# THE PARAKLESIS

 $\sim$  A Small Supplicatory Canon to the Most Holy Mother of God  $\sim$ 



## Music and Text by

The Holy Transfiguration Monastery

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~ June 24, 2008 ~

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## 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)

# THE PARAKLESIS

~ A Small Supplicatory Canon to the Most Holy Mother of God ~

PRIEST: Blessed is our God, always, now and ever, and unto ages of ages.

PEOPLE: Amen.

PRIEST: Glory to thee, our God, Glory to thee.

O heavenly King, Comforter, the Spirit of truth, who art in all places and fillest all things, treasury of good things and giver of life: come, and dwell in us, and cleanse us from every stain, and save our souls, O gracious Lord.

PEOPLE: Holy God, Holy Mighty, Holy Immortal: have mercy on us. Holy God, Holy Mighty, Holy Immortal: have mercy on us. Holy God, Holy Mighty, Holy Immortal: have mercy on us.

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

All-holy Trinity, have mercy on us. Lord cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

PRIEST: For thine is the Kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit now and ever and unto ages of ages.

PEOPLE: Amen.

READER: Lord have mercy. (12x)

Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto 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.

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.

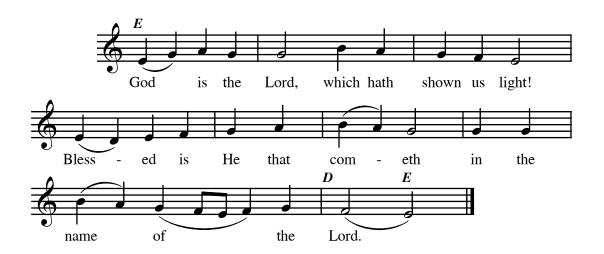
Glory to the Father and to the Son and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (3x)



#### GOD IS THE LORD

Tone 4. [Soft Chromatic] ~ arr. by Basil Kazan



CHANTER: O give thanks unto the Lord; for He is good: for His mercy endureth forever.

ALL: God is the Lord... (as above)

CHANTER: All nations compassed me about; but in the name of the Lord will I destroy them.

ALL: God is the Lord... (as above)

CHANTER: I shall not die, but live, and declare the works of the Lord.

ALL: God is the Lord... (as above)

CHANTER: The stone which the builders refused is become the head stone of the corner. This is the Lord's doing; it is marvelous in our eyes.

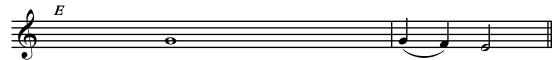
ALL: God is the Lord... (as above)

# To God's Birtheiver

#### Tone 4. [Soft Chromatic] ~ HTM

Thou Who wast raised up / O  $\dot{\nu}\psi\omega\theta\epsilon\dot{\nu}$   $\dot{\epsilon}v$   $\tau\dot{\omega}$   $\Sigma\tau\alpha\nu\rho\dot{\omega}$ 



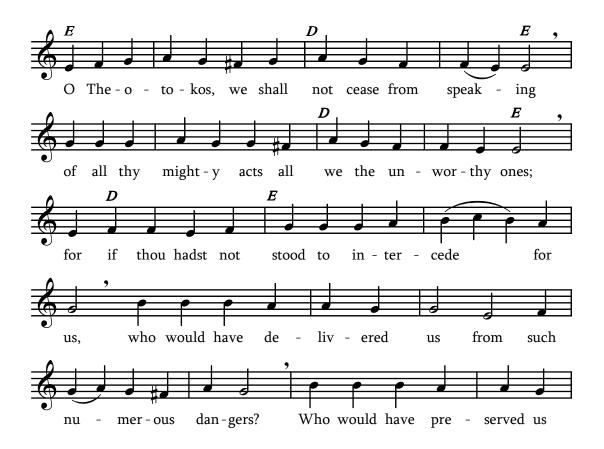


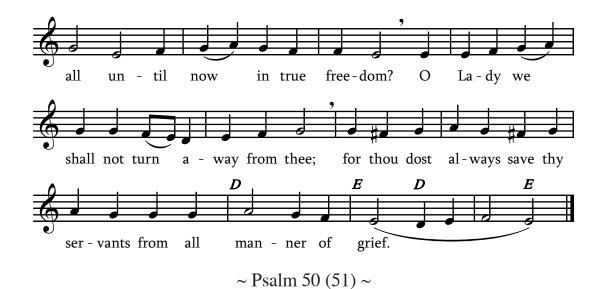
Glory to the Father and to the Son and to the Holy Spir - it.

Repeat "To God's Birthgiver" or chant the Troparion of the Church, and then the following Theotokion.



Both now and ever and unto ages of a - - ges. A - men.





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

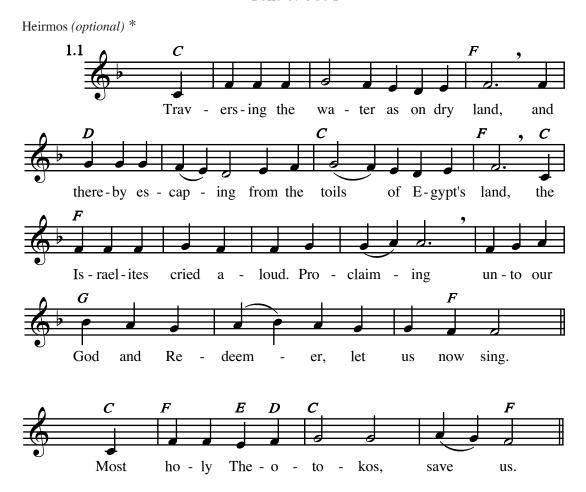
salvation: and my tongue shall sing aloud of Thy righteousness. O Lord, open Thou my lips: and my mouth shall declare Thy praise. For hadst Thou desired sacrifice, I would have given it Thee: Thou delightest not in burnt offerings. Sacrifices to God are a contrite spirit: a contrite and humble heart, 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.

Have mercy on me, O God, according to Thy great mercy: and according to the

#### THE SUPPLICATORY CANON

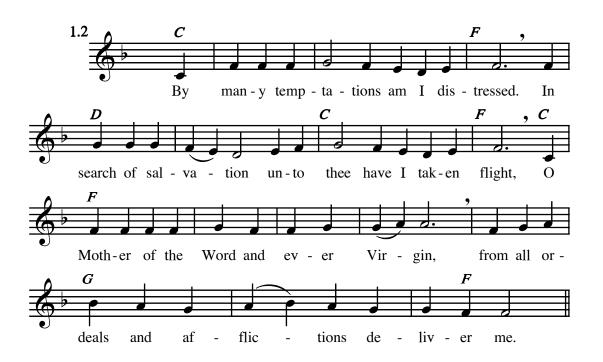
A Composition by Monk Theosterictus (9th century) ~ arr. HTM ~

Tone 8. Ode I



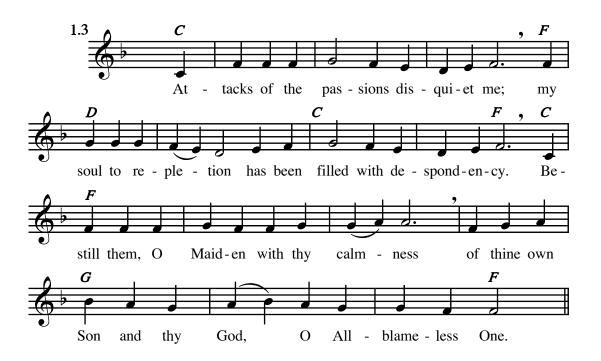
<sup>\*</sup> The Heirmos is a model stanza in which all the troparia of an Ode are composed. It is usually omitted beginning each troparia with "Most Holy Theotokos, save us". This book provides the Heirmos for those who wish to include it.

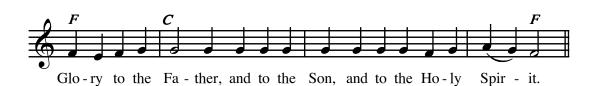
Tone 8. Ode I



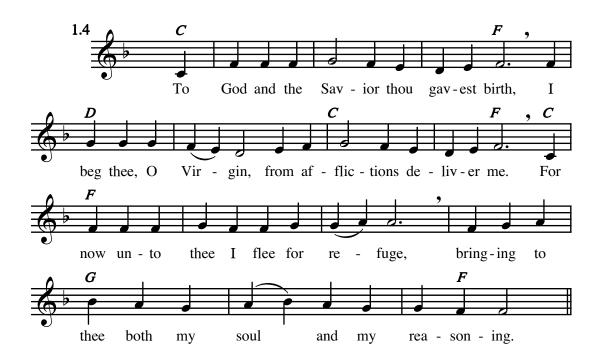


Tone 8. Ode I



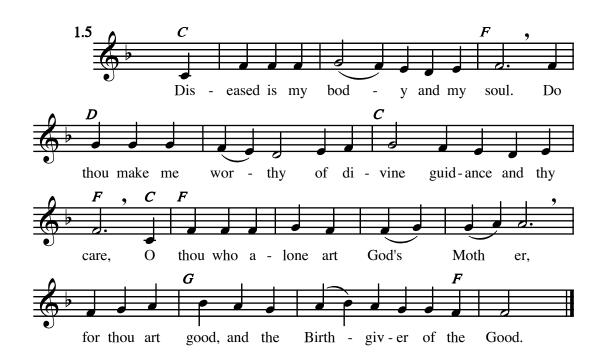


Tone 8. Ode I



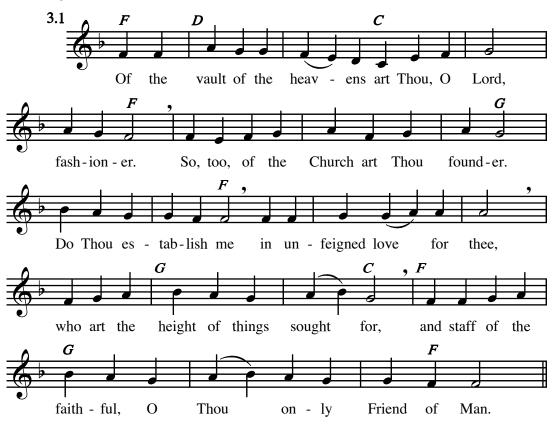


Tone 8. Ode I



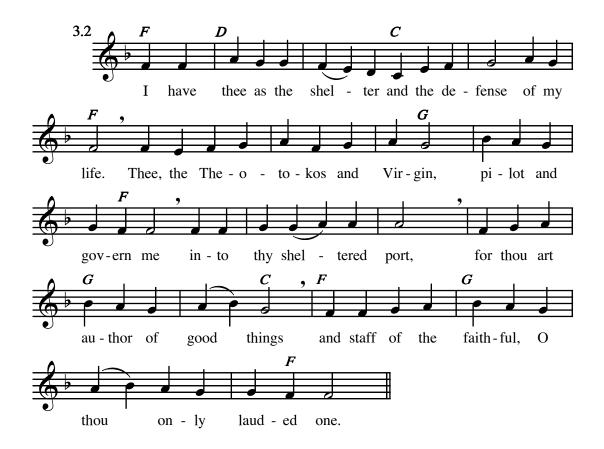


Tone 8. Ode III



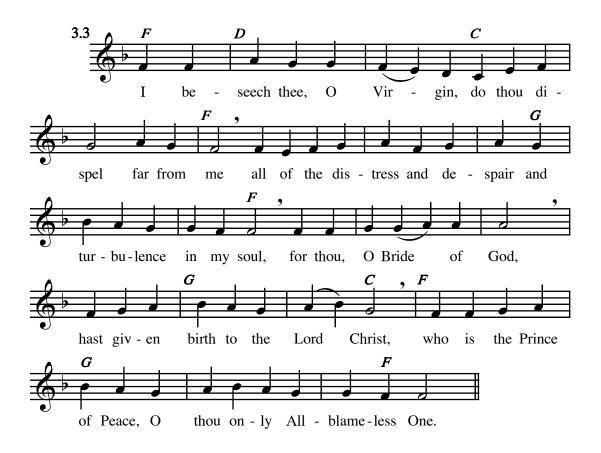


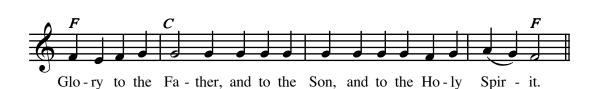
Tone 8. Ode III



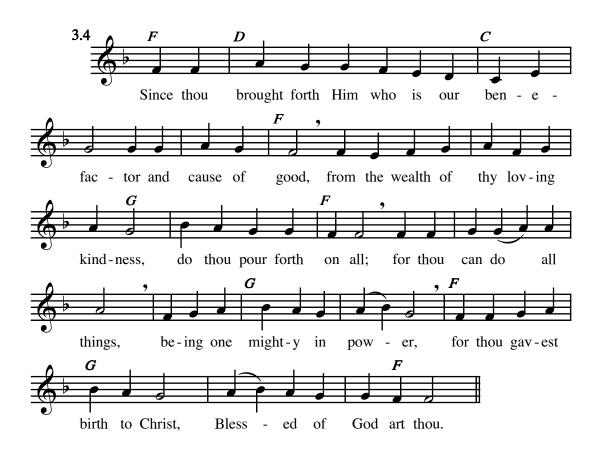


Tone 8. Ode III



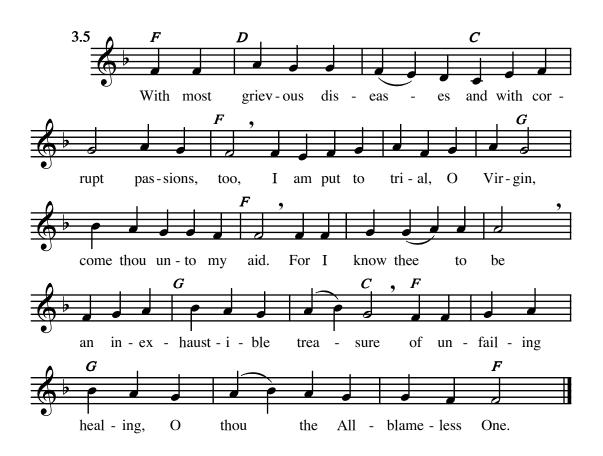


Tone 8. Ode III



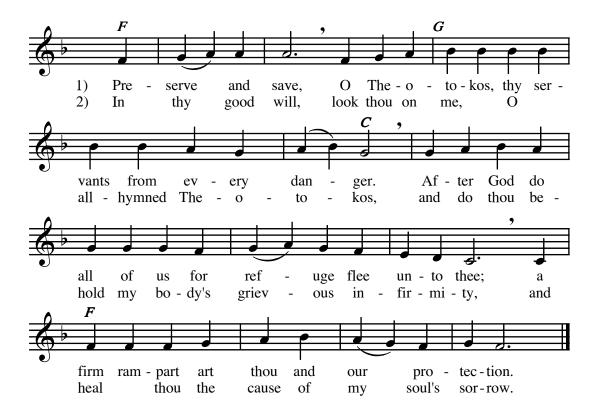


Tone 8. Ode III





Tone 8. Ode III



# ~ LITANY OF SUPPLICATION ~

PRIEST: Have mercy on us, O God, according to Thy great goodness, we pray Thee:

hearken and have mercy.

PEOPLE: Lord have mercy (3x)

PRIEST: Again we pray for all pious and Orthodox Christians.

PEOPLE: Lord have mercy (3x)

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

PEOPLE: Lord have mercy (3x)

PRIEST: Again we pray for our brethren: the priests, hieromonks, deacons, hierodeacons

and monastics and all our brotherhood in Christ.

PEOPLE: Lord have mercy (3x)

PRIEST: 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.

PEOPLE: Lord have mercy (3x)

PRIEST: For thou art a merciful God and lovest mankind, and unto thee we ascribe

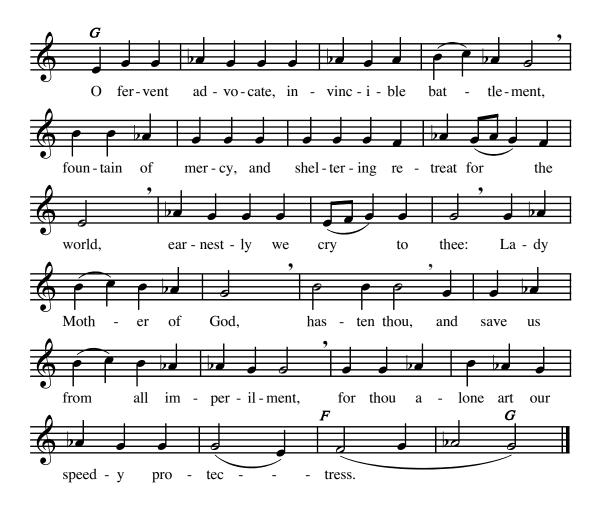
glory to the Father and to the Son and to the Holy Spirit, now and ever and

unto ages of ages.

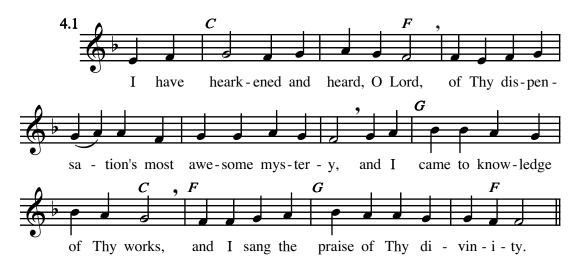
PEOPLE: Amen.

# Kathisma

Tone 2. [Soft Chromatic] ∼ HTM

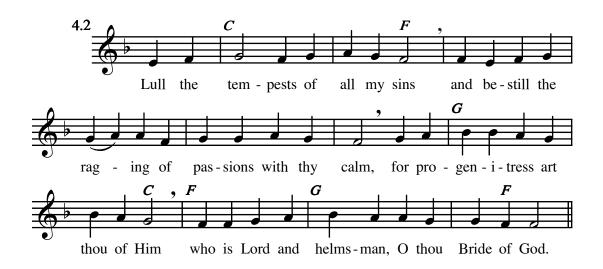


Tone 8. Ode IV



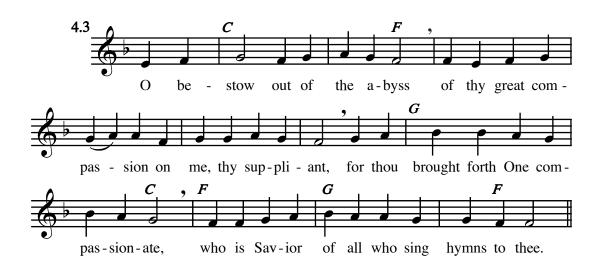


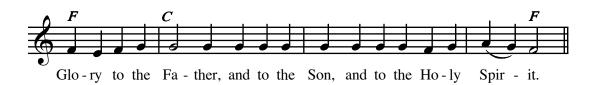
Tone 8. Ode IV



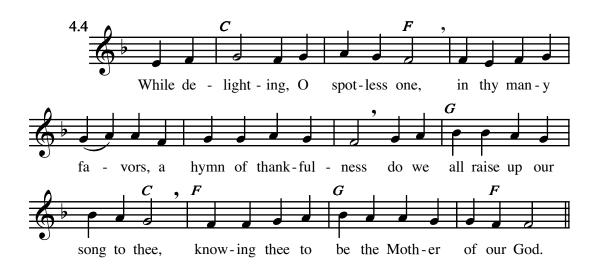


Tone 8. Ode IV



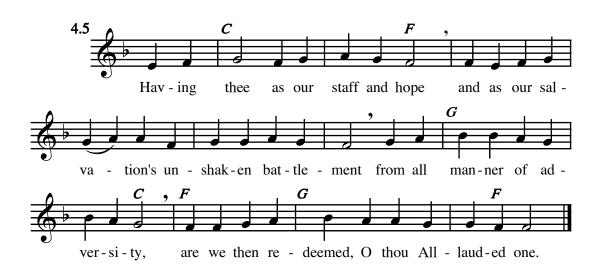


Tone 8. Ode IV



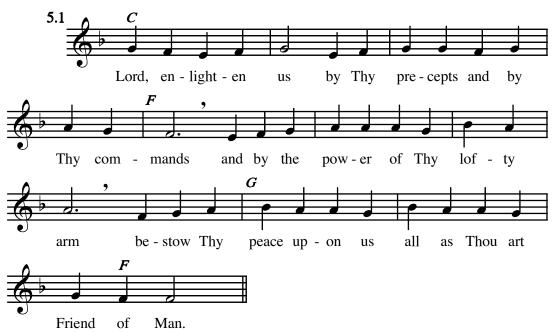


Tone 8. Ode IV



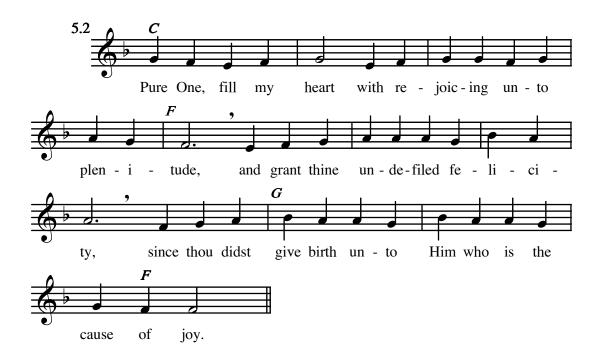


Tone 8. Ode V



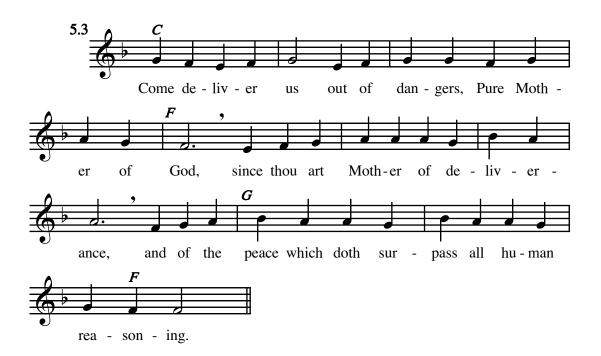


Tone 8. Ode V



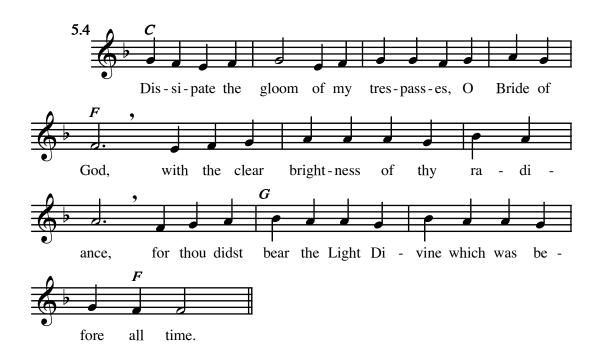


Tone 8. Ode V



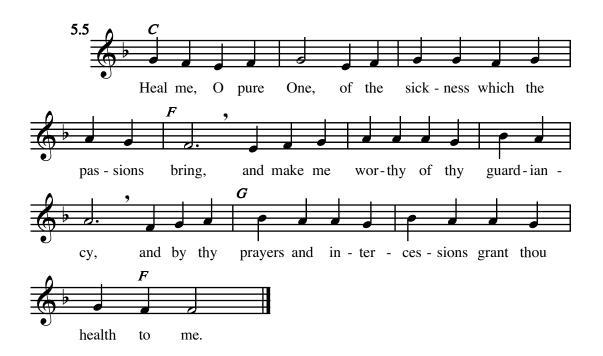


Tone 8. Ode V



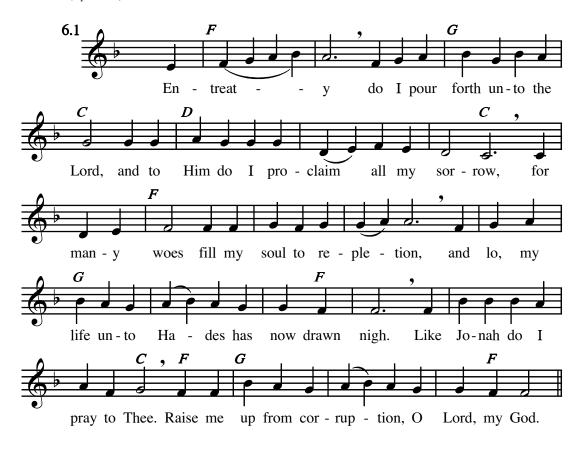


Tone 8. Ode V





Tone 8. Ode VI



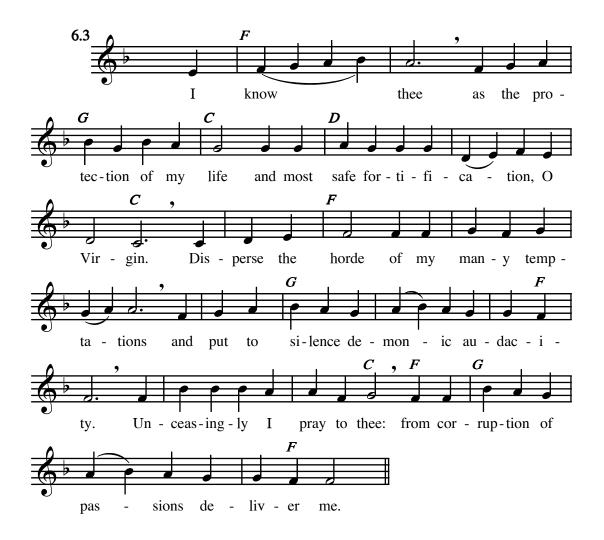


Tone 8. Ode VI





Tone 8. Ode VI





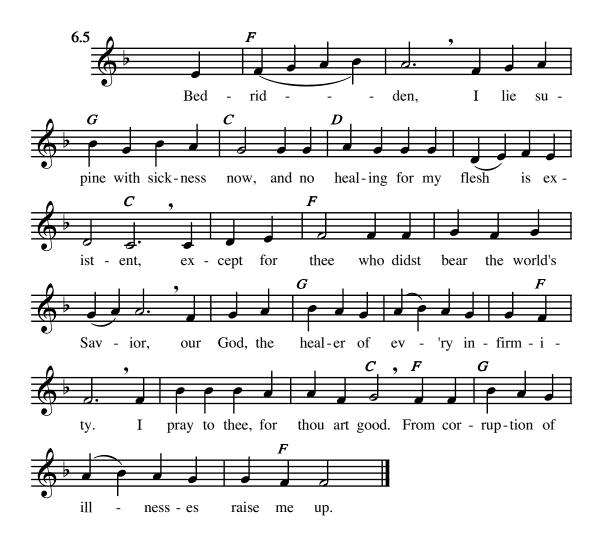
Glo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spir - it.

Tone 8. Ode VI



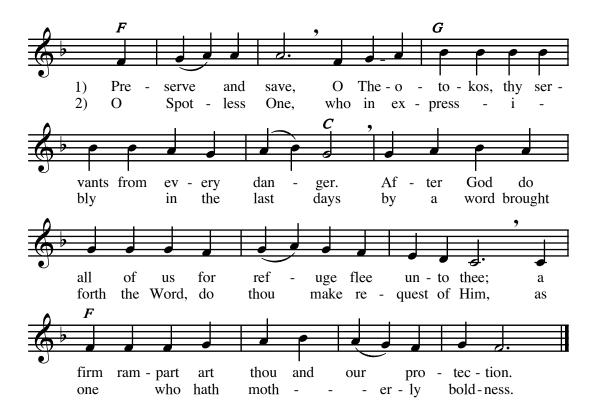


Tone 8. Ode VI





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## ~ LITANY OF SUPPLICATION ~

PRIEST: Have mercy on us, O God, according to Thy great goodness, we pray Thee:

hearken and have mercy.

PEOPLE: Lord have mercy (3x)

PRIEST: Again we pray for all pious and Orthodox Christians.

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

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PRIEST: Again we pray for our brethren: the priests, hieromonks, deacons, hierodeacons

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PRIEST: Again we pray for mercy, life, peace, health, salvation and visitation and pardon

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PEOPLE: Lord have mercy (3x)

PRIEST: 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.

PEOPLE: Amen.

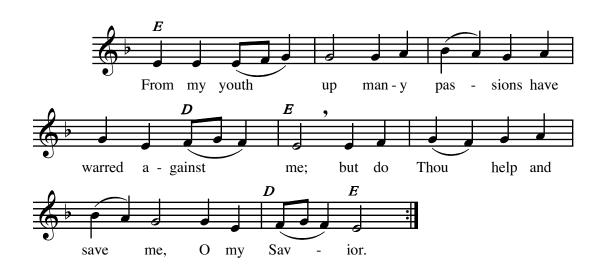
## Контакнон

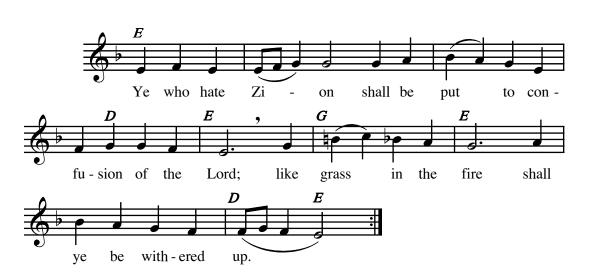
Tone 2. [Soft Chromatic]



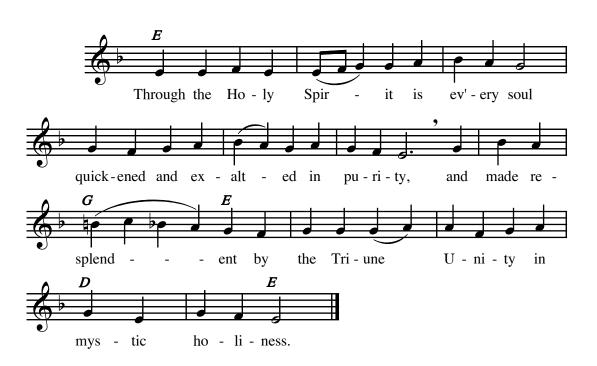
## Anavathmoi

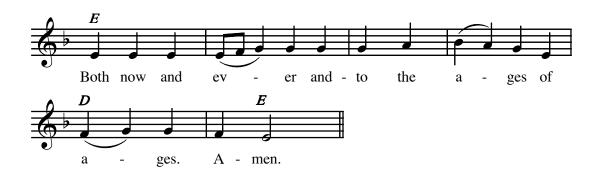
Tone 4. [Diatonic] arr. by Basil Kazan

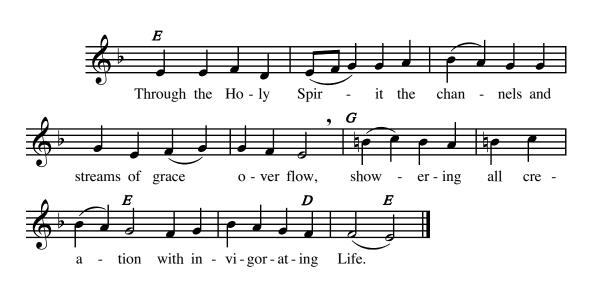








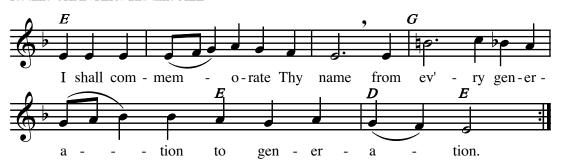




#### **Риокенменон**

Tone 4. [Diatonic] ~ HTM ~ Psalm 44.18 (45.17)

1st time CHANTER / 2nd time ALL

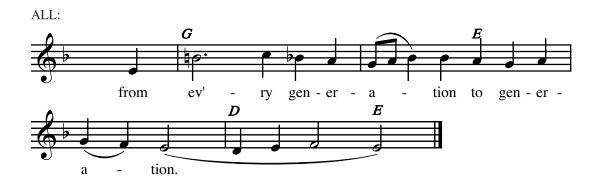


CHANTER: Hearken, O daughter, and see, and incline thine ear; and forget thine own people, and thy father's house; and the King shall greatly desire thy beauty (Ps. 44.11~12 or 45.10~11).

ALL: I shall comemorate... (as above)

#### CHANTER:





# ~ **THE GOSPEL** ~ [Luke 1.39-49, 56]

PRIEST: And that we may be accounted worthy to hear the Holy Gospel, let us

pray to the Lord our God.

PEOPLE: Lord have mercy. (3x)

PRIEST: Wisdom! Attend! Let us hear the Holy Gospel. Peace be to all.

PEOPLE: And to thy spirit.

PRIEST: The reading is from the Holy Gospel according to Saint Luke.

PEOPLE: Glory to Thee, O Lord, glory to Thee.

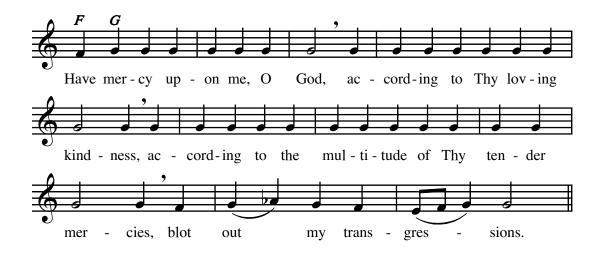
PRIEST: Let us attend.

In those days Mary arose and went with haste into the hill country, to a city of Judah, and she entered the house of Zechari'ah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit and she exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb! And why is this granted me, that the mother of my Lord should come to me? For behold, when the voice of your greeting came to my ears, the babe in my womb leaped for joy. And blessed is she who believed that there would be a fulfilment of what was spoken to her from the Lord." And Mary said, "My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has regarded the low estate of his handmaiden. For behold, henceforth all generations will call me blessed; for he who is mighty has done great things for me, and holy is his name. And Mary remained with her about three months, and returned to her home.

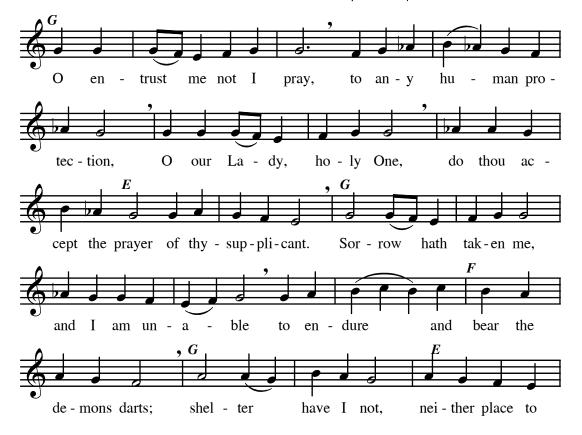
PEOPLE: Glory to Thee, O Lord, glory to Thee.

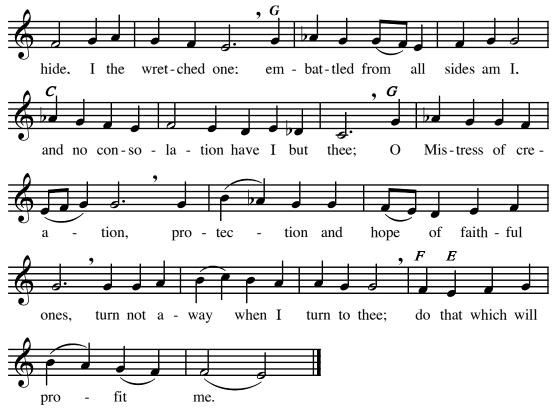
Tone 2. [Soft Chromatic] ~ adapted from Basil Kazan ~



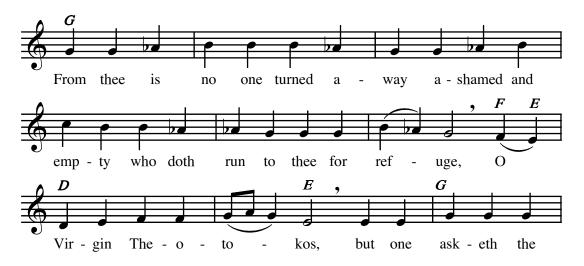


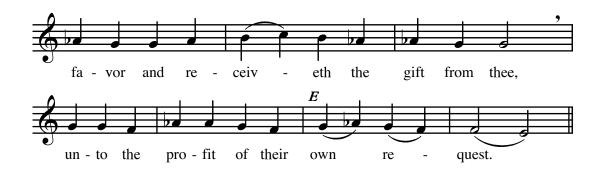
Tone 6. [Soft Chromatic] ~ text by HTM ~ arr. by D. Jacobs Having laid up all their hope / " $O\lambda\eta\nu$  å $\pi$ o $\theta$ έ $\mu$ ενοι

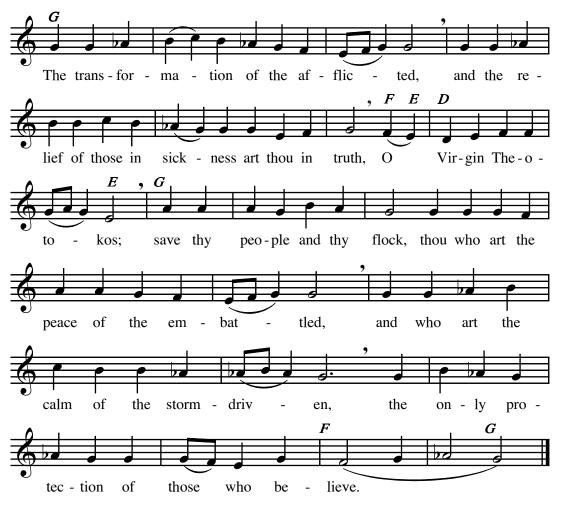




THEOTOKIA
Tone 6. [Soft Chromatic]







### ~ The Prayer of Intercession ~

O God, save thy people, and bless thine inheritance. Visit thy world with PRIEST: 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 North America, Innocent the Enlightener of the Aleuts and Apostle to America, John Maximovitch the Wonder-worker of San Francisco, and Raphael of Brooklyn the Good Shepherd of the Lost Sheep in America; of the holy and glorious great martyrs, George the Trophybearer, Demetrios the Myrrh-streaming, Theodore the Soldier, Theodore the General and Menas the Wonder-worker; of the hieromartyrs Ignatius the God-bearer of Antioch, Haralampos and Eleftherios; of the holy, glorious and right-victorious Priestmartyr Juvenaly of Alaska who suffered at Lake Iliamna, and the Martyr Peter the Aleut who suffered at San Francisco; of the holy, glorious great martyrs, Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photeini, Marina, Paraskeva and Irene; of our venerable and Godbearing fathers who shone in the ascetic life; of our venerable and God-bearing father Herman the wonder-worker of Alaska; of the holy and righteous Priests Alexis of Wilkes-Barre the Confessor and Defender of Orthodoxy in America, and Jacob the Enlightener of the Peoples of Alaska; of (N., the patron saint of the church); of the holy and righteous ancestors of God, Joachim and Anna; of (N., the saint of the day) whose memory we celebrate and of all thy saints, we beseech thee, O only merciful Lord, hearken unto the petitions of us sinners who make our supplications unto thee, and have mercy on us.

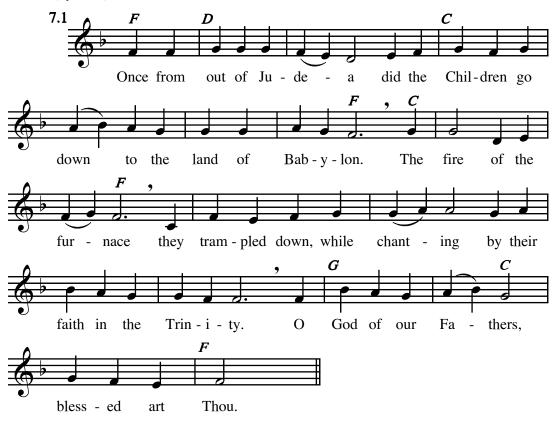
PEOPLE: Lord, have mercy (12x)

PRIEST: Through the mercy and compassions and love for mankind of thine only-begotten Son, with whom thou art blessed, together with thine all-holy good and life-giving Spirit, now and ever, and unto ages of ages.

PEOPLE: Amen.

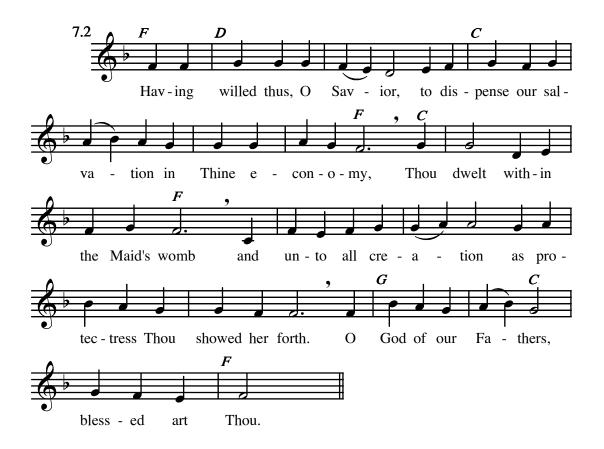
Tone 8. Ode VII

Heirmos (optional)



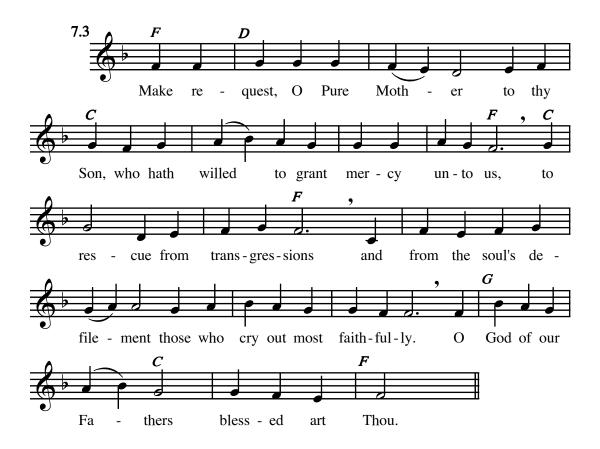


Tone 8. Ode VII



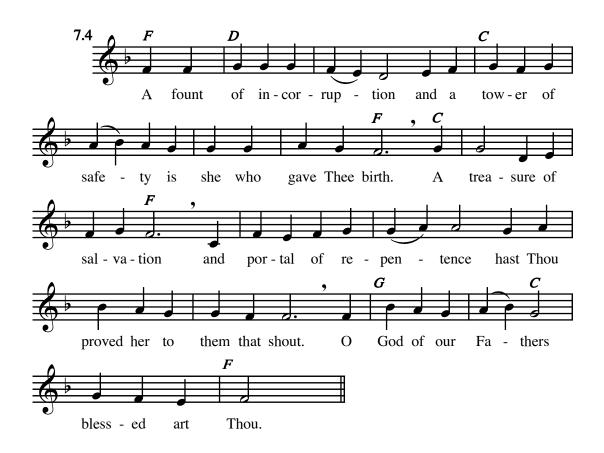


Tone 8. Ode VII



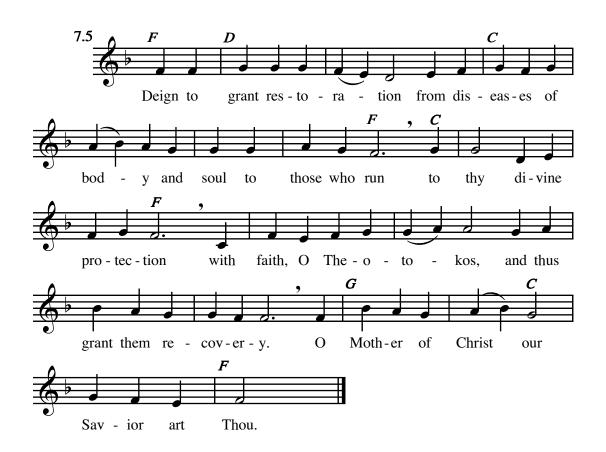


Tone 8. Ode VII





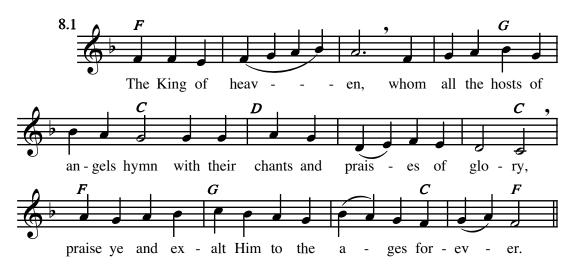
Tone 8. Ode VII





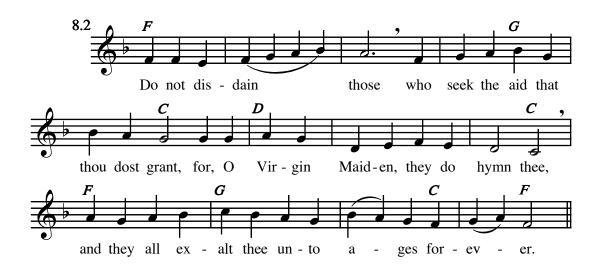
Tone 8. Ode VIII

#### Heirmos (optional)



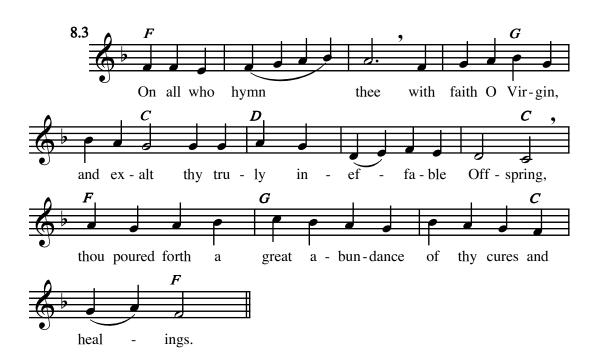


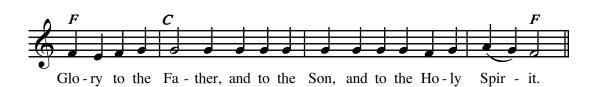
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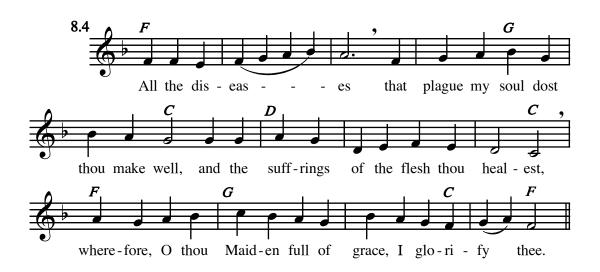


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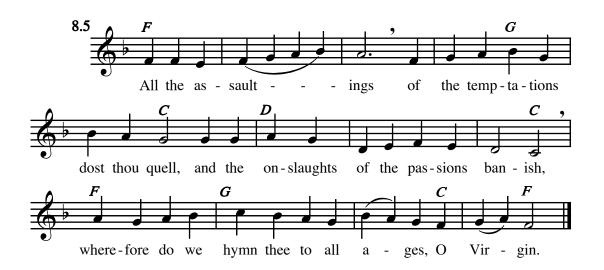


Tone 8. Ode VIII





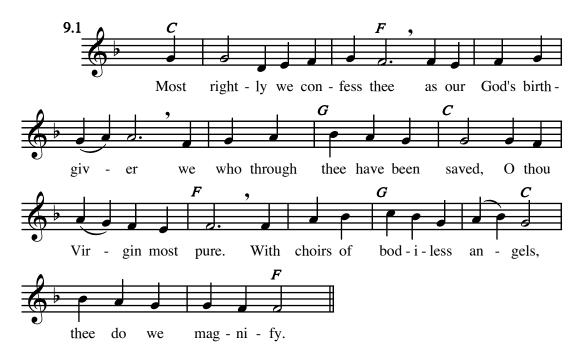
Tone 8. Ode VIII





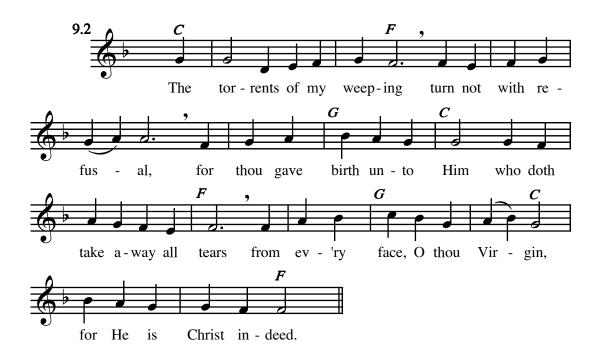
Tone 8. Ode IX

#### Heirmos (optional)



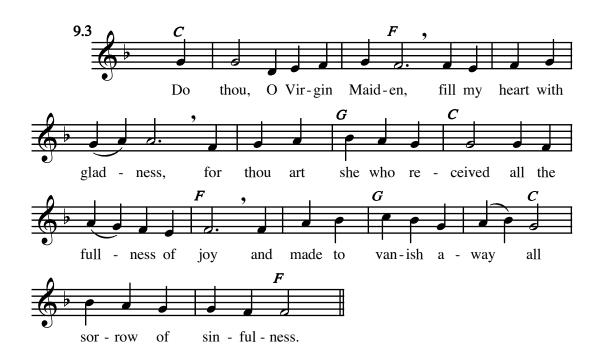


Tone 8. Ode IX



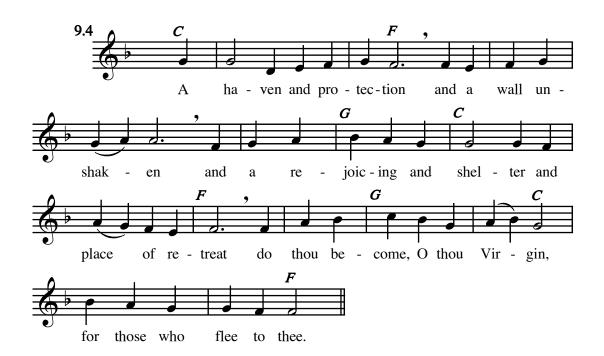


Tone 8. Ode IX



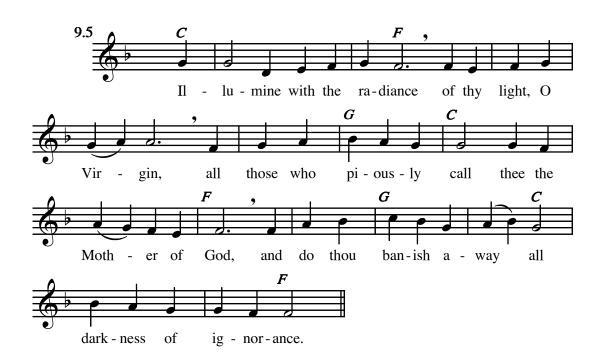


Tone 8. Ode IX



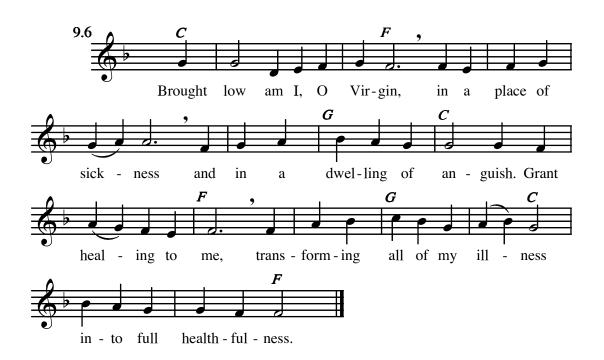


Tone 8. Ode IX





Tone 8. Ode IX

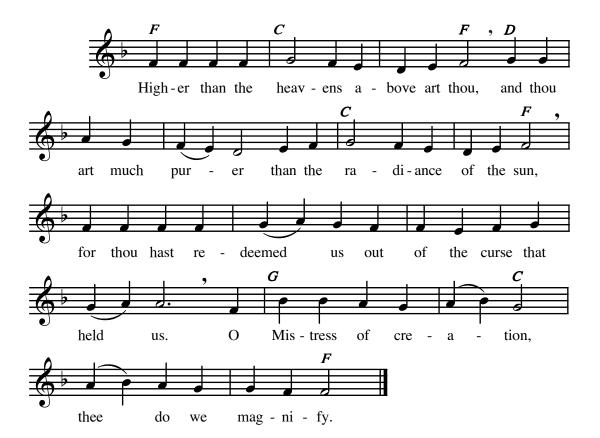


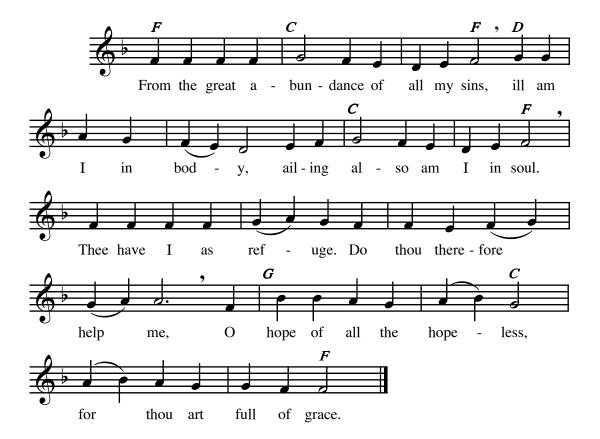


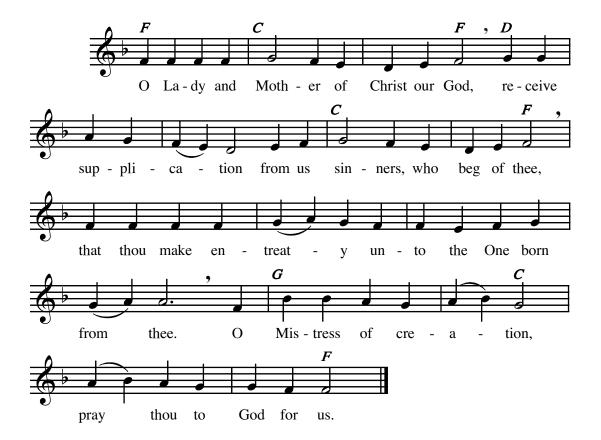
### Megalynarion

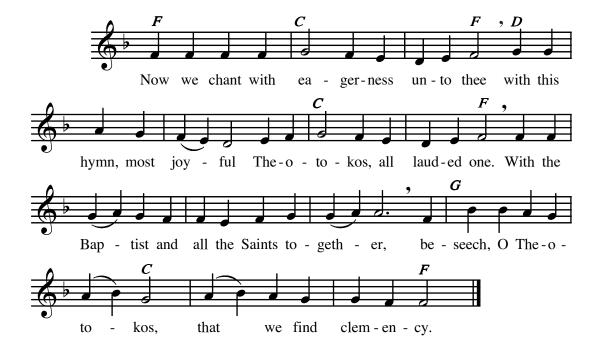
Tone 8. ∼ arr. by Fr. Seraphim Dedes



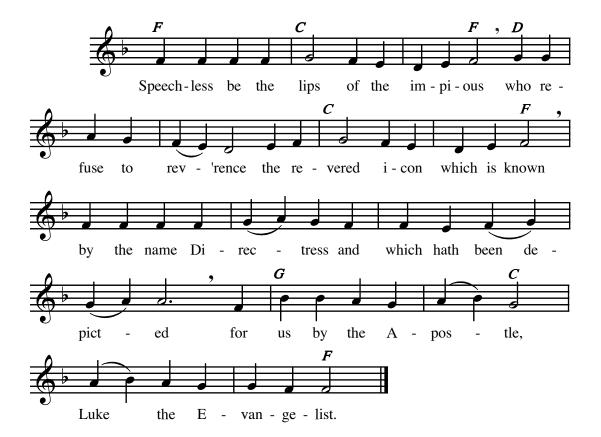






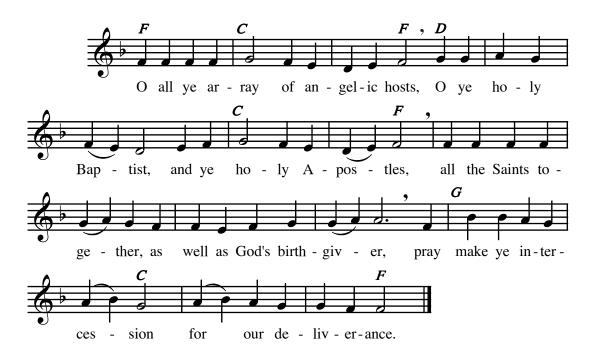


# Megalynaria Tone 8



## Megalynaria Tone 8

The Megalynarion for the Patron of the Church may now be chanted before the following.





# ~ The Trisagion Prayer ~

PEOPLE: Holy God, Holy Mighty, Holy Immortal: have mercy on us. Holy God, Holy Mighty, Holy Immortal: have mercy on us. Holy God, Holy Mighty, Holy Immortal: have mercy on us.

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

All-holy Trinity, have mercy on us. Lord cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

PRIEST: For thine is the Kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit now and ever and unto ages of ages.

PEOPLE Amen.

The Troparion of the day is now chanted

### ~ LITANY OF SUPPLICATION ~

PRIEST: Have mercy on us, O God, according to Thy great goodness, we pray Thee:

hearken and have mercy.

PEOPLE: Lord have mercy (3x)

PRIEST: Again we pray for all pious and Orthodox Christians.

PEOPLE: Lord have mercy (3x)

PRIEST: Again we pray for our Father and Metropolitan, N., (and bishop N.,) and all

our brotherhood in Christ.

PEOPLE: Lord have mercy (3x)

PRIEST: 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.

PEOPLE: Lord have mercy (3x)

PRIEST: 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.

PEOPLE: Lord have mercy (3x)

PRIEST: Again we pray that the Lord God will hearken unto the voice of supplication

of us sinners, and have mercy on us.

PEOPLE: Lord have mercy (3x)

PRIEST: 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.

PEOPLE: Amen.

PRIEST: Wisdom!

PEOPLE: Father, bless.

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

PEOPLE: Amen. Preserve, O God, the Holy Orthodox Faith, and all Orthodox Christians, unto ages of ages. Amen.

PRIEST: Most Holy Theotokos, save us.

PEOPLE: More honorable than the cherubim and more glorious beyond compare than the seraphim, thou who without corruption bearest God the Word and art truly Theotokos: We magnify thee.

PRIEST: Glory to Thee, O Christ our God and our Hope, glory to Thee.

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

Lord have mercy, Lord have mercy, Lord have mercy.

Father, bless.

PRIEST: May Christ our true God, through the intercessions of His all-immaculate and all-blameless holy Mother of (*N., daily commemoration*); of (*N., patron saint of the church*); of the holy righteous ancestors of God, Joachim and Anna; of (*N., the saint of the day*) whose memory we celebrate and of all the saints: have mercy on us, and save us, forasmuch as He is good and loveth mankind.

PEOPLE: Amen.

And now the priest and all the faithful come forward to venerate the icon of the Theotokos while the appointed dismissal hymns are chanted.

Tone 2. "When he took Thee"
Chanted outside of the Dormition Fast.
(Music on p. 76~78)

All those who for refuge flee with faith\* unto thee O good one thou dost shelter\* beneath thy mighty hand.\* We thy servants have no other intercessor like thee,\* always praying to God for us\* in dangers and sorrows,\* sinners that we are bent down because of many misdeeds.\* Therefore, we fall prostrate before thee.\* Rescue us from ev'ry affliction,\* since thou art the Mother of the Most High God.

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.

Tone 3. "I Behold Thy Bridal Chamber" Chanted during the Dormition Fast. (Music on p. 79~81)

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.

PEOPLE: Amen.



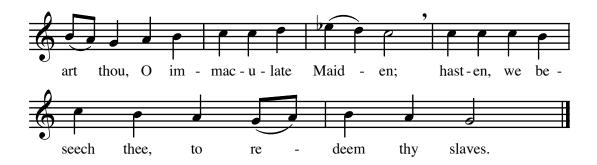
### DISMISSAL TROPARIA

Tone 2. [Soft Chromatic] ~ arr. by Fr. Seraphim Dedes When he took Thee / " $O\tau\epsilon$  ἐκ τοῦ ξύλου  $Σ\epsilon$  νεκρόν

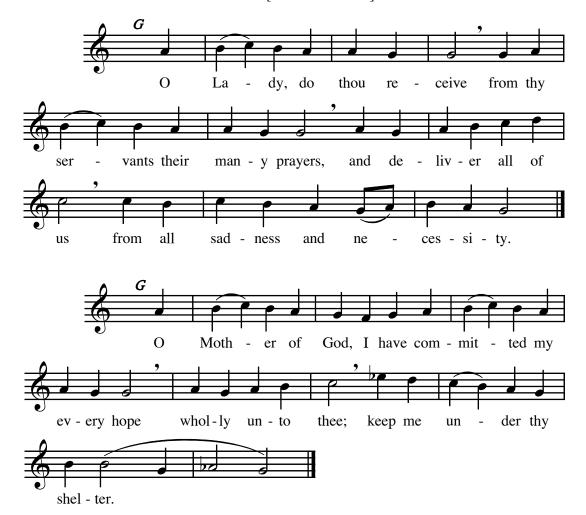








Tone 2. [Soft Chromatic]



## DISMISSAL EXAPOSTILARIA

Tone 3

I Behold Thy Bridal Chamber



and the

glad-ness

of af - flic

ted ones.

And the pro-

