

**SUNDAY EVENING: TONE IV  
AT VESPERS**

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

Spec. Mel.: “Thou hast given a sign ...”:

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

**I** have sinned against Thee, O Lover of mankind, and not according to my human nature, for which I might ask forgiveness, but inhumanly, past my nature, beyond forgiveness. O my Savior Who didst become a man, transcending the laws of nature and comprehension by the human mind, since Thou hast a love for mankind surpassing understanding, have mercy on me that I may turn back to Thee.

**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.

**T**hou didst appoint repentance for those who sin, and not for the righteous, O Christ. I have as examples the thief and the prodigal, Manasseh and the harlot, the persecutor Paul, the publican and Peter who fell away, yet I am brought sorely to despair. Knowing Thy supremely good love for mankind, O Savior, I turn to Thee and weep, filled with the good hope that Thou wilt accept me.

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

**U**nto me who am now sunk in the passions of the body and am far removed from Thee, O King and God of all, grant compunction, the removal of evils and perfect amendment. In Thy great goodness, O omnipotent Jesus, Savior of our souls, save me, a prodigal, who otherwise have no hope.

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

Spec. Mel.: “As one valiant among the martyrs ...”:

**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.

**T**hou didst establish the angelic armies as pleasing habitations and most honored receptacles of divine light, O Immortal One; setting them in godly ranks as beholders and ministers of Thy glory, to carry out Thy word and fulfill Thine all-accomplishing and most holy will.

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

**D**esiring as God to reveal an abyss of goodness, O Thou Who art without beginning, Thou didst first create the angelic choirs and the ranks of the hosts by Thine almighty hand and divine command; for it was truly fitting that goodness be poured out and go forth, that it might be given unto many, O Master.

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

**T**he six-winged seraphim, the many-eyed cherubim and the exceedingly exalted thrones, the dominions, the principalities, authorities, archangels, angels and divine powers surround Thee, partaking directly of Thine all-accomplishing radiance, praising Thy glory, O Almighty; praying to Thee on our behalf.

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

**O** all-immaculate one, who hast surpassed the ranks of angels: With the angels ever beseech Him Who hath dominion over the angels and all of creation, that He grant us remission of sins, deliverance from the passions, and make us, who hymn His glory, worthy inheritors of incorrupt 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 IV:**

**I** desired to erase the record of my transgressions with tears, and to please Thee well by repentance for the rest of my life; but the enemy deceiveth me and wagheth war on my soul. Before I utterly perish, O Lord, save me!

**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.

**W**ho is tempest-tossed, yet fleeth to Thy haven, O Lord, and is not saved? Who is sick and, falling down before Thy healing power, is not cured? O Lord, Creator of all and Physician of the infirm: Before I utterly perish, save me!

**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** Christ God, Who art glorified in the memorials of Thy saints, be Thou entreated by them, and send down upon us great mercy.

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

**R**ejoice, O cloud of Light! \* Rejoice, radiant candlestick! \* Rejoice, jar wherein the Manna was kept! \* Rejoice, staff of Aaron! \* Rejoice, bush un-burnt! \* Rejoice, bridal-chamber! \* Rejoice, thou throne! \* Rejoice, holy mountain! \* Rejoice, refuge! Rejoice, divine table! \* Rejoice, mystic portal! \*\* Rejoice, thou joy of all!

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

## SUNDAY NIGHT: TONE IV

### AT COMPLINE

Canon of supplication to the most holy Theotokos

#### ODE I

**Irmos:** **T**hrough the deep of the Red Sea, \* marched dry shod Israel of old, \* and by Moses' outstretched hands, \* raised in the form of a cross, \* the power of Amalek was routed in the wilderness.

**A**ccept the supplication of my soul, O most pure Lady who hast given birth to God in the flesh; for I have fled unto thy mighty assistance, lest my hope utterly fail.

**L**ike a slave I fall down before thee, O most pure Birthgiver of God, for, as thou hast great boldness, by thy supplications mediating before thy Son, deliver me from all tribulations.

**G**lory ..., **E**ngulfed by the waves of the sea of life and beset by cruel temptations, I have hastened to the calm haven of thy protection; wherefore, deliver me from evils, O Theotokos.

**B**oth now ..., **W**ith thy compassionate and calm gaze look upon thy servant and make haste to hearken unto me, O good one, fulfilling the supplication of thy servant and destroying the counsels of the evil, O most pure one.

#### ODE III

**Irmos:** **T**hy Church, O Christ, rejoiceth in Thee crying aloud: \* Thou, O Lord, art my strength, \* my refuge and foundation.

**O** Lady, thou art an aide for the faithful against the enemy, an ally in battles, and a refuge for those who grieve.

**I**n that He is thy Son, pray to the God of all, to Whom thou hast given birth in the flesh, that throughout all circumstances of life He grant me remission of mine evils.

**G**lory ..., **M**ercifully regard our lowliness, O Lady, that thy servants may be delivered from the wrath which ever besets us.

**B**oth now ..., **E**ver saved from all sorrows by thy protections, O good Lady, we offer praise to thy Son.

#### ODE IV

**Irmos:** **I** have heard report of Thee, O Lord \* and I am afraid. \* Having understood Thy works, \* I am in awe of Thee O Lord.

**A**s thou hast boldness before thy Son, O pure Birthgiver of God, free me from this present temptation, setting at naught the constant machinations of the enemy who ever wages war upon me.

**O** ye choirs of the ranks on high, ye martyrs and apostles, ye assembly of the divine prophets, ye righteous and venerable: with the Mother and Theotokos pray to Christ on our behalf.

**Glory ...**, **O** Christ, accept Thy most glorious Mother who prayeth for the world and mercifully crieth out to Thee: “O my Son, accept my supplication and calm the wrath which hangeth over the world!”

**Both now ...**, **I** fall down before thee, O Theotokos, and pray from the depths of my heart: Rescue me from these present trials, that, delivered from evils, I may offer hymnody to thy splendor.

### ODE V

**Irmos:** **The wicked will not behold Thy glory, O Christ, \* but we who rise early to hymn Thee shall behold Thee, \* the Only-Begotten effulgence of Thy Father's divinity, \* O Lover of mankind.**

**O** pure one, thou hope and help of mortals, take pity on our lowliness, we pray, and free us from this present wrath.

**A**vailing ourselves of thy prayer as it were an insuperable rampart, O pure one, we cry out to thee: O Lady, drive away the invisible foe!

**Glory ...**, **L**et us who put our trust in thee never be put to shame, O most pure one, we pray with tears, rendering homage to thy goodness.

**Both now ...**, **W**ith thy most pure hand drive away the enemy who warreth against us, O all-hymned one; and let the accursed ones understand that we have placed our hope in thee.

### ODE VI

**Irmos:** **Prefiguring Thy three-day burial \* Prophet Jonah praying in the belly of the sea-monster cried aloud: \* Deliver me from corruption \* O Jesus Thou King of hosts.**

**W**ash away our sins, we pray, O Lover of mankind, by the supplications of her who gave birth to Thee without seed; for, for our sake O Word, Thou didst shed Thy precious blood.

**A**gainst us hath a wicked assembly of those who unjustly war against us gathered together, O Bride of God; but cast them down, like Peter cast down Simon Magus of old.

**Glory ...**, **H**earken unto our prayer, O Lady, we pray, and still thou the waves of the tempest of divers pangs whereby enemies have assembled against us.

**Both now ...**, **T**ransform my grief into joy, in that Thou art compassionate, replace my lamentation with gladness, and have pity, O Christ Who, for the sake of the Theotokos, transformed water into wine in Cana of Galilee.

**Lord, have mercy, (Thrice).**

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

**D**arkened in mind by many transgressions, I, the prodigal, cry out to thy mighty aid, O Theotokos: Enlighten the eyes of my soul, shine upon me a radiant beam of repentance, and clothe me in the armor of light, O pure Virgin Birthgiver of God.

### **ODE VII**

**Irmos: Forsake us not to the end for Thy names sake, \* for we have not forsaken Thy commandments, \* and take not Thy mercy from us \* O Lord God of our Fathers, \* who art supremely hymned throughout the ages.**

**A**mid divers perils and tribulations, I have now fled to thee, my salvation, O pure one, and I cry aloud: Let me not be turned away, ashamed, from my hope, but hearken, and deliver me from the snares of those who pursue me.

**L**ike a slave I bend my neck, wretch that I am, and I utter a cry from the depths of my heart; stretching forth my hands, I bend my knees and entreat thee, the most pure Virgin, that I be delivered from the tribulations of those who ever assail me with the assaults of the evil one.

**Glory ...**, **O** most glorious and pure Mary, boast of mortals, we pray: Grant thine aid unto us who pray and piously worship thine Offspring, for we have acquired none other hope or helper than thee.

**Both now ...**, **O** Mary who knewest not a man, O helper of the faithful, who hast given birth to God in a manner transcending understanding and all nature, from sudden temptations deliver as pure those who honor thee, unharmed by all enemies, visible and invisible.

### **ODE VIII**

**Irmos: Having spread his hands, Daniel closed the lions' jaws \* in their den; \* while the zealously pious youths, \* girded with virtue, \* quenched the power of the fire and cried aloud: \* Bless ye the Lord, all ye works of the Lord.**

**I** dare not raise my hands unto thy Son, O pure one, for I am wholly defiled; wherefore, in boldness I flee to thee, O Lady. Mediate with the compassionate God Who is easily placated, that we may be delivered from the adverse foes who afflict us.

**T**o thee have I entrusted mine eyes, heart and soul, O most pure one; wherefore, have pity, O pure Lady, falling down before the Compassionate One, on behalf of me who am wicked and unable to endure, that He save me from all want, wounds and grief.

**Glory ...**, “**W**ith Thy weaponry fell those who war against us, O Lord, in that Thou art mighty, and grant victory unto those who trust in Thee with faith, O Master!” prayeth the Theotokos with John the forerunner, the choir of the apostles and Thy martyrs.

**Both now ...**, **O**nce Gabriel brought thee the joy of the annunciation, O pure virgin, and by thy birthgiving hath loosed the grief of our first mother; wherefore, having cleansed my soul of despondency, by thy prayers render me unashamed.

### **ODE IX.**

**Irmos: A cornerstone not cut by hand O Virgin, \* was cut from thee the unhewn mountain: \* even Christ, Who hath joined together the disparate natures; \* therefore rejoicing we magnify thee, \* O Theotokos.**

**Q**uickly manifest thine aid, O Virgin Theotokos; and eagerly bend thine ear and hearkening to us who fervently cry aloud, free us from evils, and deliver us by thy prayers.

**W**holly stuck fast in slothfulness, I find myself in an abyss of despair due to my transgressions; wherefore, stretch forth thy hand unto me, O Virgin Mother, as Christ did to Peter, and deliver me from the depths of sin.

**Glory ...**, **L**ay low the tongue of the ungovernable and haughty one which, like a sharpened arrow, aims to slay me, O Virgin; melt it like wax, and show forth his counsels to be in vain.

**Both now ...**, **D**estroy all the counsels of those who have armed themselves against us, O Mother of God Most High, and fill with joy those who trust in thee, that we may all earnestly proclaim thine aid.

**Then, “It is truly meet to bless thee ...,” and a prostration. Trisagion through Our Father..., Troparion. The rest as usual. Dismissal.**

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

**After the 1<sup>st</sup> chanting of the Psalter, the  
Sessional Hymns of repentance, in Tone IV:**

**O** Lord, visit Thou my lowly soul, which hath squandered all its whole life in sins; accept me as Thou didst the harlot, and save me.

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

**N**avigating the deep of this present life, I consider the abyss of my many evils; and lacking a helmsman for my thoughts, I utter unto Thee the cry of Peter: Save me, O Christ! Save me, O God, in that Thou lovest mankind!

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

**T**hou art the invincible rampart of us Christians, \* O Virgin Theotokos; \* for, fleeing to thee, we remain unharmed. \* And though we sin again, we have thee as our advocate. \* Wherefore, in thanksgiving we cry aloud to thee: \* Rejoice, O thou who art full of grace! \*\* The Lord is with thee!

**After the 2<sup>nd</sup> chanting of the Psalter, the Sessional Hymns, in Tone IV:**

**W**e shall soon enter together into the bridal-chamber of Christ, that we may all hear the divine voice of Christ our God. Come, ye who love the glory of heaven, and having lit our lamps with faith, with the wise virgins let us receive it.

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

**C**ondemned by the multitude of my transgressions, I am troubled by fear of torment, O Christ God; from the depths of my heart I offer tears of repentance unto Thee, Who hast authority over life and death; and in compunction I cry to Thee: I have sinned! Save me, O Lord!

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

**To the Martyrs:** **T**oday the armies of heaven have come for the memorial of the passion-bearers, to enlighten the minds of the faithful and to illumine the whole world with grace. Entreated by them, O God, grant us great mercy.

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

**H**aving received the Word in thy womb at the angel's salutation, and given birth to the incarnate God, Christ Emmanuel, O Theotokos, pray thou on behalf of our souls.

After the 3<sup>rd</sup> chanting of the Psalter, the Sessional Hymns, in Tone IV:

Spec. Mel.: “Go Thou quickly before ...”:

**O** supremely blessed Trinity, the choirs of the incorporeal ones unceasingly hymn Thee with their immaterial mouths, and standing before Thee with fear, they cry out: Holy is the Essence in three Hypostases! By their supplications have mercy on the creation of Thy hands, O Thou Lover of mankind.

**T**he ranks of angels stand with fear before Thy throne, O Master, and ever enlightened by the rays thereof, unceasingly chant unto Thee the hymn of victory, O Lord. By their sacred prayers grant peace unto the world and the remission of our transgressions.

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

**O** all-immaculate Virgin \* who hast given birth to the transcendent God: \* do thou unceasingly entreat Him with the incorporeal ones, \* that He grant forgiveness of transgressions \* and correction of life before the end, \* to us who, as is meet, hymn thee with faith and love, \*\* O thou who alone art all-hymned.

### ODE I

Canon of repentance, to our Lord Jesus Christ and His holy martyrs, the acrostic whereof is “O Savior, save me as Thou didst the harlot of old,” in Tone IV:

**Irmos:** **O** Thou who wast born of the Virgin, \* drown I implore Thee, in the depth of dispassion \* the triune nature of my soul, \* as Thou didst the mighty strongholds of the warriors, \* that in the mortality of my flesh \* as on a timbrel \* I may chant a hymn of victory.

**O** Jesus my Savior, Who saved the prodigal, accepted the weeping of the harlot, and by Thy goodness justified the publican who sighed: Accept me also, who turn to Thee though I have committed innumerable sins, and save me.

**T**he fire of evil devoureth my soul like tinder, and kindleth the flame which is to come. O Long-suffering One and Lover of mankind, extinguish it with the dew of Thy mercies, granting us tears of repentance.

**To the Martyrs:** **F**ull of great understanding, the choir of the holy passion-bearers, chastely rejecting the foolish counsel and adverse thinking of all the violators of the law, received divine honors.

**To the Martyrs:** **O** wise and all-famed passion-bearers, who in your faith disdained the beautiful things of this world, ye have inherited heavenly life. Wherefore, from all the turmoil of the world deliver me, who truly bless you.

**Theotokion:** **O** most pure one, most radiant luminary of the Sun of glory: Enkindle the flame of my soul, which hath been extinguished by despondency, and ever feed it with the oil of divine works, that I may glorify thee with faith and love.

Another canon, of the holy incorporeal angels, in Tone IV:

**Irmos:** Same as the foregoing.

**O** angels, who as pure intelligences stand before the great and primal Mind, fed by divine radiance: Illumine me with your rays, hymning the Word Who is the cause of all, O most glorious ones. (Twice)

**B**owing down before God with love, and manifestly limned by the beauties of God, O glorious archangels, ye have taken your place around Him in orderly ranks, crying out to the Creator a hymn of victory.

**Theotokion:** **O** all-immaculate one, who alone received in thy womb the Word, Whom the angelic armies ever glorify: Illumine my soul, releasing it from dark evil thoughts of sin, and enlightening it with the understanding of thine Offspring.

### ODE III

#### Canon of repentance

**Irmos:** **F**rom on high didst Thou willingly descend to earth, \* **O** Thou Who art more exalted than every noetic principality, \* and from the uttermost depths of Hades \* thou didst raise up lowly human nature; \* for there is none more holy than Thee, **O** Lover of mankind.

**O** Christ God, Who art the never-waning Light, the darkness of the passions hath surrounded me with the night of life, but in that Thou lovest mankind, save me, enlightening me with rays of repentance, that I may glorify Thee.

**S**how me to be an inheritor of the portion of the elect, O Christ my Savior, cutting me off from the portions of the adversary, and showing me to be cleansed by tears and almsgiving, that in praise I may ever glorify Thee.

**To the Martyrs:** **T**ruly dyed red by your blood, your feet ran right swiftly to the heavens, leaving behind the world of sin, O martyrs, ye co-conversers with the divine powers.

**To the Martyrs:** **S**ubjected to wounding, your bodies were exhausted, O spiritual athletes of Christ, but the power of your souls was strengthened, being tightly bound by love to Him Who by His will hath created all things.

**Theotokion:** **O** Sovereign Lady Mary, who for all hast given birth to the Lord: Enlighten and free me, who am beset by the passions of my mind and am darkened by evil.

Canon of the holy angels

**Irmos:** Same as the foregoing.

**O** Christ Who art hymned by the heavenly choirs: In Thy divine wisdom move the assemblies of the faithful to hymn the ranks thereof for there is none more holy than Thee, O Lover of mankind. (Twice)

Sharing in the fervent bonds of love, ye stand as ministers before the primal Source, unceasingly hymning the one Essence of the beginningless Godhead, O divine archangels,

**Theotokion:** **O** pure Mother who hast given birth unto Christ, thou didst most splendidly annul the ancient curse of Eve by the blessings of Him Who crowneth all; for there is none as exceedingly holy as thee, our helper.

ODE IV

Canon of repentance

**Irmos:** He who sitteth in glory upon the throne of the Godhead, \* Jesus the true God, \* is come in a swift cloud \* and with His sinless hands he hath saved those who cry: \* Glory to Thy power, O Christ.

**I** now fall down before thee as Judge, O Lord. Have pity on me, who am condemned and in despair; deliver me from Thy just sentence, and grant that I may stand with Thine elect.

**O** Lover of mankind, heal me, O Christ, for I have fallen among savage thieves and been wounded. Pour forth the wine and oil of repentance upon me, and clothe me in the vesture of my salvation.

**To the Martyrs:** **W**hen your bodies were flayed, O all-praised martyrs, ye were clothed from on high with, the robe of salvation; stripping bare him who of old stripped our first father naked, rendering him dead and lifeless.

**To the Martyrs:** **W**axing eloquent before the iniquitous, adorned by piety with the understanding of the Word of God, O martyrs, ye put to shame all the ungodly sages and rhetors, slaying the enemy.

**Theotokion:** **L**ike rain, Jesus the Abyss of wisdom, descended upon thee, O Virgin Birthgiver of God, finding thee alone to be pure; thereby restraining the grievous torrents of ungodliness with divine grace.

Canon of the holy angels

**Irmos:** Same as the foregoing.

**W**ith unapproachable power Thou didst bring forth the heavenly intelligences from non-existence, O transcendent Word of God; and with Thine ineffable glory adorned them, who cry aloud: Glory to Thy power, O Christ!

**G**uided by the Spirit and His reins, and illumined by divine rays, the heavenly hosts formed themselves into unbroken ranks, worshipping the one Godhead, the Cause of all.

**T**hy ministering radiances were deemed worthy to gaze upon the comely beauty of Thy countenance; and, having thereby received understanding, they cry out to Thee: Glory to Thy power, O Christ!

**Theotokion:** **T**he Virgin Queen now standeth, arrayed in golden vesture, before the King her Son, incomparably more exalted than the angels, who cry out: Glory to Thy power, O Christ!

## ODE V

### Canon of repentance

**Irmos:** **N**ow I shall arise said God prophetically, \* now I shall be glorified, now I shall be exalted, \* elevating fallen human nature, \* which I received from the Virgin, \* to the noetic light of My divinity.

**O** how I shall stand before Thee, the Judge and God of all, condemned and accused of all the evils wherein I have mindlessly and willingly sinned, making myself wholly unprofitable!

**S**ave me, O Lord, for I have been filled with many evils; and I pray: Heal my sins and grievous sores, and leave me not to perish alone, for I have sinned greatly against Thee, O my Jesus.

**To the Martyrs:** **M**anifestly finding a blessed end, the spiritual athletes have received glory, glorifying Christ the Appointer of the contest, with their bodily members, having manfully resolved to suffer wounds and stripes.

**To the Martyrs:** **O** blessed spiritual athletes of Christ, by your godly and beautiful way of life ye have inherited the riches of heaven, imperishable crowns, never-waning light, and a habitation unmade by men's hands, which waxeth not old.

**Theotokion:** **T**he voices of the prophets foretold thy wonders, O most pure one, calling thee the mountain, the door, and the radiant lamp, from whence the wondrous Light truly illumineth the world, O pure one.

### Canon of the holy angels

**Irmos:** **S**ame as the foregoing.

**W**ith trembling the cherubim and seraphim, the thrones and the divine archangels, the dominions, powers and principalities, the authorities and the angels, glorify the one adored Godhead of the Trinity. (Twice)

**T**he angels were shown to be shining radiantly with light, O Christ, proclaiming Thy resurrection to the venerable women in the world, and freeing the mind of Thine enemies with the rays of Thy divinity.

**Theotokion: O** Thou Who wast ineffably born from the Virgin, delivering mankind from corruption, by the regiments of the angels preserve now Thy Church, which glorifieth Thee with Orthodox voices.

## ODE VI

### Canon of repentance

**Irmos: I** have reached the depths of the sea \* and the tempest of my many sins hath engulfed me; \* but do Thou raise up my life from the abyss \* **O Greatly-merciful One.**

**A**s one mortal, I have neither understanding nor sense, wretch that I am, possessed of a conscience ever defiled. O God my Creator, let me not utterly perish!

**M**y deeds, like enemies, will accuse me at Thy judgment-seat, O Compassionate One; but deliver me quickly from them, O Christ, guiding me to repentance.

**To the Martyrs: T**he assembly of the violators of the law broke the bones of the passion-bearers, yet were unable to break their faith, for which they have been shown to be heirs of God, the Savior of our souls.

**To the Martyrs: L**ike precious stones, the passion-bearers were set upon the unshakable rock of hope with divine wisdom; and as temples of the Holy Spirit they have made their abode in the temple of God.

**Theotokion: M**y heart, which hath been darkened by the dark visitations of sin, do thou illumine with the light which is within thee, O Bride of God, who hast given birth unto Christ the Sun.

### Canon of the holy angels

**Irmos: Same as the foregoing.**

**S**tanding round about the Master, and in purity delighting in the effulgence of the Source of radiance, O ye angelic armies, enlighten those who hymn you with faith. (Twice)

**O** Thou Who in Thy wisdom didst create the angelic choirs, as Master Thou didst show forth the dominions, powers and seraphim., who honor Thee with praises.

**Theotokion:** **O** Master Christ, Who dost rest upon the most exalted thrones, preserving all things by Thy divine providence, Thou didst rest in the arms of the Virgin.

## ODE VII

### Canon of repentance

**Irmos:** **The three youths in Babylon, \* regarded the tyrant's command as foolishness, \* and cried aloud in the midst of the flame: \* Blessed art Thou, O Lord God of our fathers!**

**T**o whom shall I liken thee, O my wretched soul? Woe is me, for I love unseemly things and fail to seek that which is good! Wherefore, hasten thou before the end, and exhibit good conduct.

**G**rant me a shower of tears, that I may be cleansed of mine evils; and leave me not to perish now, who have sinned against Thee more than all others, O Savior.

**To the Martyrs:** **B**earing in your own bodies the mortality of the Word Who was slain, ye put deception to death; and having died, O glorious spiritual athletes, ye heal those brought to death by the passions,

**To the Martyrs:** **W**hat place doth not now have you as enlighteners and a bulwark, O martyrs? What land is not sanctified by your sufferings and the dawning of your healings, O glorious ones?

**Theotokion:** **T**hou alone remainest a virgin even after giving birth, O Lady, who art resplendent in virginal beauty; thou alone didst escape the pain of motherhood: for thou alone hast given birth to God, the Redeemer of our souls.

### Canon of the holy angels

**Irmos:** **Same as the foregoing.**

**W**ith the noetic angels as witnesses to what we have done, O my soul, let us choose their pure life, for they cry out: Blessed art Thou, O Lord God of our fathers! *(Twice)*

**P**urified by a burning coal, the divine Isaiah beheld the seraphim standing before Thy throne, and he cried aloud: Blessed art Thou, O Lord God of our fathers!

**Theotokion:** **A**s thou hast given birth to the Creator and Lord, O Virgin, thou hast been revealed to be more exalted than the ranks of all the incorporeal beings. Blessed is the Fruit of thy womb, O pure one!

## ODE VIII

### Canon of repentance

**Irmos:** **O** almighty Redeemer of all, \* having descended and bedewed the children \* in the midst of the flame, \* Thou didst teach them to sing: \* All ye works bless and hymn the Lord.

**H**aving submitted to the passions, I have been revealed to be like irrational dogs O Word of God Who art without beginning, turn me back to Thee and save me, who cry aloud: Bless the Lord, all ye works of the Lord!

**T**he boar hath ravaged and laid waste to me like a solitary vineyard cultivated by the Spirit, O Savior. Deliver me from him. O Word, and straightway show me to be fruitful for Thee in the virtues.

**To the Martyrs:** **Y**our bloody skins dyed a divinely woven robe for you, O martyrs, and, thereby adorned and wearing crowns of victory, ye stand in the highest before the eternal King.

**To the Martyrs:** **T**he sacred harmony of the martyrs set at naught the unholy discord which would have them commit that which is unlawful; and having suffered lawfully, they have been lawfully crowned by the Master of all.

**Theotokion:** **A**ll creation blesseth thy birthgiving, which hath crowned us with blessings and removed the curse, O only all-blessed and most glorious one, who hath filled our race with grace.

### Canon of the holy angels

**Irmos:** **S**ame as the foregoing.

**A**s the only immortal Life and Creator, Thou didst fashion the angels to share in immortal life, teaching them to chant: Bless ye and hymn the Lord! *(Twice)*

**N**oetically standing round about Thee, the archangels chant with never-ceasing voices, divinely honoring Thee as the Master of all: Bless ye and hymn the Lord!

**Theotokion:** **O** all-blessed one, the images of the law prefigured thee who hast given birth unto God Who is united to fleshly matter, but before was immaterial in His divine essence. O Virgin, we bless thy birthgiving!

**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:** **E**ve dwelt under the curse of sin \* because of the infirmity of disobedience; \* but thou, O Virgin Theotokos, \* hast through the Offspring of thy pregnancy \* blossomed forth blessing upon the world. \* Wherefore, we all magnify thee.

**T**his is the time for repentance! Why then are we slothful? Why are we sunk in sleep? Let us put away despondency and feed our lamps with the oil of good deeds, as it is written, lest we find ourselves standing outside the doors, lamenting.

**W**hile there is yet time to repent, O my soul, turn away from the evils which thou hast committed in knowledge and in ignorance, and cry out unto Him Who knoweth all things: I have sinned against Thee! Forgive me, O Master, and disdain me not, who am unworthy!

**To the Martyrs:** In places of glory, in resting-places of honor Christ hath with exceeding clarity assembled the saints who suffered, from every land and city; and they now shine forth in gladness upon the Church of the firstborn.

**To the Martyrs:** Illumined by the rays of the divine Spirit, the all-precious shrines of Thy holy martyrs most gloriously emit the radiance of healings, dispelling the pangs of infirmities, O only greatly merciful Lord.

**Theotokion:** Enlighten my soul with rays from the light that is within thee, O Bride of God, and raise it up, for it lieth in the pit of destruction, defeating the enemies who ever assail my heart, and impel it toward the passions.

#### Canon of the holy angels

**Irmos:** **T**he ineffable hidden mystery of God hath been revealed in thee, \* O most pure Virgin; \* for in His tender compassion \* God become incarnate of thee. \* Wherefore, we magnify thee as the Theotokos.

**H**ymning the Mind, the Father and Origin of the Son and the Spirit, and having received gifts of divine grace, O angels, be ye assiduously quick to send them down upon us. (Twice)

**B**eautifully adorned with the gift of incorruption and with grace, hymning Thee, the eternal Source of incorruption, O Christ, the divine archangels magnify Thee as their Benefactor.

**Theotokion:** **O** Mother of God, we, the faithful, know thee to be the bridal-chamber and dwelling-place of the ineffable Incarnation, and the ark of the law; wherefore, we unceasingly 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 IV:

**W**ash me with my tears, O Savior, for I am defiled by many sins. Wherefore I fall down before Thee crying: ‘I have sinned, have mercy upon me, O God’.

**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.

**I** am a sheep of Thy rational flock, and to Thee do I flee for refuge, O Good Shepherd. I have gone astray, do Thou O God, have mercy on me.

**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.

**W**ho is not filled with, awe, beholding the good contest wherein ye struggled, O holy martyrs? How have ye, who are fleshly beings, vanquished the incorporeal foe, confessing Christ and having armed yourselves with His Cross? Wherefore, as is meet, ye have been shown to be expellers of the demons and opponents of the barbarians, unceasingly praying that our souls be saved.

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

**O** Theotokos, Queen of all, \* thou praise of the Orthodox: \* cast down the proud arrogance of the heretics, \* and put to shame the countenances of those \* who neither bow down before nor honor thy precious image, \*\* O most pure one.

**Then, “It is good to give thanks ...,” Trisagion ..., Our Father ..., Troparia.  
Litany: Have mercy on us ..., First Hour, and Dismissal.**

**ON MONDAY MORNING: TONE IV  
AT LITURGY**

**On the Beatitudes, these Troparia, in Tone IV:**

**O**f old was Adam banished from paradise through the tree, but by the tree of the Cross hath the thief come to dwell in paradise: the one by tasting rejected the commandment of the Creator, but the other, crucified with Christ, confessed the hidden God, crying aloud: Remember me in Thy kingdom!

**I** have sinned more than all others on earth, and I fear the implacable tribunal which is to come, O Supremely good One. Preserve me uncondemned then, and deliver me from torment, granting me repentance which washeth away all defilements, in that Thou lovest mankind.

**S**tanding now before the Master of all, O cherubim and seraphim, ye authorities, thrones, archangels, dominions and hosts, ye holy angels and most exalted principalities, ask remission offenses and correction of life for all who cry out with faith: Remember us in Thy kingdom!

**To the Martyrs:** **C**ast into the fire, ye utterly consumed the tinder of deception, O all-praised passion-bearers of Christ; and in the multitude of your blood ye drowned the serpent of the deep; and having won the victory, ye rejoice with the armies on high, praying earnestly that we be saved.

**Glory ..., O** Effulgence of the threefold Sun who shinest in the fullness of the world, dispelling the cruel passions of my soul: Send down the radiance of light and cleansing offenses unto me who now cry out with faith to Thee, the beginningless Father, the Son Who is co-enthroned with Him, and the Spirit. O Trinity, all-accomplishing Power, save us!

**Both now ..., O** pure one, have pity on me who ever sin and am greatly hindered by slothfulness, and reveal to me examples of repentance, granting compunction to my perplexed soul, O most pure unashamed hope. And remember us who hymn thee with love and cry out with: faith, O all-hymned Virgin.

**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.