

The Canon of St Andrew of Crete – Thursday 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:

O Lamb of God, Who takes away the sins of all, take from me the heavy yoke of sin, and in Your compassion grant me tears of compunction.

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

I fall prostrate before You, O Jesus. I have sinned against You, be merciful to me. Take from me the heavy yoke of sin, and in Your compassion grant me tears of compunction.

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

Enter not into judgment with me, by recording my deeds, demanding an account of my words, and examining my motives and desires. But in Your compassion disregard my terrible past and save me, O God All-Powerful.

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

It is time for repentance. I draw near to You, my Creator. Take from me the heavy yoke of sin, and in Your compassion grant me tears of compunction.

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

I have squandered in profligacy the substance of my soul, and I am barren of virtues and piety; but famished I cry: O Father of mercies, forestall and have compassion on me.

Refrain: Holy mother Mary, pray to God for us.

To St Mary of Egypt: By submitting to Christ's divine laws You drew near to Him, having left the unbridled craving for pleasure, and with all discretion You achieved every virtue as one.

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

To the Holy 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: See, see that I am God, Who rained manna and made water spout from the rock of old for my people in the wilderness, by My right hand, and by My strength alone.

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

Troparia:

'I have killed a man to the wounding of myself', said Lamech, 'and a young man to my own hurt', he cried out wailing. But you, my soul, do not tremble, while polluting the flesh and defiling the mind.

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

You would have contrived to build a tower, my soul, and erect a stronghold for your lusts, had not the Creator confounded your plans and brought your schemes crashing to earth.

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

O how I have emulated that old murderer Lamech! By my pleasure-loving cravings I have killed my soul as the man, my mind as the young man, and my body as my brother, like Cain the murderer.

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

The Lord rained fire from the Lord of old, and burnt up the wanton wickedness of Sodom. But you, my soul, have kindled the fire of hell in which you are about to be bitterly burnt.

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

I am struck and wounded! See the arrows of the enemy with which my soul and body are pierced all over! See the wounds, the sores and the mutilations that cry out and betray the blows of my self-chosen passions!

Refrain: Holy mother Mary, pray to God for us.

To St Mary of Egypt: You stretched out Your hands to the merciful God, O Mary, when sunk in the lowest vices. And He Who by every means was seeking Your conversion, lovingly stretched out a helping hand as to Peter.

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

To the Holy Trinity: Unoriginate, uncreated Trinity, indivisible Unity, accept me who repent, save me who have sinned. I am Your creation, despise me not, but spare me and deliver me from the fire of condemnation.

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

Theotokion: Spotless Lady, Mother of God, hope of those who run to You and haven of those in distress, obtain grace for me from the merciful One, Your Son and Creator, by Your prayers.

Irmos: See, see that I am God, Who rained manna and made water spout from the rock of old for my people in the wilderness, by My right hand, and by My strength alone.

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:

You, my soul, have become like Hagar the Egyptian of old. You have become enslaved by your own choice and have a new Ishmael - stubborn self-will.

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

You know, my soul, of the Ladder shown to Jacob reaching from earth to Heaven. Why have you not clung to the sure step of piety?

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

Imitate that Priest of God and solitary King who was an image of the life of Christ in the world among men.

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

Be converted and groan, wretched soul, before the pageant of life comes to an end, before the Lord shuts the door of the bridal hall.

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

Do not be a pillar of salt, my soul, by turning back; but let the example of the Sodomites frighten you, and take refuge up in Zoar.

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

Reject not the prayer of those who praise You, O Lord; but have compassion on us, O Lover of men, and to those who ask with faith grant forgiveness.

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

To the Holy Trinity: Simple, uncreated Unity, unoriginate Nature praised in a Trinity of Persons, save us who with faith worship Your power.

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

Theotokion: O Mother of God, unwedded You gave birth in time to the timeless Son of the Father. And - O strange wonder! - You remained a Virgin while suckling Him.

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:

Brief is my lifetime and full of pain and wickedness, but accept me in penitence and recall me to awareness of You. May I never be the possession or food of the enemy. O Saviour, have compassion on me.

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

The opulent and righteous man, arrayed in royal dignity, crown and purple, abounding in wealth and cattle, was suddenly shorn of his riches, glory and kingdom and became a beggar.

If he who was righteous and blameless beyond all did not escape the snares and nets of the deceiver, what will you do, my soul, who are sin-loving and wretched, if something unexpected happens to you?

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

Boastful I am, and hard-hearted, all in vain and for nothing. Condemn me not with the Pharisee, but rather grant me the humility of the Publican, O only merciful and just Judge, and number me with him.

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

I have sinned, I know, O merciful Lord, and outraged the vessel of my flesh, but accept me in penitence and recall me to awareness of You. May I never be the possession or food of the enemy. O Saviour, have compassion on me.

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

I am become my own idol, and have injured my soul with passions, O merciful Lord, but accept me in penitence and recall me to awareness of You. May I never be the possession or food of the enemy. O Saviour, have compassion on me.

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

I have not listened to Your voice, I have disobeyed Your Scripture, O Lawgiver, but accept me in penitence and recall me to awareness of You. May I never be the possession or food of the enemy. O Saviour, have compassion on me.

Refrain: Holy mother Mary, pray to God for us.

To St Mary of Egypt: Though dragged down to the depth of great offences, You were not held there. But with better thought You returned by action to consummate virtue beyond all expectation, to the amazement of angel kind, O Mary.

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

To the Holy 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:

Imitate, my soul, the woman bent earthward; come and fall down at the feet of Jesus, that He may straighten you to walk upright in the footsteps of the Lord.

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

Though You are a deep well, O Lord, pour on me streams from Your immaculate wounds, that like the Samaritan woman I may drink and thirst no more; for from You gush rivers of life. May my tears be for me a Siloam, O Sovereign Lord, that I may wash the eyes of my soul and mentally see You Who are that light which was before creation.

Refrain: Holy mother Mary, pray to God for us.

To St Mary of Egypt: You, all-blessed one, yearned with matchless love and longing to worship the Tree of Life, and Your desire was granted; make us also worthy to attain to the glory on high.

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

To the Holy 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 am the coin with the royal image which was lost of old, O Saviour. But light the lamp, Your Forerunner, O Word; seek and find Your image.

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

Rise and make war against the passions of the flesh, as Joshua did against Amalek, and ever conquer the Gibeonites - illusive Thoughts.

Refrain: *Holy mother Mary, pray to God for us.*

To St Mary of Egypt: To extinguish the flame of the passions, O Mary, You ever shed rivers of tears and fire Your soul with divine love. Grant also to me, Your servant, the grace of tears.

Refrain: *Holy mother Mary, pray to God for us.*

To St Mary of Egypt: You acquired heavenly dispassion by Your sublime life on earth, O mother. Therefore pray that those who sing of You may be delivered from the grip of passions.

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

To the Holy 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:

My days have vanished like a dream on waking. Therefore I weep on my bed like Hezekiah that years may be added to my life. But what Isaiah will come to you, my soul, except the God of all?

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

I fall, down before You and bring You as tears my words. I have sinned like the harlot, and transgressed as no other on earth. But have compassion, O Lord, on Your work, and recall me.

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

I have buried Your image and broken Your commandment. All my beauty is darkened and my lamp is extinguished by my passions, O Saviour. But have compassion and restore to me, as David sings, joy.

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

Return, repent, uncover what is hidden. Say to God Who knows everything: You know my secrets, O only Saviour; but have mercy on me, as David sings, according to Your mercy.

Refrain: Holy mother Mary, pray to God for us.

To St Mary of Egypt: By crying to the immaculate Mother of God, You repelled the rage of passions which once violently harassed You, and put to shame the enemy tempter. But now grant me, Your servant, also help out of trouble.

Refrain: Holy mother Mary, pray to God for us.

To St Mary of Egypt: He Whom You love, He Whom You desire, He on Whose track You came, mother, found You and granted You repentance, for He is God Who alone is compassionate. Implore Him unceasingly to deliver us from passions and adversities.

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

To the Holy 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:

The alabaster jar of my tears, O Saviour, I pour out on Your head as the perfume, and like the harlot I cry to You, seeking Your mercy. I offer prayer and ask to receive forgiveness

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

Though no one has sinned against You as I, yet accept even me, O compassionate Saviour, repenting with fear and crying with love: Against You only have I sinned. I have done wrong, have mercy on me.

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

Spare, O Saviour, Your own creation, and seek as Shepherd Your lost sheep; snatch the stray from the wolf, and make me a pet lamb in Your sheep pasture.

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

When You sit as Judge and in Your compassion show Your dread glory, O Christ, O what fear there will be then, when the furnace is burning and all shrink from Your inexorable Tribunal!

Refrain: *Holy mother Mary, pray to God for us.*

To St Mary of Egypt: The Mother of the unwaning Light enlightened You, and freed You from the darkness of the passions. So now You are admitted to the grace of the Spirit, enlighten, O Mary, those who faithfully praise You.

Refrain: *Holy mother Mary, pray to God for us.*

To St Mary of Egypt: Beholding in You a new wonder, O mother, divine Zosimas was truly amazed. For he saw an angel in a body and, filled with utter astonishment, he praises Christ for ever.

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

To the Holy 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 in 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:

Have compassion and save me, have mercy on me, O Son of David, Who healed with a word the demoniac. And let Your voice of tender compassion speak to me as to the robber, 'Truly I tell you, you will be with Me in Paradise when I rise in My glory.'

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

A robber accused You, and a robber confessed You to be God, for both were hanging on a cross with You. But open even to me, O most compassionate Saviour, the door of Your glorious Kingdom as to Your faithful robber who acknowledged You to be God.

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

Creation was in anguish, seeing You crucified; mountains and rocks were split with fear, the earth quaked, hell was emptied, and the light grew dark in the daytime, beholding You, Jesus, nailed to the Cross in Your flesh.

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

Do not require of me fruits worthy of repentance, for my strength is spent in me. Grant me ever a contrite heart and spiritual poverty, that I may offer these gifts to You as an acceptable sacrifice, O only Saviour.

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

O my Judge and my Light, Who alone knows me and are coming again with Your Angels to judge the whole world, regard me then with Your merciful Eye and spare me, O Jesus. And have compassion on me who have sinned more than all mankind.

Refrain: Holy mother Mary, pray to God for us.

To St Mary of Egypt: You astonished all by Your strange life, both the Orders of Angels and the councils of men, by living immaterially and surpassing nature. Then treading firmly the waves like an immaterial being, O Mary, You crossed the Jordan.

Refrain: Holy mother Mary, pray to God for us.

To St Mary of Egypt: Intercede with the Creator on behalf of those who praise You, holy mother, that we may be delivered from the sufferings and afflictions which beset us on all sides, that being delivered from our temptations, we may unceasingly magnify the Lord Who glorified You.

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

To the Holy 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 to God 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.

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.

We then continue with Great Compline.