

Paraklesis

(A Service of Supplication to the Theotokos)

Priest:

-OR-

Reader: Through the prayers of our brothers and sisters, O Lord Jesus Christ our God, have mercy on us and save us.

All: Amen.

Reader: Glory to You, O God, glory to You!

O Heavenly King, the Comforter, the Spirit of Truth, Who are everywhere and fill all things, Treasury of blessings, and Giver of Life, come and abide in us, and cleanse us from every impurity and save our souls, O Good One.

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

Most Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities, for Your 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, now and ever and unto ages of ages.
Amen.

All: 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 the evil one.

Priest: For Yours 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 to the ages of ages.

-OR-

Reader: O Lord, Jesus Christ, Son of God, have mercy on us.

All: Amen.

Reader: Come let us worship God our King! Come let us worship and fall down before Christ, our King and our God! Come let us worship and fall down before Christ Himself, our King and our God!

Psalm 143

Hear my prayer, O Lord; give ear to my supplications; in Your faithfulness answer me, in Your righteousness. Enter not into judgement with Your servant, for no man living is righteous before You. For the enemy has pursued me; he has crushed my life to the ground; he has made me sit in darkness, like 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 You have done; I muse on what Your hands have wrought. I stretch out my hands to You; my soul thirsts for You like a parched land. Make haste to answer me, O Lord! My spirit fails! Hide not Your face from me, lest I be like those who go down to the pit. Let me hear in the morning of Your steadfast love, for in You I put my trust. Teach me the way I should go, for to You I lift up my soul. Deliver me, O Lord, from my enemies! I have fled to You for refuge! Teach me to do Your will; for You are my God! Let Your good Spirit lead me on a level path! For Your name's sake, O Lord, preserve my life! In Your righteousness bring me out of trouble! And in Your steadfast love cut off my enemies and destroy all my adversaries, for I am Your servant.

Priest: In the 4th tone: God is the Lord and has revealed Himself to us. Blessed is He Who comes in the name of the Lord. O give thanks to the Lord, for He is good, for His mercy endures forever!

God is the Lord and has re - vealed Him - self to us.

Bless - ed is He Who comes in the name of the Lord.

Verses: (Read by the priest [or by the Reader, in the absence of a priest].)

All nations surrounded me, but in the name of the Lord I cut them off!

I shall not die, but shall live and recount the deeds of the Lord!

The stone which the builders rejected has become the cornerstone. This is the Lord's doing and it is marvellous in our eyes!

Troparion (Tone 4)

Let us who are sinful and unworthy run fervently to the Mother of God.

Let us fall down in repentance,

Crying from the depths of our souls: Help us!

Have mercy on us, O Lady!

We are perishing in our many sins! ///

Do not despise your poor servants, for you are our only hope!

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

We unworthy ones will not cease to proclaim your might, O Theotokos.

For if you had not stood to intercede for us, who would have delivered us from so many troubles?

Or who would have kept us free to this day?

We will not turn from you, O Lady, ///

For you ever deliver your servants from all distress!

Psalm 51

Have mercy on me, O God, according to Your great goodness, according to Your abundant mercy, blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I know my transgressions; and my sin is ever before me. Against You, You only, have I sinned, and done that which is evil in Your sight; so that You are justified in Your sentence and blameless in Your judgement. Behold, I was brought forth in iniquity, and in sin did my mother conceive me. Behold, You desire truth in the inward being, therefore teach me wisdom in my secret heart. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Fill me with joy and gladness; that the bones which You have broken may rejoice. Hide Your 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 Your presence, and take not Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with a willing spirit. Then I will teach transgressors Your ways; and sinners will return to You. Deliver me from the bloodguiltiness, O God, O God of my salvation, and my tongue shall sing aloud of Your deliverance. O Lord, open my lips, and my mouth shall show forth Your praise. For You have no delight in sacrifice; were I to give a burnt offering You would not be pleased. The sacrifice acceptable to God is a broken spirit; a broken and a contrite heart, O God, You will not despise. Do good to Zion in Your good pleasure; rebuild the walls of Jerusalem. Then will You delight in sacrifices; in burnt offerings and whole burnt offerings; then bulls will be offered on Your altar.

The Canon (Tone 8)
Ode 1

Ha - ving crossed the sea as though it were dry — land,

and es - caped from the wickedness of the E - gyp - tians,

the — children of Israel cried — a-loud: "Let us sing to our Re deem er — and our God!"

Refrain: Most holy Theotokos, save us!

Dis-tressed by many temp-ta - tions, I — flee to you seeking sal - va - tion,

O Mother of the Word and Vir - - - gin,

Deliver me from or - deals and af - flic - - - tions.

Refrain: Most holy Theotokos, save us!

I am trou - bled by outbursts of pas - - sions

and my soul has been filled with ma - ny sor - rows,

6

Soothe them, O Virgin, with the peace of your Son and God,

O all - blame - less one.

Refrain: Glory to the Father, and to the Son, and to the Holy Spirit.

I im - plore you who gave birth to our Saviour and God, O Vir - gin,

to de - li - ver me from pe - rils. For - flee - ing to you for re - fuge,

I lift up my heart and soul to you.

Refrain: Now and ever and unto ages of ages. Amen.

I am ill in soul and body, Grant me O Mother of God,

your divine guidance and care, For you are good and the Mother of the Good One.

Ode 3

O Lord, Creator of the vault of heaven and founder of the Church,

8

strength-en me in your love, — for — you are our supreme desire and

the support of the faith - ful, O on - ly lov - er of man - kind.

Refrain: Most holy Theotokos, save us!

I have cho - sen you to be the pro-tec - tion and — in - ter-ces-sion of my life,

O — Vir - gin Mo - ther of God. — Pi - lot me to your ha - ven.

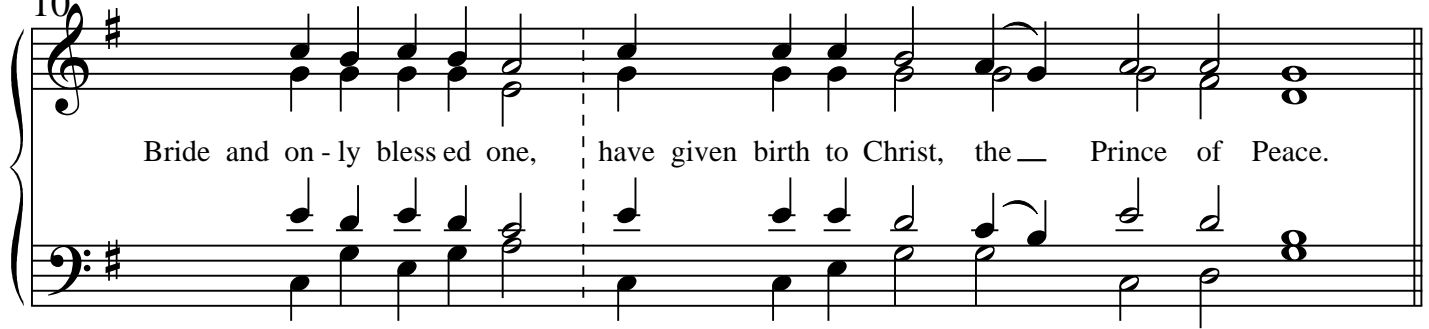
O source of all blessings, O strength of the faithful,

O all-praised one!

Refrain: Most holy Theotokos, save us!

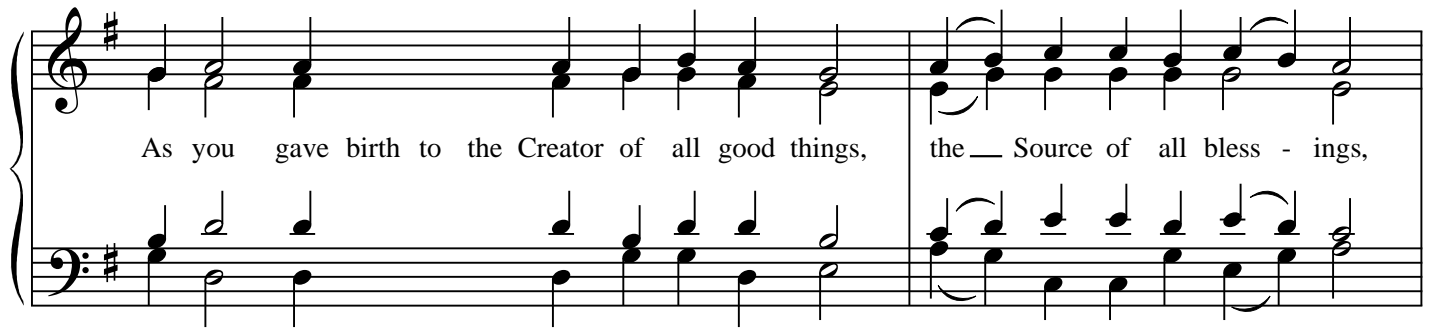
I pray you, O Virgin, To scatter the troubles of my soul

and pacify the storms which rage within me, for you, O holy




Bride and on - ly bless ed one, have given birth to Christ, the _ Prince of Peace.

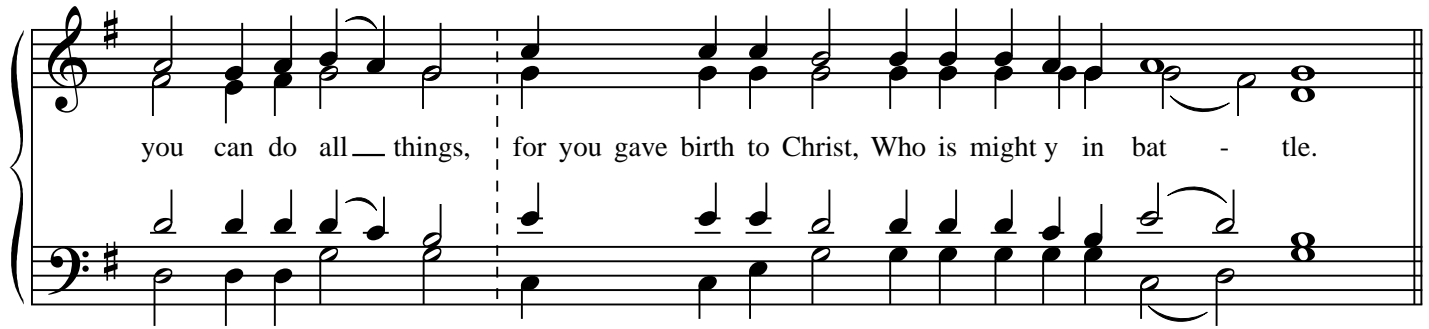
Refrain: Glory to the Father, and to the Son, and to the Holy Spirit.



As you gave birth to the Creator of all good things, the _ Source of all bless - ings,



so now let a wealth of blessings flow up - on us all; as the on - ly blame less one,



you can do all _ things, for you gave birth to Christ, Who is might y in bat - tle.

Refrain: Now and ever and unto ages of ages. Amen.

Help me, O Vir - gin, for — I am surrounded by infirmity and weak - ness.

The first system of music consists of a vocal line and piano accompaniment. The key signature is one sharp (F#), and the time signature is 4/4. The vocal line begins with a half note 'Help me, O Vir - gin,' followed by a quarter rest and then the phrase 'for — I am surrounded by infirmity and weak - ness.' The piano accompaniment provides a steady harmonic support with chords and moving lines in both hands.

I be - seech your help, O all - blame - - - less one

The second system continues the vocal line and piano accompaniment. The vocal line has a half note 'I be - seech your help,' followed by a quarter rest and then 'O all - blame - - - less one'. The piano accompaniment continues with chords and moving lines, ending with a fermata over the final chord.

for I know you as the priceless and un - fad - ing trea - su - ry of heal - ing.

The third system concludes the vocal line and piano accompaniment. The vocal line has a half note 'for I know you as the priceless and un - fad - ing trea - su - ry of heal - ing.' The piano accompaniment continues with chords and moving lines, ending with a fermata over the final chord.

Kathisma Hymn

Tone 2 ("Tropar")

O fervent advocate and invincible tower,
 Fountain of mercy and refuge for all:
 We cry to you from the depths of our souls,
 O Lady Theotokos,
Hasten quickly to deliver us from distress, ///
 For you alone are a ready protectress.

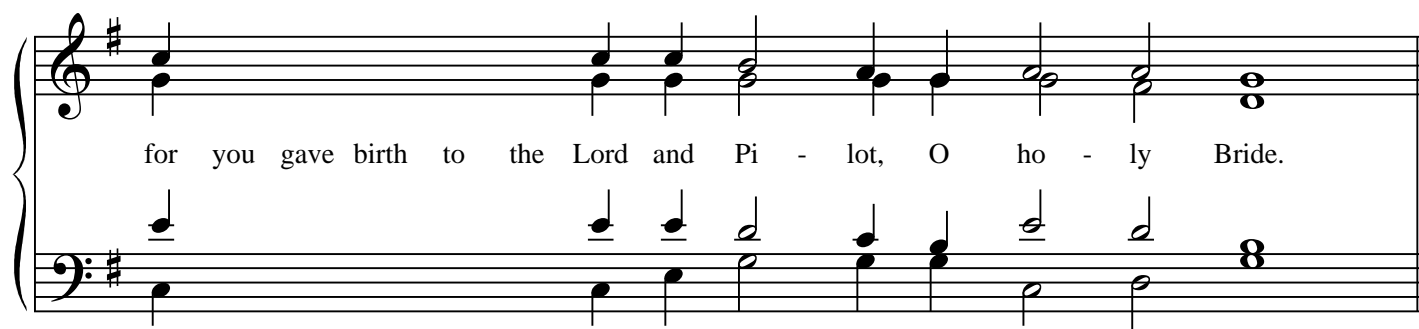
Ode 4

I have heard the mystery of Your dispensation, O Lord;

I have considered Your works and glo - ri - fied Your God - head!

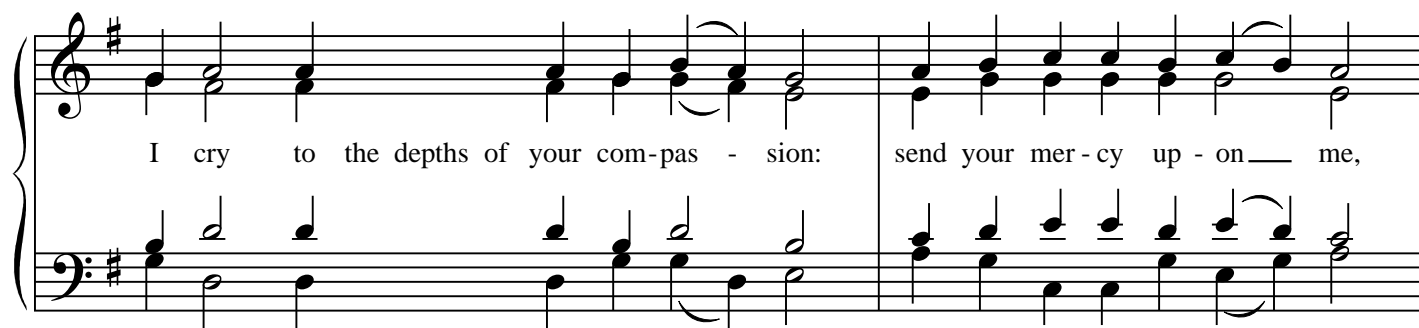
Refrain: Most holy Theotokos, save us!

Still the turbulence of the pas - sions and the storm of my sins,

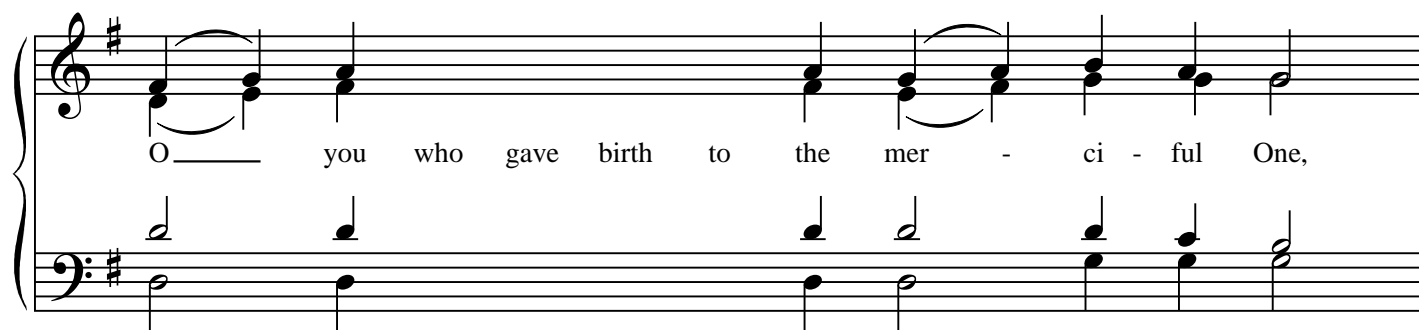


for you gave birth to the Lord and Pi - lot, O ho - ly Bride.

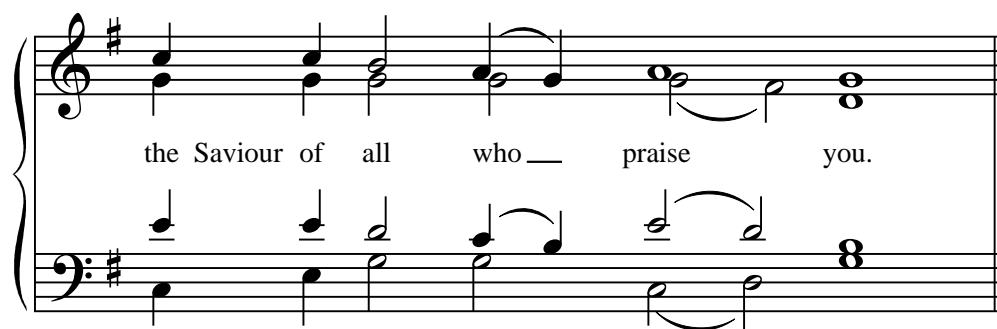
Refrain: Most holy Theotokos, save us!



I cry to the depths of your com-pas - sion: send your mer - cy up - on me,



O you who gave birth to the mer - ci - ful One,



the Saviour of all who praise you.

Refrain: Glory to the Father, and to the Son, and to the Holy Spirit.

14

De-light - ing in your gifts O Im-ma-cu-late One, we sing a hymn of thanks,

for we know you to be the Mo - ther of God.

Refrain: Now and ever and unto ages of ages. Amen.

We are delivered from all dis - tress, O all - praised one,

for we have you as our hope, our support and our unshak - a - ble to - wer.

Ode 5

En - light - en us by Your command - ments, O Lord,

and by Your up - lift - ed arm, grant us Your peace, O Lo - ver of man - kind.

Refrain: Most holy Theotokos, save us!

Fill my life with glad - ness, O Pure — One, grant - ing me Your un - fad - ing joy,

for you gave birth to the source of — all joy.

Refrain: Most holy Theotokos, save us!

De - li - ver us from all dis - tress, O pure The - o - to - kos,

The first system of musical notation consists of two staves (treble and bass clef) with a key signature of one sharp (F#). The melody is written in the treble clef, and the accompaniment is in the bass clef. The lyrics are: "De - li - ver us from all dis - tress, O pure The - o - to - kos,"

who gave birth to e - ter - nal re - demp - tion,

The second system of musical notation continues the melody and accompaniment. The lyrics are: "who gave birth to e - ter - nal re - demp - tion,"

the peace which passes all un - der - stand - ing.

The third system of musical notation concludes the main text of the hymn. The lyrics are: "the peace which passes all un - der - stand - ing."

Refrain: Glory to the Father, and to the Son, and to the Holy Spirit.

Scat - ter the darkness of my sins with your ra - diant light,

The refrain system of musical notation begins with the lyrics: "Scat - ter the darkness of my sins with your ra - diant light,"

O divine Bride who gave birth to the e - ter - nal — Light of God.

Refrain: Now and ever and unto ages of ages. Amen.

Make me wor - thy of your care, O Pure — One, and — heal my fee - ble soul,

grant me health through your in - ter - ces - sions.

Ode 6

I will pour out my prayer be - fore the Lord;

18

I will make known to Him my sor - row,

for my soul has been filled with af - flic - tions and my life has drawn near to hell;

and like Jo-nah I will pray: O God, raise me up from cor - rup - tion!

Refrain: Most holy Theotokos, save us!

My na - ture held by death and cor - rup - tion,

was saved from both cor - rup - tion and death by your Son and God Who gave

Him-self o - ver to death. Now, O Virgin, in - ter - cede with Him

to deliver me from the wick - ed - ness of the e - ne - my.

Refrain: Most holy Theotokos, save us!

I know you as the helper and strong protection of my life, O Vir - gin,

for you scatter the turbulence of the op - pres - sor

and dis perse the tyranny of the de - mons. Thus I cease-less - ly pray to you:

Deliver me from the cor - rup - tion of my pas - sions.

Refrain: Glory to the Father, and to the Son, and to the Holy Spirit.

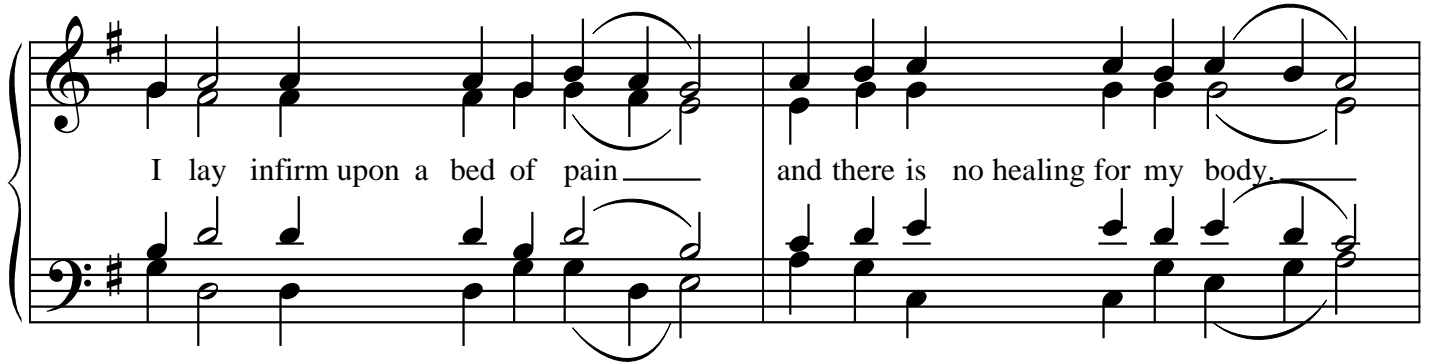
We have you as a sure fortress, O Vir - gin,

our — souls' true salvation and joy in times of sor - row,

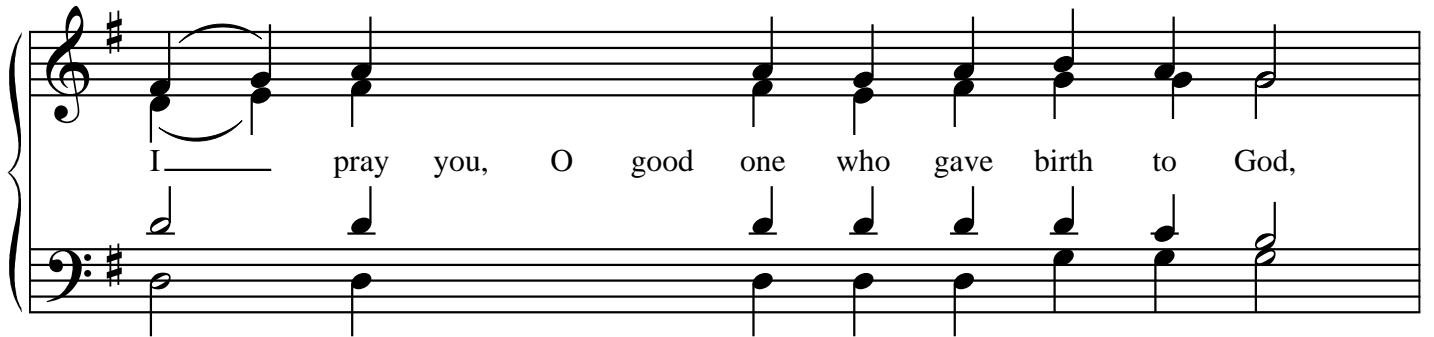
de - liver us from all pas - sions and dan - gers,

who ever rejoice in your ra - diance, O La - - - dy.

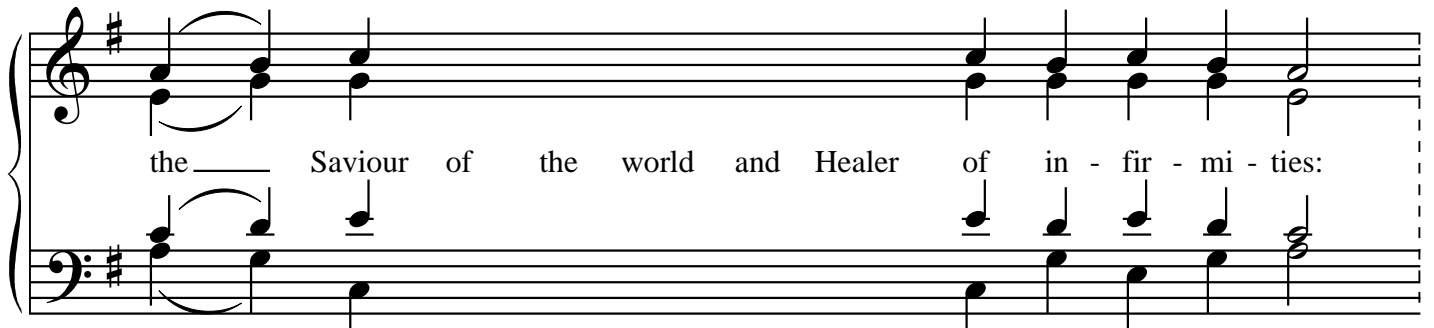
Refrain: Now and ever and unto ages of ages. Amen.



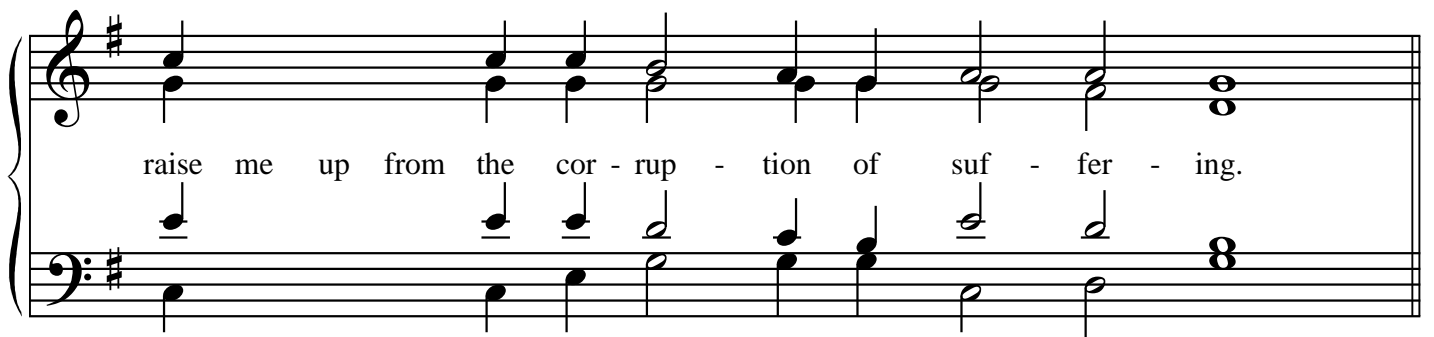
I lay infirm upon a bed of pain and there is no healing for my body.



I pray you, O good one who gave birth to God,



the Saviour of the world and Healer of infirmities:



raise me up from the corruption of suffering.

Kontakion Tone 6

Steadfast protectress of Christians,
 Constant advocate before the Creator,
 Do not despise the prayers of us sinners,
 But in your mercy help those who call on you in faith;
 Hasten to hear our petitions and to intercede for us, O Theotokos ///
 For you always protect those who honour you!

Reader: The prokeimenon in the 4th tone:

I shall cause your name to be remembered to all generations.

I shall cause your name to be re-mem - bered to all ge-ne-ra - tions!

Reader: Hear, O daughter, consider and incline your ear! Forget your father and your father's house!

People: *sing the prokeimenon*

Reader: I shall cause your name...

People: ...to be remembered to all generations.

The Gospel

Priest: And that we may be counted worthy to listen to the Holy Gospel, let us pray to the Lord God.

People: Lord, have mercy. Lord, have mercy. Lord, have mercy.

Priest: Wisdom! Let us attend! Peace be unto all!

People: And to your spirit.

Priest: Let us listen to Holy Gospel according to St Luke the Evangelist.

People: Glory to You, O Lord, glory to You!

(Luke 1:39-49, 56)

In those days, Mary arose and went with haste into the hill country, to a city of Judah, and she entered the house of Zechariah 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 to 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 fulfillment of what was spoken to her from the Lord."

And Mary said, "My soul magnifies the Lord, and my spirit rejoices in God my Saviour, 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 you, O Lord, glory to You!

Reader: Entrust me not to the protection which comes from man, O most holy Lady, but receive the supplications of your servant. For sorrow has chained me and I cannot endure the arrows of the demons. I have no shelter, nor place to run, except you, O Sovereign Lady of all the world, Hope and Protectress of Christians; turn not away from my prayer but do that which will profit me.

No one who flees to you is turned away in shame, O Virgin Theotokos, but, asking for your grace, they receive all they need.

Joy of all who sorrow and intercessor of the offended, save now your servants, O Virgin Theotokos, for you are the peace of those at war, the harbour of the storm-tossed, and the only protectress of the Christian people.

Ode 7

The child - ren of Judea who dwelt of old in Ba - by - lon

tramp-led underfoot the flames of the fur - nace by their faith in the Tri - ni - ty,

as they sang: "Blessed are You, O God of our fa - thers!"

Refrain: Most holy Theotokos, save us!

In Your de - sire to grant us salvation, O Sa - viour,

You — dwelt within the Vir - gin's womb and — showed her to be the

Pro-tec-tress of the world. Blessed are You, O God of our fa - thers.

Refrain: Most holy Theotokos, save us!

All - pure — Mo - ther, in - ter-cede with the Lord of mercy Who was born of you,

that — He deliver all those who cry with faith — from sin and de - file -

ment of soul: Blessed are You, O God of our fa - thers.

Refrain: Glory to the Father, and to the Son, and to the Holy Spirit.

O Lord, You have shown the one who gave birth to You

to be a treasury of sal - va - tion, a foun - tain of cleans - ing,

a pil - lar of strength, and a gateway to repentance for those

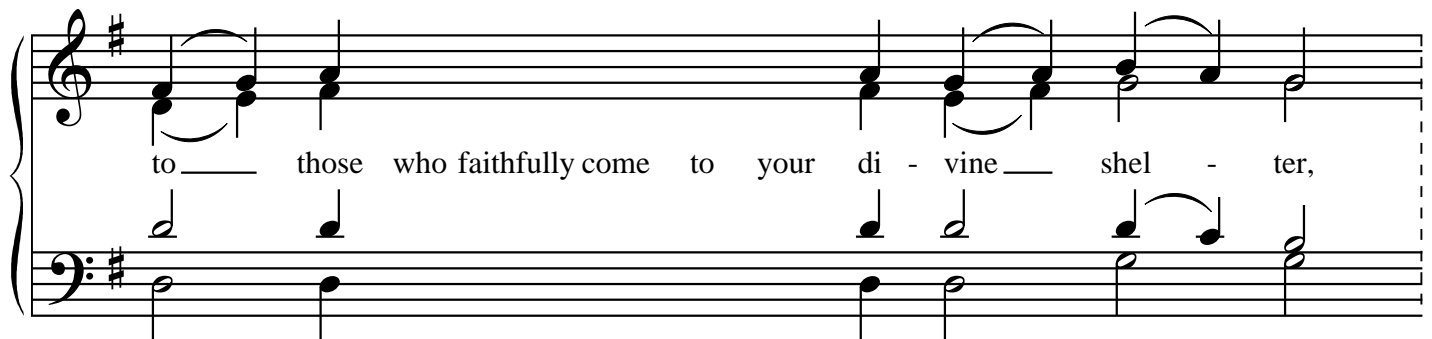


who cry out: Blessed are You, O God of our fathers.

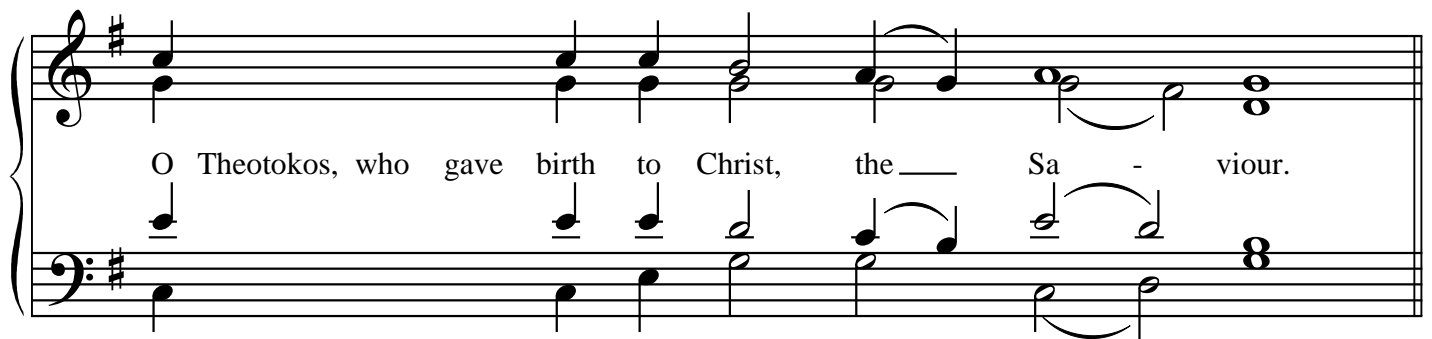
Refrain: Now and ever and unto ages of ages. Amen.



Grant heal - ing of bodily in - fir - mi - ties and re - mis - sion of soul's - sins



to those who faithfully come to your di - vine shel - ter,



O Theotokos, who gave birth to Christ, the Sa - viour.

Ode 8

The King of heaven, Whom the hosts of an - gels praise,

let us praise and exalt through-out all a - - - ges!

Refrain: Most holy Theotokos, save us!

Turn not your face from those who need your help, O Vir - gin,

as they sing and exalt you through-out all a - - - ges!

Refrain: Most holy Theotokos, save us!

Heal the weak - ness of my soul

and the pain which afflicts my body, O Vir - gin,

that I may glorify you, O Pure One, through out all a - ges.

Refrain: We bless the Father, Son, and Holy Spirit: the Lord; praising and exalting Him throughout all ages.

Pour forth a wealth of healing, O Vir - gin, up - on those who praise you

30

in faith and exalt your in - des - cri - ba - ble birth - giv - ing.

Refrain: Now and ever and unto ages of ages. Amen.

You drive away the oppression and onslaughts of sin,

O Vir - gin, there - fore we exalt you through - out all a - ges.

Ode 9

Saved through you, O Pure Vir - gin, we confess you to be truly The - o - to - kos

and with the choir of the an - gels we mag - ni - fy you!

Refrain: Most holy Theotokos, save us!

Turn not away from the fountain of my tears,

O Virgin who gave birth to Christ,

He Who wipes away all our tears.

Fill my heart with joy, O Virgin,

Refrain: Most holy Theotokos, save us!

who re - ceived in yourself the fullness of joy

and who des - troyed the grief of sin.

Refrain: Glory to the Father, and to the Son, and to the Holy Spirit.

By the ra - diance of your light, O Vir - gin,

il - - lu - mine the darkness of ig - no - rance

and ba - nish it from those who faith - ful - ly

Con - fess you to be the The - o - to - - - kos.

Refrain: Now and ever and unto ages of ages. Amen.

In a place of affliction and infirmity I am brought low;

heal - me, O - Vir - gin, trans for ming my sick - ness - in - to health.

Katavasia

O cloud of radiance and Mother of God:

by your po-wer-ful and so v'reign arm, drive off those who fight a - gainst_ us,

help_ those who are in dis - tress, save the oppressed and absolve

the sins of those who pray to you.

Tone 8

It is truly meet to bless you, O Theotokos,
 Ever blessed and most pure and the Mother of our God,
 More honourable than the cherubim,
 And more glorious beyond compare than the seraphim,
 Without corruption you gave birth to God the Word, ///
 True Theotokos, we magnify you!

The Aposticha (*Tone 2*)

Intercede for all who flee to your strong protection
 In faith, O good one.
 We sinners, burdened with a multitude of sins,
 Have no other deliverance before God
 In times of need and sorrow,
 O Mother of the most-high God.
 Therefore we bow down before you: ///
 Deliver us, your servants, from all distress!

Reader: *I shall cause your name to be remembered in all generations!*

Joy of all who sorrow and intercessor of the offended;
 Feeder of the hungry, Consolation of travellers,
Harbour of the storm-tossed, Visitation of the sick,
 Protection and intercession of the infirmed,
 Staff of old age, Mother of God on high!
You are the Immaculate: ///
 Hasten we pray and save your servants!

Reader: *Hear, O daughter, consider and incline your ear!*

Rejoice, O immaculate Virgin!
 Rejoice, O honoured Scepter of Christ the King!
 Rejoice, for you have raised the mystical Vine!
 Rejoice, O Gateway to heaven and Unburnt Bush!
 Rejoice, O Light of the world!
 Rejoice, O joy of all!
 Rejoice, O Salvation of Christians! ///
 Rejoice, O Lady, Protectress and Deliverance of the Christian people!

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

Tone 8

Rejoice, O praise of the whole world!
 Rejoice, O dwelling place of the Lord!
 Rejoice, O Overshadowed Mountain!
 Rejoice, O Deliverer!
 Rejoice, O Golden Candlestick!
 Rejoice, O Immaculate One!
 Rejoice, O glory of Christians!
 Rejoice, O Mary, Mother of Christ our God!
 Rejoice, O Paradise!
 Rejoice, O Sanctified Table!
 Rejoice, O Temple!
 Rejoice, O Vessel of God! ///
 Rejoice, O joy of all!

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

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

Master, bless!

*The priest gives the dismissal. In the absence of a priest, the reader says the following:
 Reader: Through the prayers of our brothers and sisters, O Lord Jesus Christ our God, have
 mercy on us and save us.*

All: Amen.