

Troparia

Preserve and save, O Theotokos, thy servants from every danger; after God do all of us for refuge flee unto thee; a firm rampart art thou and our protection.

O spotless one, who inexpressibly in the last days, by a word brought forth the Word, do thou make request of Him, as one who hath motherly boldness.

Litany of Supplication

Priest: Have mercy on us, O God, according to Thy great goodness, we pray Thee, hearken and have mercy.

Lord, have mercy. (3x)

Again we pray for all pious and Orthodox Christians.

Lord, have mercy. (3x)

Again we pray for our Father and Metropolitan, *N. (and our bishop N).*

Lord, have mercy. (3x)

Again we pray for our brethren: the priests, hieromonks, deacons, hierodeacons and monastics and all our brotherhood in Christ.

Lord, have mercy. (3x)

Again we pray for mercy, life, peace, health, salvation and visitation and pardon and forgiveness of sins for *(the servants of God, NN., and)* all Orthodox Christians of true worship, who live and dwell in this community.

Lord, have mercy. (3x)

For thou art a merciful God and lovest mankind, and unto thee we ascribe glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages.

Amen.

Kontakion in Tone 2

O protection of Christians that cannot be put to shame, mediation to the Creator most constant, O despise not the suppliant voices of

those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

Anabathmoi in Tone 4

From my youth up many passions have warred against me; but do Thou help and save me, O my Savior. (2x)

Ye who hate Zion shall be put to confusion of the Lord; like grass in the fire shall ye be withered up. (2x)

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

Through the Holy Spirit is every soul quickened and exalted in purity, and made resplendent by the Triune Unity in mystic holiness.

Both now and ever and unto ages of ages. Amen.

Through the Holy Spirit, the channels and streams of grace overflow, showering all creation with invigorating Life.

Prokeimenon in Tone 4

Reader: The prokeimenon is in the fourth tone: I shall commemorate Thy name from every generation to generation.

Sung: *I shall commemorate Thy name from every generation to generation.*

Reader: Hearken, O daughter, and see, and incline thine ear; and forget thine own people, and thy father's house; and the King shall greatly desire thy beauty.

Sung: *I shall commemorate Thy name from every generation to generation.*

Reader: I shall commemorate Thy name ...

Sung: *... from every generation to generation.*

Priest: And that we may be accounted worthy to hear the Holy Gospel, let us pray to the Lord our God.

O bestow out of the abyss of thy great compassion on me thy suppliant, for thou brought forth One compassionate, who is Savior of all who sing hymns to thee.

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

While delighting, O spotless one, in thy many favors, a hymn of thankfulness do we all raise up our song to thee, knowing thee to be the Mother of our God.

Both now and ever and unto ages of ages. Amen.

Having thee as our staff and hope, and as our salvation's unshaken battlement, from all manner of adversity are we then redeemed, O thou All-lauded one.

Ode 5 Tone 8

Heirmos

Lord, enlighten us by Thy precepts and by Thy commands and by the power of Thy lofty arm bestow Thy peace upon us all as Thou art Friend of man.

Most Holy Theotokos save us.

Pure One, fill my heart with rejoicing unto plentitude, and grant thine undefiled felicity, since thou didst give birth unto Him Who is the cause of joy.

Most Holy Theotokos save us.

Come, deliver us out of dangers, Pure Mother of God, since thou art mother of deliverance, and of the peace which doth surpass all human reasoning.

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

Dissipate the gloom of my trespasses, O Bride of God, with the clear brightness of thy radiance; for thou didst bear the Light divine which was before all time.

Both now and ever and unto ages of ages. Amen.

Through the intercessions of the Theotokos, O Thou who art merciful, blot out the multitude of our transgressions.

Have mercy upon me, O God, according to Thy loving kindness, according to the multitude of Thy tender mercies, blot out my transgressions.

Tone 6

O entrust me not, I pray, to any human protection, O our Lady, holy One, do thou accept the prayer of thy supplicant. Sorrow has taken me, and I am unable to endure and bear the demons' darts; shelter have I not, neither place to hide, I the wretched one; embattled from all sides am I, and no consolation have I but thee; O Mistress of creation, protection and hope of faithful ones, turn not away when I turn to thee; do that which will profit me.

Theotokia in Tone 6

From thee is no one turned away ashamed and empty who doth run to thee for refuge, O Virgin Theotokos, but one asketh the favor and receiveth the gift from thee, unto the profit of their own request.

The transformation of the afflicted, and the relief of those in sickness art thou in truth, O Virgin Theotokos; save thy people and thy flock, thou who art the peace of the embattled, and who art the calm of the storm driven, the only protection of those who believe.

The Prayer of Intercession

O God, save thy people, and bless thine inheritance. Visit thy world with mercy and compassions. Exalt the horn of Orthodox Christians, and send down upon us thy rich mercies. Through the intercessions of our all-immaculate Lady Theotokos and ever-virgin Mary; by the might of the precious and life-giving cross; by the protection of the honorable bodiless powers of heaven; at the supplication of the honorable, glorious Prophet, Forerunner and Baptist John; of the holy, glorious, all laudable apostles; of our fathers among the saints, great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom; Athanasios, Cyril and John the Merciful, patriarchs of Alexandria, Nicholas of Myra in Lycia, Spyridon of Trimythous and Nektarios of Pentapolis, the Wonder-workers; Tikhon the Enlightener of

for thou art author of good things and staff of the faithful, O thou only lauded one.

Most Holy Theotokos save us.

I beseech thee, O Virgin, do thou dispel far from me all of the distress and despair and turbulence in my soul, for thou, O Bride of God, hast given birth to the Lord Christ, Who is the Prince of Peace, O thou only all-blameless one.

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

Since thou brought forth Him Who is our Benefactor and cause of good, from the wealth of thy loving-kindness, do thou pour forth on all; for thou can do all things, being one mighty in power, for thou gavest birth to Christ, Blessed of God art thou.

Both now and ever and unto ages of ages. Amen.

With most grievous diseases and with corrupt passions too, I am put to trial, O Virgin; come thou unto my aid; for I know thee to be an inexhaustible treasure of unfailing healing, O thou the All-blameless one.

Troparia

Preserve and save, O Theotokos, thy servants from every danger; after God do all of us for refuge flee unto thee; a firm rampart art thou and our protection.

In thy good will, look thou on me, O all-hymned Theotokos; and do thou behold my body's grievous infirmity, and heal thou the cause of my soul's sorrow.

Litany of Supplication

Priest: Have mercy on us, O God, according to Thy great goodness, we pray Thee, hearken and have mercy.

Lord, have mercy. (3x)

Again we pray for all pious and Orthodox Christians.

Lord, have mercy. (3x)

Having willed thus, O Savior, to dispense our salvation in Thine economy, Thou dwelt within the Maid's womb and unto all creation as protectress Thou showed her forth. O God of our Fathers, blessed art Thou.

Most Holy Theotokos save us.

Make request, O pure Mother, to thy Son who hath willed to grant mercy unto us, to rescue from transgressions and from the soul's defilement those who cry out most faithfully. O God of our Fathers, blessed art Thou.

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

A fount of incorruption and a tower of safety is she who gave Thee birth. A treasure of salvation and portal of repentance hast Thou proved her to them that shout. O God of our Fathers, blessed art Thou.

Both now and ever and unto ages of ages. Amen.

Deign to grant restoration from diseases of body and soul to those who run to thy divine protection with faith, O Theotokos, and thus grant them recovery. O Mother of Christ our Savior art thou.

Ode 8 Tone 8

Heirmos

The King of Heaven, whom all the hosts of Angels hymn with their chants and praises of glory, praise ye and exalt Him to the ages forever.

Most Holy Theotokos save us.

Do not disdain those who seek the aid that thou dost grant, for, O Virgin Maiden, they do hymn thee, and they all exalt thee unto ages forever.

Most Holy Theotokos save us.

On all who hymn thee with faith, O Virgin, and exalt thy truly ineffable Offspring, thou poured a great abundance of thy cures and healings.

Both now and ever and unto ages of ages. Amen.

O Theotokos, we shall not cease from speaking of all thy mighty acts, all we the unworthy ones; for if thou hadst not stood to intercede for us, who would have delivered us from such numerous dangers? Who would have preserved us all until now in true freedom? O Lady, we shall not turn away from thee; for thou doest always save thy servants from all manner of grief.

PSALM 50 (51)

Have mercy on me, O God, according to Thy great mercy: and according to the multitude of Thy tender mercies blot out mine iniquity. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge mine iniquity: and my sin is ever before me. Against Thee only have I sinned and done evil in Thy sight: that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was shapen in iniquity, and in sins did my mother conceive me. For behold, Thou hast loved truth: the unclear and hidden things of Thy wisdom Thou hast made clear to me. Thou shalt sprinkle me with hyssop, and I shall be clean; Thou shalt wash me, and I shall be whiter than snow. Thou shalt make me to hear joy and gladness: the bones which Thou hast broken shall rejoice. Turn away Thy face from my sins, and blot out all my iniquities. Create in me a clean heart, O God: and renew a right spirit within me. Cast me not away from Thy presence: and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation: and steady me with a guiding spirit. Then I will teach transgressors Thy ways: and the impious shall be converted unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation: and my tongue shall sing aloud of Thy righteousness. O Lord, open Thou my lips: and my mouth shall declare Thy praise. For hadst Thou desired sacrifice, I would have given it Thee: Thou delightest not in burnt offerings. Sacrifices to God are a contrite spirit: a contrite and humble heart, O God, Thou wilt not despise. Do good, O Lord, in Thy good will unto Zion: that the walls of Jerusalem may be built up. Then shalt Thou be pleased with a sacrifice of righteousness, with burnt offering and whole-burnt offerings: then shall they offer bullocks upon Thine altar.

Brought low am I, O Virgin, in a place of sickness and in a dwelling of anguish. Grant healing to me, transforming all of my illness into full heathfulness.

It is Truly Meet

It is truly meet, it is truly meet, to call thee blessed, Lady Theotokos, Lady every greatly blessed and most perfect and innocent and the Mother of our God. Lady more precious than the Cherubim and more glorious beyond all measure than the Seraphim; that without corruption gavest birth to God the Word and art truly Theotokos we magnify thee, we magnify thee.

Megalynaria in Tone 8

Higher than the heavens above art thou, and thou art much purer than the radiance of the sun, for thou hast redeemed us out of the curse that held us. O Mistress of creation, thee do we magnify.

From the great abundance of all my sins, ill am I in body, ailing also am I in soul. Thee I have as refuge. Do thou therefore help me, O hope of all the hopeless, for thou art full of grace.

O Lady and Mother of Christ our God, receive supplication from us sinners who beg of thee, that thou make entreaty unto the One born from thee. O Mistress of creation, pray thou to God for us.

Now we chant with eagerness to thee with this hymn most joyful Theotokos all lauded one. With with the Baptist and all the Saints together, beseech, O Theotokos, that we find clemency.

Speechless be the lips of the impious who refuse to reverence the revered icon which is known by the name Directress and which hath been depicted for us by the Apostle Luke the Evangelist.

The Megalynarion of the Saint to whom the church is dedicated.

Saint George

Let us praise with hymns our most fervent guide, guardian and protector and quick helper in all distress. Glory of the martyrs and caster down of idols, and let us cry out unto him: Rejoice O Great Martyr George.

Glory to the Father and to the Son and to the Holy Spirit; both now and ever, and unto the ages of ages. Amen.

O come, let us worship and fall down before God our king.

O come, let us worship and fall down before Christ, our king and our God.

O come, let us worship and fall down before the Very Christ, our king and our God.

Psalm 142 (143)

Hear my prayer, O Lord; give ear to my supplications! In Thy faithfulness answer me, in Thy righteousness! Enter not into judgment with Thy servant; for no man living is righteous before Thee. For the enemy has pursued me; he has crushed my life to the ground; he has made me to sit in darkness as those long dead. Therefore my spirit faints within me; my heart within me is appalled. I remember the days of old, I meditate on all that Thou hast done; I muse on what Thy hands have wrought. I stretch out my hands to Thee; my soul thirsts for Thee like a parched land. Make haste to answer me, O Lord, my spirit fails! Hide not Thy face from me, lest I be like those who go down to the Pit. Let me hear in the morning of Thy steadfast love, for in Thee I put my trust. Teach me the way I should go, for to Thee I lift up my soul. Deliver me, O Lord, from my enemies! I have fled to Thee for refuge! Teach me to do Thy will, for Thou art my God! Let Thy Good Spirit lead me on a level path! For Thy Name's Sake, O Lord, preserve my life! In Thy righteousness bring me out of trouble! And in Thy steadfast love cut off my enemies, and destroy all my adversaries, for I am Thy servant.

O Lord, give ear to my supplications; and enter not into judgment with Thy servant.

O Lord, give ear to my supplications; and enter not into judgment with Thy servant.

Thy Spirit is good; lead me into the land of uprightness.

Glory to the Father and to the Son and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Again we pray for our Father and Metropolitan, *N.* (*and our bishop N*) and all our brotherhood in Christ.

Lord, have mercy. (3x)

Again we pray for mercy, life, peace, health, salvation and visitation and pardon and forgiveness of sins for (*the servants of God, NN., and*) all Orthodox Christians of true worship, who live and dwell in this community.

Lord, have mercy. (3x)

Again we pray that He will keep this holy church and this city and every city and countryside from wrath, famine, pestilence, earthquake, flood, fire, the sword, foreign invasion, civil war and sudden death; that our good God, who loveth mankind, will be gracious, favorable and conciliatory and turn away and dispel all the wrath stirred up against us and all sickness, and may deliver us from His righteous chastisement which impendeth against us, and have mercy on us.

Lord, have mercy. (3x)

Again we pray that the Lord God will hearken unto the voice of supplication of us sinners, and have mercy on us.

Lord, have mercy. (3x)

Hear us, O God our Savior, the Hope of all the ends of the earth and of those who are far off upon the sea; and be gracious, be gracious, O Master, upon our sins, and have mercy on us. For Thou art a merciful God and lovest mankind, and unto Thee we ascribe glory to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

Amen.

Wisdom!

Father, bless.

Christ our God, the Existing One, is blessed, always: now and ever and unto ages of ages.

The Paraklesis to the Most Holy Mother of God

PREFACE

The month of August in Constantinople was one of disease and pestilence and so it was the custom to carry the True Cross in procession through all the quarters of the City during the first two weeks of the month. The office for the first of the month still commemorates this practice, as does the solemn blessing of Holy Water, which is performed in many churches on that day, although it is the normal Orthodox custom to do so on the first of every month. In Greek use it is the custom to sing the Office of Supplication to the Mother of God each evening during the first fortnight of August. This may well be a survival of the ancient practice in an adapted form. (*Archimandrite Ephraim Lash*)

What is the Paraklesis?

The Paraklesis is a service of supplication for the welfare of the living. It is addressed to the Most Holy Theotokos or a Saint whose intercessions are sought through the chanting of a supplicatory canon and other hymns. The most popular Paraklesis Service is that in which the supplicatory canon and other hymns are addressed to the Most Holy Theotokos.

Who authored the Paraklesis to the Most Holy Theotokos?

The Small Supplicatory Canon to the Most Holy Theotokos was authored by Theosterictus the Monk (9th century) also called Theophanes. The Great Supplicatory Canon to the Most Holy Theotokos was authored by Emperor Theodore I Ducas Lascaris (13th century).

When is the Paraklesis to the Most Holy Theotokos celebrated?

Though it may be celebrated at other times during the year (in time of particular need, at the request of one of the faithful, or, as in some parish churches, every Wednesday or Friday evening), it is traditional that the Paraklesis Service, with the chanting of either the Small or Great Supplicatory Canon to the Most Holy Theotokos, be celebrated each evening during the Dormition Fast (August 1st through 14th) except on Saturday evenings, on the eve of the Transfiguration (August 5th), and on the eve of the Dormition (August 14th) when no Paraklesis is celebrated. (Bishop BASIL Essey)

Joy of all that sorrow art thou,* and of the oppressed a protectress,* and nurture of all the poor,* comfort unto the estranged, a staff art thou of the blind,* visitation of all the sick,* a shelter and succour* unto those brought down by pain, helper of orphaned ones;* Mother of our God in the Highest* art thou, O immaculate Maiden;* hasten, we beseech thee, to redeem thy servants.

O Lady, do thou receive* from thy servants their many prayers,* and deliver all of us* from all sadness and necessity.

O Mother of God, I have committed my every hope* wholly unto thee;* keep me under thy shelter.

Chanted during the Dormition Fast

Tone 3 “I Behold Thy Bridal Chamber”

O ye Apostles from afar* being now gathered together* here in the town of Gethsemane* give burial to my body;* and thou my Son and my God* receive Thou my Spirit.

Thou art the sweetness of angels,* and the gladness of afflicted ones.* and the protectress of Christians,* O Virgin Mother of our Lord;* be thou my helper and save me,* from out of eternal Torments.

I have thee as Mediatress* with the man-befriending God;* may He not censure my actions* before the hosts of the angels:* I supplicate thee O Virgin,* come unto my aid most quickly.

Thou art a gold entwined tower* and twelve-wall encircled city,* a throne be sprinkled with sunbeams,* a royal chair of the King;* O inexplicable wonder,* that thou dost milk feed the Master.

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

Amen.