The Lenten Triodion

A book that I highly recommend for Lent is the Lenten Triodion. I myself try to re-read it [every Lent], and I also listen carefully to the hymns of the Lenten services in our [St. Jonah] monastery [in Kiev].

In my opinion, this is a treasury of thoughts, attitudes, and feelings, which has no equal. Not a single liturgical book of the Orthodox Church brings a person closer to God in the same way as the Lenten Triodion. Delving into its texts, whether we read them ourselves or hear them in church, we come to understand that indeed Great Lent is the springtime of the soul.

Just as a plant, waking up, receives juices from the thawed earth, the necessary sunlight from the spring sun, so our soul when reading this book is revived, literally saturated with nourishment. Beautiful flowers begin to bloom in the soul: humility and love— for God and for one’s neighbor. An attitude of predisposition towards prayer awakens.

This is a book that one must come to know, and readings from it should be given maximum attention during Lented services. It is very sad that in many parish churches the Lenten Triodion does not reach the worshipers in its fullness: of the vast multitude of hymns, only a small percentage is used—and even those are rendered indistinctly, without the necessary attention to quality. This is a very sad thing for me.

I would like to encourage every Orthodox Christian to make the most of the Lenten Triodion for themselves, for it is a book that the Church Typicon prescribes to be re-read every year in its entirety.

I would also like to offer this advice: before going to a service, make the extra effort to look up on the Internet the texts of the service that will be sung that particular day. Review them in advance, so that you may be filled with the message that the Orthodox Church seeks to convey to us during Great Lent.

—Bishop Jonah of Obukhov, Ukraine
Sunday of the Publican and the Pharisee

At “LORD, I CALL”

Note: At “Lord, I Call” we sing seven stichera of the Resurrection in the tone of the week, and the following stichera from the Triodion.

Common chant, arranged from LVOV/BAKHMETEV

Soprano
Alto
(Melody in Alto)

BROTH - ERS, LET US NOT PRAY LIKE THE PHAR - I - SEE.

Tenor
Bass

HE WHO EXALTS HIMSELF WILL BE HUM - BLED! LET US PRE - PARE

TO ABASE OURSELVES BY FAST - ING; LET US CRY ALOUD WITH THE VOICE


(Twice)
Sunday of the Publican and Pharisee

At “Lord, I call”

Brothers, let us not pray like the Pharisee!
He who exalts himself will be humbled.
Let us prepare to abase ourselves by fasting;
let us cry aloud with the voice of the Publican://
“O God, forgive us sinners!”
Open to me the Doors of Repentance

Lenten Triodion

(at Matins, following the 50th Psalm)

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

Open to me the doors of repentance, O Life-Giver,

for my spirit rises early to pray towards Thy holy Temple,

bearing the temple of my body all defiled; but in Thy
compassion // purify me by the lovingkindness of Thy mercy.

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

Lead me on the paths of salvation, O Mother of God,

for I have profaned my soul with shameful sins, and have wasted

my life in laziness; but by Thine intercessions //
deliver me from all impurity.

Have mercy on me, O God, according to Thy great mercy,

and according to the abundance of Thy compassion, blot out my transgressions!

When I think of the many evil things I have done, wretch
that I am, I tremble at the fearful day of judgment;

but trusting in Thy loving-kindness, like David I cry to Thee:

“Have mercy on me, O God, according to Thy great mercy!”
Open Unto Me the Doors of Repentance
(after Psalm 50 at Matins)

In the style of Kievan Chant
English setting by V. Morosan

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

Reverently, but without dragging. \( \frac{1}{4} = 108-120 \)

Open Unto Me the Doors of Repentance

O pen unto me the doors of repentance, O Life-Giver, for my spirit rises.

early to pray towards Thy holy temple,

bearing the temple of my body all debt...
filed; but in Thy compassion purify me

by the loving-kindness of Thy mercy.

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

2. Lead me on the paths of salvation, O

The o-tokos, for I have profaned my
soul with shameful sins, and have wasted my life in laziness; but by thine intercession deliver me from all impenitence. Puri ty.

Have mercy on me, O God, according to
Thy great mercy; and according to the abundance of Thy compassion, blot out my transgressions.

When I think of the many evil things I have done, wretch that I am, I tremble at the fearful day of judgment; but trusting in Thy loving-kindness like...
Da - vid I cry to Thee: “Have mer - cy on me, O You: You:

God, ac - cord - ing to Thy Your great mer - cy!”
Hymns of Repentance

Znamenny Chant

Sung at Matins of the three Sundays before Great Lent and the first five Sundays of Great Lent.

Set in English and arranged by Peter Jermihov

Unison

Thoughtfully (\(\text{\textit{d}} = 60\))

Open to me

the doors

of repentance, O Life Giver,

for my spirit rises early to pray,

towards Thy holy temple,

bearing the temple of my body all defiled;

but in Thy compassion purify me

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Proceed to "Now and ever..." in Tone 8.
by the loving kindness of Thy mercy.

More fervently ($d = 76-88$)

On the paths of salvation lead me, O Theotokos, for I have profaned my soul with shameful sins, and have wasted my life in laziness; but by your intercessions deliver me from all impurity.

Proceed to "Have mercy on me, O God" in Tone 6.
When I think of the many evil things I have done, wretch that I am, I tremble at the fearful day of judgement; but trusting in Thy loving kindness, like David I cry to Thee: have mercy on me, O God, according to Thy great mercy.
Original Chant with Old Church Slavonic*

[Musical notation]

* The chant was transcribed from square-note notation published in Триодь нотнаго пения постная и цветная, St. Petersburg: Synodal Printing House, 1899, p.2.

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Sing the Following Verses at Matins:

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

Proceed to the first Hymn of Repentance.

Spi-rit.

Proceed to the second Hymn of Repentance.

Now and ev-er, and un-to a-ges


Proceed to the third Hymn of Repentance.

Have mer-cy on me, O God, ac-cord-ing to

Thy great mer-cy; and ac-cord-ing to the mul-ti-tude of Thy

com-pas-sions, blot out my trans-gres-sions.
Hymns for the Orthodox Liturgy
By the Waters of Babylon

Aleksandr Andreievich Arkhangelsky (1846-1924) was one of the most distinguished choral conductors and church composers in Russia at the turn of the 20th century, with a career spanning the years 1873-1924. His prolific output of several hundred works for the Orthodox liturgy can be divided into two categories: free compositions in a sentimental, Romantic style, and chant harmonizations that are quite serene and archaic in their harmonic language.

By the Waters of Babylon falls in the latter category. The work is based on a znamenny chant found in the Triodion sirech' Tripesnets [The Chants of the Lenten Triodion], (Moscow: Sinodal'naia Tipografiiia, 1900) pp. 4v-5. The irregular meters of the melody (which have been preserved in the English setting) subtly express the sorrowful and turbulent emotions of the psalm text.

The present English edition is based on the Slavonic original published in Arkhangelsky's lifetime. The melodies of the solo verses have been adjusted to achieve a smooth declamation of the English text, while preserving the melodic contour of the original chant. The original harmonization had no dynamics or tempo markings; the present markings, the dotted barlines, and the auxiliary time signatures have been added by the editor.

The Orthodox Typikon prescribes Psalm 136 to be sung following the Polyeleos at Matins on the three Sundays preceding Great Lent. The present chant setting, unlike some settings composed in concert style, presents the complete text of the psalm.

Set in English and edited by
VLADIMIR MOROSAN

ALEKSANDR ARKHANGELSKY
(1846-1924)
Harmonization of Znamenny Chant

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REFRAIN (after each verse):

ON THE WILLOWS THERE WE HUNG UP OUR LYRES.

FOR THERE OUR CAPTORS REQUIRED OF US SONGS,

AND OUR TORMENTORS REQUIRED MIRTH.

“SING US ONE OF THE SONGS OF ZION.”

HOW SHALL WE SING THE LORD’S SONG IN A FOREIGN LAND?

IF I FORGET YOU, O JERUSALEM,

LET MY RIGHT HAND WITHER!

LET MY TONGUE CLEAVE TO THE ROOF OF MY
MOUTH, IF I DO NOT RE-MEM-BER YOU.

IF I DO NOT SET JE-RU-SA-LEM ABOVE MY HIGH-EST JOY!

RE-MEM-BER, O LORD, ON

THE DAY OF JE-RU-SA-LEM'S FALL,

THE SONS OF E-DOM SAID: "DE-STROY IT!

TEAR-IT DOWN TO ITS FON-DA-TIONS!"

O DAUGH-TER OF BAB-Y-LO, MOST WRETCH-ED!

BLESSED IS HE WHO RE-QUITES YOU WITH WHAT YOU HAVE DONE TO US.

BLESSED IS HE WHO TAKES YOUR LIT- TLE ONES AND DASH-ES THEM AGAINST THE ROCK!
By the waters of Babylon, there we sat down and wept, when we remembered Sion. Alleluia.

Upon the willows in the midst thereof did we hang our instruments. Alleluia. For there, they
that had taken us captive asked us for words of song.

And they that had led us away asked us for a hymn.

Saying: Sing us one of the songs of Sion.

Alleluia. How shall we sing the Lord's song in a foreign land? Alleluia.
If I forget thee, O Jerusalem let my right hand be forgotten. Alleluia.

Let my tongue cleave to the roof of my throat if I remembered thee not. If I set Jerusalem above all other, as at the head of my joy. Alleluia.
Remember, O Lord the sons of Edom in the day of Jerusalem, who said: Lay waste, lay waste to her even to the foundation thereof. Alleluia.

O daughter of Babylon thou wretched one, blessed shall he be who shall reward thee with all that thou hast.
rewarded us. Alleluia.

Blessed shall he be who shall seize and dash thine infants against the rock. Alleluia.
Soprano  

Alto  

Tenor  

Bass  

˙  

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˙  

œ  

˙  

œ  

Make haste ______ to o ______ open ______ unto me  

 Thy ______ Fa ______ ther ______ ly em ______ brace, for ______ as the prod ______  

- i ______ gal I ______ have wast ______ ed ______ my ______ life.  

O ______ Sav ______ ior, in ______ the un ______ fail ______  

(reject not my heart...)
Prodigal Son: Kathisma Hym - 2

- ing wealth of Thy mercy,

reject not my heart in its poverty. For with compunction

I cry to Thee, O Lord: “Father,

I have sinned against heaven and before Thee.”
Hymns for the Orthodox Liturgy

I PONDER UPON THE FEARFUL DAY

Gavriil Yakimovich Lomakin (1812-1885) was a prominent Russian choral conductor who for much of his life was associated with the Chapel of Count Dmitry Sheremetiev. In addition, he was employed as a teacher of singing at the Imperial Court Chapel (1848-1861) and, with Mily Balakirev, was the co-founder of the Free Musical School in St. Petersburg (1862-1868). His familiarity with Western European choral literature, including that of the Renaissance masters, left an imprint on the style of his liturgical compositions for the Orthodox Church.

_I Ponder on the Fearful Day_ is a free composition on the text of the sessional hymn (_sedalen_) from the Matins of Meat-Fare Sunday. Lomakin, who as a conductor was notorious for his expressive interpretation of sacred music, highlights the emotional nature of this text by means of strong dynamic contrasts, and the multifold repetition of the phrase "I ponder upon the fearful day."

The present English edition is based on the original Slavonic version published shortly after Lomakin’s death. Dynamics, tempo markings and signs of articulation have been preserved from the original.

Set in English by

VLADIMIR MOROSAN

Largo sostenuto.

GAVRIIL LOMAKIN
(1812-1885)

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ON THE FEARFUL DAY.

WHAT

ANSWER SHALL I GIVE TO THE IM-

MOR-TAL KING? I PON-DER UP-

ON THE FEARFUL DAY. AND WITH WHAT BOLD

NESS SHALL I, THE PRODIGAL, GAZE.
UPON THE JUDGE? I PONDER UPON THE

FEARFUL DAY.

O COMPASSIONATE

FA THER, ONLY BEGOTTEN SON, AND

HO LYSPIRIT, HAVE MERCY ON

{poco rit.}

ME. HAVE MERCY, HAVE MERCY ON ME.

{poco rit.}
Adam’s Lament

Adam, father of all mankind, in paradise knew the sweetness of the love of God; and so when for his sin he was driven forth from the garden of Eden, and was widowed of the love of God, he suffered grievously and lamented with a mighty moan. And the whole desert rang with his lamentations. His soul was racked as he thought: “I have grieved my beloved Lord.” He sorrowed less after paradise and the beauty thereof – he sorrowed that he was bereft of the love of God, which insatiably, at every instant, draws the soul to Him.

In the same way the soul which has known God through the Holy Spirit but has afterwards lost grace experiences the torment that Adam suffered. There is an aching and a deep regret in the soul that has grieved the beloved Lord.

Adam pined on earth, and wept bitterly, and the earth was not pleasing to him. He was heartsick for God, and this was his cry: “My soul wearies for the Lord, and I seek Him in tears. How should I not seek Him? When I was with him my soul was glad and at rest, and the enemy could not come nigh me. But now the spirit of evil has gained power over me, harassing and oppressing my soul, so that I weary for the Lord even unto death, and my spirit strains to God, and there is nought on earth can make me glad. Nor can my soul take comfort in any thing, but longs once more to see the Lord, that her hunger may be appeased. I cannot forget Him for a single moment, and my soul languishes after Him, and from the multitude of my afflictions I lift up my voice and cry: ‘Have mercy upon me, O God. Have mercy on Thy fallen creature.’”

Adam’s Lament

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Так рыдал Адам, и слезы лились по лицу его на грудь и землю, и вся пустыня слушала стоны его: звери и птицы замолкали в печали; а Адам рыдал, ибо за грех его все потеряли мир и любовь.

Велика была скорбь Адама по изгнании из рая, но когда он увидел сына своего Авела, убитого братом – Каином, то еще большей стала скорбь его, и он мучился душою, и рыдал, и думал: «От меня произойдут и размножатся народы, и все будут страдать, и жить во вражде, и убивать друг друга.»

И эта скорбь его была велика, как море, и понять ее может только тот, чьа душа познала Господа и как много Он нас любит.

И я потерял благодать и вместе с Адамом зову: «Милостив буди мне, Господи. Даруй мне духа смирения и любви.»

(Преподобный Силуан)
The Sunday of Cheesefare

At “Lord, I call”

Glory to the Father, and to the Son, and to the Holy Spirit;

Tone 6  (from the Lenten Triodion)

Adam sat before the gates of Eden, bewailing his nakedness and crying out:
“Woe to me! I have listened to wicked deceit;
I have lost my glory, and now am driven away!
Woe to me! My open-mindedness hath left me naked and confused!
No longer will I enjoy thy delights, O Paradise;
no longer can I see my Lord, my God and Creator.
He formed me from dust, and now to the dust I return!
I beg Thee, O compassionate Lord://
Have mercy on me who have fallen!”
Let us humble the flesh by abstinence, as we follow the divine path of pure fasting! With prayers and tears

let us seek the Lord, Who saves us! Let us put an end to anger, crying out: “Save us for we have sinned
against You! Save us, O Christ our King, as You saved the men of Nineveh, and make us partakers of Your heavenly kingdom,

When I think of my deeds, O Lord, I am filled with despair, and know that I am worthy of every torment.

Sticheron 2

Phrase A

Phrase B

Phrase C

Phrase D

Final Phrase

Triodion - Forgiveness Sunday Vespers - "Lord, I Call" Stichera, Optimo Monastery Chant - p. 2
I have despised Your commandments, O Savior.

I have spent my life as a prodigal. I pray to You,

onely merciful One: “Cleanse me by repentance,

enlighten me through prayers and fasting, and despise me not, most gracious Benefactor of all!”
GREAT COMPLINE
(with Canon of St. Andrew of Crete)

Priest:  BLESSED IS OUR GOD ALWAYS, NOW AND EVER AND UNTO AGES OF AGES.

Reader: Amen.  Glory to You, our God, Glory to You!

O Heavenly King, Comforter, 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. (3 times)

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.  (3 times)

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

Our Father in heaven, hallowed be Your name.
Your kingdom come.
Your 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.


Reader: Amen.
Lord have mercy.  (12 times)

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

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 69 [70]

Be pleased, O God, to deliver me; Lord make haste to help me!
Let those be put to shame and confusion who seek my life!
Let those who desire evil for me be turned back and brought to dishonor!
Let those who say “Aha, Aha!” be turned back because of their shame.
Let all who seek You rejoice and be glad in You! Let those who love Your salvation say evermore: “God is great!”
But I am poor and needy; hasten to me, O God! You are my help and deliverer; O Lord, do not delay.

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

Alleluia, alleluia, alleluia! Glory to You, O God! (3 times)

And the Great Canon of St. Andrew of Crete (see appropriate section)

   Monday ....................................

   Tuesday ...................................

   Thursday .................................
The Great Kanon of St. Andrew of Crete

Monday

Irmos 1

(Text: Holy Myrrhbearers, Otego NY)

Kievan Chant — Tone 6
arr. VM

A Helper and a Protector, He has become my salvation. This is my God, I will glorify Him, my Father's God will I exalt, for gloriously has He been glorified.
Refrain (after each troparion):

Have mercy on me, O God, have mercy on me!

How shall I begin to mourn the deeds of my wretched life?
What can I offer as first-fruits of repentance?
In Your compassion, O Christ, forgive my sins.

Come, my wretched soul,
and confess your sins in the flesh to the Creator of all.
From this moment forsake your former foolishness
and offer to God tears of repentance.

My transgressions rival those of first-created Adam,
and because of my sins
I find myself naked of God and of His everlasting Kingdom.

Alas, my wretched soul, why are you so like Eve?
You see evil and are grievously wounded by it;
you touch the tree
and taste heedlessly of its deceiving fruit.

Instead of the person Eve
I have within my inward being an “Eve” of passionate thoughts
which though seemingly sweet
never lose their bitter taste.

For failing to observe just one of Your commandments, O Savior,
Adam was justly exiled from Eden.
What then shall I suffer
for continually ignoring Your words of life?

Glory to the Father, and to the Son, and to the Holy Spirit.
Trinity above all essence and worshipped as one God,
take from me the heavy burden of sin,
and since You are compassionate
grant me tears of repentance.

O Theotokos, Hope and Protection of those who sing to you,
take from me the heavy burden of sin
and as our pure Lady
accept me as I repent.

Irmos2 (Monday, Tuesday)

At - tend, O heav - en, and I will speak, I will sing of

Christ, Who from the Vir - gin took flesh to dwell with us.
Refrain (after each troparion):

Listen, O Heaven, and I will speak.
O earth, hear the cry of one returning to God
and singing His praises.

Look down on me in Your mercy,
compassionate God and Savior,
and accept my fervent confession.

More than all have I sinned;
I alone have sinned against You, O God my Savior,
but have compassion on me, Your creature.

Through love of pleasure
has my form become deformed
and the beauty of my inward being has been ruined.

Compassionate One, as You saved Peter when he was about to sink,
so reach out now to me,
for a storm of evil surges around me.

Savior, I have defiled the garment of my flesh
and polluted that which You fashioned within me
according to Your own image and likeness.

With passions I have darkened the beauty of my soul
and permitted my whole inward being to become a mire.

I lie naked, having torn up the garment
which my Creator fashioned for me in the beginning.

I am ashamed, for the serpent deceived me
and my garment is in tatters.

Compassionate One, like the prostitute who anointed Your feet
so now do I offer You tears.
Have mercy on me, O Savior.
I lie naked and ashamed,
for I was deceived by the beauty of the tree
which I saw in the middle of the garden.

The demons have cut deep wounds of passion into my back:
their lawlessness has made it like a plowed field.

O God of all, I sing of You as One yet three in Person:
Father, Son and Holy Spirit.

Most-Holy Theotokos, Virgin alone praised everywhere,
pray fervently that we may be saved.
Refrain (after each troparion):

The Lord once caused fire to rain down from heaven, my soul,
and the land of Sodom was consumed.

Save yourself from sin, my soul!
Like Lot on the mountain,
take timely refuge in the land of Zoar.

Run from the flames, my soul!
Run from the burning of Sodom!
Run from the destruction caused by fire sent from God!

O Christ my Savior, I have sinned more than anyone;
I alone have sinned against You,
yet do not forsake me!
As a Good Shepherd search for me,
Your sheep who has gone astray,
and do not forsake me.

I confess, O Savior, that I have sinned against You,
but since You are compassionate,
absolve and forgive me.

O God — Trinity yet One —
save us from delusions, temptations and misfortune!

Rejoice, O Womb that received God!
Rejoice, O Throne of the Lord!
Rejoice, O Mother of our Life!
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 (after each troparion):

Do not forget Your saving acts, O righteous Judge,
or turn away from Your creatures,
but in Your compassion forgive me,
though I have sinned more than all.
For Yours is the power to remit the sins of all.

The end is approaching, my soul; it is approaching!
So why do you not care or prepare yourself for it?
Arise! The time is short!
The Judge already stands at the door.
Life is vanishing like a dream,
so why do you continue living in vanity?

Arise, my soul, and reveal the evil things you have done.
Ponder them well and allow your tears to flow.
Then confess your deeds and thoughts openly to Christ,
and He will make you righteous.

There has never been a sin, a deed, an evil act,
which I have not cherished, Savior.
I have sinned in my thoughts, my words, and my deeds,
and no one has sinned more than I.

Despair condemns me in the tribunal of my conscience
where judgment is harsher than by any law on earth.
My Judge, Who created and redeemed me,
spare, deliver and save me, Your servant.

The ladder which long ago Jacob the great Patriarch saw
is for you, my soul, an image to consider.
The bottom-most rung is a first step towards doing the will of God,
while those which follow lead to a true knowledge of Him.
Therefore, renew your life if you wish to do God’s work,
to receive knowledge and insight.

Wishing to marry Rachel, Jacob tended her father’s sheep for seven years
through the scorching heat of day and the frost of night.
When given Leah by deceit he struggled and slaved yet another seven
finally to win his chosen bride.
Now consider these two wives as images of diligence and wisdom. Leah, who bore many children is untiring labor, while Rachel is that wisdom which one acquires only through diligence. Neither, however, is possible, my soul, without your effort.

I confess You as One God in Trinity, a single essence unconfused in Persons, co-enthroned and co-ruling. And I sing to You: Holy! Holy! Holy! Father, Son and Holy Spirit!

As a virgin you gave birth, and a virgin you remained by nature, your womb giving birth painlessly for He Who was born of you renewed the laws of nature, since when God wills its order is overthrown.
Refrain (after each troparion):

In the darkness of night has my whole life passed,
amidst shadowy delusions I cannot escape.
But O Savior, make me now a child of the day.

Have mercy on me, O God, have mercy on me!

Out of the night, watching early for You, enlighten me I pray, O Lover of mankind and guide me in Your commandments and teach me, O Savior, to do Your will.

Irmos 5
My soul is in despair,
for like Reuben who defiled his father’s bed,
I have disobeyed the will of God my Father
by defiling His image within me.

I confess my sins to You, O Christ my King:
like Joseph’s brothers have I sold into slavery
him who was chaste and pure.

As an image of our Lord was that righteous soul
cast out by his brothers and sold into slavery,
while you, my soul, have sold yourself into your own evil hands.

O suffering and hopeless soul,
imitate the purity of mind in righteous Joseph,
and do not sin by being led astray by irrational desires.

Joseph’s being placed in a pit
formed an image of Your burial and resurrection, Lord and Master.
Will I ever be able to endure such things for Your sake?

We glorify You, Trinity, One in essence,
and we praise and adore You forever, singing:
Holy! Holy! Holy! Father, Son and Holy Spirit.

God, the Creator of all things,
became incarnate through you, Pure Virgin Mother,
uniting our human nature to Himself.
Refrain (after each troparion):

I offer You, Savior, sincere tears and the deepest groanings of my soul, crying from the heart:

"O God, I have sinned against You; be merciful to me!"

With my whole heart I cried to the compassionate God,

and He heard me; and He lifted up my soul from the depths of hell and from corruption.

Have mercy on me, O God, have mercy on me!

I offer You, Savior, sincere tears and the deepest groanings of my soul, crying from the heart:

“O God, I have sinned against You; be merciful to me!”
When Dathan and Abiram defied Moses and turned from the Lord, the earth opened to swallow them. Now you, my soul, having turned from the Lord as well, must cry with your whole heart from the depths of hell to be spared, lest you share their lot.

Having lived like a stubborn mule, my soul, like that idol-worshipper Ephraim, now like an agile deer, flee the hunters and save your life, strengthening it with good deeds, wisdom and prayer.

Be assured, my soul, that as God was able to turn Moses’ hand white with disease and cleanse it once again, so can He also cleanse and purify a diseased life. Therefore do not despair of yourself even though infected by many sins.

“I AM the Trinity, simple and undivided in essence, yet divided in Persons. I AM also the Unity, united in nature,” says God, the Father, the Son and the Holy Spirit.

Your womb, O Theotokos, held God Who for our sakes took human form. Implore Him, the Creator of all, that through your prayers we may be justified.
Refrain (after each troparion):

I have sinned, I have erred, 
I have rejected Your commandments. 
I have increased in sin and added to the wounds of my soul. 
But in Your compassion, be merciful to me, 
O God of our fathers.
I have confessed to You, my Judge,
the secrets of my heart.
See my humility, my distress —
and give me now Your judgment,
in Your compassion being merciful to me,
O God of our fathers.

Saul lost his father’s flock
and found himself suddenly proclaimed King of Israel.
Watch, my soul, lest your animal instincts
now block you from the Kingdom of Christ.

David was a forefather of the Lord, my soul,
yet sinned doubly by committing both murder and adultery.
Your sickness, however, is even worse than his deeds
because of your impulsive will.

David, though once compounding his sins —
by first murdering a man and then stealing his wife —
was quick to repent of both.
You, however, my soul, have done worse things than he,
yet never repented of them before the Lord.

David once showed us the image of true repentance
in a psalm he wrote exposing all he had done.
“Be merciful to me and cleanse me!” he wrote,
“For against You only have I sinned,
O God of all!”

Simple and undivided,
One in essence and nature, Light and Lights,
One Holy and three Holies —
God is praised as Trinity.
So sing praises to Him, my soul,
and glorify the Life and Lives, the God of all.
We praise you, we bless and venerate you, Mother of God, for from the undivided Trinity you brought forth the only Son of God and restored to us on earth the heavenly realms.

Irmos 8

We praise you, we bless and venerate you, Mother of God, for from the undivided Trinity you brought forth the only Son of God and restored to us on earth the heavenly realms.
Refrain (after each troparion):

Savior, I have sinned!
Now convert my soul and receive me in repentance
as I cry: “Against You only have I sinned and lived lawlessly.
Have mercy on me!”

Remember, my soul, how Elijah
once drove the fiery chariot into heaven,
abandoning all earthly cares by perfection in every virtue.

Elisha inherited a double portion of prophetic spirit
When Elijah’s mantle fell from heaven upon him.
But how can you, my soul, hope to share in such graces,
not yet having learned to control your love of worldly pleasures?

Once the river Jordan was divided
when Elisha struck its waters with Elijah’s mantle.
But how can you hope to share in such wonders,
not yet having learned to control your love of worldly pleasures?

The wealthy woman of Shunem
showed her good will by entertaining the righteous Elisha,
but you, my soul, receive neither strangers nor travellers,
and will find yourself an alien —
cast out of the bridal chamber of Christ.

When Elisha cured Naaman of a dread disease
he asked no price in return.
But you, my soul, have imitated his wicked servant Gehazi,
who sought money in his master’s name.
Abandon such greed before the end,
lest you be cast into eternal fire.

Let us bless the Father and the Son and the Holy Spirit, the Lord!
Eternal Father, Co-eternal Son
and Gracious Comforter, the Spirit of Truth:
Father of the Divine Word, Word of the Eternal Father
and Life-Creating Spirit — Trinity in Unity —
have mercy on us.

O Pure Virgin, the flesh of Emmanuel
was formed within your womb
as a robe of royal crimson is spun from scarlet silk.
We proclaim you to be truly the Mother of our God.

Irmos 9
Refrain (after each troparion):

My inward being is wounded, my body is weak;
my spirit is ill and the Word is powerless.
Life is giving way to death and the end is near.
What shall I do when the Judge comes and I must stand before Him?

I have reminded you, my soul, from the books of Moses,
how the world was created,
and from accounts throughout the Old Testament
have shown examples of both the righteous and the unrighteous.
But of these you have imitated the latter rather than the former
and thereby have sinned against your God.

The Law has no power over you, my soul.
You have made the Gospel fruitless, scorned the Scriptures,
and reaped yourself no value from the Prophets
or the writings of the just.
Your wounds have increased and you have no physician to heal you. Therefore, my soul, I will remind you of examples from the New Testament to lead you to contrition. Imitate the righteous and shun the ways of sinners that through prayer, fasting, purity and reverence, you may obtain the mercy of Christ.

Christ became a man, taking our flesh and of His own free will enduring everything which pertains to our human nature except sin. He has shown you an example — the image of His own condescension.

Christ became a man and called both robbers and prostitutes to repentance. Return, therefore, my soul, to Him. For the doors of the Kingdom now stand open and the Pharisees, tax-collectors and adulterers who have changed their ways are entering ahead of you!

Christ granted salvation to the Magi who worshipped Him; He summoned shepherds to His crib; He manifested as martyrs the infants whom Herod slew, glorified Simeon the Elder and the widow Anna — but you, my soul, have not imitated the lives and works of any such as these. Therefore how terrible it will be for you when you are judged.

After He had fasted forty days in the wilderness, hunger revealed the Lord’s human nature. Therefore, my soul, do not despair if the enemy attacks you, for it is only through prayer and fasting that he shall be defeated.

We glorify the Father, we exalt the Son and we worship the Holy Spirit — the indivisible Trinity Who exists as One — the Light and Lights, the Life and Lives Who grants light and life to the ends of the world.
Purest Mother of God, preserve your people, 
for through you are we kept faithful, strengthened, 
and made able to overcome every temptation, trial and tribulation.

Honorable Andrew, thrice-blessed Father and pastor of Crete, 
ever cease praying to God for those who sing your praises, 
that He may deliver from anger, sorrow, corruption and countless sins 
all of us who faithfully honor your memory.

Repeat Irmos 9 (see next page)
Inefable is the child-bearing of a seedless conception, a Mother remaining pure. For the birth of God remembrance, a Mother remaining pure. For the birth of God reveals both natures, so in all ages we magnify you in an orthodox manner as the Mother and Bride of God.

And the rest of Great Compline (turn to the appropriate section)
THE GREAT CANON OF ST. ANDREW OF CRETE

Tuesday

Irmos 1

A Helper and a Protector, He has become

my salvation. This is my God, I will glorify Him, my Father's God will I exalt,

for gloriously has He been glorified.
Refrain (after each troparion)

Deliberately have I imitated blood-thristy Cain, O Lord, enlivening my flesh while murdering my soul by striking it with my evil deeds.

I have not resembled Abel in his righteousness, O Jesus, never having offered to You actions worthy of God — pure gifts, an appropriate sacrifice, an unblemished life.

Like Cain, my wretched soul, my offering to the Creator of all has been filthy deeds, a polluted sacrifice and a worthless life — and like him I now stand condemned.

You formed my flesh and bones as a Potter, my Creator, my Redeemer and my Judge, by molding clay into flesh and infusing it with the breath of life. Accept me now as I return to You.

My Savior, I confess the sins which I have committed, the wounds, which murderous thoughts, like thieves within me, have inflicted on my soul and body.

Though I have sinned, O Savior, I know that in Your love for mankind Your punishment is merciful and Your compassion profound. Seeing my tears You will run to me as the Father calling His lost son.

Glory to the Father, and to the Son, and to the Holy Spirit.
O Trinity above all essence and worshipped as one God, 
take from me the heavy burden of sin, 
and since You are compassionate 
grant me tears of repentance.

O Theotokos, Hope and Protection of those who sing to you, 
take from me the heavy burden of sin 
and as our pure Lady 
accept me as I repent.

Irmos2 (Monday, Tuesday)

Now and ever and unto ages of ages. Amen.

At - tend, O heav - en, and I will speak, I will sing of 
Christ, Who from the Virgin took flesh to dwell with us.
Refrain (after each troparion)

Sin stripped me of the garment created for me by God, leaving me in a coat of skin.

Sensing his shame, Adam dressed himself in fig leaves and like him I now wear a garment of shame which reveals my many passions.

A soiled garment clothes me — one shamefully stained with blood flowing from a life of passion and love of fleshly things.

I fell beneath the weight of the passions and the corruption of my flesh, and from that moment has the enemy had power over me.

Instead of seeking poverty of spirit I prefer a life of greed and self-gratification; therefore, O Savior, a heavy weight hangs from my neck.

Joseph’s was a splendid coat of many colors but mine is one of shameful thoughts which condemns me even as it covers my flesh.

I persist in caring only for my outer garment, while neglecting the temple within — one made in the image of God.

The woman searched her house for the lost coin until she found it. Now the beauty of my original image is lost, O Savior, buried in passions. Come and as she did, search to recover it.

Like the prostitute I cry to You, O Savior: “I have sinned. I alone have sinned against You!” But accept my tears as You did hers when she came to anoint Your feet.
O God of all, I sing of You as One yet three in Person:
Father, Son and Holy Spirit.

Most-Holy Theotokos, Virgin alone praised everywhere,
pray fervently that we may be saved.

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


Es - tab - lish, O Lord, my un - sta - ble heart on the rock of
Your com - mand - ments, for You a - lone are ho - ly and the Lord.

Irmos 3 (Tuesday, Wednesday, and Thursday)
Refrain (after each troparion)

In You, the Destroyer of death, have I found the Fountain of Life, and now from the heart I cry out before my death: “I have sinned. Be merciful and save me!”

I have sinned, O Lord, I have sinned against You, but be merciful to me, though there is no one whose sins I have not surpassed.

I have imitated those who in the days of Noah indulged themselves, and like them I deserve to perish in a flood.

Noah’s son Ham failed to conceal his father’s nakedness, and even dared to look at him in his shame. And you, my soul, in your treatment of your neighbor, have imitated him.

Run my soul! Run from sin as Lot ran from the fire! Run from Sodom and Gomorrah! Run from the flame of every deceiving desire!

One simple and uncreated nature without beginning Whom we praise as God in Trinity — save us who in faith worship Your power.
Without seed you gave birth in time
to the timeless Son of the Father, O Theotokos,
and, strange wonder!
you nourished Him at your breast while remaining a virgin.

Irmos 4

The Prophet heard of Your coming, O Lord and was afraid that You were to be born of a Virgin and appeared to men, and He said: “I have heard the report of
Refrain (after each troparion)

Prepare yourself, my soul!
Be courageous like Abraham, Isaac and Jacob,
that acquiring diligence and wisdom, you too may meet your God.
Through contemplation
may you reach the awesome depths in which He dwells
and in so doing become a good steward of the Lord.

Jacob and his sons, the Patriarchs,
established for you, my soul,
an example of the ladder of active ascent.
By his way of life, Jacob took the first step,
fathering twelve sons and offering them
as further rungs which step-by-step ascend to God.

But you, my hopeless soul, have rather imitated Esau,
surrendering to the crafty devil the beauty you inherited from God.
In two ways — works and wisdom — have you been deceived,
and now is the time for you to change your ways.

Esau’s consuming lust for women,
his burning passion and his soul marred by senseless pleasures,
earned for him the Hebrew name “Edom” (meaning “red”) —
for his soul was like a flame burning with love for sin.

My soul, have you not heard of Job,
who even while sitting on a dunghill was justified?
Why then in times of temptation,
have you never imitated his courage or firmness of purpose,
or endured with patience?
Once Job sat on his throne
surrounded by children and greatly admired.
But now he lies naked on a dunghill,
childless, homeless and covered with sores.
Even so, he considers his dunghill a palace and his sores precious pearls.

I confess You as One God in Trinity,
a single essence unconfused in Persons,
co-enthroned and co-ruling.
And I sing to You: Holy! Holy! Holy!
Father, Son and Holy Spirit!

As a virgin you gave birth,
and a virgin you remained by nature,
your womb giving birth painlessly
for He Who was born of you renewed the laws of nature,
since when God wills its order is overthrown.
Refrain (after each troparion)

Out of the night, watching early for You, enlighten me I

pray, O Lover of mankind and guide me in Your commandments and teach me, O Savior, to do Your will.

Refrain (after each troparion)

Have mercy on me, O God, have mercy on me!

You have heard, my soul,
how the waves and waters of the river
formed a protective chamber for the baby Moses,
allowing his basket of reeds to escape the cruel edict of Pharaoh.
The midwives, though instructed by Pharaoh to kill the male infants of the Hebrews, obeyed their God instead. Now that you, my hopeless soul, have been spared death like Moses, like him also be nourished on the wisdom of the Lord.

By killing the oppressive Egyptian, Moses severed his bond to Pharaoh. But you, my hopeless soul, have not even begun to attack the wickedness of your mind. If you have not accomplished even this much, how can you expect to pass through the time of repentance, which alone can drive away our sinful passions?

Go, my soul, and imitate the great Moses in the wilderness, that like him you may behold God present in the burning bush.

Think of the staff which Moses stretched over the waters in order to divide them. It is an image of the Cross of Christ whereby you, my soul, can also accomplish great things.

Aaron’s faithfulness was shown by his offering an acceptable sacrifice to God. But you, my soul, like the priests Hophni and Phineas have offered only your deceitful and selfish life.

We glorify You, Trinity, One in essence, and we praise and adore You forever, singing: Holy! Holy! Holy! Father, Son and Holy Spirit.

Now and ever and unto ages of ages. Amen.
God, the Creator of all things, became incarnate through you, Pure Virgin Mother, uniting our human nature to Himself.

Irmos 6

With my whole heart I cried to the compassionate God,

and He heard me; and He lifted up my soul from the depths of hell and from corruption.

Refrain (after each troparion)

Have mercy on me, O God, have mercy on me!
The waves of my transgressions have turned back on me, O Savior, just as once the Red Sea turned back to engulf the Egyptian forces.

Like Israel of old, you have an arrogant will, my soul, preferring gluttony and self-gratification to the manna from heaven.

The Canaanites' wells can be likened to worldly philosophies, from which you, my soul, have preferred to drink rather than from the rock which, when struck by Moses, poured out a river of wisdom: the knowledge of God. Like the arrogant Israelites in the wilderness, you prefer the comforts of Egypt and unclean food to manna, the food sent from heaven.

Water pouring from the rock when struck by Your servant Moses, prefigured Your life-giving side, O Savior, from which we draw the water of life.

Find the Promised Land and explore it secretly, as Joshua, son of Nun, once did. See what kind of land it is and settle there, obeying the Law of God.

“THERE is the Trinity, simple and undivided in essence, yet divided in Persons. I AM also the Unity, united in nature,” says God, the Father, the Son and the Holy Spirit.
Your womb, O Theotokos, held God Who for our sakes took human form. Implore Him, the Creator of all, that through your prayers we may be justified.
Refrain (after each troparion)

Merely for touching the Ark of the Covenant to prevent it from falling to the ground, Uzzah was struck dead by God. Avoid His anger at such presumption, my soul, by showing true honor to holy things.

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.

Have mercy on me, O God, have mercy on me!

Irmos 7
You have heard of Absalom
and how he rebelled against his father David,
and know how he defiled his father’s bed.
So why do you still imitate his wild impulses
and his love of pleasure?

By following Satan
your freedom has become enslaved to your body, my soul,
as when on Ahithophel’s advice Absalom revolted against his father.
But Christ has scattered the enemy’s counsel
that you might at all costs be saved.

Solomon was mighty and full of wisdom
yet did wrong before the Lord when he turned to idols.
And you, my soul, resemble him in your evil life.

Solomon was carried away by gratification of his lust.
Alas, he who loved Wisdom now makes love to prostitutes
and finds himself estranged from God.
But in your every thought you have imitated him, my soul,
through your disgraceful love of luxury.

Your sin rivals Rehoboam’s,
who ignored the wise advisers of his father Solomon;
and you have imitated Jeroboam who divided the kingdom
and turned Israel to idols.
Flee such likeness and cry out to God:
“I have sinned, have pity on me!”

Simple and undivided,
One in essence and nature, Light and Lights,
One Holy and three Holies —
God is praised as Trinity.
So sing praises to Him, my soul,
and glorify the Life and Lives, the God of all.
We praise you, we bless and venerate you, Mother of God, for from the undivided Trinity you brought forth the only Son of God and restored to us on earth the heavenly realms.

We praise you, we bless and venerate you, Mother of God, for from the undivided Trinity you brought forth the only Son of God and restored to us on earth the heavenly realms.

Irmos 8
Refrain (after each troparion)

King Uzziah, though mighty in battle
and faithful in his own observance of the Law,
tolerated idolatry among the people
and for this was he struck with a dread disease.
Now you, my soul, are twice as sick as he,
for your life is polluted with evil thoughts and wicked deeds.

Have you not heard how the Ninevites, moved by Jonah’s preaching,
repented in sackcloth and ashes?
Why then have you not followed their example?
For in its pride your heart is harder
than all who have sinned both before and after the Law.

Thrown into a well, Jeremiah lamented bitterly the fall of Zion.
Only by such a life of mourning and weeping, my soul,
will you find the way to salvation.

Jonah the prophet fled to Tarshish,
for he was well aware of how merciful our God is.
And foreseeing the conversion of the Ninevites
he feared their repentance
would prove false his threat of destruction.

You have heard, my soul, how by faith
Daniel shut the mouths of the roaring lions in the den,
and the three Holy Children extinguished the flames in the furnace.

I have reviewed as examples for you, my soul,
all the figures of the Old Testament.
Learn to imitate the deeds of those
who in righteousness loved their God —
and flee from the sins of the wicked.
Eternal Father, Co-eternal Son
and Gracious Comforter, the Spirit of Truth:
Father of the Divine Word, Word of the Eternal Father
and Life-Creating Spirit — Trinity in Unity —
have mercy on us.

O Pure Virgin, the flesh of Emmanuel
was formed within your womb
as a robe of royal crimson is spun from scarlet silk.
We proclaim you to be truly the Mother of our God.
Ineffable is the child-bearing of a seedless conception, a Mother remaining pure. For the birth of God reveals news both natures, so in all ages we magnify you in an orthodox manner as the Mother and Bride of God.
The devil showed to Christ stones that He could turn into bread, then led Him to the top of a mountain to show Him at a glance all the kingdoms of this world. My soul, fear the devil's craftiness: watch and pray to God at every hour!

John the Baptist, that “Dove who loved the desert,” the “Light which went before Christ,” the “Voice crying in the wilderness” — heralded the preaching of repentance. But Herod, unwilling to listen to him, sinned with Herodias. By embracing repentance, my soul, beware yourself of falling into the snares of the wicked one.

When John the Forerunner of grace was living in the wilderness, all the people of Judea and Samaria came out to hear him. My soul, why have you not imitated them by confessing your sin and receiving the washing of repentance?

Marriage is honorable and the marriage bed undefiled, for Christ blessed both by His presence at the marriage in Cana. He ate and transformed water into wine, thus performing His first miracle, that you, my soul, might be transformed.

Christ strengthened a paralytic, enabling him to rise and walk; He raised from death a widow's son and healed the servant of a Roman officer. By revealing Himself to the woman in Samaria, He made clear to you, my soul, how to worship God in Spirit.

When a woman suffering from severe bleeding touched the hem of the Lord's garment she received healing from Him; just as by His word He healed lepers, gave sight to the blind, strength to cripples and hearing to the deaf and dumb and straightened a crippled woman — all in order that you, my miserable soul, might believe and find salvation!
We glorify the Father, we exalt the Son and we worship the Holy Spirit — the indivisible Trinity Who exists as One — the Light and Lights, the Life and Lives Who grants light and life to the ends of the world.

Purest Mother of God, preserve your people, for through you are we kept faithful, strengthened, and made able to overcome every temptation, trial and tribulation.

Honorable Andrew, thrice-blessed Father and pastor of Crete, never cease praying to God for those who sing your praises, that He may deliver from anger, sorrow, corruption and countless sins all of us who faithfully honor your memory.

Repeat Irmos 9 (next page)
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A Helper and a Protector, He has become

my salvation. This is my God, I will glorify Him, my Father's God will I exalt,

for gloriously has He been glorified.

Thursday

Irmos 1
Refrain (after each troparion)

O Lamb of God, Who take away the sins of all,
take from me the heavy burden of sin,
and in Your compassion, forgive me.

I fall down before You, O Jesus, imploring Your mercy,
for I have sinned against You.
Take now from me the heavy burden of sin,
and in Your mercy grant me tears of repentance.

Now is the time for repentance and I come to You, my Creator.
Take from me the heavy burden of sin,
and in Your compassion forgive me.

Having wasted my soul in evil habits,
I am empty of the fruits of every virtue and in great hunger.
Therefore, I cry to You, my merciful Father,
“Watch over me and have mercy on me.”

In submitting to the laws of Christ,
you renounced all uncontrollable lust and came to Him,
piously adopting every virtue.

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

~52~
Trinity above all essence and worshipped as one God, take from me the heavy burden of sin, and since You are compassionate grant me tears of repentance.

O Theotokos, Hope and Protection of those who sing to you, take from me the heavy burden of sin and as our pure Lady accept me as I repent.

Irmos 2 (Wednesday and Thursday)
Refrain: Have mercy on me, O God, have mercy on me.

Lamech cried, “I have killed a man for wounding me,”
and a young man for hurting me!
How can you hear this, my soul, and not tremble?
For you too have polluted your flesh and defiled your inward being.

You, my soul, desire to build a tower as a fortress for your lusts
as the people of Babel erected a tower to increase their strength.
But as He did with them, so will the Creator
also overthrow your desires and shatter all your plans.

How well have I imitated those first murderers, Cain and Lamech!
Through the desires of the flesh
I have killed my soul as Lamech killed a man,
and my mind, as once he killed a young man.
I have also murdered my body as Cain did his brother.

Long ago the Lord rained burning sulfur on the city of Sodom
to consume its flagrant wickedness.
But you, my soul, have kindled within yourself the fires of hell
which now are about to consume you!

I am wounded; I am pierced.
See how the Enemy’s arrows have sunk into my soul and body!
See the bruises, the sores and the mutilations
which cause me to cry out —
the wounds resulting from my own passions.

Mary, as you sank into the depths of sin
you reached out to our merciful God,
and as He once saved Peter on the water, He caught you,
desiring in His love for mankind your conversion.
O God of all, I sing of You as One yet three in Person: Father, Son and Holy Spirit.

Most-Holy Theotokos, Virgin alone praised everywhere, pray fervently that we may be saved.

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

Now and ever and unto ages of ages. Amen.

Establish, O Lord, my unstable heart on the rock of Your commandments, for You alone are holy and the Lord.
Refrain: Have mercy on me, O God, have mercy on me.

Like Hagar the Egyptian long ago,
you, my soul, are by your own choice a slave
and have given birth to a new Ishmael —
your own stubbornness.

You know, my soul, of Jacob’s ladder
which appeared from earth to heaven.
Why then have you not held fast to the secure rung of piety?

Imitate Melchizedek —
that image of royal and priestly life of Christ.

Do not become a pillar of salt, my soul,
by turning back to what you have left behind;
let the destruction of Sodom fill you with fear,
and save yourself in the town of Zoar.

O Master, do not reject the prayers of those who praise You,
but in Your love for mankind be merciful
and grant forgiveness to all who ask in faith.

One simple and uncreated nature without beginning
Whom we praise as God in Trinity —
save us who in faith worship Your power.
Without seed you gave birth in time
to the timeless Son of the Father, O Theotokos,
and — strange wonder —
you nourished him at your breast while remaining a virgin.

Irmos 4
Refrain: Have mercy on me, O God, have mercy on me.

My fleeting life is full of pain and wickedness, 
but accept me, O Lord, in repentance 
and allow me to behold Your presence. 
May the Enemy never possess me: may I never fall prey to him. 
O Savior, have mercy on me.

Job, once crowned and regally-attired, 
abounding in both wealth and virtue, 
found himself suddenly a beggar, cut off from all his riches 
and the glory of his kingdom.

Job, whom God deemed more righteous and blameless 
than anyone else alive, 
did not escape the traps of the Deceiver, 
so what will you do, my sin-loving soul, 
if something unexpected befalls you?

Like the Pharisee I am boastful and my heart is cold; 
my life I have passed in vanity. 
My merciful and righteous Judge, do not condemn me with him, 
but grant me the tax-collectors humility and accept me.

I know, merciful Lord, that I have sinned 
and corrupted the temple of my soul, 
but accept me in repentance and allow me to behold Your presence. 
May the Enemy never possess me: may I never fall prey to him. 
O Savior, have mercy on me.

I have become an idol to myself, 
and in passions have I injured my soul. 
But accept me now in repentance, merciful Lord, 
and allow me to behold Your presence. 
May the Enemy never possess me: may I never fall prey to him. 
O Savior, have mercy on me.

I have never listened to Your words 
nor obeyed Your commands, O Lawgiver. 
But accept me now in repentance, merciful Lord, 
and allow me to behold Your presence. 
May the Enemy never possess me: may I never fall prey to him. 
O Savior, have mercy on me.
The depths of sin to which you were dragged were unable to hold you captive. After careful reasoning you returned to safety in God through repentance, and in deeds you attained the heights of virtue — beyond all expectation of the angels.

I confess You as One God in Trinity, a single essence unconfused in Persons, co-enthroned and co-ruling. And I sing to You: Holy! Holy! Holy!

Father, and to the Son, and to the Holy Spirit.

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

Now and ever and unto ages of ages. Amen.

As a virgin you gave birth, and a virgin you remained by nature, your womb giving birth painlessly for He Who was born of you renewed the laws of nature, since when God wills its order is overthrown.
Refrain: Have mercy on me, O God, have mercy on me.

Imitate the desire of the crippled woman, my powerless soul; come and fall down at Jesus' feet and allow Him to heal you that your path my lead toward God.
As a deep well of Living Water, O Lord, 
pour upon me the rivers of life which flow from Your wounds.
Let me, like the Samaritan woman, drink of them 
that I may thirst no more.

Let my tears, O Lord and Master, be for me a pool of Siloam 
in which to wash my spiritual senses that I may see You, 
the Light Which existed before time began.

Blessed Mary, with unmatched fervor 
you longed to venerate the Tree of Life until your desire was granted. 
Help us now to be made worthy of the glory of heaven.

We glorify You, Trinity, One in essence, 
and we praise and adore You forever, singing: 
Holy! Holy! Holy! Father, Son and Holy Spirit.

God, the Creator of all things, 
became incarnate through you, Pure Virgin Mother, 
uniting our human nature to Himself.
Refrain: Have mercy on me, O God, have mercy on me.

I am the lost coin bearing Your royal likeness, O Word. Therefore, light the lamp (which is John, Your forerunner and baptizer) to find and renew that which was created in Your image.

With my whole heart I cried to the compassionate God, and He heard me; and He lifted up my soul from the depths of hell and from corruption.

Irmos 6
As Joshua subdued Amalek and the lying Gibeonites, arise, my soul, and subdue the weakness of your flesh, subduing everything which leads your mind astray.

Mary, a constant stream of tears fell from your eyes, extinguishing the flames of lust while setting your soul afire with love of God. Grant me, your servant, this grace of tears.

Refrain: Holy Mother Mary, pray to God for us!

Because you lived a heavenly life on earth, you were able to ignore the temptations of this world. Therefore, help those who praise you, that we also may be freed from temptations.

“I AM the Trinity, simple and undivided in essence, yet divided in Persons. I AM also the Unity, united in nature,” says God, the Father, the Son and the Holy Spirit.

Now and ever and unto ages of ages. Amen.

~63~
Your womb, O Theotokos, held God Who for our sakes took human form.
Implore Him, the Creator of all,
that through your prayers we may be justified.
Refrain: Have mercy on me, O God, have mercy on me.

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.

My life is vanishing like a dream on waking. Therefore, like Hezekiah I cry upon my bed, asking that years may be added to my life. But what Isaiah will help me — except the God of all?
I fall down before You, O Lord,
offering my words as if they were tears,
for no less than the prostitute have I sinned;
I have transgressed as no one else on earth.
But take pity on Your creature and restore to me Your mercy.

I have distorted Your image, O Savior, and broken Your commands.
The beauty of my soul has been spoiled
and its light extinguished by my sins.
But have pity on me and in David’s words,
“give me again the joy that comes from Your salvation.”

Return! Repent! Uncover what is hidden!
Say to God Who knows all things,
“You are my only Savior and know my terrible secrets.
Yet in David’s words,
‘be merciful to me according to Your great mercy.’”

You cried to the pure Mother of God
and were freed from the deadly grip of sin,
putting Satan, your tempter, to shame.
Grant also to me, your servant, aid in time of trouble.

Refrain: Holy Mother Mary, pray to God for us!

God Whom you loved and for Whom you longed,
Whose path you followed, O Mother,
found you and granted you repentance in His compassion.
Pray, therefore, that we may be freed from sin and adversity.

Glo - ry to the Father, and to the Son, and to the Ho - ly Spir - it.
Simple and undivided,
One in essence and nature, Light and Lights,
One Holy and three Holies —
God is praised as Trinity.
So sing praises to Him, my soul,
and glorify the Life and Lives, the God of all.


We praise you, we bless and venerate you, Mother of God,
for from the undivided Trinity you brought forth the only Son of God
and restored to us on earth the heavenly realms.

Irmos 8
Refrain: Have mercy on me, O God, have mercy on me.

As the prostitute broke her priceless jar of myrrh
to anoint Your head, O Savior,
so do I weep before You with a broken and contrite heart.
Hear my prayer; forgive and have mercy on me.

I am the first and greatest of sinners, O patient Savior,
but I cry to You in fear and love:
“Though I have sinned against You alone and done evil in Your sight,
evertheless, have mercy on me!”

Spare me, O my Savior, for I am the work of Your own hands.
Seek me, Your lost sheep, O Good Shepherd,
and deliver me from the jaws of the wolf,
including me as a lamb in Your royal fold.

Most merciful Christ, when You ascend Your dread tribunal as Judge,
all of creation will be overcome with fear and tremble,
for on that day Your glory will be revealed as a blazing fire.

Refrain: Holy Mother Mary, pray to God for us!

The Mother of the never-setting Sun enlightened you
and freed you from the darkness of your passions.
Since now you rejoice in the grace of the Spirit, O Mary,
illumine all who praise you in faith.

Refrain: Holy Mother Mary, pray to God for us!

Zosimas the Elder marvelled meeting you, Mother,
for in you he saw an earthly angel.
Filled with awe he praises Christ forever.
Eternal Father, Co-eternal Son and Gracious Comforter, the Spirit of Truth: Father of the Divine Word, Word of the Eternal Father and Life-Creating Spirit — Trinity in Unity — have mercy on us.

O Pure Virgin, the flesh of Emmanuel was formed within your womb as a robe of royal crimson is spun from scarlet silk. We proclaim you to be truly the Mother of our God.

Irmos 9

In-eff-a-bles the child-bear-ing of a seed-less con-cep-
tion, a Moth-er re-main-ing pure. For the birth of God re-

Let us bless the Father and the Son and the Ho-ly Spir-it, the Lord!
Refrain: Have mercy on me, O God, have mercy on me.

Have pity on me, Son of David,
Who by Your word cured a man possessed by a demon.
Let me also hear Your compassionate promise to the thief:
“You will be with Me in paradise when I return in My glory!”

Two thieves were crucified beside You, O Christ.
The one abused You while the other confessed You to be God.
Most merciful Lord, open to me the doors of Your glorious Kingdom
as You did to the believing thief.

Creation shook beholding Your crucifixion, O Jesus.
The mountains and rocks split in fear;
the earth quaked and hell surrendered its prisoners.
The sky grew dark at mid-day —
seeing You nailed in the flesh to a Cross.

Only Savior, do not require of me in my weakness
fruits which will show that I have changed my ways.
Grant rather that finding contrition of heart and poverty of spirit
I may offer these to You as a pleasing sacrifice.
Since You know me, my Judge,  
look on me in compassion when You come to judge the whole world.  
Spare and have mercy on me,  
though I have sinned more than any other.

Mary, you overcame the flesh and lived as though bodiless,  
crossing the River Jordan unhampered by your body.  
Your wondrous life is an amazement  
to the ranks both of angels and men.

Refrain: Holy Mother Mary, pray to God for us!

Venerable Mother, intercede with the Creator,  
that we who sing your praises  
may be delivered from the afflictions and sorrows which surround us.  
That being delivered from temptations  
we may unceasingly glorify the Lord Who has glorified You.

Honorable Andrew, thrice-blessed Father and pastor of Crete,  
ever cease praying to God for those who sing your praises,  
that He may deliver from anger, sorrow, corruption and countless sins  
all of us who faithfully honor your memory.
We glorify the Father, we exalt the Son
and we worship the Holy Spirit —
the indivisible Trinity Who exists as One —
the Light and Lights, the Life and Lives
Who grants light and life to the ends of the world.

Purest Mother of God, preserve your people,
for through you are we kept faithful, strengthened,
and made able to overcome every temptation, trial and tribulation.

Repeat Irmos 9 (see next page)
Irmos 9

Inefable is the child-bearing of a seedless conception, a Mother remaining pure. For the birth of God rendition, news both natures, so in all ages we magnify you in an orthodox manner as the Mother and Bride of God.

And the rest of Great Compline (turn to the appropriate section)
The Great Canon of Repentance

of St. Andrew of Crete

Carpathian Chant
Tone 6 Prosomion
arr. Bp. Job (Osacky)

Irmos I

Refrain:

Great Canon Carpathian Chant - 1
Refraims

Great Canon of Repentance

Have mercy on me, O God, have mercy on me!

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

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

O venerable Mother Mary pray to God for us.

O holy Father Andrew, pray to God for us.

Most holy Theotokos, save us.

Let us bless the Lord: Father, Son, and Holy Spirit.
At tend, O hea ven, and I will speak and sing in praise of Christ who took flesh from a Vir gin and came to dwell a mong us.

See, see that I am God, who rained down man na, and made springs of wa ter flow from the rock, for my peo ple in the days of old, in the wil der ness, by my right
hand and by my power alone.
The Great Canon of Repentance

of St. Andrew of Crete

Carpathian Chant
Tone 6 Prosomion
arr. Bp. Job (Osacky)

Melody
Ison

Up on the unshakable rock

of Thy commandments, O Christ, make

(make) firm Thy Church.

Another Irmos:

O Lord, up on the rock of Thy commandments, make firm my waver ing heart for Thou art Holy and Lord.
The prophet heard of Thy coming, O Lord,

and was afraid that Thou wast to be born of a

Virgin and be revealed to men, and he

said: "I have heard the report of Thee

and I was afraid." Glory

to Thy power, O Lord!
The Great Canon of Repentance

of St. Andrew of Crete

Melody

Irmos V

From the night I seek Thee early, O Lover of Mankind: enlighten me, I pray, and guide me in Thy commandments, and teach me, O Savior, to do Thy will.
Melody

With my whole heart I cried to the all-compassionate God: and He heard me from the lowest depths of hell, and brought my life out of corruption.

Irmos VI

Great Canon Carpathian Chant - 8
My Soul, My Soul, Arise

Kontakion - Great Canon

To the special melody: "Thy Bridal Chamber"

Carpathian Chant
arr. Bp. Job (Osacky)

Slowly

My soul, my soul, arise! Why are you sleeping? The end draws near,

and soon you will be troubled.

Watch then that Christ our God may spare you,

for He is everywhere and fills all things.
The Great Canon of Repentance
of St. Andrew of Crete

Carpathian Chant
Tone 6 Prosomion
arr. Bp. Job (Osacky)

Irmos VII

We have sinned, we have transgressed, we have done evil in Thy sight; we have not kept or followed Thy commandments. But reject us not, O God of our fathers.
The Great Canon of Repentance
of St. Andrew of Crete

The hosts of heaven give Him glory;
before Him tremble cherubim and seraphim; let everything that has breath
and all creation praise Him, bless Him, and exalt Him above all forever.
Conception without seed; nativity

past understanding, from a mother who

never knew a man; childbearing undefiled.

For the birth of God makes both natures new.

Therefore as bride and mother of God,

with true worship all generations

Refrains

magnify you.

The Great Canon of Repentance
of St. Andrew of Crete

Carpathian Chant
Tone 6 Prosomion
arr. Bp. Job (Osacky)

Irmos IX

Tone 6 Prosomion
arr. Bp. Job (Osacky)

Refrains

Great Canon Carpathian Chant - 12
Have mercy on me, O God, have mercy on me. Glory to the Father, and to the Son, and to the Holy Spirit. Now and ever and unto ages of ages. Amen. O ven’ra-ble Mo-ther Mary pray to God for us. O holy Father Andrew, pray to God for us. Most ho-ly The-o-tokos, save us.
Let us bless the Lord: Father, Son, and Holy Spirit.

Now and ever and unto ages of ages. Amen.
The Great Canon of St. Andrew

Heirmos 1  
Tone 6  

Soprano  
Alto  

Tenor  
Bass  

A helper and a protector:  

He is my salvation. He is my God;  

I will glorify Him; my fathers' God,  

I will exalt Him; for greatly has He been glorified.
The Great Canon of St. Andrew

Refrains
Tone 6

Soprano
Alto

Tenor
Bass

Refrain 1:
Have mercy on me, O God, have mercy on me.

Refrain 2:
O Venerable Mother Mary, pray to God for us.

Refrain 3:
Glory to the Father, and to the Son, and to the Holy Spirit.

Refrain 4:
Now and ever and unto ages of ages. Amen.

Refrain 5:
O Venerable Father Andrew, pray to God for us.
The Great Canon of St. Andrew

Heirmos 2 (Sung on Monday, Tuesday, Wednesday)  
Tone 6  
Znamenny Chant  
arr. from A. Archangel'sky

At tend, O hea - vens, and I shall speak

and sing in praise of Christ, Who from a Vir - gin

came to us in the flesh.
See, now see that I alone am God,

who for my people in the wilderness made manna

fall like rain and water flow from a rock

by my right hand and in my strength.
See, now see that I alone am God, who for my people in the wilderness made manna fall like rain and water flow from a rock by my right hand and in my strength.
On the un-shaken rock of Thy commandments, O Christ,

establish my wandering mind.
The Great Canon of St. Andrew

Heirmos 3 (Sung on Tuesday, Thursday)
Tone 6

Znamenny Chant
arr. from A. Archangel'sky

Soprano
Alto

On the rock of Thy commandments, O Lord,

Tenor
Bass

strengthen my waver'ring heart, for Thou art holy and the Lord.

strength-en my wav-ering heart, for Thou a-

lone art ho-ly and the Lord.
The prophet heard of Thy coming and was afraid, O Lord; how Thou wast to be born of a Virgin and revealed to men; and he cried out: I have heard the report of Thee, and I was afraid.

Glory to Thy strength, O Lord!
The Great Canon of St. Andrew

Herimos 5
Tone 6

Soprano
Alto

Tenor
Bass

Keep ing vig il through the night, O Lover of man-kind,

I pray Thee: enlight en me, and guide me in Thy com-

mand ments, and teach me, O Savior, always to

do Thy will.
From the depths of hell I cried with all my heart
to the merciful God, and He heard me,
and He raised up my life from corruption.
We have sinned, we have transgressed, we have done evil in Thy sight. We have not kept or followed Thy commandments. But do not reject us utterly, O God of our fathers.
The Great Canon of St. Andrew

Herimos 8
Tone 6

Znamenny Chant
arr. from A. Archangel'sky

Soprano
Alto

Tenor
Bass

The hosts of heaven to Him give glory.

The cherubim and seraphim before Him stand in awe.

Let every breath and creature praise Him,
bless Him, and exalt Him throughout all ages.

ag - - - - es.
Conception without seed; birth past understanding,
from a mother who never knew a man; childbearing
undeiled. For nature is renewed by the birth of God.

Therefore with true worship all generations

magnify you as Mother and Bride of God.
Podoben: By the waves of the sea...

A helper and protector: He is my salvation.

He is my God, I will glorify Him; my father's God,

I will exalt Him; for greatly has He been glorified.
Irmos 2 (Sung on Monday, Tuesday, Wednesday)

At-tend, O heav-en, and I shall speak and sing in praise of Christ, Who from a Vir-gin came to us in the flesh.
Irmos 2 (Sung on Thursday)

See, now see that I alone am God, who

for my people in the wilderness, made manna_

fall like rain and water flow from the rock

by my right hand and in my strength.
On the unshaken rock of Thy commandments, O Christ, establish my wand'ring mind.
On the rock of Thy command-ments, O Lord, strength en my wav'ring heart, for Thou alone art holy and the Lord.
The prophet heard of Thy coming and was afraid, O Lord,
how Thou was to be born of a virgin,
and revealed to men, and he cried out: “I have
heard the report of Thee and I was afraid. Glory to
Thy strength, O Lord”.

Irmos 4
Irmos 5

Keep- ing vi - gil through the night, O Lov- er of man - kind,

I pray Thee: en - light - en me, and guide me in Thy com -

mand - ments, and teach me, O Sav - - ior, al -

ways to do Thy will.

Canon of St. Andrew of Crete: Podoben “By the waves of the sea”
From the depths of hell I cried with all my heart to the merciful God, and He heard me, and He raised up my life from corruption.
We have sinned, we have transgressed, we have done evil in Thy sight.

We have not kept or followed Thy commandments, but do not reject us utterly, O God of our fathers.
The hosts of heaven to Him give glory.

The cherubim and seraphim before Him stand in awe.

Let every breath and creature praise Him, bless Him,

and exalt Him throughout all ages.
Canon of St. Andrew of Crete: Podoben “By the waves of the sea”

Irmos 9

Concep- tion with out seed, birth past un- der- stand- ing from a

moth- er who nev- er knew a man, child bear- ing un- de- filed:

for na- ture is re- newed by the birth of God.

There- fore with true wor- ship all gen- er- a- tions mag- ni-

fy you as moth- er and bride of God.
Have mercy on me, O God, have mercy on me.

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

Now and ever and unto ages of ages. Amen.

Holy mother Mary pray to God for us.

Holy father Andrew pray to God for us.
Most holy The-o-to-kos, save us.

We bless the Lord, Father, Son, and Holy Spirit.
HYMNS FOR THE ORTHODOX LITURGY

MY SOUL, MY SOUL

(KONTAKION)

Fyodor Evfimovich Stepanov (b. 1870; date of death not available) was for many years the choir director at the Cathedral of Tambov, a provincial city southeast of Moscow. Several dozen of his liturgical compositions, mostly written in a simple choral style, were published by P. Yurgenson of Moscow.

The present setting of the Kontakion for the Great Kanon of St. Andrew of Crete, My Soul, My Soul, is written in the style of a chant harmonization that uses simple musical means to convey a mood of devotion and repentance.

The English edition is based on the Slavonic original published in 1898. All of the composer’s tempo and dynamic markings have been retained. Additional editorial markings are enclosed in brackets.

Set in English and edited by
VLADIMIR MOROSAN

FYODOR STEPANOV
(1870-?)

Slowly and quietly. [\(\text{\textbf{\textit{\textbullet}}} \text{ \textbf{\textit{\textbullet}}} \text{ \textbf{\textit{\textbullet}}} \text{ \textbf{\textit{\textbullet}}} \text{ \textbf{\textit{\textbullet}}} \text{ \textbf{\textit{\textbullet}}}\) = 60]

Soprano
Alto

Tenor
Bass

A - RISE!
WHY ARE YOU SLEEPING?
THE

END IS APPROACHING, AND

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All rights reserved.
YOU WILL BE CONFOUND ED. A WAKE, THEREFORE, THAT YOU MAY BE SPARED BY CHRIST GOD, WHO IS EVERYWHERE PRESENT AND FILLS ALL THINGS.
KONTAKION FOR THE CANON OF ST ANDREW

My soul, my soul, rise up, why art thou sleeping, the end draws near, and soon thou shalt be troubled. Watch then, that Christ thy God may spare thee, for He is everywhere present and fills all things.
Lighten my eyes, O Christ__ God that I sleep not unto
death, lest my enemy say:_ I have prevailed against him.

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

Be the defender of my soul, O God, for I walk amid a
multitude of snares. Deliver me from them and save me, O Good One: for Thou Lov - est man-kind.

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

Since we have no boldness because of our many in - qui - ties, O Vir - gin

The-o-to - kos, fer-vent-ly entreat Him Who was born of you. For the

prayer of a mother avails much unto the goodness of the Mas - ter. Do not
despise the petitions of us sinners, O all-pure one, for He is gracious and mighty to save, for He willed to suffer for our sakes.
Troparia at Great Compline

Have Mercy On Us, O Lord

Have mercy on us, O Lord, have mercy on us, for laying aside all excuse, we sinners offer to Thee as to our Master, this supplication:

Have mercy on us. Glory to the Father and to the Son and to the Holy Spirit.

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O Lord, have mercy on us, for in Thee You have we put our trust. Do not be angry with us, nor remember our iniquities, but look down on us even now, since Thou art compassionate, and deliver us from our enemies; for Thou art our God and
we are Thy people; we are all the work of Thy hands, and we call upon Thy Name.

(Both) now and ever and unto ages of ages amen.

O Blessed Theotokos, open the doors of thy compassion to us, whose hope is in
thee, you, that we may not perish but be delivered from adversity through thee, who art the salvation of the Christian people.

Arranger's Note: The present arrangement is based upon the original melody in Church Slavonic, found in the chant book (Obikhod) of the Valaam Monastery. It does not attempt to be literal in its adaptation of the melody, but re-composes it with the natural inflections of the English text in mind. —V. M. (2012)
Vs. 1: Praise ye God in His saints, praise Him in the firmament of His power. 
   *O Lord of hosts, be with us…*

Vs. 2: Praise Him for His mighty acts, praise Him according to the multitude of His greatness. 
   *O Lord of hosts, be with us…*

Vs. 3: Praise Him with the sound of Trumpet, praise Him with the psaltery and harp. 
   *O Lord of hosts, be with us…*

Vs. 4: Praise Him with timbrel and dance, praise Him with strings and flute. 
   *O Lord of hosts, be with us…*

Vs. 5: Praise Him with tuneful cymbals, praise Him with cymbals of jubilation. Let every breath praise the Lord. 
   *O Lord of hosts, be with us…*

Vs. 6: Praise ye God in His saints, praise Him in the firmament of His power. 
   *O Lord of hosts, be with us…*
Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spi - rit.

O Lord, if we had not Thy saints as in - ter - ces - sors,

and Thy good - ness be - ing mer - ci - ful to us, how should we have
dared to hymn Thee, O Sav - - ior, Whom an - gels do

un - ces - sing - ly glo - - ri - fy? Thou that know -
est the hearts, spare our souls.


My sins are great - ly mul - ti - plied, O The - o - to - kos,
and unto thee, have I fled, O pure one, imploring salvation. Visit my enfeebled soul, and pray to
Thy Son and our God, that He grant me forgiveness for the evil I have done, O only blessed one.

Choir 1

O all-holy Theotokos, throughout my life time for
sake me not, entrust me not to human protection. but do thou thyself defend me,
and have mercy on me.
Both Choirs

All my hope I place in thee, O Mother of God,

keep me under thy protection.
Stichera following “O Lord of Hosts”

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

O Lord, if we did not have Thy saints as our intercessors, and Thy gracious loving-kindness which shows mercy on us, how should we presume, O Savior, to sing unto Thee, Whom the angels unceasingly glorify in song?

Thou Who knowest the secret things of the heart, spare our souls. Now and ever, and unto ages of ages. Amen.

Greatly have mine iniquities multiplied,
O Theotokos, I take refuge in thee, O Pure One, seeking salvation.

Visit thou my sick and feeble soul,

and entreat thy Son and our God that He

grant me forgiveness of the evil deeds

I have done, O thou only Blessed One.
O all-holy Theotokos, do not abandon me for as long as I live; do thou not entrust me to any human protection, but do thou thyself defend and have mercy on me. Unto thee do I commit mine every hope, O Mother of God; guard me under thy shelter.
Theotokion

Tone 2, Optina Monastery Melody
Pattern Melody: "Joseph of Arimathea"

O joy of all those who sorrow,
in intercession for the oppressed and nurturer of the hungry, consolation of wanderers and staff of the blind,
visitation of those who are ill, protection and help of those who labor, helper of orphans:
you are the Mother of God Most High, O all-pure

one.// Speedily intercede that your servants be saved!
O Lord of Hosts Be With Us

Refrain

O LORD OF HOSTS BE WITH US FOR BESIDE THEE WE HAVE NO

OTHER HELPER IN ADVERSITY. HAVE MERCY UPON US

O LORD OF HOSTS.

1. PRAISE GOD IN HIS SANCTUARY! PRAISE HIM IN HIS MIGHTY

FIRMAMENT!

To Refrain
2. PRAISE HIM FOR HIS POWERS! PRAISE HIM FOR HIS EXCEEDING GREATNESS!

3. PRAISE HIM WITH TRUMPET SOUND! PRAISE HIM IN PSALMS AND HARP!

4. PRAISE HIM WITH TIMBRAL AND DANCE! PRAISE HIM WITH STRINGS AND PIPE!
5. PRAISE HIM WITH SOUNDED CYMBALS! PRAISE HIM WITH LOUD CLASHING CYMBALS! LET EVERY BREATH PRAISE THE LORD!

6. PRAISE GOD IN HIS SANCTUARY! PRAISE HIM IN HIS MIGHTY FIRMAMENT.

GLORY TO THE FATHER, AND TO THE SON, AND TO THE HOLY
SOULS.
NOW AND EVER AND UN-TO A-GES OF A-GES. A-MEN.

EXCEEDING GREAT O THEOTOKOS, IS THE MULTITUDE

OF MY TRANS-GRESS-IIONS. I HAVE FLED UNTO THEE O PURE ONE,

ENTREATING SAL-VATION. VIS-IT THOU MY FEEBLE SOUL

AND PRAY TO THY SON AND OUR GOD, THAT HE WILL GRANT ME

Compline - O Lord of Hosts Be With Us
Compline - O Lord of Hosts Be With Us
O Lord of Hosts, Be With Us
(at GREAT COMPLINE)

Traditional Chant
Tone 6

Soprano

Alto

Tenor

Bass

REFRAIN (after each verse):

O Lord of Hosts, be with us, for besides You we have no other Helper in adversity! O Lord of Hosts, have mercy on us!

Praise God in His holiness; praise Him in the firmament of His pow’r!

Praise Him for His mighty deeds; praise Him according to His exceeding greatness!

Praise Him with trumpet sound; praise Him with lute and harp!

REFRAIN:
Praise Him with timbrel and dance; praise Him with strings and pipe!

Praise Him with sounding cymbals; praise Him with loud clashing cymbals!

Let every thing that breathes praise the Lord!
How should we dare to hymn You, O Savior,
Whom the angels unceasingly glorify in song?
Yet we have Your saints as intercessors,
and Your mercy and loving kindness towards us. **
You who know our hearts, spare our souls!

O Theotokos, the number of my transgressions is very great.
I flee to you, pure one, entreating salvation.
Visit my weakened soul, and pray to your Son and our God
that He will grant me remission of the terrible acts I have done, **
O only-blessed one!

(Slower)
All-holy Theotokos,
do not forsake me all the days of my life.
Do not give me over to the protection of men, **
but be my defender and have mercy on me.

(Still slower)
I have put my whole trust in you,
O Mother of God; **
Keep me under your protection.

Reader: Lord have mercy (40 times)