

P: Blessed ✠ is our God at all times, both now and ever, and unto ages of ages.

All: Amen.

P: Glory to You, our God, glory to You.

Heavenly King, Consoler, Spirit of Truth, present in all places and filling all things, the Treasury of blessings and the Giver of life, come and dwell in us, cleanse us of all stain, and save our souls, O Good One.

All: Holy ✠ God! Holy Mighty One! Holy Immortal One! Have mercy on us (3X).

~ Glory be to the Father, and to the Son, and to the Holy Spirit, now and always and forever and ever. Amen.

~ All-Holy ✠ Trinity, have mercy on us. Lord, forgive us our sins. Master, pardon our transgressions. Holy One, look upon us and heal our infirmities for Your name's sake.

~ Lord, have mercy (3X).

~ Glory be to the Father, and to the Son, and to the Holy Spirit, now and always and forever and ever. Amen.

~ Our Father, who art in Heaven, hallowed be Thy name. Thy kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation but deliver us from evil.

P: For Thine is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, both now and ever, and unto ages of ages.

All: Amen.

All: Lord, have mercy. (12X)

~ Glory be to the Father, and to the Son, and to the Holy Spirit, now and always and forever and ever. Amen.

Come, let us worship God, our King, and bow down before Him!
(Reverence)

Come, let us worship Christ God, our King, and bow down before Him!
(Reverence)

Come, let us worship Christ Himself, our King and our God, and bow
down before Him! *(Reverence)*

Psalm 50

Prayer of Repentance

GOD, have mercy on me
in the greatness of your love;
in the abundance of your tender mercies
wipe out my offense.

Wash me thoroughly from malice
and cleanse me from sin,
For I am well aware of my malice
and my sin is before me always.

It is You alone I have offended,
I have done what is evil in your sight,
Wherefore You are just in your deeds
and triumphant in your judgment.

Behold, I was born in iniquities
and in sins my mother conceived me.
But You are the Lover of Truth:
You have shown me the depths and secrets of your wisdom.

Wash me with hyssop and I shall be pure,
cleanse me and I shall be whiter than snow.
Let me hear sounds of joy and feasting:
the bones that were afflicted shall rejoice.

Turn your face away from my offenses
and wipe off all my sins.
A spotless heart create in me, O God;
renew a steadfast spirit in my breast.

At the mag - ni - fi - cence of your vir - gi - ni -
 - ty, and your ex - ceed - ing - ly splen - dor - ous
 pu - ri - ty Ga - bri - el stood a - mazed and cried out to
 you, O The - o - to - kos: What praise may I of - fer you
 that is wor - thy of your beau - ty? by what name shall
 I call you? I am lost and be - wil - dered! But
 I shall greet you as I was com - man - ded: Hail!
 Hail, O full of grace!

Cast me not afar from your face,
 take not your blessed Spirit out of me.
 Restore to me the joy of your salvation
 and let your guiding Spirit dwell in me.

I will teach your ways to the sinners
 and the wicked shall return to You.
 Deliver me from blood-guilt, O God, my saving God,
 and my tongue will joyfully sing your justice.

O Lord, You shall open my lips,
 and my mouth will declare your praise.
 Had you desired sacrifice, I would have offered it,
 but You will not be satisfied with whole-burnt offerings.

Sacrifice to God is a contrite spirit:
 a crushed and humbled heart God will not spurn.
 In your kindness, O Lord, be bountiful to Sion;
 may the walls of Jerusalem be restored.

Then will You delight in just oblation,
 in sacrifice and whole-burnt offerings.
 Then shall they offer calves upon your altar.



Psalm 69

A Prayer for Remembrance

GOD, come to my assistance!
O Lord, hasten to help me!

-Shame and disgrace upon those
who seek my life!

-Let them turn back and be confounded
who wish me evil!

-Let them now turn in shame
who jeer at me: “Well done! Well done!”

-But let all who search for You
be glad and rejoice in You,

-And let those who love Your salvation, O God,
always say: “The Lord be exalted!”

-As for me, I am wretched and poor:
God shall be my help.

-You are indeed my help and my salvation,
O Lord, tarry not!

Psalm 142

Confidence in the Lord

LORD, listen to my prayer;
In Your truth give heed to my request
And in Your justice hear me,

-And enter not into judgment with Your servant
since of all the living, none is just before You.

-The enemy has pursued my soul,
he has crushed my life into the ground;
-He has forced me to dwell in darkness
like those long dead.

-My spirit was overwhelmed with grief
and within me my heart was troubled.

-Remembering the days of old,
I meditated on all Your deeds,
I thought of the works of Your hands.

P: For the release of captives.

All: Lord, have mercy!

P: For the travelers by sea, air and land.

All: Lord, have mercy!

P: For those afflicted with sickness.

All: Lord, have mercy!

P: Let us pray also for abundance of the fruits of the earth.

All: Lord, have mercy!

P: For all our parents and brethren departed from this life, for those
who rest in this place and in every other place.

All: Lord, have mercy!

P: Let us pray also for ourselves.

All: Lord, have mercy! (*Three times*)

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

All: Amen.



P: Preserve our lives in peace.

All: Amen

P: O Lord, have mercy on us and upon your world, and save our souls, for You are merciful, O God, and You love mankind.

All: Amen

The priest bows and says:

P: Bless me and forgive me, holy brethren, for I am a sinner.

All: May God forgive you, holy Father!

The brethren bow and say:

All: Bless me and forgive me, holy father, for I am a sinner.

P: May God forgive you, holy brothers and sisters.

P: Let us pray for the peace of the world.

All: Lord, have mercy!

P: For all pious and Orthodox Christians.

All: Lord, have mercy!

P: For our public authorities, that they may be protected by God.

All: Lord, have mercy!

P: For, our Father and Archbishop *N.* and all our brethren in Christ.

All: Lord, have mercy!

P: For those who are away from us, our parents and our brethren.

All: Lord, have mercy!

P: For those who have mercy on us and those who serve us.

All: Lord, have mercy!

P: For those who hate us and those who love us.

All: Lord, have mercy!

P: For those who have asked us, unworthy as we are, to pray for them.

All: Lord, have mercy!

-I stretched out my hands to You;
Like a parched land my soul longed for You.

-Listen to me without delay, O Lord:
my spirit has failed me;

-Turn not Your face away from me
nor let me sink in the pit like the others.

-Grant that I may hear Your love at dawn
for I have placed my hope in You.

-O Lord, let me know which way I shall go
for I have lifted up my soul to You.

-Deliver me, O Lord, from my enemies:
it is to You that I have fled.

-Teach me to do Your will, for You are my God;
may Your good Spirit lead me over level ground.

-For the sake of Your name, O Lord,
You will keep me alive;

-In Your saving bounty,
You will deliver my soul from oppression,

-And in Your loving kindness,
You will destroy my enemies

-And bring to naught all those who grieve my soul,
for I am Your servant.

-O Lord, in Your justice hear me
and enter not into judgment with Your servant. *(Twice)*

-May Your good Spirit lead me over level ground.

LESSER DOXOLOGY

~Glory to God in the highest, on earth peace, and good will to men!

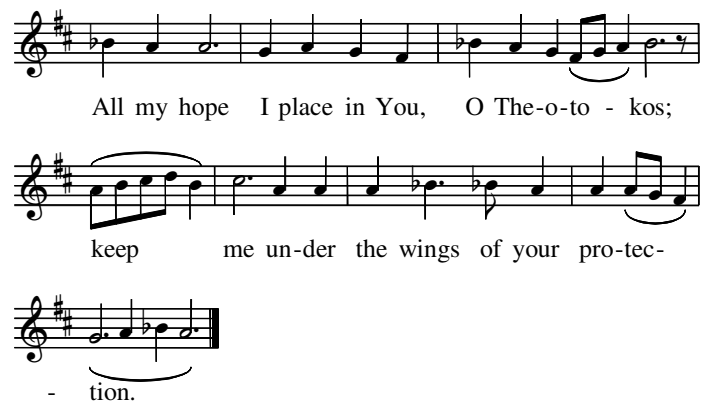
~We sing to You, we bless You, we worship You, we glorify You, we give thanks to You for the splendor of Your glory!

~O Lord King, O Heavenly God: Father Almighty! O Lord, Only-begotten Son: Jesus Christ! And O You: All-Holy Spirit!

- ~O Lord God, O Lamb of God, O Son of the Father, who take away the sins of the world, have mercy on us! O You who take away the sins of the world!
- ~Accept our supplication, O You who are enthroned at the right hand of the Father and have mercy on us!
- ~For You alone are holy, You alone are the Lord Jesus Christ, in the glory of God the Father. Amen.
- ~Every day will I bless You and sing to Your name, always and for ever and ever.
- ~O Lord, You have been for us a refuge from age to age.
- ~I said: “Lord, have mercy on me and heal my soul, for I have sinned against You!”
- ~O Lord, to You do I come for shelter: teach me to obey Your will, for You are my God.
- ~For with You is the fountain of life, and in Your Light we shall see light.
- ~Extend Your mercy upon those who confess You.
- ~Deign, O Lord, to keep us this night without sin.
- ~Blessed are You, O Lord, God of our Fathers: praised and glorified is Your name for ever. Amen.
- ~O Lord, let Your mercy rest upon us, for we have placed our trust in You.
- ~Blessed ✠ are You, O Lord: teach me Your statutes! (*metany*)
- ~Blessed ✠ are You, O Master: grant that I may understand Your statutes! (*metany*)
- ~Blessed ✠ are You, O Holy One: enlighten me with Your statutes! (*metany*)
- ~Everlasting is Your love, O Lord: turn not away from the work of Your hands.
- ~Indeed, praise, worship and glory are Your due, Father, Son and Holy Spirit, now and always and for ever and ever. Amen.

NICENE CREED

I believe in one God, Father Almighty, Creator of Heaven and earth, and of all things visible and invisible. And in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all ages: Light of light, true God of true God, begotten, not made, of one substance with the Father, by whom all things were made; who for us



P: Peace ✠ to you all!

All: And to your spirit!

P: Bow down your heads to the Lord.

All: To You, O Lord!

MOST MERCIFUL MASTER, Lord Jesus Christ our God, through the intercession of our Lady all-pure, the Mother of God and ever-virgin Mary: through the power of Your glorious and life-giving Cross: through the intercession of the honorable, and bodiless powers of Heaven, of the honorable and glorious prophet, the Forerunner, John the Baptist; of the holy, glorious Apostles worthy of all praise; of the holy, glorious, and triumphant Martyrs; of our just and God-bearing Fathers; of the holy and just ancestors of Christ, Joachim and Ann, and of all your saints: Make our supplications acceptable to You.

All: Amen

P: Grant the remission of our sins.

All: Amen

P: Protect us beneath the shelter of your wings.

All: Amen

P: Drive away from us all enemies and foes.

All: Amen

Lord and my God, to open for me the depths of his loving kindness, forgive my countless sins, convert me to true repentance, and make me faithful to his commands. O you who are compassionate, be my constant companion. In this present life, be with me as an intercessor, as a powerful help to turn away the assaults of my enemies and to guide me to salvation. At the hour of my death, be with me to embrace my poor soul and to keep away the dreadful sight of the wicked devils. On the terrible day of judgment, deliver me from eternal punishment and make me an heir of your Son's glory, through the grace and the love for mankind of your Son our Lord and Savior Jesus Christ. To Him and to His eternal Father, and to His all-holy, good and life-giving Spirit, we render glory, honor and adoration, now and always and for ever and ever.

All: Amen.

And the priest goes and stands in front of the icon of the Lord and says the prayer of the monk Antiochus:

Now that we are about to lie down to sleep, grant us, O Master, the repose of our soul and body. Preserve us against the dark slumber of sin and against any impure satisfaction that roams around in the darkness of night; quiet the assaults of our passions, arrest the darts that the Evil One insidiously throws at us. Still the commotions of our flesh, and calm all earthly and worldly feelings within us. Grant us, O Lord, a watchful mind, innocent thoughts, a sober heart, a gentle sleep free from evil dreams. At the hour of prayer, rouse us, strong in the practice of Your commands and ever mindful of your desires. Give us the grace to sing Your glory throughout the night; to praise, bless and glorify Your all-honorable and magnificent name, Father, Son and Holy Spirit, now and always and forever and ever.

All: Amen.

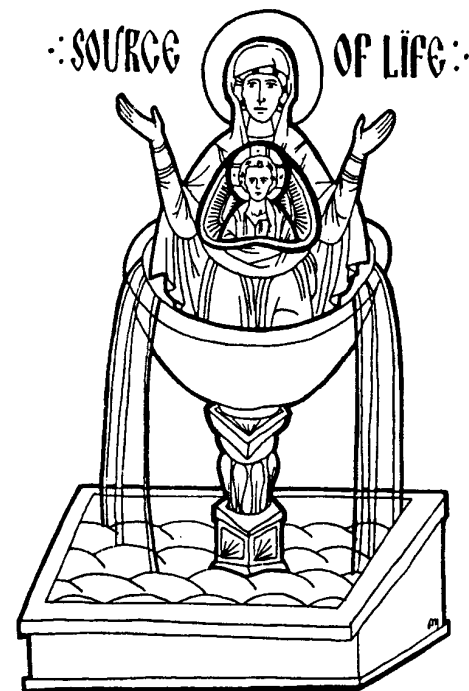
And the priest, turning to the icon of the Theotokos:

P: O you most glorious, ever-virginal and blessed Mother of God, commend our prayers to your Son, our God, and entreat Him to save our souls through your intercession.

Going before the holy doors, he says:

P: The Father is my hope, the Son my refuge, the Holy Spirit my protection: O All-Holy Trinity, glory to You!

men and for our salvation came down from Heaven and was incarnate of the Holy Spirit and the Virgin Mary, and was made man; who was crucified for us under Pontius Pilate, and suffered, and was buried; who rose again on the third day in accordance with the Scriptures, and ascended into Heaven, and is enthroned at the right hand of the Father, who will come again with glory to the judge the living and the dead; and of whose kingdom there shall be no end. And in the Holy Spirit, the Lord, the Giver of Life, who proceeds from the Father, who together with the Father and the Son is worshipped and glorified, who spoke through the prophets. In one, holy, catholic and apostolic Church. I profess one baptism for the remission of sins. I look forward to the resurrection of the dead and the life of the world to come. Amen.



FIRST ODE

Hirmos



I shall o - pen my mouth and it will be filled with the



Spi - rit, and I shall sing a hymn to the Queen and Mo-



- ther; and I shall cel-e - brate with splen - dor and sing with



joy of her won - ders.



Most Ho-ly The-o - to-kos save us!

As the Archangel beheld you, immaculate one, a living scroll of Christ which the Spirit had sealed, he cried out to you: "Hail, vessel of joy, in whom the curse of Eve is lifted!"



Most Ho-ly The-o - to-kos save us!

Hail, O Virgin, bride of God, restoration of Adam and destruction of Hades! Hail, all-blameless one, unique palace of our King! Hail, fiery throne of the Almighty!



Glo-ry to the Fa-ther and the Son, and the Ho-ly Spi - rit.

Q You who at all times and every hour are worshipped and glorified, both in Heaven and on earth, Christ God, long-suffering, generous in mercy and rich in compassion, loving to the just and merciful to the sinner: O You who call all people to repentance through the promise of blessings to come: deign, O Lord, at this very hour to receive our supplications and to direct our lives in the way of Your commandments. Sanctify our souls, purify our bodies, set our minds aright, cleanse our thoughts. Deliver us from any affliction, wrath, danger and need. Surround us with Your holy Angels, so that, guided and guarded in their camp, we may reach the oneness of the Faith and the knowledge of Your unutterable glory, O You who are blessed for ever and ever.

All: Amen.

Lord, have mercy. (*3 times*)

Glory be to the Father and to the Son and to the Holy Spirit, now and always and forever and ever. Amen.

O You higher in honor than the Cherubim and more glorious beyond compare than the Seraphim, you gave birth to God the Word in virginity. You are truly Theotokos, you do we exalt!

Give the blessing, Father, in the name of the Lord.

P: May God be merciful to us and bless us; may He cause His countenance to shine upon us and have mercy on us.

And he goes and stands before the icon of the Theotokos and says:

Q Lady, Bride of God, virginal, pure, immaculate, blameless, without stain or disgrace, who through your birth-giving brought together our fallen state and the things of Heaven: O you, only hope of the hopeless, help of the oppressed, ready protection of those who flee to you and refuge of all Christians: despise me not who am a wretched sinner, who have defiled myself with unclean thoughts, words and deeds, and in my slothfulness have become a slave to the passions of life. Since you are the Mother of God, who is the Lover of Mankind, have mercy, have compassion on me a sinner and a prodigal son. Accept this prayer from my impure lips, and, with the power of your maternity, beg your Son, my

All: Holy ✕ God! Holy Mighty One! Holy Immortal One! Have mercy on us! *(Three times)*

- Glory be to the Father ✕ and to the Son and to the Holy Spirit, - now and always and for ever and ever. Amen.

All-Holy ✕ Trinity, have mercy on us! Lord, forgive us our sins! Master, pardon our transgressions! Holy One, look upon us and heal our infirmities for Your name's sake.

- Lord, have mercy! *(Three times)*

- Glory be to the Father ✕ and to the Son and to the Holy Spirit, - now and always and for ever and ever. Amen.

Our Father, who art in Heaven, hallowed be Thy name. Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.

P: For Thine is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, both now and ever, and unto ages of ages.

All: Amen.

KONTAKION

(Week 1)

St. Theodore (Tone 8)

Your faith in Christ was like a breast-plate on your heart: through it, you overcame the enemy's power. Wherefore you are crowned in eternity with a heavenly diadem.

(Weeks 2-4)

To You, O Lord, Ordainer and Creator of the world, the universe offers the God-bearing martyrs. Wherefore, through their prayers, and through the intercessions of the Theotokos, preserve your Church and our country in perfect safety and peace, O You who alone are most merciful.

Lord, have mercy! *(40 times)*

The priest extends his hands and prays:

Hail, O you who alone gave rise to the unfading Rose! Hail, O you who bore the fragrant Apple in such perfume as to be pleasing to the King of All! Hail, salvation of the world, O you, the ever-Virgin!



Now and al - ways and for e - ver and e - ver. A-men.

Hail, treasury of purity who raised us from our fall! Hail, O Lady, fragrant lily perfuming all the faithful, sweet-scented incense and ointment of great price!

THIRD ODE

Hirmos



O The-o - to - kos, li - ving and o-ver - flow-ing foun-



- tain, stren-gthen those who ap-plaud you in this spi-ri-tu - al



ga-the - ring; and in your ho - ly feast make them



wor - thy of crowns of glo - ry.



Most Ho-ly The-o-to-kos save us!

Hail, mystical earth, who without plowing have given forth a Wheat divine! Hail living table who support the Bread of life! Hail, O Lady, unfailing fountain of the living Water!



Most Ho-ly The-o - to-kos save us!

Hail, O Maiden who have borne a Child unto the faithful and yet remained immaculate! Hail, O You who have borne unto the world the Lamb of God who takes away the sins of the whole world! Hail, O fervent intercessor for the remission of sins!



Glo-ry to the Fa-ther and the Son, and the Ho-ly Spi - rit.

Hail, O radiant, dawn who alone have borne Christ the Sun, Source of Light! Hail, O dwelling-place of Light! Hail, dispeller of darkness and terror of the demons of gloom!



Now and al - ways and for e - ver and e - ver. A-men.

Hail, O Lady, unique gateway through whom the Lord alone has passed! Hail, O you who, through your maternity, have shattered the locks of Hades! Hail, divine access towards salvation for the saved, O you so perfectly worthy of our praise!



Tri-um-phant Lea - der, to you be - longs our prize of



vic - to - ry! And since you sa - ved us



from ad-ver-si - ty we of - fer you our thanks: we



are your peo - ple, O Mo - ther of God! So,



as you have that in - vin - ci - ble pow - er, con -



- tin - ue to de - li - ver us from dan - ger that we may



cry out to you: Hail, O Vir - gin and Bride e - ver



pure!

Nahnu abeedaki ya walidat al-ilah – naktubu laki a-yaat il-ghalabat ya jundee yah gahirah. Wa nuqaddimo shukra laki kamunqadheena min al masa we, lakin bema anna lak il-'izzat al-latee la tuharab – a'tiqeena min asnaaf ish-shadaa-ed, - hatta nasruka ilayki: ifrahee, ya 'aroosatan la 'aroosa laha.

Hail, O Vir - gin and Bride e - ver
pure!

TWENTY-FORTH CHANT

MOTHER worthy of all praise, you who have given birth to the Word, the Holiest of the Holy, accept this present offering, deliver all men from every affliction, and save from the future punishment, those who cry out to you: Alleluia!

A-le - lu! A - le - lu - i -
- a!

Continue with "Triumphant Leader" on page 39.



FOURTH ODE

Hirmos

He who sits in glo - ry up - on the throne of di-vi-ni-
- ty: Je-sus the su-preme God, came down on an e - the-re-al
cloud and with his pure hand re - deemed those who cry out to
Him: Glo-ry to Your po - wer, O Christ!

Most Ho-ly The-o - to-kos save us!

With faith, we raise our voices in melodious hymns to you who are worthy of all praise: Hail, fertile mountain raised aloft by the Spirit! Hail, lighthouse! Hail, vessel containing the Manna, O you so sweet to the taste of pious men!

Most Ho-ly The-o - to-kos save us!

Hail, immaculate Lady who have brought pardon to the world! Hail, O ladder who through grace have lifted us from the earth! Hail, O bridge who in truth do lead from death to life all those who sing your praise!



Most Ho-ly The-o - to-kos save us!

Hail, O pure one, more lofty than the heavens! Hail, for without pain you have borne within your womb the Foundation of the earth! Hail, O murex shell, who with your blood have dyed a robe of purple for the King of Hosts!



Glo-ry to the Fa-ther and the Son, and the Ho-ly Spi - rit.

Hail, O Lady, true Mother of the Lawgiver who granted pardon to those who broke his Law! Hail, O Lady, unfathomable depth, inaccessible summit, O ever-Virgin through whom we have been made divine!



Now and al - ways and for e - ver and e - ver. A-men.

We sing a hymn of thanksgiving to you who have plaited for the world a crown no other hand can fashion, and we cry out to you O Virgin, hail! O fortress and protection, shelter and blessed haven unto all!



TWENTY-SECOND CHANT

BECAUSE He wished to grant release from all the ancient debts, the One who pays men's dues came down Himself to those who had spurned his grace; He tore up their obligations, and heard from all of them this cry: Alleluia!



A-le - lu! A - le - lu - i-

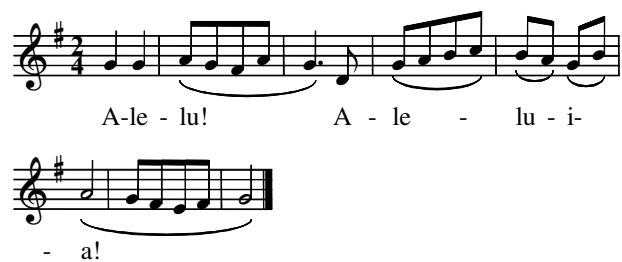


- a!

TWENTY-THIRD CHANT

BY SINGING PRAISE to your maternity, we all exalt you as a spiritual temple, O Mother of God! For the One who dwelt within your womb, the Lord who holds all things in his hands, sanctified you, glorified you and taught all men to sing to you:

- Hail, O Tabernacle of God the Word;
- Hail, Holy One, more holy than the saints!
- Hail, O Ark that the Spirit has gilded;
- Hail, inexhaustible Treasure of life!
- Hail, precious Crown of rightful authorities;
- Hail, sacred Glory of reverent priests!
- Hail, unshakable Tower of the Church;
- Hail, unbreachable Wall of the Kingdom!
- Hail, O you through whom the trophies are raised;
- Hail, O you through whom the enemies are routed!
- Hail, O Healing of my body;
- Hail, O Salvation of my soul!
- Hail, O Virgin and Bride ever pure.



TWENTY-FIRST CHANT

WE SEE the holy Virgin as a brilliant luminary enlightening those who live in darkness; for having kindled the immaterial light, she leads men to the knowledge of God and fills their minds with her radiance, so that she is worthily praised in these words:

Hail, O Beam of the Mystical Sun;

Hail, O Radiance of the Light without setting!

Hail, Lightning-Flash that brightens the souls;

Hail, Thunder-Clap that strikes down the foes!

Hail, for you have raised the many-lighted Star;

Hail, for you have opened the many-coursed Stream!

Hail, O you who traced the living Model of the Pool;

Hail, O you who erased the stain of sin!

Hail, flowing Water that cleanses the conscience;

Hail, holy Vessel overflowing with joy!

Hail, O fragrance of the sweetness of Christ;

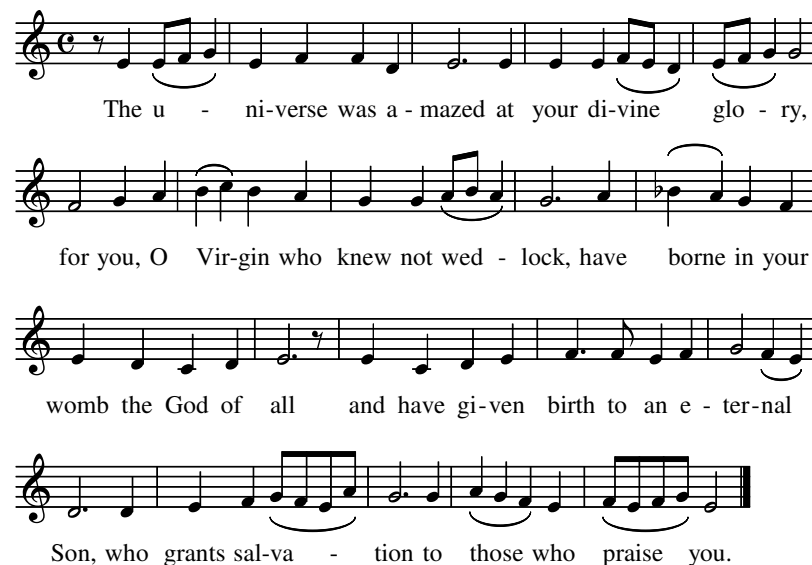
Hail, O life of the mystical banquet!

Hail, O Virgin and Bride ever pure.



FIFTH ODE

Hirmos



Most Ho-ly The-o-to-kos save us!

Hail, all-blameless one who have borne the Way of Life, and have saved the world from the flood of sin! Hail, immaculate one! Hail, betrothed of God to whom was spoken an awesome mystery! Hail, O dwelling-place of the Master of creation!



Most Ho-ly The-o-to-kos save us!

Hail, Immaculate one, strength and fortress of mankind! Hail, temple of glory and destruction of Hades, light of every bride and joy of every angel! Hail, assistance of those who pray to you with faith!



Most Ho-ly The-o - to-kos save us!

Hail, O Lady, fiery chariot of the Word, Living paradise holding in your midst the Tree of Life, the Lord Himself! The Lord whose sweetness revives the sinners who partake of Him with faith!



Glo-ry to the Fa-ther and the Son, and the Ho-ly Spi - rit.

Strengthened through your power, we cry out to you with faith: Hail, city of the King of the Universe, of whom songs of promise and glory have been sung and are worth hearing! Hail, O mountain unhewn and depth never fathomed!



Now and al - ways and for e - ver and e - ver. A-men.

Hail, Immaculate Mother of God, spacious tent of the Word! Hail, O wondrous shell from whom came forth the Pearl divine! Hail, O you who are all-magnificent, and who have reconciled with God all those who bless your name, O Mother of God!



FOURTH PART
Week 4 of Great Lent

NINETEENTH CHANT

VIRGIN Mother of God, you are the Bastion of Virgins and of all those who have recourse to you, For the Maker of Heaven and earth covered you with his shadow, O Pure One, and came to dwell in your womb, and taught us all to cry out you:

Hail, O Pillar of Virginity;
Hail, O Gateway of salvation!
Hail, O Principle of the new creation;
Hail, O Dispenser of God's bounties!
Hail, for you restored those born in shame;
Hail, for you gave sense to those who had lost it!
Hail, O you who stopped the corruptor of minds;
Hail, O you who bore the Sower of Chastity!
Hail, holy chamber of virginal wedlock;
Hail, O you who join the faithful with God!
Hail, O gracious Foster-Mother of virgins;
Hail, O Bridesmaid of holy souls!
Hail, O Virgin and Bride ever pure.



Hail, O Vir - gin and Bride e - ver



pure!

TWENTIETH CHANT

VERY HYMN falls short when it attempts to sing the multitude of your mercies, we could sing to You as many songs as there are grains of sand, O holy King, without ever doing anything worthy of what You have given to those who cry out to you: Alleluia!

Hail, O Vir - gin and Bride e - ver
pure!

EIGHTEENTH CHANT

DESIRING to save the world, the Creator of all came down to it of His own will. Being at the same time our Shepherd and our God, He appeared among us, a man like us. And so like called upon the like, and as God He heard: Alleluia.

A - le - lu! A - le - lu - i -
- a!

Continue with "Triumphant Leader" on page 39.



SIXTH ODE

Hirmos

Come, di - vine - ly in - spired, let us clap our hands
and ce - le - brate this ho - ly and most ho - nor - a - ble feast of the
Mo - ther of God and glo - ri - fy God who was born of her.

Most Ho - ly The - o - to - kos save us!

Hail, O perfect purity, immaculate bridal-chamber of the Word, cause of the deification of us all, sweet-sounding echo of the voice of the prophets! Hail, O glory of the apostles!

Most Ho - ly The - o - to - kos save us!

From you, O Virgin, came forth the dew through which the flame of paganism was made to die, and so we cry out to you: Hail, O Virgin, dewy fleece who Gideon in olden times had seen.

Glo - ry to the Fa - ther and the Son, and the Ho - ly Spi - rit.

Behold, we cry out Hail to you! Be unto us a haven and a shelter, for we are tossed by heavy seas; be a refuge in the Ocean of our troubles, save us from the snares, of our enemy!



Now and al - ways and for e - ver and e - ver. A-men.

O cause of our joy, be gracious to us: enlighten our minds, so that we may cry out to you: Hail, O burning and unconsumed bush, all-brilliant cloud spread out above the faithful!

SEVENTH ODE

Hirmos



The three young men di - vine - ly in - spired re-



- fused to wor-ship crea - tures in - stead of the Cre - a - tor.



But with cou-rage they tram-pled up-on the threa-ten-ing



fire and sang joy-ful - ly: Bles-sed are you, O all



praised Lord, the God of our Fa-thers!



Most Ho-ly The-o - to-kos save us!

SIXTEENTH CHANT

THE WHOLE ORDER of the Angels marveled at the great work of your becoming a man: for they saw the One unaccessible as God become a man accessible to all, living with us and hearing all cry out: Alleluia!



A-le - lu! A - le - lu - i-

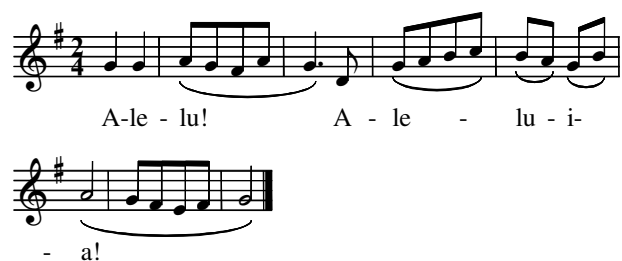


- a!

SEVENTEENTH CHANT

MOTHER OF GOD, we see the best of speakers become as mute as fish in your regard, for they could not explain how you could give birth while remaining a virgin. As for us, while marveling at the mystery, we cry out to you with faith:

- Hail, O Container of God's wisdom;
- Hail, O Treasury of His providence!
- Hail, O Reproof of foolish philosophers;
- Hail, O Confusion of speechless wise men!
- Hail, for you perplexed the inquisitive minds;
- Hail, for you dried up the inventors of myths!
- Hail, for you ripped the Athenians' meshes;
- Hail, for you filled the fishermen's nets!
- Hail, O Retriever from the abyss of ignorance;
- Hail, O Lamplight of knowledge to many!
- Hail, O ship for those who seek salvation;
- Hail, O Harbor for the sailors of life!
- Hail, O Virgin and Bride ever pure.



FIFTEENTH CHANT

WHILE fully present amid those below, the uncircumscribed Word was in no way absent from those above: for what happened was a divine condescension, and not a moving from one place to another, and it was a birth from a Virgin inspired by God, who heard these words:

Hail, O space of the spaceless God;
 Hail, O gate of the sublime Mystery!
 Hail, O message unsure to men without faith;
 Hail, O Glory most certain to those who believe!
 Hail, O sacred chariot of the One above the Cherubim;
 Hail, perfect Dwelling of the One above the Seraphim!
 Hail, O you who reconciled opposites,
 Hail, O you who combined maidenhood and motherhood.
 Hail, O you, through whom transgression was erased;
 Hail, O you through whom paradise was opened.
 Hail, O Key to the kingdom of Christ;
 Hail, O Hope for the ages of bliss!
 Hail, O Virgin and Bride ever pure.



We praise you and cry out to you: Hail, mystical chariot of the living Sun! True vine who have given forth a full-grown Cluster, dripping with spiritual wine to fill with joy those who faithfully sing your praise!



Most Ho-ly The-o - to-kos save us!

Hail, O spouse of God who have borne the Healer of mankind! O mystical rod on whom there came to blossom a Flower that never fades! Hail, O our Lady: in you we find the fullness of Joy; through you, we inherit eternal Life!



Most Ho-ly The-o - to-kos save us!

O Lady, the most brilliant speakers fall short when they sing your praise, for you are set above the Seraphim for having given birth to Christ the King! Oh, beg Him to deliver from every snare all, those who come with faith to bow before you.



Glo-ry to the Fa-ther and the Son, and the Ho-ly Spi - rit.

The extremities of the earth bless you and sing your praise: in their love, they cry out to you: Hail, immaculate one, holy book in whom the Word is written by the hand of the Father. O Mother of God, pray him to write the names of your servants in the Book of Life!



Now and al - ways and for e - ver and e - ver. A-men.

We your servants implore you, O immaculate one: we bow before you and surrender our hearts to you. Be kind to us, and save us who are drowning in countless sorrows: protect your flock against the snares of the enemy.

EIGHTH ODE

Hirmos



The ma-ter - ni-ty of the The-o-to - kos pre-



- served the three young men in the fur - nace.



Then it was pre-fi - gured but now that it is ac - com-



- plished, it brings the whole world to - ge - ther to sing: O



works of the Lord, praise and ex-alt Him for e - ver.



Most Ho-ly The-o-to-kos save us!

Immaculate one, you have received in your womb the Word Himself, and have borne the Sustainer of the universe; you have fed with your milk the Nourisher of creation! To Him therefore we sing: "O works of the Lord, praise Him and exalt Him forever!"



Most Ho-ly The-o-to-kos save us!

THIRD PART
Week 3 of Great Lent

THIRTEENTH CHANT

THE CREATOR displayed a new creation to us who had come from Him: He came forth from a womb that had received no seed, and He left it intact as it had been, so that at the sight of this marvel, we may sing to her and cry out:

Hail, O Blossom of incorruption;
Hail, O crown of self-mastery!
Hail, O you who shone forth as a sign of Resurrection;
Hail, O you who displayed the life of angels!
Hail, O fruitful tree from whom believers feed;
Hail, shady Glen, where many are sheltered!
Hail, O you who have borne the Guide of the lost;
Hail, Source of life to the captives' Release!
Hail, O intercessor before the just Judge;
Hail, Indulgence of many who have fallen!
Hail, O Robe for those lack freedom to speak;
Hail, O tenderness who exceed all desire.
Hail, O Virgin and Bride ever pure.



Hail, O Vir - gin and Bride e - ver



pure!

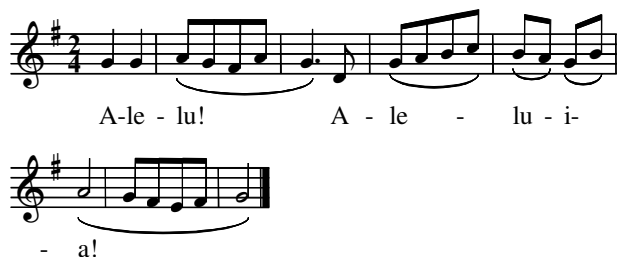
FOURTEENTH CHANT

NOW that we have seen this strange birth, let us estrange ourselves from the world and turn our minds to Heaven: indeed, it is for this that the God most high appeared on earth as a lowly man, desiring to draw up to Heaven those who cry out to Him: Alleluia!



TWELFTH CHANT

AS SIMEON was about to leave the present deceitful world, You were entrusted to him as an infant, but You made Yourself known to him as the perfect God. Wherefore he marveled at your wisdom beyond words, and cried out: Alleluia!



Continue with "Triumphant Leader" on page 39.



O holy and all-immaculate Virgin, Moses foresaw in the burning bush the mystery of your tremendous maternity; and the three young men foretold it and described it in clear words as they stood unscathed in the midst of the flames. Therefore we praise you forevermore.



Most Ho-ly The-o - to-kos save us!

We had been stripped of our innocence by the first deceit. But by your giving birth to the Word we were vested with immortality. We who sat in the darkness of sin saw light through you, O Virgin, dwelling of Light. Therefore we praise you forever.



Glo-ry to the Fa-ther and the Son, and the Ho-ly Spi - rit.

Through you, the dead are returned to life, for you have given birth to the Author of life! Through you, the dumb are made eloquent, the lepers whole, sicknesses are driven away, and the multitude of evil spirits that roam around the world are vanquished, O Virgin, salvation of mankind!



Now and al - ways and for e - ver and e - ver. A-men.

O you who have given to the world the salvation through whom we have been lifted from the earth: Hail blessed and immaculate one, our protection and our strength, refuge and shelter of those who cry out: "O works of the Lord, praise the Lord and bless Him forever!"



NINTH ODE

Hirmos



Let ev-'ry hu-man be-ing take up a torch



and let him dance in spi - rit, and let the im-ma - te-ri-al



spi - rits ce-le - brate this ho-ly feast of the Mo-ther of



God and cry out: Re-joyce, O all bles-sed and pure and



e-ver vir-gin The-o-to - kos.



Most Ho-ly The-o - to-kos save us!

O Maiden, deliver us who through you have become partakers of the eternal joy, so that we may be worthy to hail you: deliver us from all temptations, from cruel assaults, and from all the miseries that threaten us because of our many sins!

TENTH CHANT

THE MAGI, become God-bearing heralds, returned to Babylon, conforming to your command, announcing You the Christ to all, and leaving Herod as a fool who did not know how to sing: Alleluia!



A-le - lu! A - le - lu - i-



- a!

ELEVENTH CHANT

ILLUMINATING EGYPT with the light of truth, you cast away the darkness of error. For the idols, unable to stand your might, fell down, and those who had been delivered from them cried out to the Mother of God:

- Hail, O Resurrection of mankind;
- Hail, O Downfall of the demons!
- Hail, O you who crushed the error of deceit;
- Hail, O you who exposed the fraud of idols!
- Hail, O Sea who drowned the symbolic Pharaoh;
- Hail, O Rock who quenched those who thirst for life!
- Hail, O Pillar of fire who guided those in darkness;
- Hail, O Shelter of the world, wider than the clouds!
- Hail, O Food who took the place of Manna;
- Hail, O Handmaid of holy delight!
- Hail, O Land of the promised good;
- Hail, O you who flow with milk and honey!
- Hail, O Virgin and Bride ever pure!



A - le - lu! A - le - lu - i -



- a!

NINTH CHANT

THE SONS OF CHALDEA saw in the Virgin's hands the One whose hands had fashioned men: and acknowledging Him as Master, although He had taken the form of a servant, they hastened to honor Him with their gifts, and cried out to the Blessed One:

Hail, O Mother of the never-setting Star;
 Hail, O radiance of the mystical Day.
 Hail, O you who quench the flame of error;
 Hail, O light of those who search the Trinity.
 Hail, O you who unthroned the enemy of men;
 Hail, O you who showed forth Christ the Lord, the lover of mankind.
 Hail, O you who cleansed us from the stain of pagan worship;
 Hail, O you who saved us from the mire of evil deeds!
 Hail, O you who made cease the cult of fire;
 Hail, O you who dispelled the flames of passion!
 Hail, O you who guide the faithful towards wisdom;
 Hail, O you, Delight of all the nations.
 Hail, O Virgin and Bride ever pure.



Hail, O Vir - gin and Bride e - ver



pure!



Most Ho-ly The-o - to-kos save us!

You are for us an illumination and a safeguard, and so we cry out to you: Hail, unwaning star, heralding the great Sun unto the world! Hail, immaculate one who have opened the gates of Eden! Hail, heavenly pillar guiding mankind towards the life of Heaven!



Most Ho-ly The-o - to-kos save us!

Let us reverently stand in the house of God, and let us sing: Hail, Queen of the universe! Hail, Mary, the Lady of us all! Hail, only immaculate one, most beautiful among women! Hail, vessel who have contained the everlasting perfume that was poured into you!



Glo-ry to the Fa-ther and the Son, and the Ho-ly Spi - rit.

Hail, eternal Virgin, dove in whom Mercy was born! Hail, pride of every saint, and crown of every martyr! Hail divine beauty of the just, salvation unto all of us the faithful!



Now and al - ways and for e - ver and e - ver. A-men.

O Lord, spare your inheritance and dismiss our sins; O Christ, accept the supplication of the Woman who, without seed, conceived You in her womb, when in your great mercy you deigned to assume a human form.



Tri-um-phant Lea - der, to you be-longs our prize of
 vic - to - ry! And since you sa - ved us
 from ad-ver-si - ty we of-fer you our thanks: we
 are your peo - ple, O Mo-ther of God! So,
 as you have that in - vin - ci-ble pow - er, con-
 - tin-ue to de - li - ver us from dan - ger that we may
 cry out to you: Hail, O Vir - gin and Bride e - ver
 pure!

Nahnu abeedaki ya walidat al-ilah – naktubu laki a-yaat il-ghalabat ya jundee yah gahirah. Wa nuqaddimo shukra laki kamunqadheena min al masa we, lakin bema anna lak il-‘izzat al-latee la tuharab – a’tiqeenaa min asnaaf ish-shadaa-ed, -hatta nasruka ilayki: ifrahee, ya ‘aaroosatan la ‘aaroosa laha.

Week 1 – Part 1, page 23

Week 2 – Part 2, page 27

Week 3 – Part 3, page 31

Week 4 – Part 4, page 35

SECOND PART
Week 2 of Great Lent

SEVENTH CHANT

THE SHEPHERDS heard the angels singing hymns of praise to the coming of Christ in the flesh. And running to Him as to a shepherd, they saw Him as a spotless Lamb grazing at Mary’s breast. They sang a hymn to her and said:

Hail, O Mother of both Lamb and Shepherd;
 Hail, O fold of rational sheep!
 Hail, O Protection against unseen foes;
 Hail, O Key of the gates of paradise!
 Hail, for the heavenly rejoice with the earth;
 Hail, for the earthly meet the heavens in song!
 Hail, O unsilenced voice of the Apostles;
 Hail, O undaunted might of the martyrs.
 Hail, O steadfast Foundation of faith;
 Hail, O shining Emblem of grace.
 Hail, O you through whom Hades was despoiled;
 Hail, O you through whom we were clothed in glory.
 Hail, O Virgin and Bride ever pure!

Hail, O Vir - gin and Bride e - ver
 pure!

EIGHTH CHANT

WHEN THEY SAW the Star moved by God, the Magi followed its glittering light; and using it as a beacon they found through it the Mighty King; and reaching the One beyond all reach, they rejoiced and cried out to Him: Alleluia!



Hail, O Vir - gin and Bride e - ver



pure!

SIXTH CHANT

FILLED with a storm of contradictory thoughts, the wise Joseph was greatly disturbed. Until then, he had seen you a virgin, and now he suspected you of secret guilt, all-blameless one! Learning that your conception was of the Holy Spirit, he cried out: Alleluia!



A - le - lu! A - le - lu - i -



- a!

Continue with "Triumphant Leader" on page 39.



FIRST PART
Week 1 of Great Lent

FIRST CHANT

AN ARCHANGEL was sent from Heaven to greet the Mother of God. And as he saw you taking a body, O Lord, at the sound of his bodiless voice, he stood rapt in amazement and cried out to her in these words:

Hail, O you through whom joy will shine forth;
Hail, O you, through whom the curse will disappear!
Hail, O Restoration of the fallen Adam;
Hail, O Redemption of the tears of Eve!
Hail, O Peak above the Reach of human thought;
Hail, O Depth even beyond the sight of angels!
Hail, O you who have become a kingly throne;
Hail, O you who carry Him who carries all!
Hail, O Star who manifest the Sun,
Hail O Womb of the divine Incarnation!
Hail, O you through whom creation is renewed;
Hail, O you through whom the Creator becomes a Babe!
Hail, O Virgin and Bride ever pure!



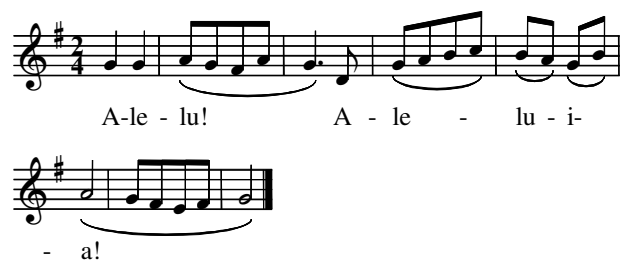
Hail, O Vir - gin and Bride e - ver



pure!

SECOND CHANT

KNOWING that she was a virgin, the blessed one courageously answered the angel: "The strangeness of your words seems hard for my mind to accept. How can you speak of a birth that is to come from a conception without seed? And why do you cry: Alleluia!



THIRD CHANT

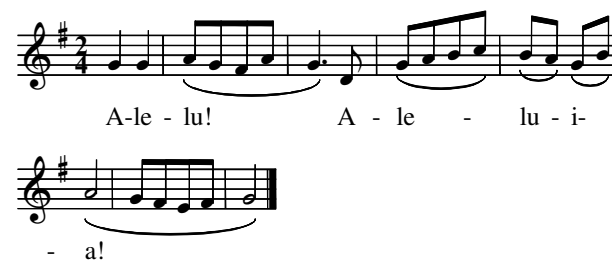
TRYPING to grasp the meaning of this mystery, the Virgin asked the holy messenger: “How is it possible that a son be born from a virginal womb? Tell me.” And he answered her with awe, crying out in these words:

Hail, O hidden Sense of the ineffable Plan;
 Hail, O Belief in Silence that must be!
 Hail, O Forecast of the miracles of Christ;
 Hail, O Fountainhead of truths concerning Him!
 Hail, celestial Ladder, by whom God came down;
 Hail, O Bridge leading earthly ones to Heaven!
 Hail, O Wonder, ever-thrilling to the angels;
 Hail, O Wound, ever-hurting the demons!
 Hail, O you who gave birth to Light ineffably;
 Hail, O you who told no one how it was done!
 Hail, O you who surpass the wisdom of the wise;
 Hail, O you who enlighten faithful minds!
 Hail, O Virgin and Bride ever pure.



FOURTH CHANT

WHEN THE POWER of the Most High overshadowed the one who had never known the nuptial bed, her fruitful womb conceived, and she became for all a delicious field: for those who wished to reap salvation by singing: Alleluia!



FIFTH CHANT

REGNANT with God, the Virgin hastened to Elizabeth and her unborn child rejoiced, immediately knowing her embrace. Bouncing and singing, he cried out to the Mother of God:

Hail, O Tendril whose Bud shall not wilt;
 Hail, O Soil whose Fruit shall not perish!
 Hail, O Tender of mankind’s loving Tender;
 Hail, O Gardener of the Gardener of Life!
 Hail, O Earth who yielded abundant mercies;
 Hail, O Table full-laden with appeasement!
 Hail, for you have greened anew the pastures of delight;
 Hail, for you have prepared a haven for the souls!
 Hail, acceptable Incense of prayer;
 Hail, Expiation of the whole universe!
 Hail, O you Favor of God to mortal men;
 Hail, O you Trust of mortals before God.
 Hail, O Virgin and Bride ever pure!