

ON MONDAY EVENING: TONE VII
AT VESPERS

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

Spec. Mel.: “Judas keepeth watch today ...”:

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

O most compassionate Master and God, by the judgments which Thou knowest grant that I may have the fear of Thee in my heart, that I may spurn the works of the evil one, love Thee with all my soul, and do Thy saving will; for Thou art our God, Who said: Ask, and ye shall receive.

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.

I have become a mockery for the demons and contemptible for men, lamentation for the righteous and weeping for the angels, polluting the air, the earth and the waters; for I have defiled my body and sullied my soul and mind with countless evil acts, and have become an enemy to God. Woe is me, O Lord! I have sinned, I have sinned against Thee! Forgive me!

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

I pray Thee: Be Thou patient with me, who am devoid of fruits, O Master, and cut me not down like the barren tree with the axe of death, dispatching me to the fire; but be Thou entreated to make me fruitful, giving me time for repentance, in that Thou lovest mankind, that I may wash away my many sins, O Christ my Savior.

Then the Stichera from the Menaion; or if there is no Menaion, these Stichera of the holy forerunner, in Tone VII:

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

O Forerunner, who didst live a blameless life in the desert, restore thou my mind, which hath become barren through sins.

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

We glorify thee, O prophet, understanding thee to be the swallow heralding the divine spring to those in the world.

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

O divine Forerunner, intercessor for my life, protector of my soul: Deliver me, thy servant, from the false accusation of man.

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

O Lady, to the right tranquil haven of salvation guide me who am tempest-tossed amid the tumult of slothfulness.

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

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

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

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

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 Lover of 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? If not to Thee alone, the Physician of our 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: **O** holy martyrs, ye who have fought the good fight and received crowns: Entreat the Lord, that He have mercy upon our souls.

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

Rejoice, O Sovereign Lady, thou cloud of the noetic and ineffable Sun! * Rejoice, all-luminous lantern: Rejoice all-golden candle-stand. * Through thee, O most holy one, * hath Eve been delivered from the curse. * But as thou dost possess boldness before thy Son and God * Who is readily moved to compassion, * fail not to entreat Him by thy maternal supplication, ** O most pure one.

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

MONDAY EVENING
AT COMPLINE

Canon of supplication to the most holy Theotokos

ODE I

Irmos: Having crushed battles with His arm * and drowned the mounted captains * let us sing unto Him, as to our God and Redeemer, * for He hath been glorified.

We entreat thee, O most pure one, the cause of our salvation and divine deliverance: Pray thou that we be saved.

Wholly sunk am I in grievous temptations, in misfortunes and transgressions; and I cry to thee, O most pure one: Save me, thy servant!

Glory ..., We beseech thee, the pure Virgin and the Mother of the Creator: Deliver us from all the oppression of the demons.

Both now ..., O thou who hast ineffably given birth in the flesh to the Word, entreat Christ our God, the Author of life, that we be saved.

ODE III

Irmos: The 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!

Treading the path of most pernicious evil, I have not found the path of my salvation. Do thou guide me to it, O most immaculate Lady.

Thee alone, O all-immaculate one, do I describe as my might and confirmation, my help and hope. Be thou a helper for me on the day of my departure.

Glory ..., I ever beseech thee, O most immaculate one: At the hour of my death stand before me, and deliver thy servant from torment.

Both now ..., Thou wast ineffably born from the Virgin, O Lord our Savior, and hast revealed Thyself as Thou didst will, restoring the world.

ODE IV

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

Having violated the precepts of my Master, I have been revealed to be easy prey to mine enemies. Do thou deliver me, O Lady.

At the hour of my death deliver me, O most pure one, and save my passion-fraught soul from the demons.

Glory ..., **O** most pure Lady, break asunder the bonds of my transgressions, and by thy supplications be for me a mediator for everlasting life.

Both now ..., **We** hymn thee who even after giving birth didst remain a virgin, **O** most pure one, and we glorify thee as the Mother of our God.

ODE V

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.

O good Virgin, thou haven amid the storm for those who are grievously troubled, thou portal of salvation for those who are saved by faith: Save me, thy servant!

Richly show forth upon me, thy servant, thy many compassions, **O** Virgin Theotokos, delivering me from the dread judgment which is to come.

Glory ..., **The** inconstant night of the passions besets my soul sending it into the pit of destruction. With the light of thy prayer, **O** Theotokos, save me, thy servant.

Both now ..., **O** all-holy and joyous Virgin who ineffably hast given birth to the Word in time: Entreat Him to save our souls.

ODE VI

Irmos: Jonah 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!

Thee do we have as a sure aid amid perils, our mighty salvation amid tribulations, a place of rest for us amid griefs, and our help amid misfortunes, **O** Ever-virgin.

O most pure one, show thyself to be the preserver of my whole life: deliver me from the demons at the hour of my death, and grant me rest after my death.

Glory ..., **O** Virgin Theotokos, thou art the beauty of the honorable and holy angels, and the joy of all mankind. Do thou guide me unto life.

Both now ..., **O** most immaculate one, heal thou my wretched soul, which hath become incurably sick through the delusions of life and the closing of many doors.

Lord, have mercy, (Thrice).

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

In the tender compassion of Thy mercy, **O** Christ God, Thou wast pleased to become incarnate from the holy Virgin. For her sake preserve our life, in that Thou lovest mankind.

ODE VII

Irmos: **T**hou 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!**

Calling to mind the multitude of my transgressions, I am in despair, O most immaculate one. Wherefore, I cry unto thee: Help me, lest I perish utterly!

Knowing thee to be the Mother of Life, O pure one, I cry to thee: Deliver me from the death of the soul, and grant unto me eternal life!

Glory ..., **O** most immaculate one, from misfortunes and the passions, from pain and affliction, from the offenses of life and the unquenchable eternal fire do thou deliver those who faithfully honor thee with hymns.

Both now ..., **E**very tongue doth glorify thee, O pure and all-hymned Theotokos, who art the glory and boast of our race and the guide of the lost.

ODE VIII

Irmos: **U**nto Him before whom the cherubim are in awe, * and the seraphim filled with wonder, * the Fashioner of the world: * **O ye priests and servants and spirits of the righteous, * hymn ye, bless ye, and supremely exalt * throughout the ages.**

I have wasted my whole life in slothfulness, utter wretch that I am; and am now cast into confusion and drawn nigh unto mine end. Help me, O Lady!

Thou art the refuge of sinners and the setting aright of those who have been brought low, O Lady; wherefore, I flee to thy protection. Save me!

Glory ..., **A**s thy prayer never fails, O all-immaculate Sovereign Lady of the world, from the judgment which is to come deliver those who with faith venerate thine image.

Both now ..., **E**very tongue which rendereth glory hymneth thee, O Virgin Bride of God, for thou hast given birth to the all-hymned God. Him do thou unceasingly entreat, that He save the souls of those who hymn thee.

ODE IX

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!**

Those who with faith flee beneath thy tender compassion are delivered from the sorrowful tribulations of life; wherefore, I also have fled to thy protection, O Theotokos.

O pure one, thou mighty helper, invincible bulwark against griefs, save me from sinful passions and from the everlasting fire.

Glory ..., **O** pure Virgin, with the radiant effulgence of the Word Who shone forth from thee illumine me, save me, and rescue me from torments, in that thou art good.

Both now ..., **I**n thine arms thou dost carry Him Who sustaineth all things. Him do thou entreat, **O** pure one, that He save us who are beset by the malice of the alien one.

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

**ON TUESDAY 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 saying: 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 and Lover of 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:

Rejoice, thou who didst contain within thy womb * Him Whom the heavens cannot contain! * Rejoice, thou preaching of the prophets * through whom Emmanuel hath shone forth! ** Rejoice, O Mother of Christ God!

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.

O Savior, Who accepted the tears of the harlot and Peter, and justified the publican who sighed from the depths of his heart: Have pity on me who am in despair over my deeds, and save me!

To the Martyrs: Thy saints, who struggled on earth, trampled the enemy underfoot and set at naught the falsehood of idolatry, O Lord; wherefore, they received crowns from Thee, the God of mercy and Master, and the Lover of mankind, Who granteth the world great mercy.

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

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

I fall down before Thee in compunction like the harlot, O Lover of mankind, even though I am wholly at a loss for tears. Take pity on me as Thou didst on her, through the prayers of the Forerunner, O Merciful One, and save me.

As Thou art good, O Lord and Savior, take pity, and wash away the defilement of my soul with the hyssop of Thy mercy; and having cleansed me of the defilement of the mire of the passions, have mercy on me, O Master. Save Thy creature by the supplications of Thy Forerunner, O Thou Who art greatly merciful!

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

Thou art the fervent intercessor and helper of Christians, O all-hymned Theotokos; wherefore, with the Forerunner entreat thy Son, that we may find mercy.

ODE I

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

Irmos: Having crushed battles with His arm * and drowned the mounted captains * let us sing unto Him, as to our God and Redeemer, * for He hath been glorified.

I ever commit sins, and have no fear of Thee, O Christ, Who seekest my repentance with longsuffering. Grant me the intention to convert, and disdain me not, in that Thou art good.

Wretch that I am, I never cease to heap up sins upon sins, O Christ, O only Good and Sinless One. Take pity and save me.

To the Martyrs: Boldly did the valiant spiritual athletes call to each other: This contest is full of struggles. Let us run, for Christ, the Judge of the contest standeth before us, crowning those who vanquish the enemy.

To the Martyrs: Ye put off the body through many and varied wounds, and clothed yourselves in the vesture of incorruption, O wise martyrs; and ye became children of the Father of compassions.

Theotokion: O Virgin Birthgiver of God, heal thou my soul, which hath been afflicted by many sins, that with cries of thanksgiving I may ever earnestly glorify thee

Another canon, of the holy prophet and forerunner, the composition of Joseph, in Tone VII:

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.

The beauty of the Church, thou wast shown to be adorned, O blessed Forerunner. By thy prayers ever save it mighty and unshaken from every tempest of the heretics.

Thou didst offer thyself to the Creator as a sacred, unblemished sacrifice, O divine Forerunner, and wast slaughtered like an innocent lamb. Wherefore, I pray thee with faith: Deliver me from all the malice of the enemy.

Heal thou the diseases of our souls and bodies, O ever-glorious Forerunner, ever beseeching the Word, Who in His tender compassion hath taken away all infirmities and sicknesses.

Theotokion: **O** all-holy one, thou hast given birth to the unapproachable Word Who shareth flesh with us hypostatically. Him do thou ever entreat, that He save all who ever bless thee with faith.

ODE III

Canon of repentance

Irmos: **H**aving established the heavens * and made firm the foundation of the earth upon many waters: * establish Thou my mind in Thy will, * **O** Lover of mankind,

O Christ, only Savior, Who overlooketh our sins in Thy great love for mankind, overlook my many evils, that I may glorify Thee, the Supremely good One.

I submit to the desires of my flesh, unconscionably ignoring Thy wishes, O Christ; and I fear the fiery retribution, O Word, do Thou deliver me from such.

To the Martyrs: **W**hile suffering bodily pangs, the spiritual athletes looked forward to a life of ease without pain; and having joyously received it, they ever ease the pains of the faithful.

To the Martyrs: **W**ith the rays of your struggles ye dispersed the cruel night of delusion, O passion-bearers, and have passed over to the unwaning Light, ever removing the darkness of our pangs.

Theotokion: **T**he prophet foresaw thee as the portal of God, through which He alone passed, as is known, O most pure Virgin. Wherefore, I pray thee: Do thou thyself open the doors of repentance unto me.

Canon of the holy forerunner

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.

With lightning-flashes of solar radiance dost thou illumine all creation; for thou wast shown to be a brilliant star of the noetic Sun, O Forerunner. Him do thou earnestly entreat, that He drive the darkness of the passions away from our pained hearts.

Standing between the law and grace, O divine Forerunner, manifestly showing the cessation of the one and the pure dawning of the other unto all: the perfect restoration of those who have waxed old through sins.

Baptist of Christ, we cry aloud: Deliver us from, the attacks of the demons, the temptations of life and all tribulation, entreating the Supremely good One, that on the day of judgment we may be freed from torments.

Theotokion: O blessed and pure Lady, who hast ineffably given birth unto God: With His divine Baptist unceasingly pray for us who fall into the perils of life and are beset by sins.

ODE IV

Canon of repentance

Irmos: Assured of Thy coming in the flesh, O Christ, * the Prophet Habakkuk cried aloud: * Glory to Thy power O Lord.

I have wandered from the path which leadeth me to life, and have fallen into the pit of evils. O Savior, disdain me not.

Send down upon me streams of tears, O Master, Word of God, that I may wash away the mire of my many offenses.

To the Martyrs: Led like lambs to the slaughter, O martyrs, ye were deemed worthy of glory and slew the warlike enemy.

To the Martyrs: Thy streams of your blood which was shed prepared all to receive torrents of delight, O all-famed and divine martyrs.

Theotokion: The Lord became incarnate from thy pure blood, granting repentance to all mankind through thy mediation, O Maiden.

Canon of the holy forerunner

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.

Having cast down the horde of the adversary and prevailed over them with brilliance, O Baptist, By thy prayers cast down sin which reigneth in me, I pray thee.

Revealed unto us to be a noetic lampstand, O blessed one, thou didst point out Jesus, the great Sun of righteousness. Pray thou that the hearts of all may be illumined by Him.

Conceived and born in iniquities, I live in slothfulness, and fear the torments to come. Praying to God, rescue me from them, O Baptist.

Bring to God supplications for us who honor thee, O Baptist, that He may deliver us from every grievous circumstance and from the harm wrought by the demons, we pray,

Theotokion: In many images, the shadows of the law revealed thee who hast given birth unto God. Him do thou entreat, O all-immaculate one, that He deliver me from iniquity and the carnal passions.

ODE V

Canon of repentance

Irmos: O Thou Who hast dispelled the night of the passions, * illumine me with the noetic light, * driving away the primordial darkness of the abyss, * and shining forth upon the world the first-formed light, * O Creator of all.

When Thou shalt judge the earth, O Word, deliver me from Thy righteous wrath, and show me to be a temple of Thy goodness, cleansed of my many offenses through repentance, O only Creator of all.

I have become blinded in mind by the evil gloom of the passions, and my heart hath become senseless, and I know not what I do. Turn me back to Thee, O Christ, and grant me the repentance which purifies from sin.

To the Martyrs: Having like youths run the race full of sweat, O spiritual athletes, ye attained unto splendor in heaven, receiving the honors of victory from the hand of the Bestower of life; wherefore, ye now rejoice.

To the Martyrs: With the mighty sinews of your sacred pangs ye truly choked the serpent, the author of evil, O spiritual athletes, and have been deemed worthy of the delight of paradise. Wherefore, we praise you.

Theotokion: O thou who art the radiant cloud of the Sun, shine upon me the noetic light of true repentance, and dispel the darkness of wicked thoughts, that with faith I may hymn thee as the salvation of the faithful.

Canon of the holy forerunner

Irmos: Having risen at dawn out of the night, * I entreat Thee O Lord my God: * grant me the forgiveness of my sins, * and guide my steps to the light * of thy commandments, I pray Thee.

The voice of one crying in the wilderness, O most wise one, thou didst cause thoughts of the acknowledgment of the God to spring forth; wherefore, I pray thee: Restore my soul which hath become a desert through all manner of transgressions.

Thou wast shown to be the pure vessel of the Master, O divine prophet. By thy prayers deliver me from impure acts, and entreat the Benefactor, that I may receive everlasting honors.

Iniquities have entered into me through the door of slothfulness. O blessed Forerunner, make me better through examples of repentance, that I may diligently tread the paths of the Lord.

Theotokion: Mortify the earthly understanding of my flesh, O Theotokos who hast given birth unto Life, Who by death hath utterly destroyed death in His divine power, O pure and most holy one.

ODE VI

Canon of repentance

Irmos: Having fallen into the abyss of sin, O Good One, * like Jonah from the midst of the whale I cry unto Thee: * Lead my life up from corruption, * and save me, O Lover of mankind.

I have been revealed to be a new prodigal, having lived vilely on earth, and capitulated before the assault of the passions; but turn me back, O Christ my God, and save me, in that Thou lovest mankind.

Groan, O my soul, that thou mayest be delivered from groaning; shed tears, that in the next world thou mayest not taste of ceaseless tears and pain, which will be of no benefit.

To the Martyrs: Ye were revealed to be like stones manifestly set in the crown of the Church of Christ, and became its magnificent adornment, O honored great-martyrs.

To the Martyrs: Having received worthy ends in God, O most wise ones, ye have inherited never-ending rewards. Wherefore, pray ye, O martyrs, that we may end our life in repentance.

Theotokion: Lift me up out of the depths of the slothfulness of countless evils, O good one who hast given birth to the Abyss of loving-kindness, and grant me a wellspring of tears, O Ever-virgin.

Canon of the holy forerunner

Irmos: Jonah 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!

Manifestly aglow with rays of the virtues, and shining with splendid martyrdom, thou dost illumine all creation, O close friend of the noetic Dayspring.

Thou didst spring forth from a barren and elderly woman, O blessed one; wherefore, I cry out to thee: With the beauty of repentance and thy supplications renew me who have grown old through many sins.

O divine prophet, lampstand of the never-waning Light, by thy prayers light the lamp of my heart, and cause me to share in the divine Light.

Theotokion: **T**he Word descended into thy womb like rain. Him do thou beseech, O most pure Virgin, that He dry up the flow of my countless evils, I pray thee.

ODE VII

Canon of repentance

Irmos: **T**he fire in the furnace * neither touched nor disturbed Thy children, O Savior. * Then the three, as with a single mouth, * hymned and blessed Thee, saying; * Blessed art Thou, O God of our fathers!

I have fallen into the passion of dishonor, O Savior, and have made myself like unto the beasts. And, darkened, I no longer see Thee waiting with great patience, O Word. Grant me time for repentance, and save me.

I have reached the end of my life in slothfulness, doing what I ought not to do; and lo! Unaware I now approach the gates of Hades. Disdain me not, O Christ Who alone art good.

To the Martyrs: **O** most wise ones, ye died, desiring everlasting life for the world; and having utterly slain the enemy, ye took wing to the heavens, ever praying for us, O spiritual athletes.

To the Martyrs: **R**eleased from the demands of the body, O martyrs, ye broke asunder the bonds of delusion, and with mighty love bound men's souls to Christ Who was bound by the flesh, and loosed us from the curse.

Theotokion: **T**he prophet foresaw thee as a new scroll whereon the Word of the Father was written; wherefore, I beseech thee, O pure one: Pray that I may be entered in the book of the living, erasing the record of my many evils.

Canon of the holy forerunner

Irmos: **O**f old the Children were shown to be * bedewed in the fiery furnace, * chanting and praising the one God saying: * 'Supremely exalted and exceedingly glorified is the God of our Fathers'.

By thy prayers grant me showers of tears, O Forerunner who immersed the Abyss of tender compassion in the river's streams, and wholly cleanse me of defilement of flesh and spirit.

Offer prayer to our God, Who is over all, that, in that He is full of loving-kindness, He have mercy upon me who have sinned and cannot recover.

O barren soul, hasten thou to repent, lest the righteous judgment cut thee down at the root like the barren fig-tree; but cry unto the Master; O God, having cleansed me, save me!

Theotokion: **P**ossessed of a soul slain by evil crimes, I pray thee, O Lady who slew Hades by thy birthgiving: Enliven me with models of repentance.

ODE VIII

Canon of repentance

Irmos: **Him Who is unceasingly glorified * by the angels in the highest, * O Ye heavens of heavens, earth and ye mountains, * ye hills and depths of the sea, * and all ye races of mankind, * bless ye with hymns as the Fashioner, * Redeemer, and God!**

Enjoying harmful pleasures in overabundance, I, the senseless one, have madly surpassed every other sinner. As Thou hast an infinite abundance of tender compassion, grant me cleansing of my transgressions.

The Bridegroom is at the door! Light thy lamp, O my soul, filling it with the oil of loving-kindness and every good work. Before the door is closed, make haste to enter with Christ in ineffable joy.

To the Martyrs: **U**ndaunted by tortures, the valiant spiritual athletes cried out: "Behold, now is the acceptable time! Let us all stand with steadfast mind, and with a little pain, let us acquire the life which is devoid of pain, and the sweetness which groweth not old!"

To the Martyrs: **E**ver irrigated with divine waters, O passion-bearers of the Savior, ye water the whole earth with the emulation of your struggles, forever rendering it fruitful in the virtues, for Christ.

Theotokion: **O** Theotokos, renowned intercession and hope of Christians: On the dread day intercede for me, who have greatly transgressed, and deliver me from terrible Gehenna, numbering me among the sheep at the right hand of thy Son.

Canon of the holy forerunner

Irmos: **T**he 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.

Cease thou never to entreat the only Redeemer, Who gave release to those who were bound and ever glorify thee, O prophet, that I, who have been bound, may be released from my many transgressions

I have been wounded by the sword of pleasures, and cry out to thee in pain of heart: Heal thou the pangs of my soul, entreating Christ, the only Physician of souls and bodies.

O Forerunner who baptized the Word with thine own hand, cease not to unceasingly entreat Him, that from the hand of sin He may deliver me who have sinned greatly and am brought low and condemned.

Because I have foolishly buried in the earth the talant entrusted to me by God, I await bitter retribution. Rescue me from such by thy prayers, O Baptist, I beseech thee with faith.

Theotokion: **T**hou didst remain unconsumed when thou didst take the unbearable Fire into thy womb, O Virgin. Wherefore, rescue me from the unquenchable fire, bedewing me now with most beauteous examples of true repentance.

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: **Who from among mankind is able to describe * the seedless conception of thy birthgiving? * Who from among mortals will not marvel * at the birth of thine incorrupt Offspring? * Wherefore, we, the tribes of earth, * magnify thee, O Theotokos.**

That we may inherit the good things to come, let us weep, let us sigh, let us entreat Christ, O ye faithful, while we have time for repentance and prayer.

Like the Canaanite woman I cry to Thee: Have mercy on me, O Christ, as of old Thou didst set aright the prostrate woman, O Jesus, and save me who am drowning in sins, as Thou didst Peter O Savior.

To the Martyrs: **A**fflicted by tribulations, imprisonment and torments, O martyred passion-bearers, ye passed over to the broad plain of consolation, and deliver us from oppression and transgressions.

To the Martyrs: **W**hile the earth hath now covered your bodies, heaven holdeth your holy souls; and standing ever before the throne of glory, they rejoice with the angels.

Theotokion: **T**he Lord Who clothed Himself in me issued forth from thee, O most pure one; wherefore, beseech Him to illumine me with a vesture of light, having now stripped from me the most grievous rags of the passions, O Virgin.

Canon of the holy forerunner

Irmos: **C**onceiving without knowing corruption, * and lending thy flesh to the Word, * O Mother unwedded and Virgin Theotokos, * thou art the vessel of the Uncircumscribable One, * and dwelling place of thy Creator, * thee do we magnify.

Thou didst spring forth from a sacred root, O prophet, wholly uprooting the roots of evil, whereby I am choked and have become useless. O blessed one, set me aright, that I may put forth the fruits of divine repentance.

The Church knoweth thee to be a most comely swallow and nightingale, O great Forerunner; for thou didst sing the hymn of repentance to souls laid waste and grown hard through evils. Wherefore, we bless thee with faith.

Unto all thou didst show the ways leading to the gates of salvation, O glorious Forerunner. Strengthen me to walk them, for I am drawn into all the trackless wastes of life and, beguiled, have committed evil.

The awesome day is nigh at hand, and bearing deeds worthy of condemnation, I lament: Lord, O Lord, Who alone art merciful: through the prayers of Thy Forerunner and all the saints, show me then to be uncondemned.

Theotokion: **O** thou who art full of grace, who hast given birth to the divine Light, illumine my soul, which hath been darkened by transgression, I pray, and show me to be free of everlasting darkness, that I may magnify and glorify thee, the ever-blessed one.

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 be 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.

To the Martyrs: Rejoicing amid the tribunal of the violators of the law, Thy passion-bearers cried aloud: Glory be to Thee, O Lord!

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

From the Virgin Thou didst spring forth as light, O Christ, illumining the race of mankind. Glory be to Thee, O Lord!

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

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

**ON TUESDAY MORNING: TONE VII
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!

Treat the incurable sores of my heart, O Lord, for Thou alone art the Physician of souls and bodies; and ever grant that I may tread aright the paths of salvation.

O Baptist of Christ, who came before the Sun of righteousness, with thy divine supplications light thou the lamp of my soul, which hath been extinguished by my great evil, that, saved, I may ever bless thee.

To the Martyrs: Having suffered and been crowned, ye put the enemy to shame, and now dwell in the heavens, full of unapproachable light, O most wise martyrs, praying on behalf of our souls.

Glory ..., Heal Thou the incurable sufferings of my soul, O divine Trinity Who art piously worshipped in a single Godhead, rescue me from Gehenna and temptations, and grant me the eternal kingdom.

Both now ..., In thy womb thou didst contain the Uncontainable One without confining Him. O pure Mother, ever beseech Him, that from all oppression and the assaults of the passions He deliver thy servants who glorify thee with love.

On Tuesday, the Prokeimenon, in Tone VII:

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

Verse: Hearken, O God, unto my prayer, when I pray unto Thee.

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

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

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