

Η ΑΚΟΛΟΥΘΙΑ  
ΤΗΣ ΘΕΙΑΣ ΜΕΤΑΛΗΨΕΩΣ



THE SERVICE OF PREPARATION  
FOR HOLY COMMUNION



ΙΕΡΟΣ ΝΑΟΣ ΑΓΙΑΣ ΠΑΡΑΣΚΕΥΗΣ,  
ΑΓΙΑΣ ΒΑΡΒΑΡΑΣ ΚΑΙ ΑΓΙΟΥ ΙΩΑΝΝΟΥ  
ΤΟΥ ΕΛΕΗΜΟΝΟΣ  
ΕΝΟΡΙΑ SAINT ALBANS ΚΑΙ ΠΕΡΙΧΩΡΩΝ



HOLY CHURCH OF SAINT PARASKEVI,  
SAINT BARBARA AND SAINT JOHN  
THE MERCIFUL  
PARISH OF SAINT ALBANS AND DISTRICTS

[www.stparaskevi.org.au](http://www.stparaskevi.org.au)

Ἰδοῦ, ἤφατο τοῦτο των χειλέων σου, καὶ ἀφελεῖ τὰς  
ἀνομίας σου, καὶ τὰς ἀμαρτίας σου περικαθαριεῖ. Ἠσαΐας 6:7



Behold, This has touched your lips, and will take away  
your iniquities, and will purge your sins. Isaiah 6:7



## Ἀκολουθία τῆς Θείας Μεταλήψεως

### ΙΕΡΕΥΣ

Εὐλογητὸς ὁ Θεὸς ἡμῶν  
πάντοτε, νῦν καὶ ἀεὶ καὶ εἰς  
τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Δόξα σοι ὁ Θεὸς ἡμῶν,  
δόξα σοι.

Βασιλεῦ οὐράνιε,  
Παράκλητε, τὸ Πνεῦμα τῆς  
ἀληθείας, ὁ πανταχοῦ παρῶν  
καὶ τὰ πάντα πληρῶν, ὁ  
θησαυρὸς τῶν ἀγαθῶν καὶ  
ζωῆς χορηγός, ἐλθέ καὶ  
σκήνωσον ἐν ἡμῖν καὶ  
καθάρισον ἡμᾶς ἀπὸ πάσης  
κηλίδος καὶ σῶσον, Ἀγαθέ,  
τὰς ψυχὰς ἡμῶν.

### ΑΝΑΓΝΩΣΤΗΣ

Ἀμήν.

### Τρισάγιον.

Ἅγιος ὁ Θεός, ἅγιος  
Ἰσχυρός, ἅγιος Ἀθάνατος,  
ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ  
Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ

## Service of Preparation for Holy Communion

### PRIEST

Blessed is our God always,  
now and ever, and to the ages  
of ages.

(Amen.)

Glory to You, our God.  
Glory to You.

Heavenly King,  
Comforter, Spirit of Truth,  
present in all places and  
filling all things, treasury of  
good things and giver of life:  
come; take Your abode in us;  
cleanse us of every stain, and  
save our souls, O Good one.

### READER

Amen.

### Trisagion Prayers.

Holy God, Holy Mighty,  
Holy Immortal, have mercy  
on us. (3)

Glory to the Father and  
the Son and the Holy

ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἰλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν. Ἄγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ βασιλεία σου. Γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ρῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

Spirit. Both now and ever and to the ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake.

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

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

Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

## ΙΕΡΕΥΣ

Ὅτι σοῦ ἐστὶν ἡ βασιλεία  
καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ  
Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ  
Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ  
καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. (Ἀμήν.)

## ΑΝΑΓΝΩΣΤΗΣ

Κύριε, ἐλέησον. (ιβ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ  
Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ  
ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Δεῦτε προσκυνήσωμεν καὶ  
προσπέσωμεν τῷ Βασιλεῖ  
ἡμῶν Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ  
προσπέσωμεν Χριστῷ τῷ  
Βασιλεῖ ἡμῶν Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ  
προσπέσωμεν αὐτῷ, Χριστῷ  
τῷ Βασιλεῖ καὶ Θεῷ ἡμῶν.

## Ψαλμὸς Ν' (50).

Ἐλέησόν με, ὁ Θεός, κατὰ  
τὸ μέγα ἔλεός σου, καὶ κατὰ  
τὸ πλῆθος τῶν οἰκτιρμῶν σου  
ἐξάλειψον τὸ ἀνόμημά μου.  
Ἐπὶ πλεῖον πλῦνόν με ἀπὸ τῆς

## PRIEST

For Thine is the Kingdom  
and the power and the glory,  
of the Father and of the Son  
and of the Holy Spirit, now  
and forever and to the ages of  
ages. (*Amen.*)

## READER

Lord, have mercy. (12)

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

Come, let us worship and  
bow down before God our  
King.

Come, let us worship and  
bow down before Christ God  
our King.

Come, let us worship and  
bow down before Him, Christ  
our King and God.

## Psalms 50 (51).

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

ἀνομίας μου, καὶ ἀπὸ τῆς  
ἀμαρτίας μου καθάρισόν με.  
Ὅτι τὴν ἀνομίαν μου ἐγὼ  
γινώσκω, καὶ ἡ ἀμαρτία μου  
ἐνώπιόν μου ἐστὶ διὰ παντός.  
Σοὶ μόνῳ ἤμαρτον καὶ τὸ  
πονηρὸν ἐνώπιόν σου  
ἐποίησα, ὅπως ἂν δικαιωθῆς  
ἐν τοῖς λόγοις σου, καὶ  
νικήσης ἐν τῷ κρίνεσθαί σε.  
Ἴδου γὰρ ἐν ἀνομίαις  
συνελήφθην, καὶ ἐν ἀμαρτίαις  
ἐκίσσησέ με ἡ μήτηρ μου.  
Ἴδου γὰρ ἀλήθειαν ἠγάπησας,  
τὰ ἄδηλα καὶ τὰ κρύφια τῆς  
σοφίας σου ἐδήλωσάς μοι.  
Ραντιεῖς με ὑσώπῳ, καὶ  
καθαρισθήσομαι, πλυνεῖς με,  
καὶ ὑπὲρ χιόνα  
λευκανθήσομαι. Ἀκουτιεῖς  
μοι ἀγαλλίασιν καὶ  
εὐφροσύνην· ἀγαλλιᾶσονται  
ὄστέα τεταπεινωμένα.  
Ἀπόστρεψον τὸ πρόσωπόν  
σου ἀπὸ τῶν ἀμαρτιῶν μου  
καὶ πάσας τὰς ἀνομίας μου  
ἐξάλειψον. Καρδίαν καθαρὰν  
κτίσον ἐν ἐμοί, ὁ Θεός, καὶ  
πνεῦμα εὐθὲς ἐγκαίνισον ἐν  
τοῖς ἐγκάτοις μου. Μὴ

thoroughly from my  
lawlessness and cleanse me  
from my sin. For I know my  
lawlessness, and my sin is  
always before me. Against  
You only have I sinned and  
done evil in Your sight; that  
You may be justified in Your  
words, and overcome when  
You are judged. For behold, I  
was conceived in  
transgressions, and in sins my  
mother bore me. Behold, You  
love truth; You showed me  
the unknown and secret  
things of Your wisdom. You  
shall sprinkle me with hyssop,  
and I will be cleansed; You  
shall wash me, and I will be  
made whiter than snow. You  
shall make me hear joy and  
gladness; my bones that were  
humbled shall greatly rejoice.  
Turn Your face from my sins,  
and blot out all my  
transgressions. Create in me a  
clean heart, O God, and renew  
a right spirit within me. Do  
not cast me away from Your  
presence, and do not take  
Your Holy Spirit from me.  
Restore to me the joy of Your  
salvation, and uphold me with

ἀπορρίψης με ἀπὸ τοῦ  
προσώπου σου καὶ το Πνεῦμά  
σου τὸ ἅγιον μὴ ἀντανέλης ἀπ'  
ἐμοῦ. Απόδος μοι τὴν  
ἀγαλλίασιν τοῦ σωτηρίου σου  
καὶ πνεύματι ἡγεμονικῷ  
στήριξόν με. Διδάξω ἀνόμους  
τὰς ὁδοὺς σου, καὶ ἀσεβεῖς ἐπὶ  
σὲ ἐπιστρέψουσι. Ρῦσαί με ἐξ  
αἱμάτων, ὁ Θεός, ὁ Θεὸς τῆς  
σωτηρίας μου· ἀγαλλιᾶσεται  
ἡ γλῶσσά μου τὴν  
δικαιοσύνην σου. Κύριε, τὰ  
χείλη μου ἀνοίξεις, καὶ τὸ  
στόμα μου ἀναγγελεῖ τὴν  
αἴνεσίν σου. Ὅτι εἰ ἠθέλησας  
θυσίαν, ἔδωκα ἄν·  
ὀλοκαυτώματα οὐκ  
εὐδοκήσεις. Θυσία τῷ Θεῷ  
πνεῦμα συντετριμμένον,  
καρδίαν συντετριμμένην καὶ  
τεταπεινωμένην ὁ Θεὸς οὐκ  
ἐξουδενώσει. Ἀγάθυνον,  
Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν  
Σιών, καὶ οἰκοδομηθήτω τὰ  
τείχη Ἱερουσαλήμ. Τότε  
εὐδοκήσεις θυσίαν  
δικαιοσύνης, ἀναφορὰν καὶ  
ὀλοκαυτώματα. Τότε

Your guiding Spirit. I will  
teach transgressors Your  
ways, and the ungodly shall  
turn back to You. Deliver me  
from bloodguiltiness, O God,  
the God of my salvation, and  
my tongue shall greatly  
rejoice in Your righteousness.  
O Lord, You shall open my  
lips, and my mouth will  
declare Your praise. For if  
You desired sacrifice, I would  
give it; You will not be  
pleased with whole burnt  
offerings. A sacrifice to God is  
a broken spirit, a broken and  
humbled heart God will not  
despise. Do good, O Lord, in  
Your good pleasure to Zion,  
and let the walls of Jerusalem  
be built; then You will be  
pleased with a sacrifice of  
righteousness, with offerings  
and whole burnt offerings;  
then shall they offer young  
bulls on Your altar.



ἀνοίσουσιν ἐπὶ τὸ  
θυσιαστήριόν σου μόσχους.

**Κανὼν τῆς Θείας  
Μεταλήψεως**

**Ὦδὴ α΄. ᾠχὸς β΄. Δεῦτε  
λαοί.**

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα  
σοι.

Ἄρτος ζωῆς αἰωνιζούσης  
γενέσθω μοι τὸ Σῶμά σου τὸ  
ἅγιον, εὐσπλαγχνε Κύριε, καὶ  
τὸ Τίμιον Αἷμα, καὶ νόσων  
πολυτρόπων ἀλεξητήριον.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα  
σοι.

Βεβηλωθεὶς ἔργοις ἀτόποις ὁ  
δείλαιος, τοῦ σοῦ ἀχράντου  
Σώματος καὶ Θείου Αἵματος  
ἀνάξιος ὑπάρχω, Χριστέ, τῆς  
μετουσίας, ἧς με ἀξιώσον.

Ἵπεραγία Θεοτόκε, σῶσον  
ἡμᾶς.

Γῆ ἀγαθή, εὐλογημένη  
Θεόνυμφε, τὸν στάχυν ἢ  
βλαστήσασα τὸν ἀγεώργητον  
καὶ σωτήριον κόσμῳ, ἀξιώσον



**The Canon of Preparation  
for Holy Communion**

**Ode i. Mode 2. Peoples, now  
come.**

*Glory to You, our God, glory  
to You.*

Merciful Lord, may Your holy  
body be for me the bread of  
everlasting life; and may Your  
precious blood, O  
compassionate Master,  
prevent me from succumbing  
to illness of any kind.

*Glory to You, our God, glory  
to You.*

I am defiled by my  
inappropriate deeds, for which  
I am unworthy of the most  
pure body and divine blood of  
my Savior. O Christ, I entreat  
You, let me partake of them.

*Most-holy Theotokos, save  
us.*

Bride of God, you are the  
blessed good earth that  
produced the ear of grain,  
which no man sowed and  
which became the world's

με τοῦτον τρώγοντα  
σώζεσθαι.

**Ὡδὴ γ' . Ἦχος β' . Ἐν πέτρᾳ  
με τῆς πίστεως.**

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα  
σοι.

Δακρύων μοι παράσχου,  
Χριστέ, ῥανίδας, τὸν ῥύπον  
τῆς καρδίας μου  
καθαιρούσας, ὡς ἂν  
εὐσυνειδότης κεκαθαρμένος,  
πίστει προσέρχωμαι καὶ  
φόβῳ, Δέσποτα, ἐν τῇ  
μεταλήψει τῶν θείων δώρων  
σου.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα  
σοι.

Εἰς ἄφεσιν γενέσθω μοι τῶν  
πταισμάτων τὸ ἄχραντὸν σου  
Σῶμα καὶ θεῖον Αἷμα, εἰς  
Πνεύματος Ἁγίου τε  
κοινωνίαν καὶ εἰς αἰώνιον  
ζωήν, Φιλάνθρωπε, καὶ  
παθῶν καὶ θλίψεων  
ἀλλοτριώσιν.

Ἵπεραγία Θεοτόκε, σῶσον  
ἡμᾶς.

salvation. And now, as I eat it,  
grant that I be saved by it.

**Ode iii. Mode 2. You  
strengthened me.**

*Glory to You, our God, glory  
to You.*

O Christ, grant me a faucet of  
cleansing teardrops to wash  
away the stain of my heart's  
defilement, that purified by  
them and with a good  
conscience, O Master, I may  
come to You with fear and  
faith, and with love partake of  
Your holy gifts, O Lord.

*Glory to You, our God, glory  
to You.*

For pardon of the multitude of  
transgressions be Your divine  
blood and Your pure body, O  
Lover of humanity, and for  
communion with the Holy  
Spirit and eternal life, and  
complete estrangement from  
passions troubling me.

*Most-holy Theotokos, save  
us.*

Ζωῆς τοῦ Ἄρτου τράπεζα,  
Παναγία, τοῦ ἄνωθεν δι'  
ἔλεον καταβάντος, καὶ κόσμῳ  
καινοτέραν ζωὴν διδόντος,  
κἀμὲ ἀξίωσον νῦν τὸν  
ἀνάξιον, μετὰ φόβου  
γεύσασθαι τούτου καὶ  
ζήσεσθαι.

**Ὦδὴ δ' . Ἦχος β' . Ἐλήλυθας  
ἐκ Παρθένου.**

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα  
σοι.

Ἡθέλησας δι' ἡμᾶς  
σαρκωθείς, Πολυέλεε,  
τυθῆναι ὡς πρόβατον διὰ  
βροτῶν ἀμαρτήματα· ὅθεν  
ἱκετεύω σε καὶ τὰ ἐμὰ  
ἐξαλειψαί πλημμελήματα.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα  
σοι.

Θεράπευσον τῆς ψυχῆς μου  
τὰ τραύματα, Κύριε, καὶ ὄλον  
ἀγίασον καὶ καταξίωσον,  
Δέσποτα, ὅπως κοινωνήσω  
σου τοῦ μυστικοῦ Θείου  
Δείπνου ὁ ταλαίπωρος.

O Virgin Maid, you are the  
all-holy table of the Bread of  
life, the Son of God, who for  
mercy came down and gave  
new life to the world and  
saved it. Now I who am  
unworthy earnestly entreat  
that you count me worthy to  
eat it and to live.

**Ode iv. Mode 2. N/M**

*Glory to You, our God, glory  
to You.*

You willed to become  
incarnate for us, Lord most  
merciful, and as a Lamb be  
sacrificed for all the sins of  
humanity. Therefore I  
implore You now, to blot out  
my offenses and to wash me  
from my lawlessness.

*Glory to You, our God, glory  
to You.*

O Master, I pray You, heal  
the wounds of my sorry soul,  
and though I am wretched,  
sanctify me, body and soul  
alike. Make me worthy to  
partake of Your divine and

Ἵπεραγία Θεοτόκε, σῶσον  
ἡμᾶς.

Ἰλέωσαι καὶ ἐμοὶ τὸν ἐκ  
σπλάγχνων σου, Δέσποινα,  
καὶ τήρει με ἄρρυπον τὸν σὸν  
ικέτην καὶ ἄμεμπτον, ὅπως  
εἰσδεχόμενος τὸν νοητὸν  
μαργαρίτην ἀγιάζωμαι.

**Ὡδὴ ε΄. Ἦχος β΄. Ὁ τοῦ  
φωτὸς χορηγός.**

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα  
σοι.

Καθὼς προέφης, Χριστέ,  
γενέσθω δὴ τῷ εὐτελεῖ δούλω  
σου· καὶ ἐν ἐμοὶ μεῖνον ὡς  
ὑπέσχου· ἰδοὺ γὰρ τὸ Σῶμα  
τρώγω σου τὸ θεῖον καὶ πίνω  
τὸ Αἷμά σου.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα  
σοι.

Λόγε Θεοῦ καὶ Θεέ, ὁ ἄνθραξ  
γένοιτο τοῦ σοῦ Σώματος εἰς  
φωτισμὸν τῷ ἐσκοτισμένῳ  
ἐμοί, καὶ καθαρισμὸν τῆς

most mystical supper, O  
gracious Lord.

*Most-holy Theotokos, save  
us.*

O Lady, implore your Son to  
be merciful unto me. I entreat  
you, keep me free of every sin  
and impurity, so that when I  
dare receive the holy pearl of  
communion, I may truly be  
sanctified.

**Ode v. Mode 2. Lord, the  
provider of light.**

*Glory to You, our God, glory  
to You.*

As You once said it, O Christ,  
so let it be to me Your  
worthless servant: Abide in  
me, even as you promised. For  
now I am about to eat Your  
holy body and drink Your  
most precious blood.

*Glory to You, our God, glory  
to You.*

O Word of God and God, may  
the live coal of Your divine  
body be illumination to me,  
bedarkened, and may Your  
holy blood be purification for  
my defiled soul.

βεβηλωθείσης ψυχῆς μου τὸ  
Αἷμά σου.

Ἵπεραγία Θεοτόκε, σῶσον  
ἡμᾶς.

Μαρία μητηρ Θεοῦ, τῆς  
εὐωδίας τὸ σεπτὸν σκῆνωμα,  
ταῖς σαῖς εὐχαῖς σκευὸς  
ἐκλογῆς με ἀπέργασαι, ὅπως  
τῶν ἀγιασμάτων μετέχω τοῦ  
Τόκου σου.

**ᾠδὴ ζ' . Ἦχος β' . Ἐν  
ἀβύσσῳ πταισμάτων.**

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα  
σοι.

Νοῦν, ψυχὴν καὶ καρδίαν  
ἀγίασον, Σῶτερ, καὶ τὸ σῶμά  
μου, καὶ καταξίωσον  
ἀκατακρίτως, Δέσποτα, τοῖς  
φρικτοῖς μυστηρίοις  
προσέρχεσθαι.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα  
σοι.

Ξενωθείν παθῶν, καὶ τῆς  
χάριτος σχοίην τε προσθήκην  
ζωῆς καὶ ἀσφάλειαν, διὰ τῆς  
μεταλήψεως τῶν ἀγίων,  
Χριστέ, Μυστηρίων σου.

*Most-holy Theotokos, save  
us.*

O Mary, Mother of God, the  
tabernacle of the fragrance of  
God, I pray you make me a  
chosen vessel, by your  
almighty prayers, that I may  
partake of your Son's holy  
Sacrament.

**Ode vi. Mode 2. In the sea  
now surrounded.**

*Glory to You, our God, glory  
to You.*

Savior, hallow my intellect,  
soul and heart, and my body,  
so that I may worthily  
approach Your awe-inspiring  
Mysteries, and not eat and  
drink judgment upon myself.

*Glory to You, our God, glory  
to You.*

Through communion of Your  
holy Mysteries, may I become  
a stranger to the sinful  
passions, may grace be added  
unto me, and may I have  
assurance of life, O Christ.



Ὑπεραγία Θεοτόκε, σῶσον  
ἡμᾶς.

Ὁ Θεοῦ Θεὸς Λόγος ὁ Ἅγιος,  
ὄλον με ἀγίασον νῦν  
προσερχόμενον τοῖς θείοις  
Μυστηρίοις σου, τῆς ἀγίας  
Μητρὸς σου δεήσεσι.

Δόξα· καὶ νῦν.

### **Κοντάκιον.**

**Ἦχος β'.** *Τὰ ἄνω ζητῶν.*

Τὸν Ἄρτον, Χριστέ, λαβεῖν μὴ  
ὑπερίδης με, τὸ Σῶμα τὸ σὸν  
καὶ τὸ θεῖον νῦν Αἷμά σου·  
τῶν ἀχράντων, Δέσποτα, καὶ  
φρικτῶν Μυστηρίων σου  
μετασχεῖν τῷ ἀθλίῳ, μὴ εἰς  
κρίμά μοι γένοιτο· γένοιτο δέ  
μοι εἰς ζωὴν αἰώνιον καὶ  
ἀθάνατον.

**Ὦδὴ ζ'.** **Ἦχος β'.** *Εἰκόνοσ  
χρυσῆς.*

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα  
σοι.

Πηγὴ ἀγαθῶν ἢ μετάληψις,  
Χριστέ, τῶν ἀθανάτων σου  
νῦν Μυστηρίων· γενηθήτω  
μοι φῶς καὶ ζωὴ καὶ ἀπάθεια,

*Most-holy Theotokos, save  
us.*

Being holy, as God and the  
Word of God, through Your  
holy Mother's intercession,  
sanctify the whole of me as I  
approach Your divine and  
immaculate Mysteries.

Glory. Both now.

### **Kontakion.**

**Mode 2.** *In seeking the heights.*

I pray you do not forbid me to  
receive the Bread, Your Body,  
O Christ, nor deny me Your  
holy Blood. May receiving  
Your awe-inspiring,  
immaculate Mysteries be to  
me, wretched sinner, not for  
judgment, O loving Lord; may  
it rather be to me for  
immortal and everlasting life.

**Ode vii. Mode 2.** *The image  
of gold.*

*Glory to You, our God, glory  
to You.*

Immortal, O Christ, are Your  
Mysteries, of which I am  
partaking. May this become  
for me the source of light and  
life, dispassion and every

καὶ πρὸς ἀρετῆς θειοτέρας  
προκοπῆν καὶ ἐπίδοσιν  
πρόξενος, μόνε Ἀγαθέ, ὅπως  
δοξάζω σε.

*Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα  
σοι.*

Ῥυσθεῖην παθῶν καὶ ἐχθρῶν  
καὶ ἀναγκῶν καὶ πάσης  
θλίψεως, τρόμφ καὶ πόθῳ  
προσιῶν τανῦν, μετ'  
εὐλαβείας, Φιλάνθρωπε, σοῦ  
τοῖς ἀθανάτοις καὶ θείοις  
Μυστηρίοις καὶ ψάλλων σοι·  
Εὐλογητὸς εἶ ὁ Θεός, ὁ τῶν  
Πατέρων ἡμῶν.

*Ῥπεραγία Θεοτόκε, σῶσον  
ἡμᾶς.*

Σωτῆρα Χριστὸν ἠ τεκοῦσα  
ὑπὲρ νοῦν, Θεοχαρίτῳτε,  
ἐκδυσωπῶ σε νῦν ὁ δοῦλός  
σου, τὴν καθαρὰν ὁ  
ἀκάθατος· μέλλοντά με νῦν  
τοῖς ἀχράντοις Μυστηρίοις  
προσέρχεσθαι, κάθαρον ὄλον  
μολυσμοῦ σαρκὸς καὶ  
πνεύματος.

good; may it give me growth  
and advancement in divine  
virtue by Your grace, that I  
may glorify You, only good  
and merciful Lord.

*Glory to You, our God, glory  
to You.*

From passions and foes, from  
necessity and every  
tribulation, may I be rescued  
as I come to Your divine,  
immortal Mysteries  
reverently with trembling and  
longing, only Friend of  
humanity, to sing to You, "O  
God of our Fathers, glory to  
You."

*Most-holy Theotokos, save  
us.*

O Maid full of grace, you  
ineffably gave birth to Christ  
the Savior. Now I, your  
unclean servant pray to you  
who are most pure and  
immaculate: As I now prepare  
to go forward to receive the  
Holy Eucharist, completely  
cleanse me of impurities of  
body and soul.

**Ὡδὴ η΄. Ἦχος β΄. Τὸν ἐν  
καμίνῳ τοῦ πυρός.**

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα  
σοι.

Τῶν οὐρανίων καὶ φρικτῶν  
καὶ ἁγίων σου, Χριστέ, νῦν  
Μυστηρίων, καὶ τοῦ Θείου  
σου Δείπνου καὶ μυστικοῦ  
κοινωνὸν γενέσθαι κἀμὲ  
καταξίωσον, τὸν  
ἀπεγνωσμένον, ὁ Θεὸς ὁ  
Σωτὴρ μου.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα  
σοι.

Ἐπὸ τὴν σὴν καταφυγῶν  
εὐσπλαγχνίαν, Ἀγαθέ, κράζω  
σοι φόβῳ· Ἐν ἐμοὶ μεῖνον,  
Σῶτερ, κἀγώ, ὡς ἔφησ ἔν σοί·  
ἰδοὺ γάρ, θαρρῶν τῷ ἐλέει  
σου, τρώγω σου τὸ Σῶμα καὶ  
πίνω σου τὸ Αἷμα.

Ἐπεραγία Θεοτόκε, σῶσον  
ἡμᾶς.

Φρίττω δεχόμενος τὸ πῦρ, μὴ  
φλεχθῶ ὡσεὶ κηρὸς καὶ ὡσεὶ  
χόρτος. Ὡ φρικτοῦ  
Μυστηρίου! Ὡ εὐσπλαγχνίας

**Ode viii. Mode 2. When God  
went down.**

*Glory to You, our God, glory  
to You.*

Your holy Mysteries, O  
Christ, are from heaven and  
are therefore awe-inspiring.  
And the mystical Supper that  
You prepared is divine. Now I  
who am desperate pray to  
You: Grant me to partake of  
it, O my God and Savior.

*Glory to You, our God, glory  
to You.*

To Your compassion I have  
run, and with fear I cry to  
You the only Good One: As  
You said, so abide in me and  
let me abide in You. For  
trusting in Your mercy,  
behold, I eat Your all-holy  
Body and drink Your Blood,  
O Savior.

*Most-holy Theotokos, save  
us.*

I am afraid as I partake of the  
fire, lest I burn like wax and  
hay do. Awesome Mystery!  
Wonderful is the mercy of  
God! How I, who am clay, can

Θεοῦ! Πῶς θείου Σώματος καὶ  
Αἵματος ὁ πηλὸς μετέχω καὶ  
ἀφθαρτοποιοῦμαι;

**Ὦδὴ θ' . Ἦχος β' . Ανάρχου  
Γεννήτορος.**

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα  
σοι.

Χρηστός ἐστι, γεύσασθε καὶ  
ἴδετε, ὁ Κύριος· δι' ἡμᾶς καθ'  
ἡμᾶς γὰρ πάλαι γενόμενος,  
ἅπαξ ἑαυτὸν τε προσάξας, ὡς  
προσφορὰν Πατρὶ τῷ ἰδίῳ αἰὶ  
σφαγιάζεται, ἀγιάζων τοὺς  
μετέχοντας.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα  
σοι.

Ψυχὴν σὺν τῷ σώματι  
ἀγιασθεῖν, Δέσποτα,  
φωτισθεῖν, σωθεῖν,  
γενοίμην οἴκός σου τῇ τῶν  
Μυστηρίων μεθέξει τῶν  
ιερῶν, ἔνοικόν σε ἔχων σὺν  
Πατρὶ καὶ Πνεύματι, εὐεργέτα  
Πολυέλεε.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα  
σοι.

partake of God's Body and His  
Blood and can thus become  
immortal!

**Ode ix. Mode 2. To us has  
appeared.**

*Glory to You, our God, glory  
to You.*

Yes, Christ is the Lord; and  
therefore taste and see that  
He is good. For of old He  
came down and became like us  
for us. Only once He offered  
himself as a sacrifice to His  
God and Father, yet He is  
forever slain, sanctifying us  
communicants.

*Glory to You, our God, glory  
to You.*

O Lord, may my body with  
my soul alike be sanctified,  
and illumined and saved and  
become Your dwelling place,  
through participation in Your  
sacred and divine Mysteries,  
O Master. May You and the  
Father and the Holy Spirit  
also dwell in me.

*Glory to You, our God, glory  
to You.*

Ὡς πῶρ γενηθήτω μοι καὶ  
ὡσεὶ φῶς τὸ Σῶμά σου καὶ τὸ  
Αἷμα, Σωτὴρ μου, τὸ  
τιμιώτατον, φλέγον ἁμαρτίας  
τὴν ὕλην, καὶ ἐμπιπρῶν παθῶν  
τὰς ἀκάνθας καὶ ὄλον  
φωτίζον με προσκυνεῖν σου  
τὴν Θεότητα.

*Ὑπεραγία Θεοτόκε, σῶσον  
ἡμᾶς.*

Θεὸς σεσωμάτῳται, ἐκ τῶν  
ἀγνῶν αἱμάτων σου· ὅθεν  
πᾶσα ὑμνεῖ σε γενεά,  
Δέσποινα· νόων τε τὰ πλήθη  
δοξάζει, ὡς διὰ σοῦ σαφῶς  
κατιδόντα τὸν πάντων  
δεσπόζοντα, οὐσιωθέντα τὸ  
ἄνθρωπινον.

Δεῦτε προσκυνήσωμεν καὶ  
προσπέσωμεν τῷ Βασιλεῖ  
ἡμῶν Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ  
προσπέσωμεν Χριστῷ τῷ  
Βασιλεῖ ἡμῶν Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ  
προσπέσωμεν αὐτῷ, Χριστῷ  
τῷ Βασιλεῖ καὶ Θεῷ ἡμῶν.

O Savior most merciful, I pray  
to You that Your divine  
precious Body and Blood be  
for me both light and fire,  
burning up the causes of sin  
and also the thorns of the  
sinful passions, and fully  
enlightening me to worship  
Your Divinity.

*Most-holy Theotokos, save  
us.*

When God formed a body for  
himself, He did it in your  
womb. Therefore all  
generations, O Lady, sing  
your praise. Multitudes of  
Angels give glory, for now  
through you they can clearly  
see Him, the Lord of the  
universe, one in essence with  
humanity.

Come, let us worship and  
bow down before God our  
King.

Come, let us worship and  
bow down before Christ God  
our King.

Come, let us worship and  
bow down before Him, Christ  
our King and God.



### **Ψαλμὸς ΚΒ' (22).**

Κύριος ποιμαίνει με καὶ οὐδέν με ὑστερήσει. Εἰς τόπον χλόης, ἐκεῖ με κατεσκήνωσεν, ἐπὶ ὕδατος ἀναπαύσεως ἐξέθρεψέ με, τὴν ψυχὴν μου ἐπέστρεψεν. Ὡδήγησέ με ἐπὶ τρίβους δικαιοσύνης ἕνεκεν τοῦ ὀνόματος αὐτοῦ. Ἐὰν γὰρ καὶ πορευθῶ ἐν μέσῳ σκιᾶς θανάτου, οὐ φοβηθήσομαι κακά, ὅτι σὺ μετ' ἐμοῦ εἶ· ἡ ράβδος σου καὶ ἡ βακτηρία σου, αὐταῖ με παρεκάλεσαν. Ἦτοίμασας ἐνώπιόν μου τράπεζαν, ἐξεναντίας τῶν θλιβόντων με· ἐλίπανας ἐν ἐλαίῳ τὴν κεφαλὴν μου, καὶ τὸ ποτήριόν σου μεθύσκον με ὡσεὶ κράτιστον. Καὶ τὸ ἔλεός σου καταδιώξει με πάσας τὰς ἡμέρας τῆς ζωῆς μου, καὶ τὸ κατοικεῖν με ἐν οἴκῳ Κυρίου εἰς μακρότητα ἡμερῶν.

### **Ψαλμὸς ΚΓ' (23).**

Τοῦ Κυρίου ἡ γῆ καὶ τὸ πλήρωμα αὐτῆς, ἡ οἰκουμένη καὶ πάντες οἱ κατοικοῦντες ἐν αὐτῇ. Αὐτὸς ἐπὶ θαλασσῶν

### **Psalm 22 (23).**

The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord to the end of my days.

### **Psalm 23 (24).**

The earth is the Lord's, and its fullness, the world and all who dwell therein. For He founded it upon the seas and prepared it upon the rivers.

ἐθεμελίωσεν αὐτὴν καὶ ἐπὶ  
ποταμῶν ἠτοίμασεν αὐτήν.  
Τίς ἀναβήσεται εἰς τὸ ὄρος  
τοῦ Κυρίου καὶ τίς στήσεται  
ἐν τόπῳ ἁγίῳ αὐτοῦ; ἄθῳρος  
χερσὶ καὶ καθαρὸς τῇ καρδίᾳ,  
ὃς οὐκ ἔλαβεν ἐπὶ ματαίῳ τὴν  
ψυχὴν αὐτοῦ καὶ οὐκ ὤμοσεν  
ἐπὶ δόλῳ τῷ πλησίον αὐτοῦ.  
Οὗτος λήψεται εὐλογίαν παρὰ  
Κυρίου καὶ ἐλεημοσύνην παρὰ  
θεοῦ σωτῆρος αὐτοῦ. Αὕτη ἡ  
γενεὰ ζητούντων τὸν Κύριον,  
ζητούντων τὸ πρόσωπον τοῦ  
θεοῦ Ἰακώβ. Ἄρατε πύλας, οἱ  
ἄρχοντες ὑμῶν, καὶ ἐπάρθητε,  
πύλαι αἰώνιοι, καὶ  
εἰσελεύσεται ὁ βασιλεὺς τῆς  
δόξης. Τίς ἐστὶν οὗτος ὁ  
βασιλεὺς τῆς δόξης; Κύριος  
κραταιὸς καὶ δυνατός, Κύριος  
δυνατὸς ἐν πολέμῳ. Ἄρατε  
πύλας, οἱ ἄρχοντες ὑμῶν, καὶ  
ἐπάρθητε, πύλαι αἰώνιοι, καὶ  
εἰσελεύσεται ὁ βασιλεὺς τῆς  
δόξης. Τίς ἐστὶν οὗτος ὁ  
βασιλεὺς τῆς δόξης; Κύριος  
τῶν δυνάμεων αὐτός ἐστιν ὁ  
βασιλεὺς τῆς δόξης.

Who shall ascend to the  
mountain of the Lord? Who  
shall stand in His holy place?  
He who has innocent hands  
and a pure heart; He who does  
not lift up his soul to vanity;  
He who does not swear  
deceitfully to his neighbor. He  
shall receive blessing from the  
Lord and mercy from the God  
of his salvation. This is the  
generation of those who seek  
Him, who seek the face of the  
God of Jacob. Lift up the  
gates, O you rulers, and be  
lifted up, you everlasting  
doors, and the King of glory  
shall enter. Who is this King  
of glory? The Lord strong  
and mighty, the Lord  
powerful in battle. Lift up the  
gates, O you rulers, and be  
lifted up, you everlasting  
doors, and the King of glory  
shall enter. Who is this King  
of Glory? The Lord of hosts,  
He is the King of glory.

## Ψαλμὸς ΠΙΕ' (115).

Ἐπίστευσα, διὸ ἐλάλησα·  
ἐγὼ δὲ ἐταπεινώθην σφόδρα.  
Ἐγὼ δὲ εἶπα ἐν τῇ ἐκστάσει  
μου· πᾶς ἄνθρωπος ψεύστης.  
Τί ἀνταποδώσω τῷ Κυρίῳ  
περὶ πάντων, ὧν ἀνταπέδωκέ  
μοι; ποτήριον σωτηρίου  
λήψομαι καὶ τὸ ὄνομα Κυρίου  
ἐπικαλέσομαι. Τὰς εὐχάς μου  
τῷ Κυρίῳ ἀποδώσω ἐναντίον  
παντὸς τοῦ λαοῦ αὐτοῦ.  
Τίμιος ἐναντίον Κυρίου ὁ  
θάνατος τῶν ὁσίων αὐτοῦ. Ὡ  
Κύριε, ἐγὼ δοῦλος σός, ἐγὼ  
δοῦλος σός καὶ υἱὸς τῆς  
παιδίσκης σου. Διέρρηξας  
τοὺς δεσμούς μου, σοὶ θύσω  
θυσίαν αἰνέσεως καὶ ἐν  
ὀνόματι Κυρίου ἐπικαλέσομαι.  
Τὰς εὐχάς μου τῷ Κυρίῳ  
ἀποδώσω ἐναντίον παντὸς  
τοῦ λαοῦ αὐτοῦ, ἐν αὐλαῖς  
οἴκου Κυρίου ἐν μέσῳ σου,  
Ἱερουσαλήμ.

Δόξα Πατρὶ καὶ Υἱῷ καὶ  
Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ  
ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

## Psalm 115 (116).

I believed; therefore, I  
spoke; I was greatly humbled.  
I said in my ecstasy, "Every  
man is a liar." What shall I  
give back to the Lord for all  
He rendered to me? I will take  
up the cup of salvation, and  
call upon the name of the  
Lord. Precious in the sight of  
the Lord is the death of His  
holy ones. O Lord, I am Your  
servant; I am Your servant  
and the son of Your  
handmaid. You broke apart  
my bonds; I will offer a  
sacrifice of praise; I shall pay  
my vows to the Lord in the  
presence of all His people, in  
the courts of the Lord's house,  
in your midst, O Jerusalem.

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

Ἀλληλούϊα. Ἀλληλούϊα.  
Ἀλληλούϊα. Δόξα σοι ὁ  
Θεός. (ἐκ γ')

Κύριε, ἐλέησον. Κύριε,  
ἐλέησον. Κύριε, ἐλέησον.

Τὰς ἀνομίας μου πάριδε,  
Κύριε, ὁ ἐκ Παρθένου τεχθείς,  
καὶ τὴν καρδίαν μου  
καθάρισον, ναὸν αὐτὴν ποιῶν  
τοῦ ἁγίου σου Πνεύματος, μή  
με ἐξουδενώσης, ἀπὸ τοῦ σοῦ  
προσώπου, ὁ ἀμέτρητον ἔχων  
τὸ ἔλεος.

Δόξα.

Εἰς τὴν μετάληψιν τῶν  
Ἁγιασμάτων σου πῶς  
ἀναιδεσθῶ ὁ ἀνάξιος; ἐὰν γὰρ  
τολμήσω σοι προσελθεῖν σὺν  
τοῖς ἀξίοις, ὁ χιτῶν με ἐλέγχει,  
ὅτι οὐκ ἔστι τοῦ Δείπνου, καὶ  
κατάκρισιν προξενήσω τῇ  
πολυαμαρτητῷ μου ψυχῇ.  
Καθάρισον, Κύριε, τὸν ρύπον  
τῆς ψυχῆς μου καὶ σῶσόν με,  
ὡς φιλόανθρωπος.

Καὶ νῦν. **Θεοτοκίον.**

Alleluia. Alleluia.  
Alleluia. Glory to You, O  
God. (3)

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

Overlook my transgressions,  
O Lord born of a Virgin, and  
purify my heart, and make it  
temple of Your Holy Spirit. I  
implore You whose mercy is  
immense, that You do not  
reject me from Your presence.

Glory.

How shall I, who am  
unworthy, shamelessly  
commune Your holy  
Mysteries? If I dare to  
approach You with those who  
are worthy, my clothing will  
accuse me, since it is not fit  
for the banquet, and I shall  
bring condemnation upon my  
very sinful soul. O Lord,  
cleanse the filth of my soul  
and save me, in Your love for  
humanity.

Both now. **Theotokion.**

Πολλὰ τὰ πλήθη τῶν ἐμῶν  
Θεοτόκε πταισμάτων, πρὸς σὲ  
κατέφυγον Ἄγνή, σωτηρίας  
δεόμενος. Ἐπίσκεψαι τὴν  
ἀσθενοῦσάν μου ψυχὴν, καὶ  
αἴτησαι τῷ Υἱῷ σου καὶ Θεῷ  
ἡμῶν, δοθῆναί μοι τὴν  
ἄφεσιν, ὧν ἔπραξα δεινῶν,  
μόνη εὐλογημένη.

*Τῇ δὲ ἁγίᾳ καὶ μεγάλῃ Πέμπτῃ,  
τὸ παρόν.*

Ὅτε οἱ ἔνδοξοι Μαθηταί, ἐν  
τῷ νιπτήρι τοῦ Δείπνου  
ἐφωτίζοντο, τότε Ἰούδας ὁ  
δυσσεβής, φιλαργυρίαν  
νοσήσας ἐσκοτίζετο, καὶ  
ἀνόμοις κριταῖς, σὲ τὸν  
δίκαιον Κριτὴν παραδίδωσι.  
Βλέπε χρημάτων ἐραστά, τὸν  
διὰ ταῦτα ἀγχόνη  
χρησάμενον· φεῦγε  
ἀκόρεστον ψυχὴν, τὴν  
Διδασκάλῳ τοιαῦτα  
τολμήσασαν. Ὁ περὶ πάντας  
ἀγαθός, Κύριε δόξα σοι.

Κύριε, ἐλέησον. (μ')

O Theotokos, my offences are indeed very many. \* To you I run, O Maiden pure, and I pray for salvation. \* Visit my infirm and ailing soul, \* and pray for me to your Son and our God, \* to grant to me forgiveness for the evils I have done, O only blessed Lady.

*On Holy and Great Thursday,  
the following:*

While the glorious Disciples were being illumined at the washing of the feet during the Supper, then, too, did Judas the ungodly one, succumb to darkness, being sick with avarice. And he delivered You, the righteous Judge, to lawless judges. Look here, O lover of money, and see the one who for money's sake hanged himself. Flee from the greed that made him dare commit such a deed against the Teacher. O Lord benevolent to all, glory be to You.

Lord, have mercy. (40)





## ΣΤΙΧΟΙ ΔΙΔΑΚΤΙΚΟΙ

*Περὶ τοῦ, πῶς δεῖ  
προσερχεσθαι τοῖς Ἀχράντοις  
Μυστηρίοις*

Μέλλων φαγεῖν, ἄνθρωπε,  
Σῶμα Δεσπότη, \* φόβῳ  
πρόσελθε, μὴ φλεγῆς· πῦρ  
τυγχάνει. \* Θεῖον δὲ πίνων  
Αἷμα πρὸς μετουσίαν, \*  
πρῶτον καταλλάγηθι τοῖς σὲ  
λυποῦσιν, \* ἔπειτα θαρρῶν,  
μυστικὴν βρῶσιν φάγε.

### Ἴτεροι ὅμοιοι.

Πρὸ τοῦ μετασχεῖν τῆς  
φρικώδους θυσίας, \* τοῦ  
ζωοποιοῦ Σώματος τοῦ  
Δεσπότη, \* τῷδε πρόσευξαι  
τῷ τρόπῳ μετὰ τρόμου.

### ΕΥΧΗ Α΄

**(Μεγάλου Βασιλείου)**

Δέσποτα Κύριε Ἰησοῦ  
Χριστέ, ὁ Θεὸς ἡμῶν, ἡ πηγὴ  
τῆς ζωῆς καὶ τῆς ἀθανασίας, ὁ  
πάσης ὀρατῆς καὶ ἀοράτου  
κτίσεως δημιουργός, ὁ τοῦ  
ἀνάρχου Πατρὸς συναΐδιος



## Instructive Verses

*(How one should approach the  
immaculate Mysteries).*

As you are about to eat the  
body of the Master, \*  
approach with fear lest you be  
burned, for it is fire. \* And  
before you drink in  
communion the blood, \* be  
first reconciled with all those  
you have offended; \* then you  
may take courage to eat the  
mystic Food.

Before you take part in the  
awesome sacrifice \* of the life-  
giving body of the Master, \*  
take care and pray with fear of  
God.

### FIRST PRAYER

**of Saint Basil the Great**

Master Lord Jesus Christ  
our God, the Source of life  
and immortality, Who are the  
Maker of all creation, both  
visible and invisible, the co-  
eternal and co-beginningless  
Son of the eternal Father,

Υἱὸς καὶ συνάναρχος, ὁ δι'  
ὑπερβολὴν ἀγαθότητος ἐπ'  
ἐσχάτων τῶν ἡμερῶν σάρκα  
φορέσας, καὶ σταυρωθεὶς καὶ  
τυθεὶς ὑπὲρ τῶν ἀχαρίστων  
καὶ ἀγνωμόνων ἡμῶν, καὶ τῷ  
οἰκείῳ σου Αἵματι ἀναπλάσας  
τὴν φθαρεῖσαν ὑπὸ τῆς  
ἀμαρτίας φύσιν ἡμῶν, αὐτὸς  
ἀθάνατε Βασιλεῦ, πρόσδεξι  
κάμοῦ τοῦ ἀμαρτωλοῦ τὴν  
μετάνοιαν καὶ κλῖνον τὸ οὖς  
σου ἐπ' ἐμοὶ καὶ εἰσάκουσον  
τῶν ῥημάτων μου· ἤμαρτον  
γάρ, Κύριε, ἤμαρτον εἰς τὸν  
οὐρανὸν καὶ ἐνώπιόν σου καὶ  
οὐκ εἰμι ἄξιος ἀτενίσαι εἰς τὸ  
ὑψος τῆς δόξης σου·  
παρώργισα γάρ σου τὴν  
ἀγαθότητα, τὰς σὰς ἐντολὰς  
παραβὰς καὶ μὴ ὑπακούσας  
τοῖς σοῖς προστάγμασιν. Ἀλλὰ  
σύ, Κύριε, ἀνεξίκακος ὢν,  
μακρόθυμός τε καὶ  
πολυέλεος, οὐ παρέδωκάς με  
συναπολέσθαι ταῖς ἀνομίαις  
μου, τὴν ἐμὴν πάντως  
ἀναμένων ἐπιστροφὴν. Σὺ  
γάρ εἶπας, φιλόανθρωπε, διὰ  
τοῦ προφήτου σου, ὅτι οὐ

Who in the abundance of  
Your goodness were in the  
last days clothed in flesh, were  
crucified and buried for us, the  
ungrateful and thankless ones,  
and by Your own Blood  
refashioned our nature which  
had been corrupted by sin: O  
immortal King, accept the  
repentance even of me the  
sinner, and incline Your ear to  
me and hear my words. For I  
have sinned, O Lord, I have  
sinned against heaven and  
before You, and I am not  
worthy to gaze on the height  
of Your glory; for I have  
provoked Your goodness by  
transgressing Your  
commandments and not  
obeying Your ordinances. But  
in Your forbearance, patience,  
and great mercy, You, O  
Lord, have not given me up to  
be destroyed with my sins,  
but You await my complete  
conversion. For You Who  
love mankind have said  
through Your Prophet that  
You desire not the death of  
the sinner, but that he should  
return to You and live. For  
You do not will, O Lord, that

Θελήσει θέλω τὸν θάνατον  
τοῦ ἁμαρτωλοῦ, ὡς τὸ  
ἐπιστρέψαι καὶ ζῆν αὐτόν· οὐ  
γὰρ βούλει, Δέσποτα, τὸ  
πλάσμα τῶν σῶν ἀπολέσθαι  
χειρῶν, οὐδὲ εὐδοκεῖς ἐπ'  
ἀπωλεία ἀνθρώπων, ἀλλὰ  
θέλεις πάντας σωθῆναι καὶ  
εἰς ἐπίγνωσιν ἀληθείας  
ἐλθεῖν. Διὸ καὶ γώ, εἰ καὶ  
ἀνάξιός εἰμι τοῦ οὐρανοῦ καὶ  
τῆς γῆς καὶ αὐτῆς τῆς  
προσκαίρου ζωῆς ὅλον  
ἐμαυτὸν ὑποτάξας τῇ ἁμαρτία  
καὶ ταῖς ἡδοναῖς δουλώσας  
καὶ τὴν σὴν ἀχρειώσας  
εἰκόνα, ἀλλὰ ποίημα καὶ  
πλάσμα σὸν γεγονώς, οὐκ  
ἀπογινώσκω τὴν ἐμαυτοῦ  
σωτηρίαν ὁ ἄθλιος· τῇ δὲ σῇ  
ἀμετρήτῳ εὐσπλαγχνία  
θαρρήσας προσέρχομαι. Δέξαι  
οὖν καὶ μέ, φιλάνθρωπε  
Χριστέ, ὡς τὴν Πόρνην, ὡς  
τὸν Ληστήν, ὡς τὸν Τελώνην  
καὶ ὡς τὸν Ἄσωτον· καὶ ἄρόν  
μου τὸ βαρὺ φορτίον τῶν  
ἁμαρτιῶν, ὁ τὴν ἁμαρτίαν  
αἴρων τοῦ κόσμου καὶ τὰς  
ἀσθενείας τῶν ἀνθρώπων

the work of Your hands  
should be destroyed, neither  
do You delight in the  
destruction of men, but You  
desire that all should be saved  
and come to a knowledge of  
the Truth. Therefore, though  
I am unworthy both of heaven  
and earth, and even of this  
transient life – since I have  
completely succumbed to sin  
and am a slave to pleasure and  
have defaced Your image, yet  
being Your work and  
creation, wretch that I am, –  
even I do not despair of my  
salvation and dare to draw  
near to Your boundless  
compassion. Therefore receive  
even me, O Christ Who Loves  
mankind, as the harlot, as the  
thief, as the publican, and as  
the prodigal; and take from  
me the heavy burden of my  
sins: You Who take away the  
sin of the world, Who heal  
men's sicknesses, Who call the  
weary and heavy laden to  
Yourself and give them rest;  
for You came not to call the  
righteous but sinners to  
repentance. And cleanse me  
from all defilement of flesh

ιώμενος· ὁ τοὺς κοπιῶντας  
καὶ πεφορτισμένους πρὸς  
σεαυτὸν καλῶν καὶ  
ἀναπαύων· ὁ μὴ ἐλθῶν  
καλέσαι δικαίους, ἀλλὰ  
ἀμαρτωλοὺς εἰς μετάνοιαν·  
καὶ καθάρισόν με ἀπὸ παντὸς  
μολυσμοῦ σαρκὸς καὶ  
πνεύματος· δίδαξόν με  
ἐπιτελεῖν ἀγιωσύνην ἐν φόβῳ  
σου, ἵνα ἐν καθαρῷ τῷ  
μαρτυρίῳ τῆς συνειδήσεώς  
μου, τῶν ἁγιασμάτων σου τὴν  
μερίδα ὑποδεχόμενος, ἐνωθῶ  
τῷ ἁγίῳ Σώματί σου καὶ  
Αἵματι, καὶ ἔξω σε ἐν ἐμοὶ  
κατοικοῦντα καὶ μένοντα σὺν  
τῷ Πατρὶ καὶ τῷ ἁγίῳ  
Πνεύματι. Ναί, Κύριε Ἰησοῦ  
Χριστέ, ὁ Θεός μου· καὶ μὴ εἰς  
κρίμά μοι γένοιτο ἡ  
μετάληψις τῶν ἀχράντων καὶ  
ζωοποιῶν Μυστηρίων σου,  
μηδὲ ἀσθενῆς γενοίμην ψυχῆ  
τε καὶ σώματι, ἐκ τοῦ ἀναξίως  
αὐτῶν μεταλαμβάνειν· ἀλλὰ  
δός μοι, μέχρι τελευταίας μου  
ἀναπνοῆς, ἀκατακρίτως  
ὑποδέχεσθαι τὴν μερίδα τῶν  
ἁγιασμάτων σου, εἰς

and spirit. Teach me to attain  
perfect holiness in the fear of  
You, that with the clear  
witness of my conscience I  
may receive a portion of Your  
holy Things and be united  
with Your holy Body and  
Blood, and have You dwelling  
and remaining in me with the  
Father and Your Holy Spirit.  
And, O Lord Jesus Christ, my  
God, do not let the  
communion of Your  
immaculate and life-giving  
Mysteries be to me for  
condemnation, nor let it make  
me sick in body or soul  
through my partaking of them  
unworthily; but rather grant  
that until my last breath I  
may receive a portion of Your  
holy Things without  
condemnation, for communion  
with the Holy Spirit, as a  
provision for eternal life, and  
as an acceptable defense at  
Your dread tribunal, so that I,  
too, with all Your elect may  
become a partaker of Your  
pure joys which You have  
prepared for those who love  
You, O Lord, in whom You

Πνεύματος ἁγίου κοινωνίαν,  
εἰς ἐφόδιον ζωῆς αἰωνίου καὶ  
εἰς εὐπρόσδεκτον ἀπολογία  
τὴν ἐπὶ τοῦ φοβεροῦ βήματός  
σου· ὅπως ἂν καὶ γώ, σὺν πᾶσι  
τοῖς ἐκλεκτοῖς σου, μέτοχος  
γένωμαι τῶν ἀκηράτων σου  
ἀγαθῶν, ὧν ἠτοίμασας τοῖς  
ἀγαπῶσί σε, Κύριε· ἐν οἷς  
δεδοξασμένος ὑπάρχεις εἰς  
τοὺς αἰῶνας. Ἀμήν.

### **ΕΥΧΗ Β΄** **(τοῦ αὐτοῦ)**

Οἶδα, Κύριε, ὅτι ἀναξίως  
μεταλαμβάνω τοῦ ἀχράντου  
σου Σώματος καὶ τοῦ τιμίου  
σου Αἵματος καὶ ἔνοχος εἶμι  
καὶ κρῖμα ἐμαυτῷ ἐσθίω καὶ  
πίνω, μὴ διακρίνων τὸ Σῶμα  
καὶ τὸ Αἷμα τοῦ Χριστοῦ καὶ  
Θεοῦ μου· ἀλλὰ τοῖς  
οἰκτιρμοῖς σου θαρρῶν,  
προσέρχομαί σοι τῷ εἰπόντι.  
Ὁ τρώγων μου τὴν Σάρκα καὶ  
πίνων μου τὸ Αἷμα ἐν ἐμοὶ  
μένει, καὶ γώ ἐν αὐτῷ.  
Σπλαγχνίσθητι οὖν, Κύριε, καὶ  
μὴ παραδειγματίσης με τὸν  
ἀμαρτωλόν, ἀλλὰ ποιήσον

are glorified throughout the  
ages. Amen.

### **SECOND PRAYER** **of Saint Basil the Great**

I know, O Lord, that I  
partake of Your immaculate  
Body and precious Blood  
unworthily, and that I am  
guilty, and eat and drink  
judgment to myself by not  
discerning the Body and  
Blood of You, my Christ and  
God. But, trusting in Your  
compassion, I take courage  
and approach You, for You  
have said: "He who eats My  
Flesh and drinks My Blood  
abides in Me and I in him."  
Therefore have compassion, O  
Lord, and do not make an  
example of me, the sinner, but  
deal with me according to



μετ' ἐμοῦ κατὰ τὸ ἔλεός σου·  
καὶ γενέσθω μοι τὰ ἅγια  
ταῦτα εἰς ἴασιν καὶ κάθαρσιν  
καὶ φωτισμὸν καὶ  
φυλακτήριον καὶ σωτηρίαν  
καὶ ἁγιασμὸν ψυχῆς τε καὶ  
σώματος· εἰς ἀποτροπὴν  
πάσης φαντασίας καὶ  
πονηρᾶς πράξεως καὶ  
ἐνεργείας διαβολικῆς, κατὰ  
διάνοιαν τῆς ἐν τοῖς μέλεσί  
μου ἐνεργουμένης· εἰς  
παρρησίαν καὶ ἀγάπην τὴν  
πρὸς σέ· εἰς διόρθωσιν βίου  
καὶ ἀσφάλειαν· εἰς αὔξησιν  
ἀρετῆς καὶ τελειότητος· εἰς  
πλήρωσιν ἐντολῶν· εἰς  
Πνεύματος ἁγίου κοινωνίαν·  
εἰς ἐφόδιον ζωῆς αἰωνίου καὶ  
εἰς ἀπολογία ἐμπρόσδεκτον,  
τὴν ἐπὶ τοῦ φοβεροῦ βήματός  
σου· μὴ εἰς κρῖμα ἢ εἰς  
κατάκριμα.

### **ΕΥΧΗ Γ΄**

**(Ἰωάννου τοῦ  
Χρυσοστόμου)**

Κύριε ὁ Θεός μου, οἶδα, ὅτι  
οὐκ εἶμι ἄξιος οὐδὲ ἰκανός, ἵνα  
μου ὑπὸ τὴν στέγην εἰσέλθης

Your mercy; and let these  
Holy Things be for my  
healing, and purification, and  
enlightenment, and  
protection, and salvation, and  
sanctification of body and  
soul; for the turning away of  
every fantasy, and all evil  
practice, and diabolical  
activity working  
subconsciously in my  
members; for confidence and  
love towards You; for  
reformation of life and  
stability; for an increase of  
virtue and perfection; for  
fulfillment of the  
commandments; for  
communion with the Holy  
Spirit; as a provision for  
eternal life; and as an  
acceptable defense at Your  
dread Tribunal, not unto  
judgment nor unto  
condemnation.

### **THIRD PRAYER**

**of Saint John Chrysostom**

Lord my God, I know that  
I am not worthy or sufficient  
that You should come under  
the roof of the house of my

τοῦ οἴκου τῆς ψυχῆς, διότι ὅλη ἔρημος καὶ καταπεσοῦσά ἐστι, καὶ οὐκ ἔχεις παρ' ἐμοὶ τόπον ἄξιον τοῦ κλῖναι τὴν κεφαλὴν. Ἄλλ' ὡς ἐξ ὕψους δι' ἡμᾶς ἐταπείνωσας σεαυτόν, συμμετρίασον καὶ νῦν τῇ ταπεινώσει μου. Καὶ ὡς κατεδέξω ἐν τῷ σπηλαίῳ καὶ φάτνῃ ἀλόγων ἀνακλιθῆναι, οὕτω κατάδεξαι καὶ ἐν τῇ φάτνῃ τῆς ἀλόγου μου ψυχῆς καὶ ἐν τῷ ἐσπιλωμένῳ μου σώματι εἰσελθεῖν. Καὶ ὡς οὐκ ἀπηξίωσας εἰσελθεῖν καὶ συνδειπνήσαι ἀμαρτωλοῖς ἐν τῇ οἰκίᾳ Σίμωνος τοῦ λεπροῦ, οὕτω κατάδεξαι εἰσελθεῖν καὶ εἰς τὸν οἶκον τῆς ταπεινῆς μου ψυχῆς, τοῦ λεπροῦ καὶ ἀμαρτωλοῦ. Καὶ ὡς οὐκ ἀπόσω τὴν ὁμοίαν μοι πόρνην καὶ ἀμαρτωλόν, προσερχομένην καὶ ἀπτομένην σου, οὕτω σπλαγχνίσθητι καὶ ἐπ' ἐμοὶ τῷ ἀμαρτωλῷ, προσερχομένῳ σοι καὶ ἀπτομένῳ σου. Καὶ ὡς οὐκ ἐβδελύξω τὸ ῥυπαρὸν ἐκείνης στόμα καὶ ἐναγῆς

soul, for all is desolate and fallen, and You do not have within me a place fit to lay Your head. But even as from on high You humbled Yourself for our sake, so now conform Yourself to my humility. And as You consented to lie in a cave and in a manger of irrational beasts, so also consent to lie in the manger of my irrational soul and to enter my defiled body. And as You did not disdain to enter and dine with sinners in the house of Simon the Leper, so consent also to enter the house of my humble soul which is leprous and sinful. And as You did not reject the woman who was a harlot and a sinner like me, when she approached and touched You, so also be compassionate with me, the sinner, as I approach and touch You, and let the live coal of Your most-holy Body and precious Blood be for the sanctification, and enlightenment, and strengthening of my humble soul and body; for a relief

καταφιλοῦν σε, μηδὲ ἐμοῦ  
βδελύξει τὸ ῥυπαρώτερον  
ἐκείνης στόμα καὶ  
ἐναγέστερον, μηδὲ τὰ ἔμμουσα  
καὶ ἀκάθαρτά μου χεῖλη καὶ  
βέβηλα, καὶ τὴν  
ἀκαθαρτοτέραν μου  
γλῶσσαν. Ἀλλὰ γενέσθω μοι ὁ  
ἄνθραξ τοῦ παναγίου σου  
Σώματος καὶ τοῦ τιμίου σου  
Αἵματος εἰς ἀγιασμόν καὶ  
φωτισμόν καὶ ῥῶσιν τῆς  
ταπεινῆς μου ψυχῆς καὶ τοῦ  
σώματος· εἰς κουφισμόν τοῦ  
βάρους τῶν πολλῶν μου  
πλημμελημάτων· εἰς  
φυλακτήριον πάσης  
διαβολικῆς ἐνεργείας· εἰς  
ἀποτροπὴν καὶ ἐμπόδιον τῆς  
φαύλης μου καὶ πονηρᾶς  
συνηθείας· εἰς ἀπονέκρωσιν  
τῶν παθῶν· εἰς περιποίησιν  
τῶν ἐντολῶν σου· εἰς  
προσθήκην τῆς θείας σου  
χάριτος καὶ τῆς σῆς βασιλείας  
οἰκείωσιν. Οὐ γὰρ ὡς  
καταφρονῶν προσέρχομαί  
σοι, Χριστέ ὁ Θεός, ἀλλ' ὡς  
θαρρῶν τῇ ἀφάτῳ σου  
ἀγαθότητι, καὶ ἵνα μή, ἐπι

from the burden of my many  
sins; for a protection from all  
diabolical practices; for a  
restraint and a check on my  
evil and wicked way of life; for  
the mortification of passions;  
for the keeping of Your  
commandments; for an  
increase of Your divine grace;  
and for the advancement of  
Your Kingdom. For it is not  
as one insolent and  
presumptuous that I draw  
near to You, O Christ my  
God, but as one taking  
courage from Your ineffable  
goodness, so that having long  
abstained from Your  
communion I may not become  
a prey to the noetic wolf.  
Therefore, I pray to You, O  
Lord, Who alone are holy:  
sanctify my soul and body, my  
mind and heart, my emotions  
and affections, and wholly  
renew me. Root in my  
members the fear of You, and  
make Your sanctification  
indelible within me. Be also  
my Helper and Defender,  
guide my life in peace, and  
make me worthy to stand on  
Your right hand with Your

πολὸ ἀφιστάμενος τῆς  
κοινωνίας σου, θηριάλωτος  
ὑπὸ τοῦ νοητοῦ λύκου  
γένωμαι. Διὸ δέομαί σου, ὡς  
μόνος ὢν ἅγιος, Δέσποτα,  
ἀγίασόν μου τὴν ψυχὴν καὶ τὸ  
σῶμα, τὸν νοῦν καὶ τὴν  
καρδίαν, τοὺς νεφροὺς καὶ τὰ  
σπλάγχνα, καὶ ὅλον με  
ἀνακαίνισον καὶ ρίζωσον τὸν  
φόβον σου ἐν τοῖς μέλεσί  
μου, καὶ τὸν ἀγιασμόν σου  
ἀνεξάλειπτον ἀπ' ἐμοῦ  
ποίησον. Καὶ γενοῦ μοι  
βοηθὸς καὶ ἀντιλήπτωρ,  
κυβερνῶν ἐν εἰρήνῃ τὴν ζωὴν  
μου, καταξιῶν με καὶ τῆς ἐκ  
τῶν δεξιῶν σου παραστάσεως  
μετὰ τῶν ἁγίων σου· εὐχαῖς  
καὶ πρεσβείαις τῆς  
παναχράντου σου Μητρός,  
τῶν ἀϋλῶν σου λειτουργῶν  
καὶ ἀχράντων Δυνάμεων καὶ  
πάντων τῶν Ἁγίων, τῶν ἀπ'  
αἰῶνος σοι εὐαρεστησάντων.  
Ἀμήν.

**ΕΥΧΗ Δ΄**  
**(τοῦ αὐτοῦ)**

Οὐκ εἶμι ἰκανός, Δέσποτα

Saints; through the prayers  
and intercessions of Your all-  
pure Mother, of Your  
ministering Angels, of the  
immaculate Powers, and of all  
the Saints who have been  
well-pleasing to You. Amen.

**FOURTH PRAYER**  
**of Saint John Chrysostom**

I am not worthy,

τὴν στέγην τῆς ψυχῆς μου·  
ἀλλ' ἐπειδὴ βούλει σύ, ὡς  
φιλόανθρωπος, οἰκεῖν ἐν ἐμοί,  
θαρρῶν προσέρχομαι.  
Κελεύεις, ἀναπετάσω τὰς  
πύλας, ἃς σὺ μόνος  
ἐδημιούργησας, καὶ εἰσέρχη  
μετὰ φιλανθρωπίας, ὡς  
πέφυκας· εἰσέρχη καὶ  
φωτίζεις τὸν ἐσκοτισμένον  
μου λογισμόν. Πιστεύω ὡς  
τοῦτο ποιήσεις· οὐ γὰρ  
Πόρνην προσελθοῦσάν σοι  
μετὰ δακρῶν ἀπέφυγες,  
οὐδὲ Τελώνην ἀπεβάλου  
μετανοήσαντα, οὐδὲ Ληστὴν  
ἐπιγνόντα τὴν βασιλείαν σου  
ἀπεδίωξας, οὐδὲ Διώκτην  
μετανοήσαντα κατέλιπες, ὃ  
ἦν· ἀλλὰ τοὺς ὑπὸ τῆς  
μετανοίας προσαχθέντας,  
ἅπαντας ἐν τῷ χορῷ τῶν σῶν  
φίλων κατέταξας, ὁ μόνος  
ὑπάρχων εὐλογημένος  
πάντοτε, νῦν καὶ εἰς τοὺς  
ἀπεράντους αἰῶνας. Ἀμήν.

### **ΕΥΧΗ Ε΄**

**(τοῦ αὐτοῦ)**

Κύριε Ἰησοῦ Χριστέ, ὁ

Sovereign Lord, for you to  
come under the roof of my  
soul. Yet because of your love  
for all people, you wish to  
dwell in me. I boldly come.  
Command that the gates open  
which you alone made and  
you will come in with love  
toward all people, as is your  
nature. You will come in and  
enlighten my darkened  
reasoning. I believe that you  
will do this, for you did not  
send away the harlot who  
came to you with tears, nor  
cast out the repenting  
publican, nor reject the thief  
who acknowledged your  
kingdom, nor forsake the  
repentant persecutor for what  
he was. But you counted as  
your friends all of those who  
came to you in repentance.  
You alone are blessed, always,  
now and to the endless ages.  
Amen.

### **FIFTH PRAYER**

**of Saint John Chrysostom**  
Lord Jesus Christ my God,

Θεός μου, ἄνες, ἄφες,  
ἰλάσθητι καὶ συγχώρησόν  
μοι, τῷ ἁμαρτωλῷ καὶ ἀχρείῳ  
καὶ ἀναξίῳ δούλῳ σου, τὰ  
πταίσματα καὶ πλημμελήματα  
καὶ παραπτώματά μου, ὅσα  
σοι ἐκ νεότητός μου μέχρι τῆς  
παρούσης ἡμέρας καὶ ὥρας  
ἡμαρτον, εἴτε ἐν γνώσει καὶ  
ἀγνοίᾳ, εἴτε ἐν λόγοις ἢ ἔργοις  
ἢ ἐνθυμήμασιν ἢ διανοήμασι  
καὶ ἐπιτηδεύμασι, καὶ πάσαις  
μου ταῖς αἰσθήσεσι. Καὶ τῇ  
πρεσβείᾳ τῆς ἀσπόρως  
κυησάσης σε παναχράντου  
καὶ ἀειπαρθένου Μαρίας τῆς  
Μητρός σου, τῆς μόνης  
ἀκαταισχύντου ἐλπίδος καὶ  
προστασίας καὶ σωτηρίας  
μου, καταξιώσόν με  
ἀκατακρίτως μεταλαβεῖν τῶν  
ἀχράντων καὶ ἀθανάτων καὶ  
ζωοποιῶν καὶ φρικτῶν  
Μυστηρίων σου, εἰς ἄφεσιν  
ἁμαρτιῶν καὶ εἰς ζωὴν  
αἰώνιον· εἰς ἁγιασμόν καὶ  
φωτισμόν καὶ ῥώμην καὶ  
ἴασιν καὶ ὑγείαν ψυχῆς τε καὶ  
σώματος· καὶ εἰς ἐξάλειψιν  
καὶ παντελεῖ ἄφανισμόν τῶν

loose, remit, forgive, absolve,  
and pardon the sins, offenses  
and transgressions which I,  
Your sinful, useless and  
unworthy servant have  
committed from my youth, up  
to the present day and hour,  
whether in knowledge or in  
ignorance, whether by words  
or in deeds, whether in my  
intentions or in my thoughts,  
and whether by habit or  
through any of my senses.  
And through the intercession  
of her who conceived You  
without seed, the all-pure and  
ever-virgin Mary Your  
Mother, my only sure hope  
and protection and salvation,  
make me worthy to receive  
without condemnation Your  
pure, immortal, life-giving  
and fearful Mysteries, unto  
forgiveness of sins and for  
eternal life; for sanctification,  
and enlightenment, and  
strength, and healing, and  
health of soul and body; and  
for the blotting out and  
complete destruction of my  
evil reasonings, and  
intentions, and prejudices, and  
the nocturnal fantasies of dark

πονηρῶν μου λογισμῶν καὶ ἐνθυμήσεων καὶ προλήψεων καὶ νυκτερινῶν φαντασιῶν τῶν σκοτεινῶν καὶ πονηρῶν πνευμάτων. Ὅτι σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα καὶ ἡ τιμὴ καὶ ἡ προσκύνησις, σὺν τῷ Πατρὶ καὶ τῷ ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

**ΕΥΧΗ Ζ'**  
**(Ἰωάννου τοῦ**  
**Δαμασκηνοῦ)**

Δέσποτα Κύριε Ἰησοῦ Χριστέ, ὁ Θεὸς ἡμῶν, ὁ μόνος ἔχων ἐξουσίαν ἀνθρώποις ἀφιέναι ἀμαρτίας, ὡς ἀγαθὸς καὶ φιλόανθρωπος, πάριδέ μου πάντα τὰ ἐν γνώσει καὶ ἀγνοίᾳ πταίσματα, καὶ ἀξίωσόν με ἀκατακρίτως μεταλαβεῖν τῶν θείων καὶ ἐνδόξων καὶ ἀχράντων καὶ ζωοποιῶν σου Μυστηρίων, μὴ εἰς κόλασιν, μὴ εἰς προσθήκην ἀμαρτιῶν, ἀλλ' εἰς καθαρισμόν καὶ ἁγιασμόν καὶ ἀρράβωνα τῆς μελλούσης ζωῆς καὶ βασιλείας· εἰς τεῖχος

evil spirits. For Yours is the Kingdom, and the power, and the glory, and the honor, and the worship, with the Father and the Holy Spirit, now and ever, and to the ages of ages. Amen.

**SIXTH PRAYER**  
**of Saint John of Damascus**

Master, Lord Jesus Christ our God, Who alone have authority to forgive men their sins, in Your goodness and love for men overlook all my offenses whether committed with knowledge or in ignorance, and make me worthy to receive without condemnation Your divine, glorious, spotless, and life-giving Mysteries, not for punishment, nor for an increase of sins, but for purification and sanctification, and as a pledge of the life and Kingdom to come, as a



καὶ βοήθειαν καὶ ἀνατροπὴν  
τῶν ἐναντίων καὶ εἰς  
ἐξάλειψιν τῶν πολλῶν μου  
πλημμελημάτων. Σὺ γὰρ εἶ  
Θεὸς ἐλέους καὶ οἰκτιρμῶν  
καὶ φιλανθρωπίας, καὶ σοὶ  
τὴν δόξαν ἀναπέμπομεν, σὺν  
τῷ Πατρὶ καὶ τῷ ἁγίῳ  
Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς  
τοὺς αἰῶνας τῶν αἰώνων.  
Ἀμήν.

### **ΕΥΧΗ Ζ΄**

#### **(Συμεὼν τοῦ Νέου Θεολόγου)**

Ἀπὸ ῥυπαρῶν χειλέων, ἀπὸ  
βδελυρᾶς καρδίας, ἀπὸ  
ἀκαθάρτου γλώττης, ἐκ  
ψυχῆς ἐρρύπωμένης, δέξαι  
δέησιν, Χριστέ μου· καὶ μὴ  
παρωσάμενός μου, μὴ τοὺς  
λόγους, μὴ τοὺς τρόπους,  
μηδὲ τὴν ἀναισχυντίαν, δός  
μοι παρρησίᾳ λέγειν, ἃ  
βεβούλευμαι, Χριστέ μου,  
μᾶλλον δὲ καὶ δίδαξόν με, τί  
με δεῖ ποιεῖν καὶ λέγειν.  
Ἥμαρτον ὑπὲρ τὴν Πόρνην ἤ,  
μαθοῦσα ποῦ κατάγεις, μύρον  
ἐξωνησαμένη, ἤλθε τολμηρῶς

protection and help, for the  
destruction of enemies, and  
for the blotting out of my  
many transgressions. For You  
are a God of mercy and  
compassion and love for men,  
and to You we send up the  
glory, with the Father and the  
Holy Spirit, now and ever,  
and to the ages of ages. Amen.

### **SEVENTH PRAYER**

#### **of Saint Symeon the New Theologian**

From lips tainted and  
defiled, from a heart unclean  
and loathsome, from an  
unclean tongue, and out of a  
polluted soul: receive my  
prayer, O my Christ. Do not  
reject me, nor my words, nor  
my ways, nor even my  
shamelessness, but give me  
courage to say what I desire,  
O my Christ; and even more,  
teach me what to do and what  
to say. I have sinned more  
than the harlot who, on  
learning where You were  
lodging, bought myrrh and  
dared to come and anoint

ἀλειψαι, σοῦ τοὺς πόδας τοῦ  
Χριστοῦ μου, τοῦ Δεσπότου  
καὶ Θεοῦ μου. Ὡς ἐκείνην οὐκ  
ἀπώσω, προσελθοῦσαν ἐκ  
καρδίας, μηδ' ἐμὲ βδελύξῃ,  
Λόγε, σοὺς δὲ πάρασχέ μοι  
πόδας καὶ κρατῆσαι καὶ  
φιλῆσαι, καὶ τῷ ῥείθρῳ τῶν  
δακρύων, ὡς πολυτιμῆτῳ  
μύρῳ, τούτους τολμηρῶς  
ἀλειψαι. Πλῦνόν με τοῖς  
δάκρυσί μου, κάθαρον αὐτοῖς  
με, Λόγε, ἄφες καὶ τὰ  
πταισμάτά μου, καὶ  
συγγνώμην πάρασχέ μοι.  
Οἶδας τῶν κακῶν τὸ πλῆθος,  
οἶδας καὶ τὰ τραύματά μου·  
καὶ τοὺς μώλωπας ὀρθῶς μου  
ἀλλὰ καὶ τὴν πίστιν οἶδας καὶ  
τὴν προθυμίαν βλέπεις καὶ  
τοὺς στεναγμοὺς ἀκούεις. Οὐ  
λανθάνει σε, Θεέ μου, ποιητά  
μου, λυτρωτά μου, οὐδὲ  
σταλαγμὸς δακρύων, οὐδὲ  
σταλαγμοῦ τι μέρος. Τὸ μὲν  
ἀκατέργαστόν μου ἔγνωσαν  
οἱ ὀφθαλμοί σου· ἐπὶ τὸ  
βιβλίον δέ σου, καὶ τὰ μήπω  
πεπραγμένα, γεγραμμένα σοι  
τυγχάνει. Ἴδε τὴν ταπεινώσιν

Your feet, my Christ, my Lord  
and my God. As You did not  
repulse her when she drew  
near in her heart, neither, O  
word, reject me, but grant  
that I may clasp and kiss Your  
feet, and dare to anoint them  
with a flood of tears as with  
most-precious myrrh. Wash  
me with my tears and purify  
me with them, O Word.  
Forgive my sins and grant me  
pardon. You know the  
multitude of my evil-doings,  
You also know my wounds,  
and You see my bruises. But  
You also know my faith, and  
You behold my willingness,  
and You hear my sighs.  
Nothing escapes You, my  
God, my Maker, my  
Redeemer, not even a tear-  
drop, nor part of a drop. Your  
eyes know what I have not  
achieved, and in Your book  
things not yet done are  
written by You. See my  
depression, and see how great  
is my trouble: take from me  
all my sins, O God of all, that  
with a clean heart, a  
trembling mind, and a  
contrite spirit I may partake

μου, ἴδε μου τὸν κόπον, ὅσος!  
καὶ τὰς ἁμαρτίας πάσας ἄφες  
μοι, Θεὲ τῶν ὅλων, ἵνα  
καθαρᾶ καρδίᾳ, περιτρόμφ  
διανοίᾳ καὶ ψυχῇ  
συντετριμμένη, τῶν  
ἀχράντων σου μετάσχω καὶ  
πανάγνων μυστηρίων, οἷς  
ζωοῦται καὶ θεοῦται πᾶς ὁ  
τρώγων σε καὶ πίνων ἐξ  
εἰλικρινοῦς καρδίας. Σὺ γὰρ  
εἶπας, Δέσποτά μου· Πᾶς ὁ  
τρώγων μου τὴν Σάρκα,  
πίνων δέ μου καὶ τὸ Αἷμα, ἐν  
ἐμοὶ μὲν οὗτος μένει, ἐν αὐτῷ  
δ' ἐγὼ τυγχάνω. Ἀληθὴς ὁ  
λόγος πάντως τοῦ Δεσπότη  
καὶ Θεοῦ μου. Τῶν γὰρ θείων  
ὁ μετέχων καὶ θεοποιῶν  
χαρίτων, οὔμενον, οὐκ ἔστι  
μόνος, ἀλλὰ μετὰ σοῦ, Χριστέ  
μου, τοῦ φωτὸς τοῦ  
τρισηλίου, τοῦ φωτίζοντος  
τὸν κόσμον. Ἴνα γοῦν μὴ  
μόνος μένω δίχα σου τοῦ  
Ζωοδότου, τῆς πνοῆς μου, τῆς  
ζωῆς μου, τοῦ ἀγαλλιάματός  
μου, τῆς τοῦ κόσμου  
σωτηρίας, διὰ τοῦτό σοι  
προσηλθον, ὡς ὀρᾶς μετὰ

of Your pure and all-holy  
Mysteries by which all, who  
with sincerity of heart eat and  
drink You, are quickened and  
deified. For You, my Lord,  
have said: "Whoever eats My  
Flesh and drinks My Blood  
abides in Me and I in Him";  
wholly true is the word of my  
Lord and God. For whoever  
partakes of Your divine and  
deifying Gifts certainly is not  
alone, but is with You, my  
Christ, the Light of the  
Triune Sun Which illumines  
the world. That I may not  
remain alone without You, the  
Giver of Life, my Breath, my  
Life, my Joy, the Salvation of  
the world, I have therefore  
drawn near to You, as You  
see, with tears and with a  
contrite spirit. Ransom of my  
offenses, I beseech You to  
receive me, that I may partake  
without condemnation of  
Your life-giving and perfect  
Mysteries, and that You may  
remain as You have said with  
me, thrice-wretched as I am,  
lest the tempter find me  
without Your grace and  
craftily seize me and, having

δακρύων καὶ ψυχῆς  
συντετριμμένης, λύτρον τῶν  
ἐμῶν πταισμάτων ἰκετεύων  
τοῦ λαβεῖν με, καὶ τῶν σῶν  
ζωοπαρόχων καὶ ἀμέμπτων  
μυστηρίων μετασχεῖν  
ἀκατακρίτως, ἵνα μείνης,  
καθὼς εἶπας, μετ' ἐμοῦ τοῦ  
τρισαθλίου· ἵνα μή, χωρὶς  
εὐρών με τῆς σῆς χάριτος, ὁ  
πλάνος, ἀφαρπάσῃ με δολίως,  
καὶ πλανήσας ἀπαγάγῃ τῶν  
θεοποιῶν σου λόγων. Διὰ  
τοῦτό σοι προσπίπτω καὶ  
θερμῶς ἀναβοῶ σοι· Ὡς τὸν  
Ἄσωτον ἐδέξω, καὶ τὴν  
Πόρνην προσελθοῦσαν, οὕτω  
δέξαι με τὸν πόρνον καὶ τὸν  
ἄσωτον, Οἰκτίρμον, ἐν ψυχῇ  
συντετριμμένη νῦν με  
προσερχόμενόν σοι. Οἶδα,  
Σῶτερ, ὅτι ἄλλος, ὡς ἐγώ, οὐκ  
ἔπταισέ σοι οὐδὲ ἔπραξε τὰς  
πράξεις, ἃς ἐγὼ  
κατειργασάμην. Ἀλλὰ τοῦτο  
πάλιν οἶδα, ὡς οὐ μέγεθος  
πταισμάτων, οὐχ  
ἀμαρτημάτων πλῆθος,  
ὑπερβαίνει τοῦ Θεοῦ μου τὴν  
πολλὴν μακροθυμίαν, καὶ

deceived me, seduce me from  
Your deifying words.  
Therefore I fall at Your feet  
and fervently cry to You: as  
You received the prodigal and  
the harlot who drew near to  
You, so also have compassion  
and receive me, the profligate  
and the prodigal, as I now  
draw near to You with a  
contrite spirit. I know, O  
Savior, that no other has  
sinned against You as I have,  
nor has done the deeds that I  
have committed. But I also  
know this: that neither the  
greatness of my offenses, nor  
the multitude of my sins,  
surpasses the great patience of  
my God, and His extreme  
love for men. Despite our  
offenses, You purify and  
enlighten with the oil of  
compassion those who  
fervently repent, and You  
make them children of the  
light and sharers of Your  
divine nature. And You act  
most generously, for what is  
strange to Angels and to the  
minds of men You often tell  
to the repentant as to Your  
true friends. These things

φιλανθρωπίαν ἄκραν· ἀλλ'  
ἐλαίῳ συμπαθείας, τοὺς  
θερμῶς μετανοοῦντας, καὶ  
καθαίρεις καὶ λαμπρύνεις καὶ  
φωτὸς ποιεῖς μετόχους,  
κοινωνοὺς Θεότητός σου  
ἐργαζόμενος ἀφθόνως· καί,  
τὸ ξένον καὶ ἀγγέλοις καὶ  
ἀνθρώπων διανοίαις, ὁμιλεῖς  
αὐτοῖς πολλάκις, ὥσπερ  
φίλοις σου γνησίοις. Ταῦτα  
τολμηρὸν ποιεῖ με, ταῦτά με  
πτεροῖ, Χριστέ μου· καὶ  
θαρρῶν ταῖς σαῖς πλουσίαις  
πρὸς ἡμᾶς εὐεργεσίαις,  
χαίρων τε καὶ τρέμων ἅμα,  
τοῦ πυρὸς μεταλαμβάνω,  
χόρτος ὢν καὶ ξένον θαῦμα!  
δροσιζόμενος ἀφράστως  
ὥσπεροῦν ἢ βᾶτος πάλαι, ἢ  
ἀφλέκτως καιομένη. Τοίνυν  
εὐχαρίστῳ γνώμῃ, εὐχαρίστῳ  
δὲ καρδίᾳ, εὐχαρίστοις μέλεσί  
μου, τῆς ψυχῆς καὶ τῆς  
σαρκός μου προσκυνῶ καὶ  
μεγαλύνω καὶ δοξάζω σε, Θεέ  
μου, ὡς εὐλογημένον ὄντα  
νῦν τε καὶ εἰς τοὺς αἰῶνας.

**ΕΥΧΗ Η΄**

make me bold, my Christ,  
these things give me wings,  
and I take courage from the  
wealth of Your goodness to  
us. With rejoicing, yet with  
trembling, I who am but  
straw partake of Fire and,  
strange wonder, I am  
ineffably bedewed, like the  
bush of old which burnt  
without being consumed.  
Therefore with thankful mind  
and with thankful heart and  
with thankfulness in all the  
members of my soul and body,  
I worship and magnify and  
glorify You, my God, for You  
are blessed, now and ever, to  
all ages.

**EIGHTH PRAYER**

**(Συμεὼν τοῦ  
Μεταφραστοῦ)**

Ὁ μόνος καθαρὸς καὶ  
ἀκήρατος Κύριος, ὁ δι' οἶκτον  
φιλανθρωπίας ἀνεκδιήγητον  
τὸ ἡμέτερον ὄλον  
προσλαβόμενος φύραμα, ἐκ  
τῶν ἀγνῶν καὶ παρθενικῶν  
αἱμάτων τῆς ὑπερφυῶς  
κησάσης σε, Πνεύματος  
Θείου ἐπελεύσει καὶ εὐδοκία  
Πατρὸς αἰδίου, Χριστὲ Ἰησοῦ,  
σοφία Θεοῦ καὶ εἰρήνη καὶ  
δύναμις· ὁ τῷ προσλήμματι  
σου τὰ ζωποια καὶ σωτήρια  
πάθη καταδεξάμενος, τὸν  
Σταυρόν, τοὺς ἥλους, τὴν  
λόγχην, τὸν θάνατον,  
νέκρωσόν μου τὰ ψυχοφθόρα  
πάθη τοῦ σώματος. Ὁ τῆ  
ταφῆ σου τὰ τοῦ ἄδου  
σκυλεύσας βασιλεία, θάψον  
μου διὰ τῶν ἀγαθῶν  
λογισμῶν τὰ πονηρὰ  
διαβούλια, καὶ τὰ τῆς  
πονηρίας πνεύματα  
διασκέδασον. Ὁ τῆ τριημέρω  
σου καὶ ζωηφόρω Ἀναστάσει  
τὸν πεπτωκότα προπάτορα  
ἀναστήσας, ἀνάστησόν με τῆ

**of Saint Symeon  
Metaphrastes**

Lord, Who alone are pure  
and incorrupt, Who through  
the ineffable compassion of  
Your love for mankind  
assumed our whole nature  
through the pure and virgin  
blood of her who  
supernaturally conceived You  
by the coming of the Divine  
Spirit and by the will of the  
Eternal Father; O Christ  
Jesus, Wisdom and Peace and  
Power of God, Who in  
assuming our nature suffered  
Your life-giving and saving  
Passion – the Cross, the Nails,  
the Spear, and Death –  
mortify all the deadly passions  
of my body. You Who in Your  
burial spoiled the dominions  
of hell, bury with good  
thoughts my evil schemes and  
scatter the spirits of  
wickedness. You Who by  
Your life-giving Resurrection  
on the third day raised up our  
fallen first Parent, raise me up  
who am sunk in sin and  
suggest to me ways of  
repentance. You Who by

ἀμαρτία κατολισθήσαντα,  
τρόπους μοι μετανοίας  
ὑποτιθέμενος. Ὁ τῆ ἐνδόξῳ  
σου Ἀναλήψει τῆς σαρκὸς  
θεώσας τὸ πρόσλημμα καὶ  
τοῦτο τῆ δεξιᾷ καθέδρα  
τιμήσας τοῦ Πατρός, ἀξιώσόν  
με, διὰ τῆς τῶν ἁγίων σου  
μυστηρίων μεταλήψεως, τῆς  
δεξιᾶς μερίδος τῶν  
σωζομένων τυχεῖν. Ὁ τῆ  
ἐπιδημία τοῦ παρακλήτου  
Πνεύματος σκεύη τίμια τοὺς  
ιερούς σου μαθητὰς  
ἐργασάμενος, δοχεῖον καὶ  
τῆς αὐτοῦ ἀνάδειξον  
ἐπελεύσεως. Ὁ μέλλων πάλιν  
ἔρχεσθαι κρῖναι τὴν  
οἰκουμένην ἐν δικαιοσύνῃ,  
εὐδόκησον καὶ  
προὔπαντῆσαι σοι ἐν  
νεφέλαις τῷ ποιητῇ καὶ  
πλάστῃ μου σὺν πᾶσι τοῖς  
ἁγίοις σου· ἵνα ἀτελευτήτως  
δοξολογῶ καὶ ἀνυμνῶ σε, σὺν  
τῷ ἀνάρχῳ σου Πατρὶ καὶ τῷ  
παναγίῳ καὶ ἀγαθῷ καὶ  
ζωοποιῷ σου Πνεύματι, νῦν  
καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας  
τῶν αἰώνων. Ἀμήν.

Your glorious Ascension  
deified our nature which You  
had assumed and honored it  
by Your sitting at the right  
hand of the Father, make me  
worthy by partaking of Your  
holy Mysteries of a place at  
Your right hand among those  
who are saved. You Who by  
the descent of the Spirit, the  
Paraclete, made Your holy  
Disciples worthy vessels,  
make me also a recipient of  
His coming. You Who are to  
come again to judge the  
World with justice, grant me  
also to meet You on the  
clouds, my Maker and  
Creator, with all Your Saints,  
that I may unendingly glorify  
and praise You with Your  
Eternal Father and Your all-  
holy and good and life-  
creating Spirit, now and ever,  
and to the ages of ages. Amen.



**ΕΥΧΗ Θ΄  
(Ἰωάννου τοῦ  
Δαμασκηνοῦ)**

Πρὸ τῶν θυρῶν τοῦ ναοῦ  
σου παρέστηκα καὶ τῶν  
δεινῶν λογισμῶν οὐκ  
ἀφίσταμαι, ἀλλὰ σύ, Χριστὲ ὁ  
Θεός, ὁ Τελώνην δικαιοῦσας  
καὶ Χαναναίαν ἐλεήσας καὶ  
τῷ Ληστῇ παραδείσου πύλας  
ἀνοίξας, ἄνοιξόν μοι τὰ  
σπλάγχνα τῆς φιλανθρωπίας  
σου καὶ δέξαι με  
προσερχόμενον καὶ  
ἀπτόμενόν σου, ὡς τὴν  
Πόρνην καὶ τὴν Αἰμόρρουν· ἡ  
μὲν γάρ, τοῦ κρασπέδου σου  
ἀψαμένη εὐχερῶς τὴν ἴασιν  
ἔλαβεν, ἡ δέ, τοὺς σοὺς  
ἀχράντους πόδας κρατήσασα,  
τὴν λύσιν τῶν ἀμαρτημάτων  
έκομίσατο. Ἐγὼ δὲ ὁ ἐλεεινός,  
ὅλον τὸ Σῶμα τολμῶν  
δέξασθαι, μὴ καταφλεχθεῖην·  
ἀλλὰ δέξαι με, ὡσπερ ἐκείνας,  
καὶ φώτισόν μου τὰ τῆς  
ψυχῆς αἰσθητήρια,  
καταφλέγων μου τὰ τῆς  
ἀμαρτίας ἐγκλήματα,  
πρεσβείαις τῆς ἀσπόρως

**NINTH PRAYER  
of Saint John Damascene**

I stand before the doors of  
Your sanctuary, yet I do not  
put away my terrible  
thoughts. But, O Christ our  
God, Who justified the  
Publican, and Who had mercy  
on the Canaanite woman, and  
opened the gates of Paradise  
to the Thief, open to me the  
depths of Your love for  
mankind, and as I approach  
and touch You, receive me  
like the Harlot and the  
woman with an issue of blood.  
For the one easily received  
healing by touching the hem  
of Your garment, and the  
other obtained release from  
her sins by clasping Your  
sacred feet. And I, deplorable  
as I am, dare to receive Your  
whole Body; may I not be  
burnt, but receive me even as  
You did these. And enlighten  
the senses of my soul, and  
burn up the indictments of my  
sins, by the intercessions of  
her who bore You without  
seed, and of the Heavenly

τεκούσης σε καὶ τῶν  
ἐπουρανίων δυνάμεων. Ὅτι  
εὐλογητὸς εἶ εἰς τοὺς αἰῶνας  
τῶν αἰώνων. Ἀμήν.

**ΕΥΧΗ Ι'**  
**(Ἰωάννου τοῦ**  
**Χρυσοστόμου)**

Πιστεύω, Κύριε, καὶ  
ὁμολογῶ, ὅτι σὺ εἶ ἀληθῶς ὁ  
Χριστὸς, ὁ Υἱὸς τοῦ Θεοῦ τοῦ  
ζῶντος, ὁ ἐλθὼν εἰς τὸν  
κόσμον ἀμαρτωλοὺς σῶσαι,  
ὧν πρῶτός εἰμι ἐγώ. Ἔτι  
πιστεύω, ὅτι τοῦτο αὐτὸ ἐστὶ  
τὸ ἄχραντον Σῶμά σου καὶ  
τοῦτο αὐτὸ ἐστὶ τὸ τίμιον  
Αἷμά σου. Δέομαι οὖν σου·  
ἐλέησόν με καὶ συγχώρησόν  
μοι τὰ παραπτώματά μου, τὰ  
ἐκούσια καὶ τὰ ἀκούσια, τὰ ἐν  
λόγῳ, τὰ ἐν ἔργῳ, τὰ ἐν  
γνώσει καὶ ἀγνοίᾳ· καὶ  
ἀξιώσόν με ἀκατακρίτως  
μετασχεῖν τῶν ἀχράντων σου  
μυστηρίων, εἰς ἄφεσιν  
ἀμαρτιῶν καὶ εἰς ζωὴν  
αἰώνιον. Ἀμήν.

Hosts, for You are blessed to  
the ages of ages. Amen.

**TENTH PRAYER**  
**of Saint John Chrysostom**

I believe and confess,  
Lord, that You are truly the  
Christ, the Son of the living  
God, Who came into the  
world to save sinners, of  
whom I am the first. I also  
believe that this is truly Your  
pure Body and that this is  
truly Your precious Blood.  
Therefore, I pray to You, have  
mercy upon me, and forgive  
my transgressions, voluntary  
and involuntary, in word and  
deed, in knowledge or in  
ignorance. And make me  
worthy, without  
condemnation, to partake of  
Your pure Mysteries for the  
remission of sins and for  
eternal life. Amen.



*Ἀπερχόμενος δὲ μεταλαβεῖν,  
λέγε τοὺς παρόντας Στίχους  
Συμεὼν τοῦ Μεταφραστοῦ·*

Ἴδού, βαδίζω πρὸς θείαν  
Κοινωνίαν· Πλαστουργέ, μὴ  
φλέξης με τῇ μετουσίᾳ· Πῦρ  
γὰρ ὑπάρχεις τοὺς ἀναξίους  
φλέγον. Ἄλλ' οὖν κάθαρον ἐκ  
πάσης με κηλίδος.

*Εἶτα τὸ Τροπάριον·*

Τοῦ Δείπνου σου τοῦ  
μυστικοῦ, σήμερον Υἱὲ Θεοῦ,  
κοινωνόν με παράλαβε· οὐ μὴ  
γὰρ τοῖς ἐχθροῖς σου τὸ  
Μυστήριον εἶπω, οὐ φίλημά  
σοι δώσω, καθάπερ ὁ Ἰούδας,  
ἀλλ' ὡς ὁ Ληστής ὁμολογῶ  
σοι. Μνήσθητί μου Κύριε, ἐν  
τῇ Βασιλείᾳ σου.

*Εἶτα τοὺς παρόντας Στίχους·*

Θεουργὸν Αἷμα φρίξον,  
ἄνθρωπε βλέπων· Ἄνθραξ  
γὰρ ἐστὶ τοὺς ἀναξίους  
φλέγων· Θεοῦ τὸ Σῶμα, καὶ  
θεοῖ με, καὶ τρέφει· Θεοῖ τὸ  
πνεῦμα, τὸν δὲ νοῦν τρέφει  
ξένως.

*When coming forward to  
receive communion, say these  
verses of Symeon  
Metaphrastes.*

Behold, I approach for  
Divine Communion. \* O  
Maker, burn me not as I  
partake, \* for You are fire  
consuming the unworthy. \*  
But cleanse me from every  
stain.

*Then this Troparion:*

O Son of God, receive me  
today as a partaker of Your  
mystical supper. For I will not  
speak of the mystery to Your  
enemies, nor will I give You a  
kiss, as did Judas. But like the  
thief, I confess to You:  
Remember me, Lord, in Your  
Kingdom.

*Then again the following verses:*

Tremble, O man, as you  
behold the divine Blood. It is a  
burning coal that sears the  
unworthy. The Body of God  
both deifies and nourishes me:  
It deifies the spirit and  
wondrously nourishes the  
mind.

*Καὶ τὰ Τροπάρια ταῦτα*

Ἐθελξας πόθῳ με Χριστέ, καὶ ἠλλοίωσας τῷ θείῳ σου ἔρωτι, ἀλλὰ κατάφλεξον, πυρὶ ἀύλῳ τὰς ἀμαρτίας μου, καὶ ἐμπλησθῆναι τῆς ἐν σοὶ τρυφῆς καταξιώσον, ἵνα τὰς δύο σκιρτῶν, μεγαλύνῳ ἀγαθὲ παρουσίας σου.

Ἐν ταῖς λαμπρότησι τῶν Ἁγίων σου, πῶς εἰσελεύσομαι ὁ ἀνάξιος; ἐὰν γὰρ τολμήσω συνεισελθεῖν εἰς τὸν νυμφῶνα, ὁ χιτῶν μὲ ἐλέγχει, ὅτι οὐκ ἔστι τοῦ γάμου, καὶ δέσμιος ἐκβαλοῦμαι ὑπὸ τῶν Ἀγγέλων. Καθάρισον, Κύριε, τὸν ῥύπον τῆς ψυχῆς μου, καὶ σῶσόν με ὡς φιλόανθρωπος.

*Καὶ τὴν παροῦσαν Εὐχὴν*

Δέσποτα φιλόανθρωπε, Κύριε Ἰησοῦ Χριστέ, ὁ Θεός μου, μὴ εἰς κριμὰ μοι γένοιτο τὰ ἅγια ταῦτα, διὰ τὸ ἀνάξιον εἶναί με, ἀλλ' εἰς κάθαρσιν καὶ ἁγιασμὸν ψυχῆς τε καὶ σώματος, καὶ εἰς ἀρραβῶνα

*And these Troparia:*

You have smitten me with yearning, O Christ, and by Your divine eros You have changed me. But burn up with spiritual fire my sins, and grant me to be filled with delight in You, so that, leaping for joy, I may magnify, O Good One, Your two comings.

How shall I, who am unworthy, enter into the splendor of Your saints? If I should dare to enter into the bridal chamber, my vesture will condemn me, since it is not a wedding garment; and being bound up, I shall be cast out by the angels. Cleanse, O Lord, the filth of my soul, and save me, as You are the one Who loves mankind.

Master Who loves mankind, Lord Jesus Christ, my God, let not these Holy Gifts be to my judgment because I am unworthy, but rather for the purification and sanctification of both soul and body and the

τῆς μελλούσης ζωῆς καὶ βασιλείας. Ἐμοὶ δὲ τὸ προσκολλᾶσθαι τῷ Θεῷ ἀγαθὸν ἐστὶ, τίθεσθαι ἐν τῷ Κυρίῳ τὴν ἐλπίδα τῆς σωτηρίας μου.

*Καὶ πάλιν·*

Τοῦ Δείπνου σου τοῦ μυστικοῦ, σήμερον Υἱὲ Θεοῦ, κοινωνόν με παράλαβε· οὐ μὴ γὰρ τοῖς ἐχθροῖς σου τὸ Μυστήριον εἶπω, οὐ φίλημά σοι δώσω, καθάπερ ὁ Ἰούδας, ἀλλ' ὡς ὁ Ληστής ὁμολογῶ σοι. Μνήσθητί μου Κύριε, ἐν τῇ Βασιλείᾳ σου.



**Εὐχαριστία μετὰ τὴν Θεῖαν  
Μετάληψιν**

**Στίχοι προτρεπτικοί·**

Ἐπὰν δὲ τύχῃς τῆς καλῆς μετουσίας \* τῶν ζωοποιῶν μυστικῶν δωρημάτων, \* ὕμνησον εὐθύς, εὐχαρίστησον

pledge of the life and Kingdom to come. It is good for me to cleave unto God and to place in Him the hope of my salvation.

*And again:*

O Son of God, receive me today as a partaker of Your mystical supper. For I will not speak of the mystery to Your enemies, nor will I give You a kiss, as did Judas. But like the thief, I confess to You: Remember me, Lord, in Your Kingdom.



**Thanksgiving after Holy  
Communion**

**The Admonitory Verses**

And when you obtain the blessed Communion, \* of the life-creating mystical Gifts, \* straightway give praise and

μέγα, \* καὶ τάδε θερμῶς ἐκ  
ψυχῆς Θεῷ λέγε· \* Δόξα σοι, ὁ  
Θεός· δόξα σοι, ὁ Θεός· δόξα  
σοι, ὁ Θεός!

*Καὶ εὐθὺς τὰς ἐπομένας  
εὐχαριστηρίου Εὐχάς·*

### **Ἄνωνύμου**

Εὐχαριστῶ σοι, Κύριε, ὁ  
Θεός μου, ὅτι οὐκ ἀπώσω με  
τὸν ἁμαρτωλόν, ἀλλὰ  
κοινωνόν με γενέσθαι τῶν  
ἁγιασμάτων σου κατηξίωσας.  
Εὐχαριστῶ σοι, ὅτι με τὸν  
ἀνάξιον μεταλαβεῖν τῶν  
ἀχράντων σου καὶ  
ἐπουρανίων δωρεῶν  
κατηξίωσας. Ἀλλά, Δέσποτα  
φιλόανθρωπε, ὁ ὑπὲρ ἡμῶν  
ἀποθανών τε καὶ ἀναστὰς καὶ  
χαρισάμενος ἡμῖν τὰ φρικτὰ  
ταῦτα καὶ ζωοποιά σου  
Μυστήρια, ἐπ' εὐεργεσία καὶ  
ἁγιασμῷ τῶν ψυχῶν καὶ τῶν  
σωμάτων ἡμῶν, δὸς γενέσθαι  
ταῦτα καὶ μοι εἰς ἴασιν ψυχῆς  
τε καὶ σώματος, εἰς  
ἀποτροπὴν παντὸς ἐναντίου,  
εἰς φωτισμὸν τῶν ὀφθαλμῶν

great thanks, \* and fervently  
from your soul say to God, \*  
Glory to You, O God; glory  
to You, O God; glory to You,  
O God.

*And immediately, the  
following prayers of  
thanksgiving:*

### **Anonymous**

I thank You, O Lord my  
God, for You have not  
rejected me, a sinner, but have  
deemed me worthy to be a  
partaker of Your Holy Gifts. I  
thank You that You deemed  
me worthy, unworthy as I am,  
to partake of Your pure and  
heavenly Gifts. O Master,  
Who loves mankind, Who for  
us both died and arose and  
Who granted us these, Your  
dread and life-creating  
Mysteries, for the benefit and  
sanctification of our souls and  
bodies: Grant that these may  
be to me for the healing of  
both soul and body, for the  
averting of everything hostile,  
for the enlightenment of the  
eyes of my heart, for the peace  
of the powers of my soul, for  
faith unashamed, for love

τῆς καρδίας μου, εἰς εἰρήνην  
τῶν ψυχικῶν μου δυνάμεων,  
εἰς πίστιν ἀκαταίσχυτον, εἰς  
ἀγάπην ἀνυπόκριτον, εἰς  
πλησμονὴν σοφίας, εἰς  
περιποίησιν τῶν ἐντολῶν σου,  
εἰς προσθήκην τῆς θείας σου  
χάριτος καὶ τῆς σῆς βασιλείας  
οἰκείωσιν· ἵνα ἐν τῷ ἁγιασμῷ  
σου δι' αὐτῶν φυλαττόμενος,  
τῆς σῆς χάριτος μνημονεύω  
διὰ παντός καὶ μηκέτι ἐμαυτῷ  
ζῶ, ἀλλὰ σοὶ τῷ ἡμετέρῳ  
Δεσπότη καὶ εὐεργέτη. Καὶ  
οὕτω τοῦ τῆδε βίου ἀπάρας  
ἐπ' ἐλπίδι ζωῆς αἰωνίου, εἰς  
τὴν αἰδίον καταστήσω  
ἀνάπαυσιν, ἔνθα ὁ τῶν  
ἐορταζόντων ἦχος ὁ  
ἀκατάπαυστος καὶ ἡ  
ἀπέραντος ἡδονὴ τῶν  
καθορώντων τοῦ σου  
προσώπου τὸ κάλλος τὸ  
ἄρρητον. Σὺ γὰρ εἶ τὸ ὄντως  
ἐφετὸν καὶ ἡ ἀνέκφραστος  
εὐφροσύνη τῶν ἀγαπώντων  
σε, Χριστέ ὁ Θεὸς ἡμῶν, καὶ  
σὲ ὑμνεῖ πᾶσα ἡ κτίσις εἰς  
τοὺς αἰῶνας. Ἀμήν.

unfeigned, for the fullness of  
wisdom, for the observance of  
Your commandments, for an  
increase of Your divine grace,  
and for abiding in Your  
Kingdom; that being kept by  
them in Your holiness I may  
ever be mindful of Your grace,  
and no longer live for myself  
but for You, our Master and  
benefactor. And thus, when  
from this life I have passed in  
the hope of life eternal, may I  
attain to everlasting rest,  
where the sound of those who  
celebrate is unceasing, and  
unending is the delight of  
those who behold the ineffable  
beauty of Your Countenance.  
For You are, indeed, the true  
object of our desire and the  
inexpressible gladness of  
those who love You, O Christ  
our God, and all creation  
praises You unto the ages.  
Amen.



## **Τοῦ Μεγάλου Βασιλείου**

Δέσποτα Χριστέ ὁ Θεός,  
βασιλεῦ τῶν αἰώνων καὶ  
δημιουργὲ τῶν ἀπάντων,  
εὐχαριστῶ σοι ἐπὶ πᾶσιν, οἷς  
παρέσχου μοι ἀγαθοῖς, καὶ ἐπὶ  
τῇ μεταλήψει τῶν ἀχράντων  
καὶ ζωοποιῶν σου μυστηρίων.  
Δέομαι οὖν σου, ἀγαθὲ καὶ  
φιλόανθρωπε· φύλαξόν με ὑπὸ  
τὴν σκέπην σου καὶ ἐν τῇ τῶν  
πτερύγων σου σκιᾷ· καὶ  
δώρησαι μοι ἐν καθαρῷ  
συνειδότι, μέχρις ἐσχάτης  
μου ἀναπνοῆς, ἐπαξίως  
μετέχειν τῶν ἀγιασμάτων  
σου, εἰς ἄφεςιν ἁμαρτιῶν καὶ  
εἰς ζωὴν αἰώνιον. Σὺ γὰρ εἶ ὁ  
ἄρτος τῆς ζωῆς, ἡ πηγὴ τοῦ  
ἀγιασμοῦ, ὁ δοτὴρ τῶν  
ἀγαθῶν· καὶ σοὶ τὴν δόξαν  
ἀναπέμπομεν, σὺν τῷ Πατρὶ  
καὶ τῷ Ἁγίῳ Πνεύματι, νῦν  
καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας  
τῶν αἰώνων. Ἀμήν.

## **Συμεῶν τοῦ Μεταφραστοῦ**

Ὁ δοὺς τροφήν μοι σάρκα  
σὴν ἐκουσίως, ὁ πῦρ ὑπάρχων  
καὶ φλέγων ἀναξίους, μὴ δὴ

## **Prayer of St. Basil the Great**

O Master Christ, our God,  
King of the ages and creator  
of all, I thank You for all the  
good things You have granted  
me and for the Communion of  
Your pure and life-giving  
Mysteries. I beseech You,  
therefore, O Good One Who  
loves mankind, keep me under  
Your protection and in the  
shadow of Your wings; and  
grant that, with a clear  
conscience and until my final  
breath, I may worthily  
partake of Your Holy Gifts for  
the remission of my sins and  
for life eternal. For You are  
the bread of life, the well-  
spring of holiness, and the  
giver of all that is good, and  
to You we ascribe the glory,  
with the Father and the Holy  
Spirit, now and forever and to  
the ages of ages. Amen.

## **Prayer of St. Symeon Metaphrastes**

O You Who willingly  
grant me Your Flesh for food,  
You are a fire, and You

καταφλέξης με, μὴ  
Πλαστουργέ μου· μᾶλλον  
δίελθε πρὸς μελῶν μου  
συνθέσεις, εἰς πάντας ἄρμούς,  
εἰς νεφρούς, εἰς καρδίαν·  
φλέξον δ' ἀκάνθας τῶν ὄλων  
μου πταισμάτων. Ψυχὴν  
κάθαρον, ἀγίασον τὰς  
φρένας· τὰς ἰγνύας στήριζον  
ὀστέοις ἅμα· αἰσθήσεων  
φώτισον ἀπλὴν πεντάδα·  
ὄλον με τῷ σῶ  
συγκαθήλωσον φόβῳ. Ἄει  
σκέπε, φρούρει τε καὶ  
φύλαττέ με ἐκ παντὸς ἔργου  
καὶ λόγου ψυχοφθόρου.  
Ἄγνιζε καὶ κάθαρε καὶ  
ῥύθμιζέ με· κάλλυνε, συνέτιζε  
καὶ φώτιζέ με· δεῖξόν με σὸν  
σκήνωμα Πνεύματος μόνου,  
καὶ μηκέτι σκήνωμα τῆς  
ἀμαρτίας· ἵν' ὡς σὸν οἶκον  
εἰσὸδῶ κοινωνίας, ὡς πῦρ με  
φεύγη πᾶς κακοῦργος, πᾶν  
πάθος. Πρέσβεις φέρω σοι  
πάντας ἡγιασμένους, τὰς  
ταξιαρχίας τε τῶν  
Ἀσωμάτων, τὸν Πρόδρομόν  
σου, τοὺς σοφοὺς  
Ἀποστόλους, πρὸς τοῖς δε σὴν

consume the unworthy! Burn  
me not, O my Maker, but  
rather pass through my  
composite members into all  
my joints, my innermost core,  
and my heart. Burn up the  
thorns of all my  
transgressions; purify my  
soul; sanctify my thoughts;  
make firm my legs, as well as  
my bones; illumine the clarity  
of my five senses; nail down  
the whole of me by Your fear.  
Ever overshadow, watch, and  
guard me from every soul-  
destroying act and word.  
Purify, cleanse, and train me;  
adorn, elucidate, and  
illuminate me; show me to be  
the dwelling of Your Spirit  
alone, and no longer the  
dwelling of sin; so that, as  
Your house, by the entrance  
of Communion as fire, every  
evildoer and passion may flee.  
I bring to You intercessors,  
all the sanctified, the captains  
of the bodiless angels, Your  
Forerunner, the wise apostles,  
and to them I add Your pure,  
immaculate Mother. Receive,  
O my compassionate Christ,  
their petitions, and make of

ἄχραντον ἀγνήν Μητέρα· ὧν  
τὰς λιτάς, εὖσπλαγχνε, δέξαι,  
Χριστέ μου, καὶ φωτὸς παῖδα  
τὸν σὸν ἔργασαι λάτριν. Σὺ  
γὰρ ὑπάρχεις ἀγιασμὸς καὶ  
μόνος ἡμῶν, ἀγαθέ, τῶν  
ψυχῶν καὶ λαμπρότης· καὶ σοὶ  
πρεπόντως, ὡς Θεῷ καὶ  
Δεσπότῃ, δόξαν ἅπαντες  
πέμπομεν καθ' ἡμέραν.

### **Ἄνωνύμου**

Τὸ Σῶμά σου τὸ ἅγιον,  
Κύριε Ἰησοῦ Χριστέ ὁ Θεὸς  
ἡμῶν, γένοιτό μοι εἰς ζωὴν  
αἰώνιον, καὶ τὸ Αἷμά σου τὸ  
τίμιον εἰς ἄφεσιν ἁμαρτιῶν.  
Γένοιτο δέ μοι ἡ εὐχαριστία  
αὕτη εἰς χαράν, ὑγείαν καὶ  
εὐφροσύνην· καὶ ἐν τῇ  
φοβερᾷ καὶ δευτέρᾳ ἐλεύσει  
σου ἀξιωσόν με τὸν  
ἁμαρτωλὸν στηῆναι ἐκ δεξιῶν  
τῆς σῆς δόξης, πρεσβείαις τῆς  
παναχράντου σου Μητρός,  
καὶ πάντων σου τῶν Ἁγίων.  
Ἀμήν.

### **Ἄνωνύμου**

Παναγία Δέσποινα,  
Θεοτόκε, τὸ φῶς τῆς

your hired servant a child of  
light! For You are alone our  
sanctification, O Good One,  
and the brightness of our  
souls; and to You, as is fitting,  
as our God and Master, do we  
all ascribe glory from day to  
day.

### **Anonymous**

May Your holy Body, O  
Lord Jesus Christ, our God,  
be to me for life eternal, and  
Your precious Blood for  
remission of sins. And may  
this Eucharist be to me for  
joy, health, and gladness. And  
at Your awesome Second  
Coming, deem me, the sinner,  
worthy to stand at the right  
hand of Your glory, through  
the intercessions of Your all-  
pure Mother and all Your  
saints. Amen.

### **Anonymous**

All-holy Lady, Theotokos,  
the light of my darkened soul,

ἐσκοτισμένης μου ψυχῆς, ἡ  
ἐλπίς, ἡ σκέπη, ἡ καταφυγή, ἡ  
παραμυθία, τὸ ἀγαλλιάμα  
μου, εὐχαριστῶ σοι, ὅτι  
ἠξίωσάς με τὸν ἀνάξιον  
κοινωνὸν γενέσθαι τοῦ  
ἀχράντου Σώματος καὶ τοῦ  
Τιμίου Αἵματος τοῦ Υἱοῦ σου.  
Ἄλλ' ἡ τεκοῦσα τὸ ἀληθινὸν  
φῶς, φώτισόν μου τοὺς  
νοητοὺς ὀφθαλμοὺς τῆς  
καρδίας· ἡ τὴν πηγὴν τῆς  
ἀθανασίας κυήσασα,  
ζωοποίησόν με τὸν  
τεθανατωμένον τῇ ἁμαρτίᾳ, ἡ  
τοῦ ἐλεήμονος Θεοῦ  
φιλεύσπλαγχνος Μήτηρ,  
ἐλέησόν με, καὶ δὸς κατάνυξιν  
καὶ συντριβὴν ἐν τῇ καρδίᾳ  
μου καὶ ταπεινώσιν ἐν τοῖς  
διανοήμασί μου, καὶ  
ἀνάκλησιν ἐν ταῖς  
αἰχμαλωσίαις τῶν λογισμῶν  
μου. Καὶ ἀξίωσόν με, μέχρι  
τελευταίας μου ἀναπνοῆς,  
ἀκατακρίτως ὑποδέχεσθαι  
τῶν ἀχράντων Μυστηρίων  
τὸν ἁγιασμόν, εἰς ἵασιν ψυχῆς  
τε καὶ σώματος· καὶ  
παράσχου μοι δάκρυα

my hope and protection, my  
refuge and consolation, and  
my joy, I thank you that you  
have made me worthy, though  
I am unworthy, to partake of  
the pure Body and precious  
Blood of your Son. But as the  
one who gave birth to the true  
Light: enlighten the noetic  
eyes of my heart. You who  
conceived the source of  
immortality, give life to me,  
dead in sin. You who are the  
compassionately loving  
Mother of the merciful God,  
have mercy on me and give  
my heart compunction and  
contrition, humility in my  
thoughts, and release from my  
captive thoughts. And make  
me worthy until my final  
breath to receive without  
condemnation the  
sanctification of the pure  
Mysteries for the healing of  
both soul and body. And  
grant me tears of repentance  
and confession, that I may  
praise and glorify you all the  
days of my life. For you are  
blessed and glorified unto the  
ages. Amen.

μετανοίας καὶ  
ἐξομολογήσεως, εἰς τὸ ὑμνεῖν  
καὶ δοξάζειν σε πάσας τὰς  
ἡμέρας τῆς ζωῆς μου. Ὅτι  
εὐλογημένη καὶ δεδοξασμένη  
ὑπάρχεις εἰς τοὺς αἰῶνας·  
Ἀμήν.

## ΙΕΡΕΥΣ

### Ὡδὴν τοῦ Θεοδόχου Συμεών.

Νῦν ἀπολύεις τὸν δοῦλόν  
σου, Δέσποτα, κατὰ τὸ ῥῆμά  
σου, ἐν εἰρήνῃ· ὅτι εἶδον οἱ  
ὀφθαλμοί μου τὸ σωτήριόν  
σου, ὃ ἠτοίμασας κατὰ  
πρόσωπον πάντων τῶν λαῶν·  
φῶς εἰς ἀποκάλυψιν ἐθνῶν,  
καὶ δόξαν λαοῦ σου Ἰσραήλ.

## ΑΝΑΓΝΩΣΤΗΣ

### Τρισάγιον.

Ἅγιος ὁ Θεός, ἅγιος  
Ἰσχυρός, ἅγιος Ἀθάνατος,  
ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ  
Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ

## PRIEST

### Song of Simeon.

Lord, now You are letting  
Your servant depart in peace,  
according to Your word; for  
my eyes have seen Your  
salvation which You have  
prepared before the face of all  
peoples. A light to bring  
revelation to the Gentiles, and  
the glory of Your people  
Israel.

## READER

### Trisagion Prayers.

Holy God, Holy Mighty,  
Holy Immortal, have mercy  
on us. (3)

Glory to the Father and  
the Son and the Holy

ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἰλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν. Ἄγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ βασιλεία σου. Γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ρῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

Spirit. Both now and ever and to the ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake.

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

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

Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

## ΙΕΡΕΥΣ

Ὅτι σοῦ ἐστὶν ἡ βασιλεία  
καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ  
Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ  
Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ  
καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. (*Ἀμήν.*)

## ΑΝΑΓΝΩΣΤΗΣ

*Μετὰ τὴν Θ. Λειτουργίαν τοῦ  
Χρυσοστόμου·*

### **Ἀπολυτίκιον.**

Ἡ τοῦ στόματός σου καθάπερ  
πυρσὸς ἐκλάμπασα χάρις, τὴν  
οἰκουμένην ἐφώτισεν·  
ἀφιλαργυρίας τῷ κόσμῳ  
θησαυροῦς ἐναπέθετο· τὸ  
ὕψος ἡμῖν τῆς  
ταπεινοφροσύνης ὑπέδειξεν.  
Ἄλλὰ σοῖς λόγοις παιδεύων,  
Πάτερ Ἰωάννη Χρυσόστομε,  
πρέσβευε τῷ Λόγῳ Χριστῷ τῷ  
Θεῷ, σωθῆναι τὰς ψυχὰς  
ἡμῶν.

### Δόξα. **Κοντάκιον.**

Ἐκ τῶν οὐρανῶν ἐδέξω τὴν  
θεῖαν χάριν, καὶ διὰ τῶν σῶν  
χειλέων, πάντας διδάσκεις,  
προσκυνεῖν ἐν Τριάδι τὸν ἕνα

## PRIEST

For Thine is the Kingdom  
and the power and the glory,  
of the Father and of the Son  
and of the Holy Spirit, now  
and forever and to the ages of  
ages. (*Amen.*)

## READER

*After the Liturgy of St. John  
Chrysostom:*

### **Apolitikion.**

The grace that from your  
mouth shone forth like a torch  
illuminated the universe. It  
deposited in the world the  
treasures of the absence of  
avarice. It showed us the  
height that is attained by  
humility. Now you instruct us  
by your words, Father John  
Chrysostom. Intercede with  
Christ God, the Word  
himself, entreating Him to  
save our souls.

### Glory. **Kontakion.**

You received the grace of God  
coming down from heaven;  
now by means of your own  
lips you instruct all people  
how to worship in Trinity the



Θεόν, Ἰωάννη Χρυσόστομε,  
παμμακάριστε Ὅσιε, ἐπαξίως  
εὐφημοῦμέν σε· ὑπάρχεις γὰρ  
καθηγητής, ὡς τὰ θεῖα  
σαφῶν.

Καὶ νῦν. **Θεοτοκίον.**

Τῆ πρεσβείᾳ Κύριε, πάντων  
τῶν Ἁγίων, καὶ τῆς Θεοτόκου,  
τὴν σὴν εἰρήνην δὸς ἡμῖν, καὶ  
ἐλέησον ἡμᾶς, ὡς ὁ μόνος  
οἰκτίρμων.

*Μετὰ τὴν Θ. Λειτουργίᾳ τοῦ Μ.  
Βασιλείου·*

**Ἀπολυτίκιον.**

Εἰς πᾶσαν τὴν γῆν ἐξῆλθεν ὁ  
φθόγγος σου, ὡς δεξαμένην  
τὸν λόγον σου, δι' οὗ  
θεοπρεπῶς ἐδογματίσας, τὴν  
φύσιν τῶν ὄντων ἐτράνωσας,  
τὰ τῶν ἀνθρώπων ἦθη  
κατεκόσμησας, Βασίλειον  
Ἱεράτευμα, Πάτερ Ὅσιε,  
Χριστὸν τὸν Θεὸν ἰκέτευε,  
δωρήσασθαι ἡμῖν τὸ μέγα  
ἔλεος.

Δόξα. **Κοντάκιον.**

one and only God, O devout  
Saint John Chrysostom, the  
all-blessed and golden-  
mouthed. It is right that we  
should honor you. For  
elucidating things divine, you  
are our teacher and guide.

Both now. **Theotokion.**

By the intercessions of all  
Your Saints and the  
Theotokos, grant us Your  
peace and have mercy on us,  
O only compassionate Lord.

*After the Liturgy of St. Basil:*

**Apolytikion.**

Your proclamation went forth  
into all the earth, for it  
accepted your word, through  
which you taught the dogmas  
befitting God, you expounded  
on the nature of all that is,  
and you arranged the morals  
of society. A royal priesthood!  
Devout father Basil, intercede  
with Christ our God, to grant  
us His great mercy.

Glory. **Kontakion.**

Ἦφθης βάσις ἄσειστος τῆ  
Ἐκκλησία, νέμων πᾶσιν  
ἄσυλον, τὴν κυριότητα  
βροτοῖς, ἐπισφραγίζων σοῖς  
δόγμασιν, Οὐρανοφάντορ  
Βασίλειε ὄσιε.

Καὶ νῦν. **Θεοτοκίον.**

Τῆ πρεσβείᾳ Κύριε, πάντων  
τῶν Ἁγίων, καὶ τῆς Θεοτόκου,  
τὴν σὴν εἰρήνην δὸς ἡμῖν, καὶ  
ἐλέησον ἡμᾶς, ὡς ὁ μόνος  
οἰκτίρμων.

*Μετὰ τὴν Θ. Λειτουργία τῶν  
Προηγιασμένων*

**Ἀπολυτίκιον.**

Στόμα γρήγορον,  
καταπλουτήσας, νομεὺς  
ἄριστος τοῦ θείου λόγου,  
ἀνεδείχθης Ἱεράρχα  
Γρηγόριε, τῶν ἀρετῶν γὰρ  
ἐκφάντωρ γενόμενος,  
δικαιοσύνης ἐκφαίνεις τὴν  
ἔλλαμψιν Πάτερ Ὅσιε,  
Χριστὸν τὸν Θεὸν ἰκέτευε,  
δωρήσασθαι ἡμῖν τὸ μέγα  
ἔλεος.

Δόξα. **Κοντάκιον.**

As a base unshakable \* you  
were presented \* to the  
Church, attributing \* the full  
dominion to mankind, \* and  
by your dogmas confirming  
this, O devout Basil, Revealer  
of heaven to all.

Both now. **Theotokion.**

By the intercessions of all  
Your Saints and the  
Theotokos, grant us Your  
peace and have mercy on us,  
O only compassionate Lord.

*After the Presanctified Liturgy:*

**Apolytikion.**

You were shown to be a great  
dispenser \* of the word of  
God, having been given \* a  
most capable mouth that was  
rich in grace. \* You radiated  
the luster of righteousness, \*  
teaching the virtues, O  
hierarch Gregory. \* O devout  
father, pray now to Christ our  
God, \* entreating Him to  
grant us His great mercy.

Glory. **Kontakion.**

Ταῖς τῶν σῶν λόγων ἀκτῖσι  
φωτίζεται, ἡ Ἐκκλησία  
θεόφρον Γρηγόριε, Ἱεράρχα  
πάνσοφε, τῷ θείῳ θρόνῳ  
παριστάμενος, ἐκτενῶς  
Χριστῷ τῷ Θεῷ, πρεσβείαν  
ποίει ὑπὲρ πάντων ἡμῶν.

Καὶ νῦν. **Θεοτοκίον.**

Τῇ πρεσβείᾳ Κύριε, πάντων  
τῶν Ἁγίων, καὶ τῆς Θεοτόκου,  
τὴν σὴν εἰρήνην δὸς ἡμῖν, καὶ  
ἐλέησον ἡμᾶς, ὡς μόνος  
οἰκτίρμων.

## **ΑΝΑΓΝΩΣΤΗΣ**

Κύριε, ἐλέησον. (ιβ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ  
Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ  
ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Τὴν τιμιωτέραν τῶν  
Χερουβείμ, καὶ ἐνδοξοτέραν,  
ἀσυγκρίτως τῶν Σεραφείμ,  
τὴν ἀδιαφθόρωσ, Θεὸν Λόγον  
τεκοῦσαν, τὴν ὄντως  
Θεοτόκον, σὲ μεγαλύνομεν.

The Church is illumined by  
the rays of your words, O all-  
wise, God-bearing hierarch  
Gregory. Now, as you stand  
near the divine throne,  
earnestly intercede with  
Christ our God on behalf of us  
all.

Both now. **Theotokion.**

By the intercessions of all  
Your Saints and the  
Theotokos, grant us Your  
peace and have mercy on us,  
O only compassionate Lord.

## **READER**

Lord, have mercy. (12)

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

Greater in honor than the  
Cherubim, and in glory  
greater beyond compare than  
the Seraphim; you without  
corruption gave birth to God  
the Word, and are truly  
Theotokos. You do we  
magnify.

Ἐν ὀνόματι Κυρίου  
εὐλόγησον, Πάτερ.

### **ΙΕΡΕΥΣ**

Ὁ Θεὸς οἰκτιρήσαι ἡμᾶς  
καὶ εὐλογήσαι ἡμᾶς· ἐπιφάναι  
τὸ πρόσωπον αὐτοῦ ἐφ' ἡμᾶς,  
καὶ ἐλεήσαι ἡμᾶς.

### **ΑΝΑΓΝΩΣΤΗΣ**

Ἀμήν.

Δόξα Πατρὶ καὶ Υἱῷ καὶ  
Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ  
ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Κύριε, ἐλέησον. Κύριε,  
ἐλέησον. Κύριε, ἐλέησον.

Εὐλόγησον.

### **ΙΕΡΕΥΣ**

Χριστὸς ὁ ἀληθινὸς Θεὸς  
ἡμῶν, ταῖς πρεσβείαις τῆς  
παναχράντου καὶ παναμώμου  
ἀγίας αὐτοῦ Μητρός, (τοῦ  
Ἁγίου τοῦ Ναοῦ)· τῶν ἀγίων  
καὶ δικαίων Θεοπατόρων  
Ἰωακείμ καὶ Ἄννης, καὶ  
πάντων τῶν Ἁγίων, ἐλεήσαι

In the name of the Lord,  
Father, bless!

### **PRIEST**

May God have compassion  
on us and bless us; may his  
face shine upon us and have  
mercy on us.

### **READER**

Amen.

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

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

Father, bless!

### **PRIEST**

May Christ our true  
God, through the  
intercessions of His all-pure  
and all-immaculate holy  
Mother, (local patron  
saint); of the holy and  
righteous ancestors of God  
Joachim and Anna, and of all

καὶ σῶσαι ἡμᾶς, ὡς ἀγαθὸς  
καὶ φιλόανθρωπος.

## ΑΝΑΓΝΩΣΤΗΣ

Ουρανὸς πολὺφωτος ἡ  
Ἐκκλησία, ἀνεδείχθη  
ἀπαντας, φωταγωγούσα τοὺς  
πιστοὺς, ἐν ᾧ ἐστώτες  
κραυγάζομεν, Τούτον τὸν  
οἶκον, στερέωσον Κύριε.

Τὸ στερέωμα, τῶν ἐπὶ σοὶ  
πεποιθότων, στερέωσον  
Κύριε τὴν Ἐκκλησίαν, ἣν  
ἐκτήσω, τῷ τιμίῳ σου αἵματι.

## ΙΕΡΕΥΣ

Δι' εὐχῶν τῶν ἁγίων  
πατέρων ἡμῶν, Κύριε Ἰησοῦ  
Χριστέ ὁ Θεός, ἐλέησον καὶ  
σῶσον ἡμᾶς.

(*Ἀμήν.*)

the saints, have mercy on us  
and save us, for He is good  
and loves mankind.

## READER

The Church is Heaven  
filled with many lights, and  
guides all the faithful by its  
light. We stand therein and  
cry aloud: Strengthen this  
house O Lord.

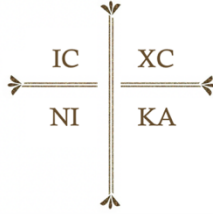
As the firm support of  
those who hope in You firmly,  
\* O Lord, now confirm the  
Church that You established,  
\* which You purchased for  
yourself with Your precious  
Blood.

## PRIEST

Through the prayers of  
our holy fathers, Lord Jesus  
Christ, our God, have mercy  
on us and save us.

(*Amen.*)





Δεν ευχαριστούμαι από την τροφή της φθοράς,  
ούτε για τις ηδονές της ζωής αυτής.  
Θέλω το Άρτο Του Θεού, που είναι η Σάρκα Του  
Ιησού Χριστού... και Θέλω να πιώ το Αίμα Αυτού.  
Αγιος Ιγνάτιος



I have no taste for corruptible food, nor for  
the pleasures of this life. I desire the Bread of God,  
which is the Flesh of Jesus Christ...  
and it is His Blood I want to drink.

St Ignatius of Antioch