

The Canon of St Andrew of Crete – Monday of the 1st week of Lent

Sung during compline, after Psalm 69.

Before each Troparion we make the sign of the Cross and bow three times.

Ode 1. Canon Tone 6 (*Do not lament me, O Mother... ”*)

Irmos: He is my Helper and Protector, and has become my salvation. This is my God and I will glorify Him. My father's God and I will exalt Him. For gloriously has He been glorified.

Refrain: Have mercy on me, O God, have mercy on me.

Troparia:

Where shall I begin to lament the deeds of my wretched life? What first-fruit shall I offer, O Christ, for my present lamentation? But in Your compassion grant me release from my falls.

Refrain: Have mercy on me, O God, have mercy on me.

Come, wretched soul, with your flesh, confess to the Creator of all. In future refrain from your former brutishness, and offer to God tears in repentance.

Refrain: Have mercy on me, O God, have mercy on me.

Having rivaled the first-created Adam by my transgression, I realize that I am stripped naked of God and of the everlasting kingdom and bliss through my sins.

Refrain: Have mercy on me, O God, have mercy on me.

Alas, wretched soul! Why are you like the first Eve? For you have wickedly looked and been bitterly wounded, and you have touched the tree and rashly tasted the forbidden food.

Refrain: Have mercy on me, O God, have mercy on me.

The place of bodily Eve has been taken for me by the Eve of my mind in the shape of a passionate thought in the flesh, showing me sweet things, yet ever making me taste and swallow bitter things.

Refrain: Have mercy on me, O God, have mercy on me.

Adam was rightly exiled from Eden for not keeping Your one commandment, O Saviour. But what shall I suffer who am always rejecting Your living words?

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

To the Trinity: Super-substantial Trinity, adored in Unity, take from me the heavy yoke of sin, and in Your compassion grant me tears of compunction.

Refrain: Now and ever, and to the ages of ages. Amen.

Theotokion: Mother of God, hope and intercessor of those who sing of you, take from me the heavy yoke of sin, and as you are our pure Lady, accept me who repent.

Irmos: He is my Helper and Protector, and has become my salvation. This is my God and I will glorify Him. My father's God and I will exalt Him. For gloriously has He been glorified.

Ode 2.

Irmos: Attend, O heaven, and I will speak, and will sing of Christ Who came to dwell among us in the flesh which He took from the Virgin.

Refrain: Have mercy on me, O God, have mercy on me.

Troparia:

Attend, O heaven, and I will speak; O earth, give ear to a voice repenting to God and singing praises to Him.

Refrain: Have mercy on me, O God, have mercy on me.

Attend to me, O God my Saviour, with Your merciful eye, and accept my fervent confession.

Refrain: Have mercy on me, O God, have mercy on me.

I have sinned above all men, I alone have sinned against You. But as God have compassion, O Saviour, on Your creature.

Refrain: Have mercy on me, O God, have mercy on me.

Having formed by my pleasure-loving desires the deformity of my passions, I have marred the beauty of my mind.

Refrain: Have mercy on me, O God, have mercy on me.

A storm of passions besets me, O compassionate Lord. But stretch out Your hand to me too, as to Peter.

Refrain: Have mercy on me, O God, have mercy on me.

I have stained the coat of my flesh, and soiled what is in Your image and likeness, O Saviour.

Refrain: Have mercy on me, O God, have mercy on me.

I have darkened the beauty of my soul with passionate pleasures, and my whole mind I have reduced wholly to mud.

Refrain: Have mercy on me, O God, have mercy on me.

I have torn my first garment which the Creator wove for me in the beginning, and therefore I am lying naked.

Refrain: Have mercy on me, O God, have mercy on me.

I have put on a torn coat, which the serpent wove for me by argument, and I am ashamed.

Refrain: Have mercy on me, O God, have mercy on me.

The tears of the harlot, O merciful Lord, I too offer to You. Be merciful to me, O Saviour, in Your compassion.

Refrain: Have mercy on me, O God, have mercy on me.

I looked at the beauty of the tree, and my mind was seduced; and now I lie naked, and I am ashamed.

Refrain: Have mercy on me, O God, have mercy on me.

All the demon-chiefs of the passions have plowed on my back, and long has their tyranny over me lasted.

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

To the Trinity: I sing of You as one in three Persons, O God of all, the Father and the Son and the Holy Spirit.

Refrain: Now and ever, and to the ages of ages. Amen.

Theotokion: Spotless Mother of God, only all-hymned Virgin, pray intensely that we may be saved.

Irmos: Attend, O heaven, and I will speak, and will sing of Christ who came to dwell among us in flesh which He took from the Virgin.

Ode 3.

Irmos: Establish Your Church on the unshakable rock of Your commandments, O Christ.

Refrain: Have mercy on me, O God, have mercy on me.

Troparia:

The Lord rained fire from the Lord, my soul, and burnt up the former land of Sodom.

Refrain: Have mercy on me, O God, have mercy on me.

Escape to the mountain like Lot, my soul, and make Zoar your refuge in time.

Refrain: Have mercy on me, O God, have mercy on me.

Run from the burning, my soul! Run from the heat of Sodom! Run from the destruction of the divine flame.

Refrain: Have mercy on me, O God, have mercy on me.

I alone have sinned against You, sinned above all men. O Christ my Saviour, spurn me not.

Refrain: Have mercy on me, O God, have mercy on me.

You are the good Shepherd; seek me, Your lamb, and neglect not me who have gone astray.

Refrain: Have mercy on me, O God, have mercy on me.

You are my sweet Jesus, You are my Creator; in You, O Saviour, I shall be justified.

Refrain: Have mercy on me, O God, have mercy on me.

I confess to You, O Saviour, I have sinned, I have sinned against You, but absolve and forgive.

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

To the Trinity: O Trinity, Unity, God, save us from delusion and temptations and distressing circumstances.

Refrain: Now and ever, and to the ages of ages. Amen.

Theotokion: Rejoice, God-receiving womb! Rejoice, throne of the Lord! Rejoice, Mother of our Life!

Irmos: Establish Your Church on the unshakable rock of Your commandments, O Christ.

Ode 4.

Irmos: The Prophet heard of Your coming, O Lord, and was afraid that You were to be born of a Virgin and appear to men, and he said, "I have heard the report of You and am afraid." Glory to Your power, O Lord.

Refrain: Have mercy on me, O God, have mercy on me.

Troparia:

Despise not Your works and forsake not Your creation, O just Judge and Lover of men, though I alone have sinned as a man more than any man. But being Lord of all, You have power to pardon sins.

Refrain: Have mercy on me, O God, have mercy on me.

The end is drawing near, my soul, is drawing near! But you neither care nor prepare. The time is growing short. Rise! The Judge is near at the very doors. Like a dream, like a flower, the time of this life passes. Why do we bustle about in vain?

Refrain: Have mercy on me, O God, have mercy on me.

Come to your senses, my soul! Consider the deeds you have done, and bring them before your eyes, and pour out the drops of your tears. Boldly tell your thoughts and deeds to Christ, and be acquitted.

Refrain: Have mercy on me, O God, have mercy on me.

There has never been a sin or act or vice in life that I have not committed, O Saviour. I have sinned in mind, word and choice, in purpose, will and action, as no one else has ever done.

Refrain: Have mercy on me, O God, have mercy on me.

Therefore I am condemned, wretch that I am, therefore I am doomed by my own conscience, than which there is nothing in the world more rigorous. O my Judge and Redeemer, Who knows my heart, spare and deliver and save me, Your servant.

Refrain: Have mercy on me, O God, have mercy on me.

The ladder of old which the great Patriarch saw, my soul, is a model of mounting by action and ascent by knowledge. So, if you wish to live in activity, knowledge and contemplation, be renewed.

Refrain: Have mercy on me, O God, have mercy on me.

Because of his crying need the Patriarch endured the scorching heat of the day, and he bore the frost of the night, daily making gains, shepherding, struggling, slaving, in order to win two wives.

Refrain: Have mercy on me, O God, have mercy on me.

By the two wives understand action and direct knowledge in contemplation: Leah as action, for she had many children, and Rachel as knowledge, which is obtained by much labour. For without labours, my soul, neither action nor contemplation will achieve success.

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

To the Trinity: I confess You to be undivided in essence, unconfused in persons, One Triune Divinity, co-enthroned and co-reigning. I sing You the great song thrice sung on high.

Refrain: Now and ever, and to the ages of ages. Amen.

Theotokion: You gave birth and lived a virgin life, and in both remained a virgin by nature. He Who is born of You renews the laws of nature, and a womb gives birth without travail. Where God wills, the order of nature is overruled; for He does whatever He wishes.

Irmos: The Prophet heard of Your coming, O Lord, and was afraid that You were to be born of a Virgin and appear to men, and he said, "I have heard the report of You and am afraid." Glory to Your power, O Lord.

Ode 5.

Irmos: Out of the night watching early for You, enlighten me, I pray, O Lover of men, and guide even me in Your commandments, and teach me, O Saviour, to do Your will.

Refrain: Have mercy on me, O God, have mercy on me.

Troparia:

I have passed my life ever in night, for the night of sin has been to me thick fog and darkness; but make me, O Saviour, a son of the day.

Refrain: Have mercy on me, O God, have mercy on me.

Like Reuben, wretch that I am, I have planned an unprincipled and lawless act against God Most High, having defiled my bed as he defiled that of his father.

Refrain: Have mercy on me, O God, have mercy on me.

I confess to You, O Christ my King: I have sinned, I have sinned, like Joseph's brothers of old, who sold the fruit of purity and chasteity.

Refrain: Have mercy on me, O God, have mercy on me.

Righteous Joseph was given up by his brothers, that sweet soul was sold into slavery, as a type of the Lord; and you, my soul, have sold yourself completely to your vices.

Refrain: Have mercy on me, O God, have mercy on me.

Imitate, wretched and worthless soul, righteous Joseph and his pure mind, and do not be wanton with irrational desires, ever transgressing.

Refrain: Have mercy on me, O God, have mercy on me.

If Joseph of old also occupied a pit, O Sovereign Lord, yet it was as a type of Your Burial and Rising. But will I ever offer You anything like it?

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

To the Trinity: You, O Trinity, we glorify, the one God: Holy, Holy, Holy are You, Father, Son and Spirit, simple Being, Unity ever adored.

Refrain: Now and ever, and to the ages of ages. Amen.

Theotokion: From You, O pure maiden Mother and Virgin, God Who created the worlds and ages was clad in my clay and united to Himself human nature.

Irmos: Out of the night watching early for You, enlighten me, I pray, O Lover of men, and guide even me in Your commandments, and teach me, O Saviour, to do Your will.

Ode 6.

Irmos: I cried with my whole heart to the merciful God, and He heard me from the lowest pit and raised my life out of corruption.

Refrain: Have mercy on me, O God, have mercy on me.

Troparia:

I sincerely offer You with a pure intention, O Saviour, the tears of my eyes and groans from the depths of my heart, crying: O God, I have sinned against You; be merciful to me.

Refrain: Have mercy on me, O God, have mercy on me.

You, my soul, have revolted from the Lord like Dathan and Abiram. But with all your heart cry, "Spare!", that a yawning gulf of the earth may not swallow you.

Refrain: Have mercy on me, O God, have mercy on me.

Like a stampeding heifer stung to madness, my soul, you have resembled Ephraim. Winged with action, resolve and contemplation, save your life like a gazelle from the noose.

Refrain: Have mercy on me, O God, have mercy on me.

Let Moses' hand assure us, my soul, how God can whiten and cleanse a leprous life. So do not despair of yourself, even though you are leprous.

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

To the Trinity: I am the Trinity, simple and undivided, divided Personally, and I am the Unity, united in nature, says the Father, the Son, and the Divine Spirit.

Refrain: Now and ever, and to the ages of ages. Amen.

Theotokion: Your womb bore God for us Who took our form. Implore Him as the Creator of all, O Mother of God, that through Your intercessions we may be justified.

Irmos: I cried with my whole heart to the merciful God, and He heard me from the lowest pit and raised my life out of corruption.

Lord, have mercy (*Three times*). Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Kontakion (*Tone 6*):

My soul, my soul, arise!

Why are you sleeping?

The end is drawing near, and you will be confounded.

Awake, then, and be watchful, that Christ our God may spare you, ///

Who are everywhere present and fill all things.

Ode 7.

Irmos: We have sinned, transgressed, done wrong before You, we have not watched or done as You have commanded us. But do not give us up utterly, O God of our Fathers.

Refrain: Have mercy on me, O God, have mercy on me.

Troparia:

I have sinned, offended and rejected Your commandment, for I have advanced in sins and added wounds to my sores. But in Your compassion have mercy on me, O God of our Fathers.

Refrain: Have mercy on me, O God, have mercy on me.

I have confessed to You, my Judge, the secrets of my heart. See my humility, see also my distress, and attend to my judgment now. And in Your compassion have mercy on me, O God of our Fathers.

Refrain: Have mercy on me, O God, have mercy on me.

When Saul of old lost his father's asses, besides getting news of them he incidentally found a kingdom. But watch, my soul, lest without noticing it, you prefer your animal cravings to the Kingdom of Christ.

Refrain: Have mercy on me, O God, have mercy on me.

If David, the father of our Divine Lord, doubly sinned of old, my soul, when he was pierced with the arrow of adultery and struck with the spear of remorse for murder, yet you have a sickness graver than deeds in your will and appetites.

Refrain: Have mercy on me, O God, have mercy on me.

David once joined sin to sin, for he mixed adultery with murder, yet he immediately offered double repentance. But you my soul, have done things more wicked without repenting to God.

Refrain: Have mercy on me, O God, have mercy on me.

David of old composed a song, painting it as in a picture, by which he exposes the deed he had done, crying: Have mercy on me, for against You only have I sinned, Who are God of all.

Cleanse me.

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

To the Trinity: O Trinity simple and undivided, of one essence and one nature, Lights and Light, three Holies and one Holy, God the Trinity is hymned. But sing, my soul, and glorify the Life and Lives, the God of all.

Refrain: Now and ever, and to the ages of ages. Amen.

Theotokion: We sing of You, we bless You, we worship You, O Mother of God, for You gave birth to one of the inseparable Trinity, the one Son and God, and to us on earth You have opened the heavenly realms.

Irmos: We have sinned, transgressed, done wrong before You, we have not watched or done as You have commanded us. But do not give us up utterly, O God of our Fathers.

Ode 8.

Irmos: Him Whom the heavenly hosts glorify and before Whom Cherubim and Seraphim tremble, let every breath and all creation praise, bless and exalt throughout all ages.

Refrain: Have mercy on me, O God, have mercy on me.

Troparia:

I have sinned, O Saviour, have mercy! Awaken my mind to conversion, accept me who repent, have compassion on me as I cry: Against You only have I sinned and acted lawlessly; have mercy on me.

Refrain: Have mercy on me, O God, have mercy on me.

Elijah the charioteer once ascended by the chariot of the virtues as to heaven and was carried above earthly things. Consider then, my soul, this ascent.

Refrain: Have mercy on me, O God, have mercy on me.

Elisha received double grace from the Lord when he took up Elijah's sheepskin. But you, my soul, have not shared this grace owing to incontinence.

Refrain: Have mercy on me, O God, have mercy on me.

Jordan's stream of old was made to stand still on either side by Elisha by Elijah's sheepskin. But you, my soul, have not shared this grace owing to incontinence.

Refrain: Have mercy on me, O God, have mercy on me.

The Shunammite woman of old with right good will entertained the righteous man. But you, my soul, have taken into your house neither stranger nor traveller. Therefore you will be cast out of the bridal hall wailing.

Refrain: Have mercy on me, O God, have mercy on me.

You have always imitated the vile mind of Gehazi, O wretched soul. Rid yourself of his love of money, at least in old age; escape from the fire of Gehenna by leaving your evil ways.

Refrain: Let us praise the Father, Son, and Holy Spirit, the Lord. One in essence and undivided.

To the Trinity: Eternal Father, co-eternal Son, gracious Comforter, Spirit of Truth; Father of the Divine Word, Word of the Eternal Father, living and creative Spirit, Trinity Unity, have mercy on us.

Refrain: Now and ever, and to the ages of ages. Amen.

Theotokion: As from scarlet silk, O spotless Virgin, within Your womb the spiritual purple was woven, the flesh of Emmanuel. Therefore we honour You as in truth Mother of God.

Irmos: Him Whom the heavenly hosts glorify and before Whom Cherubim and Seraphim tremble, let every breath and all creation praise, bless and exalt throughout all ages.

Ode 9.

Irmos: Ineffable is the childbearing of a seedless conception, unsullied the pregnancy of a Virgin Mother, for the birth of God renews natures. So in all generations we magnify You in orthodox fashion as the Mother and Bride of God.

Refrain: Have mercy on me, O God, have mercy on me.

Troparia:

The mind is wounded, the body is feeble, the spirit is sick, the word has lost its power, life is ebbing, the end is at the doors. What then will you do, wretched soul, when the Judge comes to try your case?

Refrain: Have mercy on me, O God, have mercy on me.

I have reviewed Moses' account of the creation of the world, my soul, and then all canonical Scripture which tells you the story of the righteous and the unrighteous. But you, my soul, have copied the latter and not the former, and have sinned against God.

Refrain: Have mercy on me, O God, have mercy on me.

The Law has grown weak, the Gospel is unpractised, the whole of the Scripture is ignored by you; the Prophets and every word of the Just have lost their power. Your wounds, my soul, have multiplied, and there is no physician to heal you.

Refrain: Have mercy on me, O God, have mercy on me.

I am bringing before you examples from the New Scripture, my soul, to lead you to compunction. So emulate the righteous and avoid following the sinners, and regain Christ's grace by prayers, fasts, purity and reverence.

Refrain: Have mercy on me, O God, have mercy on me.

Christ became man and called to repentance robbers and harlots. Repent, my soul! The door of the Kingdom is already open, and the transformed pharisees, publicans and adulterers are seizing it ahead of you.

Refrain: Have mercy on me, O God, have mercy on me.

Christ became a babe and conversed in the flesh with me, and he voluntarily experienced all that pertains to our nature, apart from sin; and He showed you, my soul, an example and image of His own condescension. Christ saved wise men, called shepherds, made crowds of infants martyrs, glorified old men and aged widows, whose deeds and life, my soul, you have not emulated. But woe unto you when you are judged!

Refrain: Have mercy on me, O God, have mercy on me.

When the Lord had fasted for forty days in the wilderness, He at last became hungry, showing His human nature. Do not be despondent, my soul, if the enemy attacks you, but let him be beaten off by prayer and fasting.

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

To the Trinity: Let us glorify the Father, exalt the Son, and faithfully worship the Divine Spirit, inseparable Trinity, Unity in essence, as the Light and Lights, the Life and Lives, giving life and light to the ends of the earth.

Refrain: Now and ever, and to the ages of ages. Amen.

Theotokion: Protect Your city, spotless Mother of God, for in You it faithfully reigns, and in You is made strong, and through You it conquers and routs every trial and temptation, and spoils its foes and rules its subjects.

Refrain: Holy father Andrew, pray for us.

To St. Andrew of Crete: Venerable Andrew, thrice-blessed father, shepherd of Crete, cease not to pray to God for those who sing of You, that He may deliver from anger, oppression, corruption and our countless sins, all of us who faithfully honour Your memory.

The Irmos from Ode 9 is sung, then we continue with Great Compline.