wherefore, ye were blessed.

To the Martyrs: **N**avigating the threefold waves of all torments, ye reached the harbor of the kingdom on high, full of true serenity, O martyrs.

Theotokion: **G**od the Word, Who created all things by His will, became incarnate from thee in a manner transcending understanding, O Virgin; wherefore, entreat Him earnestly on behalf of all.

Canon of the holy angels

Irmos: **I** rise at dawn to Thee, * and I cry unto Thee **O** compassionate Lord: * do Thou illumine my soul, darkened by sins, * with the light of Thy commandments, and guide it!

Illumined by the immaterial effulgences, with most sacred and eloquent mouths the seraphim hymn the beginningless and supremely divine Godhead.

Not daring to gaze upon the divine Radiance, the cherubim, the manifestations of the wisdom of God, cover themselves with their sacred and abundantly luminous wings.

Delighting noetically in the divine, exceedingly rich and beauteous effulgence, the glorious thrones are supra-naturally shown to be beholders of ineffable things.

Theotokion: **I**n thy most pure and all-holy womb the supremely divine Mind joined Himself to that which is human, O pure one, uniting Himself hypostatically, without commingling or change.

ODE VI

Canon of repentance

Irmos: **J**onah cried out from the belly of Hades: * Lead my life up from corruption! * And we cry aloud unto Thee: * **O** almighty Savior, have mercy on us!

The abyss of transgressions hath encompassed me, and I have gone down into the depths of destruction. Lead me up, O Word, as once Thou didst raise up Jonah from corruption unto life.

Threefold waves of evil thoughts bestorm me, but guide me to the harbor of true repentance, O Compassionate One, preserving my heart in tranquility.

To the Martyrs: **D**efended by your faith, O holy martyrs, ye rejected the false allurements of the tyrants, and were not wounded by the darts of the enemy.

To the Martyrs: Uplifted to God in love, ye hated worldly love, O martyrs, and were revealed to be friends of the Creator of all.

Theotokion: We hymn thee, O all-hymned Maiden who hast given birth unto the most holy Word, Whom all the hosts of heaven hymn with unceasing voices.

Canon of the holy angels

Irmos: Same as the foregoing.

The dominions are ever shown to be illumined like the youths with the effulgences of the Godhead, hymning His ineffable glory. (Twice)

Gazing with love upon Him Who is omnipotent in power, the divine hosts manifestly remain mighty in strength.

Theotokion: A descendant of the royal tribe, O Virgin, thou hast given birth in a manner transcending nature unto the Word, the King of all, and wast truly perfected as a virgin.

ODE VII

Canon of repentance

Irmos: Thou didst bedew the burning furnace, O Savior, * and didst save the children who chanted, proclaiming: * Blessed art Thou throughout the ages, * O Lord God of our fathers!

Make thou a sacrifice of praise unto God, O my soul. Hasten thou and repent while the commerce of life is still underway, that I may now purchase goodly gifts.

The severance of death is nigh at hand, O my soul; bring forth worthy fruits, lest thou be cast into the fire of Gehenna like the barren tree, and wail inconsolably.

To the Martyrs: Having quenched the furnace of delusion with torrents of blood, the holy martyrs cried aloud like the children: O God of our fathers, blessed art Thou!

To the Martyrs: Having mingled with the Light ye desired, O martyrs, ye became children of the Light. And ye enlighten all who are in darkness, dispelling the gloom of delusion.

Theotokion: The bush which was unconsumed prefigured thee, O pure Virgin, for thou hast given birth unto the radiant Fire. Wherefore, I cry unto thee: Burn up my material passions!

Canon of the holy angels

Irmos: Cast into the fiery furnace, * the venerable children transformed the fire into dew, * crying aloud thus in hymnody: * Blessed art Thou O Lord, the God of our fathers!

Manifestly surrounding Thy throne, O Christ, the choirs of heaven clearly send up glory noetically, crying aloud: O God of our fathers, blessed art Thou! (Twice)

Immaterially revolving around Thee, the one Godhead, with zeal derived there from, the principalities cry out with unceasing magnifications: O God of our fathers, blessed art Thou!

Theotokion: O Birthgiver of God, without seed thou hast given birth to the one Christ, the God of our fathers: a single Hypostasis in two natures, Who executes His awesome dispensation.

ODE VIII

Canon of repentance

Irmos: Unconsumed by fire, the bush on Sinai spake unto Moses, * slow of speech and stammering, * and revealed God unto him; * and zeal for God showed forth the three children who chanted hymns * to be unvanquished by the fire. * O all ye His works, praise ye the Lord * and supremely exalt Him throughout all ages.

I received the Word like a radiant lamp-stand, but, wretch that I am, I have inclined toward the irrational passions and ever walk in the darkness of evil.

The Lord is nigh, as we believe. Take care, O my soul, and be not despondent. Be thou vigilant, and cry out in watchfulness: O Compassionate Lover of mankind, save me!

To the Martyrs: Having tasted of divine sweetness, ye endured the bitterness of pain, and now enjoy the divine communion of the Word, O martyrs.

To the Martyrs: Ye have entered into divine peace and received the good things ye hoped for, O all-praised martyrs; wherefore, we bless you as is meet.

Theotokion: Humanity hath been freed from the curse by thy birthgiving; for thou hast given birth to the most blessed God Who adorneth all things with blessings.

Canon of the holy angels

Irmos: The King of glory, who is alone without beginning, * Before Whom all the powers of heaven stand in awe * and the hosts of angels tremble: * O ye priests praise, and ye people * supremely exalt Him throughout the ages.

Having set all your desire upon God, O archangels, ye ever delight in His radiance, entreat Christ, the King of all, that those who hymn you may be delivered from perils. (Twice)

As most honored intelligences free of all passionate material attachments, O angels, save all who with you lovingly exalt Christ throughout all ages.

Theotokion: **H**aving ineffably received the unapproachable Light within thy womb, O Virgin Theotokos, thou hast enlightened those in the darkness of life, that they may piously glorify Christ Who ineffably issued forth from thee.

We then chant the hymn of the Theotokos (the Magnificat), with the refrain: “More honorable than the cherubim ...,” and make prostrations.

ODE IX

Canon of repentance

Irmos: **O** ye faithful, with hymns let us magnify the Theotokos, * who in a manner transcending nature became a mother, * and is a Virgin by nature, * she alone is blessed among women!

Lo! the judgment approacheth, and possessed of condemnation for my deeds, I am cast into despondency. O Christ God, righteous Judge, condemn me not!

Like the faithful Canaanite woman I cry to Thee: Have mercy upon me! And straighten me as Thou didst the cripple of old, that I may walk aright in Thy ways, O Lover of mankind.

To the Martyrs: **Y**e stripped away the garments of all evil, O spiritual athletes, and, clad in grievous torments, ye won for yourselves the vesture of glory.

To the Martyrs: **T**he divine land of the living, the city of Sion on high, received you, the firstborn who are illumined by the beauties of your struggles, O spiritual athletes.

Theotokion: **W**ith the enlightening rays of the Word Who shone forth from thee, O pure Virgin, illumine me who am covered with the darkness of sins and passions.

Canon of the holy angels

Irmos: **O** all-hymned one, * who art higher in eminence than the heavens: * having seedlessly conceived the beginningless Word * thou hast given birth to the incarnate God for all mankind. * Wherefore, we all magnify thee.

All the choirs of the angels, delighting in the radiance of the effulgence of the Godhead, unceasingly hymn our most glorious God, ever glorifying Him. **(Twice)**

O cherubim and seraphim, powers, principalities, angels, archangels, authorities, thrones and dominions: Earnestly entreat Christ, that I be delivered from the besetting passions.

Theotokion: **A**s a mother now possessed of boldness before thy Son, O all-holy Theotokos, deliver those who hymn thee with love from grievous transgressions, ailments and tribulations, that we may all ever magnify thee.

Then, “It is truly meet to bless thee ...,” and a prostration.

Small litany, Exapostilarion, and the usual psalms.

Small Doxology (Read), Litany: Let us complete ...,

On the Aposticha, these Stichera of repentance, in Tone VII:

Cut me not down, a sinner, like the barren fig-tree, O Savior, but grant that I may tarry for many years, watering my soul with tears of repentance, that I may bring thee the fruit of almsgiving.

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.

As Thou art the Sun of righteousness, enlighten the hearts of those who sing unto Thee: Glory to Thee, O Lord

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

Celebrating the memorial of Thy holy spiritual athletes, we chant unto Thee: Glory to Thee, O Lord!

Glory..., Both now ..., Theotokion:

Through the prayers of the Theotokos, * grant peace to the life of us who cry unto Thee: ** O merciful Lord, glory be to Thee!

Then, “It is good to give thanks ...,” Trisagion ..., Our Father ..., Troparia.

Litany: Have mercy on us ..., First Hour, and Dismissal.

**ON MONDAY MORNING
AT LITURGY**

On the Beatitudes, these Troparia, in Tone VII:

Comely and good to taste was the fruit which brought death upon me. But Christ is the Tree of life, and eating thereof I die not, but cry out with the thief: Remember me in Thy kingdom, O Lord!

Like the faithful Canaanite woman I cry out in the pain of my heart: Have mercy on me, O Savior, in that Thou art good; for ever tempest-tossed I have a soul beset by all the wiles of the enemy!

The cherubim and seraphim, the thrones, principalities and powers, the archangels, the armies of angels, the dominions and most wise authorities, ever glorify Thee, O Lord our Benefactor.

Uplifted unto God, the spiritual athletes utterly cast down the wicked uprisings of the enemy; and, revealed as victors, they now live amid joy in the heavens, resplendent in incorrupt glory.

Glory ..., **O** indivisible Trinity, Unity in a single nature, Being in three Hypostases: With the hosts on high we worship Thee, O Father, Son and Holy Spirit: the one Godhead, the one Power, saying: There is but one God, the consubstantial Trinity!

Both now ..., **I** have defiled myself with the pleasures of life, but have fled unto thee, the undefiled one, O Virgin. Deliver my most accursed soul from every lust and offense, that I may bless thee, the ever-blessed one.

On Monday, the Prokeimenon, in Tone IV:

Prokeimenon, in Tone IV: He maketh His angels spirits, * and His ministers a flame of fire.

Verse: Bless the Lord, O my soul; O Lord my God, Thou hast been magnified exceedingly.

Alleluia, in Tone V: Praise Him, all ye His angels; praise Him all ye His hosts.

Verse: For He spake, and they came to be; He commanded, and they were created.

Communion Verse: He maketh His angels spirits, and His ministers a flame of fire.