

The Canon of St Andrew of Crete – Tuesday 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. 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:

I have willfully incurred the guilt of Cain's murder, since by invigorating my flesh I am the murderer of my soul's awareness, and have warred against it by my evil deeds.

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

I have not resembled Abel's righteousness, O Jesus. I have never offered You acceptable gifts, nor divine actions, nor a pure sacrifice, nor an unblemished life.

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

Like Cain, we too, O wretched soul, have likewise offered to the Creator of all foul deeds, defective sacrifice and a useless life. Therefore we too are condemned.

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

In moulding my clay into life, O Potter, You put in me flesh and bones, breath and vitality. But, O my Creator, my Redeemer and Judge, accept me who repent.

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

I confess to You, O Saviour, the sins I have committed, and the wounds of my body and soul which murderous thoughts like robbers within have inflicted upon me.

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

I have sinned, O Saviour, yet I know that You are the Lover of men. You strike compassionately and pity warmly. You see me weeping and run towards me as the Father recalling the Prodigal.

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 flesh which He took from the Virgin.

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

Troparia:

Sin which stripped me of my former God-woven clothing has also sewn on me coats of skin.

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

I am wrapped in a garment of shame as with fig leaves, in reproof of my selfish passions.

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

I am clad in a coat that is spotted and shamefully blood-stained by the flow of my passionate and pleasure-loving life.

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

I fell under the burden of passions and corruption of matter, and from then until now I am oppressed by the enemy.

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

Having preferred a possessive and pleasure-loving life to spiritual poverty, O Saviour, I am now harnessed with a heavy yoke.

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

I have adorned the idol of my flesh with the many-coloured clothing of shameful thoughts, and I am condemned.

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

I have been anxiously concerned only about outward adornment, and have neglected the inner temple made in the image of God.

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

I have buried with passions the beauty of the original image, O Saviour. But seek and find it, like the lost coin.

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

Like the harlot I cry to You: I have sinned, I alone have sinned against You. Accept my tears also, O Saviour, as perfume.

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

Like the publican I cry to You: Be merciful, O Saviour, be merciful to me; for no child of Adam has sinned as I against You.

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

To the Trinity: One in three Persons I praise You, O God of all, the Father, 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, O Lord, my unstable heart on the rock of Your commandments, for You only are Holy and Lord.

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

Troparia:

In You the Conqueror of death, I have found the Source of Life, and from my heart I cry to You before my end: I have sinned, be merciful, save me.

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

I have sinned, O Lord, I have sinned against You. Be merciful to me. For there is no one who has sinned among men whom I have not surpassed by my sins.

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

I have imitated those who were licentious in Noah's time, and I have earned a share in their condemnation of drowning in the flood.

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

You have imitated Ham, that spurner of his father, my soul. You have not concealed your neighbour's shame by returning to him looking backwards.

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

Run, my soul, like Lot from the fire of sin; run from Sodom and Gomorrah; run from the flame of every irrational desire.

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

Have mercy, O Lord, have mercy on me, I implore You, when You came with Your Angels to requite us all as our actions deserve.

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

To the 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, O Lord, my unstable heart on the rock of Your commandments, for You only are Holy and Lord.

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:

Watch, my soul! Be courageous like the great Patriarchs, that you may acquire activity and awareness, and be a mind that sees God, and may reach in contemplation the innermost darkness, and be a great trader.

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

The great Patriarch, by begetting the twelve Patriarchs, mystically set up for you, my soul, a ladder of active ascent, having wisely offered his children as rungs, and his steps as ascents.

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

You have emulated the hated Esau, my soul, and have given up your birthright of pristine beauty to your supplanter, and you have lost your father's blessing, and have been tripped up twice in action and knowledge. Therefore, O wretch, repent now.

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

Esau was called Edom for his extreme passion of madness for women. For ever burning with incontinence and stained with pleasures, he was named Edom which means a red-hot sin-loving soul.

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

Have you heard of Job who was made holy on a dunghill, O my soul? You have not emulated his courage, nor had his firmness of purpose in all you have learned or known, or in your temptations, but you have proved unpersevering.

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

He who was formerly on a throne is now naked on a dunghill and covered with sores. He who had many children and was much admired is suddenly childless and homeless. Yet he regarded the dunghill as a palace and his sores as pearls.

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:

You have heard, my soul, of Moses' ark of old, borne on the waters and waves of the river as in a shrine, which escaped the bitter tragedy of Pharaoh's edict.

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

If you have heard of the midwives, wretched soul, who of old killed in infancy the manly issue and practice of self-control, then like the great Moses, be suckled on wisdom.

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

You, wretched soul, have not struck and killed your Egyptian mind, like great Moses. Say, then, how will you dwell in that desert solitude where the passions desert you through repentance?

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

Great Moses dwelt in the wilds, my soul. So go and imitate his life, that you too may attain by contemplation to the vision of God in the bush.

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

Imagine Moses' staff striking the sea and fixing the deep as a type of the divine Cross, by which you too, my soul, can accomplish great things.

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

Aaron offered to God the fire pure and undefiled; but Hophni and Phinehas, like you, my soul, offered to God a foul and rebellious life.

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 hell and raised my life out of corruption.

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

Troparia:

The waves of my sins, O Saviour, as in the Red Sea recoiled and covered me unawares, like the Egyptians of old and their charioteers.

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

Like Israel of old, my soul, you have had a foolish affection. For like a brute you have preferred to divine manna the pleasure-loving gluttony of the passions.

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

The wells of Canaanite thoughts, my soul, you have prized above the Rock with the cleft from which the river of wisdom like a chalice pours forth streams of theology.

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

Swine's flesh and hotpots and Egyptian food you, my soul, have preferred to heavenly manna, as of old the senseless people in the wilderness.

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

When Your servant Moses struck the rock with his staff, he mystically typified Your life-giving side, O Saviour, from which we all draw the water of life.

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

Explore and spy out the Land of Promise like Joshua the Son of Nun, my soul, and see what it is like, and settle in it by observing the laws.

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 hell 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 unto 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:

When the Ark was being carried on a wagon, and when one of the oxen slipped, Uzzah only touched it and experienced the wrath of God. But avoid, my soul, his presumption and truly reverence divine things.

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

You have heard of Absalom, how he rose against nature. You know his accursed deeds and how he insulted the bed of his father David. But you have imitated his passionate and pleasure-loving cravings.

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

You have enslaved your free dignity to your body, my soul, for you have found in Satan another Ahitophel and have consented to his counsels. But Christ Himself scattered them, that you may at all events be saved.

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

Wonderful Solomon, who was full of the grace of wisdom, at one time did evil in God's sight and fell away from Him. And you, my soul, have resembled him by your accursed life.

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

Carried away by the pleasure of his passions, he defiled himself. Alas, the lover of wisdom is a lover of loose women and estranged from God! And you, my soul, have in mind imitated him by your shameful pleasures.

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

You, my soul, have rivalled Rehoboam who would not listen to his father's advisors, and that vicious slave Jeroboam the apostate of old. But shun such mimicry and cry to God: I have sinned, have compassion on 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:

Having emulated Uzziah, my soul, you have his leprosy in you doubled. For you think disgusting thoughts and do outrageous things. Let go of what you are holding and run to repentance.

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

Have you heard, my soul, of the Ninevites, who repented before God in sackcloth and ashes? You have not imitated them, but appear to be more crooked than all who have sinned before and after the law.

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

You have heard of Jeremiah in the mud pit, my soul, how he cried out with lamentations against the City of Zion, and was seeking tears. Imitate his life of lamentation and you will be saved.

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

Jonah fled to Tarshish, foreseeing the conversion of the Ninevites; for, being a Prophet, he was aware of God's compassion, and was anxious that his prophesy should not prove false.

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

You have heard, my soul, of Daniel in the lion's den. and how he shut the beasts' mouths. You know how the Children who were with Azariah extinguished the flames of the burning furnace by faith.

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

I have reviewed all the people of the Old Testament as examples for you, my soul. Imitate the God-loving deeds of the righteous and shun the sins of the wicked.

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:

Christ was tempted, the devil was tempting Him, showing Him stones to be turned into bread; and he led Him up a mountain to see all the kingdoms of the world in a flash. Dread, my soul, the scene; watch and pray at every hour to God.

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

The desert-loving dove, the lamp of Christ, the Voice crying in the wilderness sounded, preaching repentance; while Herod sinned with Herodias. See, my soul, that you are not caught in the toils of sin, but embrace repentance.

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

The Forerunner of grace dwelt in the desert and all Judea and Samaria ran to hear him; and they confessed their sins, and eagerly received baptism. But you, my soul, have not imitated them.

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

Marriage is honourable and the bed undefiled, for Christ earlier blessed both, eating in His flesh at the marriage in Cana and changing water into wine, and showing His first miracle so that you, my soul, might be changed.

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

Christ braced the paralytic and he carried his bed; He raised up the dead young man, the son of the widow, and the Centurion's servant; and by revealing Himself to the Samaritan woman, He traced in advance for you, my soul, how to worship in spirit.

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

The Lord healed the woman with hemorrhage by the touch of His hem, cleansed lepers, gave sight to the blind, and cured cripples; the deaf and the dumb and the woman bent earthward he healed with His word, that you, wretched soul, might be saved.

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 .

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 Mother and Bride of God.

We then continue with Great Compline.