Lent with the Canon of St. Andrew of Crete

Daily Readings of the Great Canon for Monday-Saturday of Lent and Holy Week

Monday - 1st Week of Lent

Ode 1

A Helper and a Protector has become salvation to me.
This is my God, Whom I will glorify.
God of my fathers
I will exalt Him for in glory was He glorified.
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 tasted 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 Savour, 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.

O Trinity above all essence and worshiped as One God, take from me the heavy burden of sin, and since You are compassionate grant me tears of repentance.

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

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

Tuesday

Ode 2

Attend O heaven and I will speak,
I will sing of Christ,
Who from the Virgin took flesh to dwell with us.
Have mercy on me, O God, have mercy on me.

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, O compassionate God and Saviour, and accept my fervent confession.

More than all have I sinned; I alone have sinned against You, O God my Saviour, 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.

O 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.

O Saviour, 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 have I darkened the beauty of my soul and permitted my whole inward being to become mire.

I like 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.

O compassionate One, like the prostitute who anointed Your feet so now do I offer You tears. Have mercy on me, O Saviour.

I like naked and ashamed, for the beauty of the tree, which I saw in the middle of the garden, deceived me.

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

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

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

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

O Most holy Theotokos, Virgin alone praised everywhere, pray fervently that we may be saved.

Wednesday

Ode 3

Establish Your Church, O Christ, on the unshakeable rock of Your commandments.
Have mercy on me, O God, have mercy on me.

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

Save yourself from sin, O my soul! Like lot on the mountain, take timely refuge in the town of Zoar.

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

O Christ my Saviour, 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 Saviour, that I have sinned against You, but since You are compassionate, absolve and forgive me.

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

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

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

Hail, O Womb which received God! Hail, O Throne of the Lord! Hail, O Mother of our Life!

Thursday

Ode 4

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

Do not forget Your saving acts, O righteous Judge, or turn away form 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, O 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, O 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 never has been a sin, a deed, an evil act that I have not cherished, O Saviour. 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. O 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, O my soul, an image to consider. The bottom most rung is a first step towards doing the will of God, while those that 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, O my soul, without your effort.

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

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.

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.

Friday

Ode 5

Out of the night watching early for You,
enlighten me I pray, O Lover of man,
and guide me in Your commandments,
and teach me, O Saviour, to do Your will.
Have mercy on me, O God, have mercy on me.

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

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, O Lord and Master. Will I ever be able to endure such things for Your sake?

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

We glorify You, O 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, O pure Virgin Mother, uniting our human nature to Himself.

Saturday

Ode 6

With my whole heart, I cried unto 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, O Saviour, sincere tears and the deepest groans of my soul, crying from the heart, "O God, I have sinned against You, be merciful to me".

When Datham 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 as a stubborn mule, O my soul, like that idol worshipper Ephraim, now as an agile deer flee the hunters and save your Life, strengthening it with good deeds, wisdom, and prayer.

Be assured, O 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 with many sins.

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

"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.

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.

Monday - 2nd Week of Lent

Kontakion (Tone 6)

My soul, my soul, Arise!
Why are you sleeping?
The end is drawing near,
and you will be confounded,
awake then and be watchfulthat Christ our God may spare you,
Who is everywhere, and fills all things.

Ode 7

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.

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, O my soul, lest your animal instincts now block you from the kingdom of Christ.

Tuesday

David was a forefather of the Lord, O 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, O 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, the God of our fathers".

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

Simple and undivided, One in essence and nature, Light and Lights, One Holy and three Holies, Gd is praised as Trinity. So sing praises to Him, O my soul, and glorify the Life and Lives, the God of all.

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

We praise you, we bless and venerate you, O 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.

Wednesday

Ode 8

> Him Whom the hosts of heaven glorify, Whom the Cherubim and Seraphim dread,
> let every breath and creature praise, bless and magnify
> throughout all ages.
> Have mercy on us, O God, have mercy on us.

O Saviour, 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, O 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, O 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 Shuynem 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 Gehazai, who sought money in his master's name. Abandon such greed before the end, lest you be cast into eternal fire.

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

O Eternal Father, co-eternal Son, and gracious Comforter, the Spirit of Truth, O Father of the Divine Word, Word of the eternal Father, and Life-creating Spirit, Trinity in unity, have mercy on us.

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

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.

Thursday

Ode 9

Ineffable is the child bearing of a seedless conception,
a mother remaining pure.
For the birth of God renews nature,
so in all ages we magnify you as mother and bride of God.
Have mercy on us, O God, have mercy on us.

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, O 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, O 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, O 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 human nature (except sin). He has shown you an image of His own condescension.

Christ became a man and called both robbers and prostitutes to repentance. Return, therefore,

O 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!

Friday

Christ granted salvation to the Magi who worshiped 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, O my soul, do not despair if the enemy attacks you, for it is only through prayer and fasting that he shall be defeated.

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

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.

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

O 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.

O holy Father Andrew, pray to God for us.

O honourable 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 honour your memory.

Saturday

Ode 1

> A Helper and a Protector has become salvation to me.
> This is my God, I will glorify Him.God of my fathers
> I will exalt Him for in glory was He glorified.
> Have mercy on us, O God, have mercy on us.

Deliberately have I imitated blood thirsty 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, O 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, O my Creator, my Redeemer and my Judge, by moulding clay into flesh and infusing in it the breath of Life. Accept me now as I return to You.

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

Thought I have sinned, O Saviour, 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 worshiped as One God, take from me the heavy burden of sin, and since You are compassionate grant me tears of repentance.

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

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

Monday - 3rd Week of Lent

Ode 2

Attend O heaven and I will speak,
I will sing of Christ,
Who from the Virgin took flesh to dwell with us.
Have mercy on us, O God, have mercy on us.

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 Saviour, a heavy weight hangs from my neck.

Joseph's was a splendid coat of many colours, 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 me, 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 Saviour, buried in passion. Come and as she did, search to recover it.

Like the prostitute I cry to You, O Saviour, that I have sinned. I alone have sinned against You! But accept my tears as You did hers when she came to anoint Your feet.

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

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

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

O Most holy Theotokos, Virgin alone praised everywhere, pray fervently that we may be saved.

Tuesday

Ode 3

Establish, O Lord, my unstable heart
on the rock of Your commandments for only You are holy and the Lord.
Have mercy on us, O God, have mercy on us.

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

I have sinned, 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 neighbour 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!

"Have mercy, O Lord, have mercy on me," so shall I cry to You when You come with Your angels to render to us all our deeds deserve.

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

One simple and uncreated nature without beginning Whom we praise as God in Trinity, save us who in faith worship Your power.

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

Without seed you gave birth in time to the timeless Son of the Father, O Theotokos, and, O strange wonder, you nourished Him at your breast while remaining a virgin!

Wednesday

Ode 4

The prophet heard of Your coming, O Lord, and was afraid that You was 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.
Have mercy on us, O God, have mercy on us.

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, O my soul, an example in 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 evil 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.

Thursday

Esau's consuming lust for women, his turning 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 this throne surrounded by children and greatly admired, but now lies naked on a dunghill, childless, homeless, and covered with sores. Even so, he considers his dunghill a palace and his sores precious pearls.

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

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.

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.

Friday

Ode 5

Out of the night watching early for You,
enlighten me I pray, O Lover of man,
and guide me in Your commandments,
and teach me, O Saviour, to do Your will.
Have mercy on us, O God, have mercy on us.

You have heard, O 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 the 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, O 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 that Moses stretched over the waters 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.

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

We glorify You, O 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, O pure Virgin Mother, uniting our human nature to Himself.

Saturday

Ode 6

With my whole heart, I cried unto the compassionate God,
and He heard me;
and He lifted up my soul from the depths of hell
and from corruption.
Have mercy on us, O God, have mercy on us.

The waves of my transgressions have turned back on me, O Saviour, just as once the Red Sea turned back to engulf the Egyptian forces.

Like Israel of old you have an arrogant will, O 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 from which when struck by Moses there 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 Saviour, from which we saw 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.

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

"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.

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.

Monday - 4th Week of Lent

Kontakion (Tone 6)

My soul, my soul, Arise!
Why are you sleeping?
The end is drawing near,
and you will be confounded,
awake then and be watchful
that Christ our God may spare you,
Who is everywhere, and fills all things.

Ode 7

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 us, O God, have mercy on us.

Merely for touching the Covenant Box to prevent its falling to the ground, Uzzah was struck dead by God. Avoid His anger at such presumption, O my soul, by showing true honour to holy things.

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 pleasures?

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

Tuesday

Solomon was mighty and full of wisdom, but did wrong before the Lord when he turned to idols. And you, my soul, resembled 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 misery though you have imitated him, O 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!"

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

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, O my soul, and glorify the Life and Lives, the

God of all.

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

We praise you, we bless and venerate you, O 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.

Wednesday

Ode 8

Him Whom the hosts of heaven glorify, Whom the Cherubim and Seraphim dread,
let every breath and creature praise, bless and magnify
throughout all ages.
Have mercy on us, O God, have mercy on us.

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 that 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, O 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, O 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, O 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!

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

O Eternal Father, co-eternal Son, and gracious Comforter, the Spirit of Truth, O Father of the Divine Word, Word of the eternal Father, and life creating Spirit, Trinity in unity, have mercy on us.

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

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.

Thursday

Ode 9

Ineffable is the child bearing of a seedless conception,
a mother remaining pure.
For the birth of God renews nature,
so in all ages we magnify you as mother and bride of God
Have mercy on us, O God, have mercy on us.

The Devil showed stones to Christ, which 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. O 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, O 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. O my soul, why have you not imitated them by confessing your sins and receiving the washing of repentance?

Marriage is honourable 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.

Friday

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, O 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 words He healed lepers, gave sight to the blind, strength to cripples and hearing to the deaf and dumb, and straightened the crippled woman, all in order that you, my miserable soul, might believe and find salvation!

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

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.

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

O 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.

O holy Father Andrew, pray to God for us.

O honourable 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 honour your memory.

Saturday

Ode 1

A Helper and a Protector has become salvation to me.
This is my God, I will glorify Him.
God of my fathers
I will exalt Him for in glory was He glorified.
Have mercy on us, O God, have mercy on us.

From my youth, O Saviour, I have disregarded Your commandments and passed my life in passions and laziness. but now I cry to You, "Even at the end, save me!"

O Saviour, do not cast me down to hell, even though in old age I lie at Your gate empty of virtue. But in Your love for mankind forgive my sins before I die.

My soul has been wasted in evil habits, and now empty of the fruits of virtue I am in great hunger. Therefore, I cry to You, O merciful Father, "Watch over me and have mercy on me".

My own thoughts like thieves have attacked me, wounding me and covering me with sores. Come now, O Christ my Saviour, to heal me.

A priest was the first to see me naked and in dreadful condition, but he passed by on the opposite side of the road. Then a Levite came but he too ignored me. O Jesus, Who dawned on the world from Mary, come now Yourself and have pity on me.

O venerable Mary of Egypt, pray to God for us.

Grant me the brightness of grace from Divine Providence, O Mary, that escaping the darkness of passions I may eagerly sing of your blessed conversion.

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

O Trinity above all essence and worshiped as One God, take from me the heavy burden of sin, and since You are compassionate, grant me tears of repentance.

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

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.

Monday - 5th Week of Lent

Ode 2

Attend O heaven and I will speak,
I will sing of Christ,
Who from the Virgin took flesh to dwell with us.
Have mercy on us, O God, have mercy on us.

Like David stealing Bathsheba, I have fallen and become polluted through passions. O Saviour, cleanse me in my tears.

I have no tears, no repentance, and no compunction, O my God and Saviour, grant these to me!

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

Despite their calling to the Bridegroom, "Lord, Lord, let us in," the foolish virgins found the door to the feast still locked to them. Yet like them will I entreat You, O Lord, "Open Your door to me as I return".

O Saviour, hear the sighing of my soul. Accept the tears, which drop from my eyes and save me.

O Lover of mankind Whose wish it is that all be saved, in Your goodness receive me as I return to You.

"See, see that I AM God!", hear this cry of our Lord, O my soul, and turn from your past sins. Fear Him as the righteous Lord, your Judge and your God.

My soul, truly have you come to resemble those first two murderers, Cain and his descendent Lamech; for you have stoned your body with evil deeds and murdered your inward being with senseless passions.

Let us consider those who lived before the Law was given, Adam's son Seth and his son Enoch; Enoch, who pleasing God was carried up to heaven; and Noah, called "the only good man of his time". Have you imitated any of these, O my soul? Is there any righteousness to be found in you?

My soul, you alone have opened the flood-gates of God's wrath anew, and as the earth was covered with water long ago, so have your flesh, your deeds, your whole life become covered with sin, and you remain outside the ark of salvation.

O venerable Mary of Egypt, pray to God for us.

You overturned your life of sin, O Mary, and eagerly ran to Christ, following His path through a pathless wilderness. And in purity and love you fulfilled His commands.

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

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

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

O most holy Theotokos, Virgin alone praised everywhere, pray fervently that we may be saved.

Tuesday

Ode 3

Establish, O Lord, my unstable heart
on the rock of Your commandments for only You are holy and the Lord.
Have mercy on us, O God, have mercy on us.

You have neither inherited a blessing like Shem, O my wretched soul, nor like Japhet acquired vast possessions in the land of forgiveness.

Come out from sin, O my soul, as Abraham once came out of the land of Haran. Come to the land flowing with everlasting incorruption, which he inherited.

Having heard, O my soul, how Abraham left the land of his ancestors to become a wanderer,

imitate his resolution.

At the Oak of Mamre the Patriarch Abraham offered hospitality to angels, and in his old age inherited the prize of God's promise.

O my wretched soul, knowing Isaac to be a new sacrifice mystically offered to the Lord, imitate also his resolution.

Having heard of Ishmael who as the child of a slave was driven out, watch carefully, O my soul, lest the same befall you because of your slavery to the passions.

O venerable Mary of Egypt, pray to God for us.

I am caught in a storm and tossed about by sin, O Mother, but guide me through and lead me to the safe harbour of repentance.

O venerable Mary of Egypt, pray to God for us.

As I now offer my supplications before the compassionate Theotokos, intercede with her before God for me, O venerable Mary of Egypt, that He may open to me the way to His Kingdom.

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

One simple and uncreated nature without beginning Whom we praise as God in Trinity, save us who in faith worship Your power.

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

Without seed you gave birth in time to the timeless Son of the Father, O Theotokos, and, O strange wonder, you nourished Him at your breast while remaining a virgin!

Wednesday

Ode 4

The prophet heard of Your coming, O Lord, and was afraid that You was 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.
Have mercy on us, O God, have mercy on us.

My body is defiled, and my spirit is impure. I am covered with sores. But as our Physician, O Christ, wash, heal and cleanse me in repentance to make me whiter than show.

You offered Your body and blood for all, O crucified Word, that I might be renewed and washed. You surrendered Your Spirit to the Father that I might be brought to Him.

Accepting voluntarily to be nailed to a Tree, You accomplished salvation in the centre of the earth, O Creator. Eden, which had been closed to us is open again, and all of creation, both in heaven and on earth, is saved and worships You.

Let the blood and water which flowed from Your side be a fountain of living water and

deliverance from captivity to sin. May they cleanse, refresh and anoint me as do Your living words, O Word.

Cast out of the banquet for lack of clothes fitting to wear, I awoke with empty lamp like the foolish virgins to find the door to the bridal chamber also closed to me. The supper is eaten but I lay cast out, bound tightly hand and foot.

The Church has been given Your life creating side as a chalice, O Saviour, from which to drink both deliverance and wisdom, which we understand as images of the two Testaments, both Old and New.

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

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.

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.

Thursday

Ode 5

Out of the night watching early for You,
enlighten me I pray, O Lover of man,
and guide me in Your commandments,
and teach me, O Saviour, to do Your will.
Have mercy on us, O God, have mercy on us.

Like Jannes and Jambres, the magicians in service to Pharaoh who opposed Moses, I have opposed You, O Lord, and become burdened in body and soul. My mind has fallen into grief. Come now to help me.

I am in a hopeless state, O Lord, for my mind finds attraction in corruption. Cleanse me now in my tears to make the garment of my flesh whiter than snow.

In considering my deeds, O Saviour, I see that in sin I surpass all people, for the wrong I commit is done knowingly rather than in ignorance.

Spare me Your creature, O Lord, for I have sinned yet now seek forgiveness from you, for You alone are pure by nature; no one else is free from defilement.

Because of Your love for mankind, O Saviour, You became incarnate and worked miracles, healing lepers, freeing paralytics, and stopping a woman's severe bleeding at just the touch of your robe.

O venerable Mary of Egypt, pray to God for us.

You found peace, O Mother Mary, after crossing the Jordan River, for the soul-destroying pleasures enjoyed a deserted place to roam. Now by your prayers deliver us also from these

evil pleasures.

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

We glorify You, O 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, O Pure Virgin Mother, uniting our human nature to Himself.

Friday

Ode 6

With my whole heart, I cried unto the compassionate God,
and He heard me;
and He lifted up my soul from the depths of hell
and from corruption.
Have mercy on us, O God, have mercy on us.

As Joshua subdued Amalek and the lying Gibbeonites, arise, O my soul, and subdue the weakness of your flesh, conquering everything which leads your mind astray.

Pass through the River of Time as once the Covenant Box crossed the River Jordan, to take possession of the Promised Land in obedience to God's command.

As once You heard Peter's cry for help, so now protect me, O Saviour, and deliver me from Satan's power by pulling me from the depth of sin.

I know You as a clam haven from the storm of transgressions, O Christ my Saviour. Protect and deliver me from the depths of my innermost sin and despair.

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

"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.

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.

Saturday

Kontakion (Tone 6)

My soul, my soul, Arise!
Why are you sleeping?
The end is drawing near,
and you will be confounded,
awake then and be watchful
that Christ our God may spare you,

Who is everywhere, and fills all things.

Ode 7

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 us, O God, have mercy on us.

Manasseh sinned of his own choice, setting up his lust as idols and increasing the abomination of false gods in Israel. Later, however, he repented and humbled himself before the Lord. Emulate his return, O my soul, and acquire compunction.

Ahab did more to arouse God's anger than all the kings of Israel before him, yet you are his rival in sin, O my soul. Cry out now with your whole heart, confessing your sins to God.

Heaven is shut to you, O my soul; a famine sent from God has laid hold of you as it once did Ahab for disobeying Elijah the Tishbite. But imitate how the woman of Zarepath who by feeding the prophet alone received food by a miracle.

Elijah once called down fire on Jezebel's troops and killed her shameful prophets as a rebuke for Ahab's idolatry. Avoid al likeness to these two, O my soul, and strive to discipline yourself.

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

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, O my soul, and glorify the Life and Lives, the God of all.

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

We praise you, we bless and venerate you, O 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.

Monday - 6th Week of Lent

Ode 8

Him Whom the hosts of heaven glorify, Whom the Cherubim and Seraphim dread,
let every breath and creature praise, bless and magnify
throughout all ages.
Have mercy on us, O God, have mercy on us.

O my righteous Judge and Saviour, have mercy on me! Deliver me from eternal fire and the sentence of condemnation, which I so justly deserve. Grant that by repentance and increase of virtue I may obtain forgiveness before it is too late.

With the thief I cry to You, "Remember me!" Like Peter I weep bitterly, "Forgive me, O Lord!" Receive my broken spirit as once You accepted the tax-collector's prayer and the prostitute's tears. The ceaseless entreaty of the Canaanite woman moved You to compassion, so have mercy on me as well, O Lord.

Heal my corrupt life, my only Saviour and Physician. Pour out Your grace on my heart like the

good Samaritan's ointments, that with Your help I may bear the fruits which will show that I have changed. Then all my wounds of sin shall be healed.

Like the Canaanite woman I cry to You, "Have mercy on me, O Son of David!" Like the woman with severe bleeding I touch the hem of Your robe, and like Mary and Martha over Lazarus, I weep before You.

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

O eternal Father, co-eternal Son, and gracious Comforter, the Spirit of Truth, O Father of the Divine Word, Word of the eternal Father, and life creating Spirit, Trinity in unity, have mercy on us.

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

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

Tuesday

Ode 9

Ineffable is the child bearing of a seedless conception,
a mother remaining pure.
For the birth of God renews nature,
so in all ages we magnify you as mother and bride of God.
Have mercy on us, O God, have mercy on us.

Christ the Word healed diseases, preached the Good News to the poor and cured cripples. He ate with tax collectors, spoke with outcasts, and by just the touch of His hand recalled Jairus' daughter from death.

By repenting the tax collector was saved and the prostitute purified, but the outwardly righteous Pharisee was condemned for his pride. For the first cried, "O God, be merciful to me!" The second entreated mercy. But the last in his foolish vanity simply sought to justify himself.

Zacchaeus was a tax-collector yet obtained salvation, while Simon the Pharisee was saddened by the kindness Christ showed a prostitute, for she received complete forgiveness of her sins from Him Who has power to grant this. Now my soul imitate her and receive the same yourself.

Wednesday

O my soul, you have not imitated the prostitute who having washed the Saviour's feet with her tears and anointed them with perfumed ointment from a costly jar. For this the Lord proclaimed to her, "Go in peace. Your sins are forgiven, for your faith has saved you".

O my soul, you know the curse upon the towns which hearing Christ's preaching of the Good News refused to accept it. Fear lest the same happen to you, for comparing them to Sodom, the Master condemned them to hell.

O my soul, do not despair, for have you not heard how the daughter of the Canaanite woman

was healed by a word from God? Therefore, imitate her faith and cry out to Christ from the depths of your heart, "O Son of David save me!"

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

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.

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

O 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.

O holy Father Andrew, pray to God for us.

O Honourable 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 honour your memory.

Conception without seed, birth past understanding from a mother who never knew a man, child bearing undefiled, for nature is renewed by the birth of God. Therefore with true worship all generation magnify you as mother and bride of God.

Thursday

Ode 1

A Helper and a Protector has become salvation to me.
This is my God, I will glorify Him.
God of my fathers
I will exalt Him for in glory was He glorified.
Have mercy on us, O God, have mercy on us.

O Lamb of God Who takes 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 virtue and in great hunger. Therefore, I cry to You, my merciful Father, "Watch over me and have mercy on me".

O venerable Mary of Egypt, pray to God for us.

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.

O Trinity above all essence and worshiped as One God, take from me the heavy burden of sin, and since You are compassionate, grant me tears of repentance.

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

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.

Friday

Ode 2

See, see that I am God Who sent manna,
Who made water to spring from the rock in ancient times for my people in the wilderness, by My right hand,
and by My strength alone.Have mercy on us, O God, have mercy on us.

Lamech cried, "I have killed a man for wounding me, and a young man for hurting me!" How can you hear this, O 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 did Lamech a man, and my mind as once he did a young man. I have also murdered my body as did Cain his brother.

Long ago the Lord rained burning sulfur on the city of Sodom to consume its flagrant wickedness. But you, O 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.

O venerable Mary of Egypt, pray to God for us.

O 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.

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

O God of all, I sing of You as one yet three in person, Father, Son and Holy Spirit.

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

O most holy Theotokos, virgin alone praised everywhere, pray fervently that we may be saved.

Saturday

Ode 3

Establish, O Lord, my unstable heart
on the rock of Your commandments for only You are holy and the Lord.
Have mercy on us, O God, have mercy on us.

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 that appeared from earth to heaven. Why then have you not held fast to the secure rung of piety?

Imitate Melchizedek; that image of the royal and priestly life of Christ.

Do not become a pillar of salt, O 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.

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

One simple and uncreated nature without beginning Whom we praise as God in Trinity, save us who in faith worship Your power.

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

Without seed you gave birth in time to the timeless Son of the Father, O Theotokos, and, O strange wonder, you nourished Him at your breast while remaining a Virgin!

Monday - Holy Week

Ode 4

> The prophet heard of Your coming, O Lord, and was afraid that You was 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.
> Have mercy on us, O God, have mercy on us.

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 Saviour, 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 the 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, O 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. O my merciful and righteous Judge, do not condemn me with him, but grant me the tax-collector's humility and accept me.

I know, O 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 Saviour, 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, O merciful Lord, and allow me to behold Your presence. May the enemy never possess me; may I never fall prey to him. O Saviour, have mercy on me.

I have never listened to Your words nor obeyed Your commands, O Lawgiver. 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 Saviour, have mercy on me.

O venerable Mary of Egypt, pray to God for us.

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.

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

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.

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.

Tuesday

Ode 5

Out of the night watching early for You,
enlighten me I pray, O Lover of man,
and guide me in Your commandments,
and teach me, O Saviour, to do Your will.
Have mercy on us, O God, have mercy on us.

Imitate the desire of the crippled woman, O my powerless soul; come and fall down at Jesus' feet and allow Him to heal you that your path may 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 hat I may see You, the Light which existed before time began.

O venerable Mary of Egypt, pray to God for us.

O 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 attaining the heavenly glory.

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

We glorify You, O 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, O pure Virgin Mother, uniting our human nature to Himself.

Wednesday

Ode 6

With my whole heart, I cried unto the compassionate God,
and He heard me;
and He lifted up my soul from the depths of hell
and from corruption.
Have mercy on us, O God, have mercy on us.

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.

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

O venerable Mary of Egypt, pray to God for us.

O 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.

O venerable Mary of Egypt, 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 may also be freed from temptation.

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

"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.

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.

Kontakion (Tone 6)

My soul, my soul, Arise!
Why are you sleeping?
The end is drawing near,
and you will be confounded,
awake then and be watchful
hat Christ our God may spare you,
Who is everywhere, and fillest all things.

Thursday

Ode 7

We have sinned, transgressed, done wrong before You.
We have not watched or done as You hast commanded us,
but do not give us up utterly, O God of our fathers. Have mercy on us, O God, have mercy on us.

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 Saviour, 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 Saviour and know my terrible secrets. Yet in David's words, 'Be merciful to me according to Your constant love.'"

O venerable Mary of Egypt, pray to God for us.

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 times of trouble.

O venerable Mary of Egypt, 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.

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

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, O my soul, and glorify the Life and Lives, the God of all.

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

We praise you, we bless and venerate you, O 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.

Friday

Ode 8

Him Whom the hosts of heaven glorify, Whom the Cherubim and Seraphim dread,
let every breath and creature praise, bless and magnify
throughout all ages.
Have mercy on us, O God, have mercy on us.

As the prostitute broke her priceless jar of myrrh to anoint Your head, O Saviour, 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 Saviour, but I cry to You in fear and love, "Though I have sinned against You alone, and done evil in Your sight, nevertheless have mercy on me!"

Spare me, O my Saviour, 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.

O 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.

O venerable Mary of Egypt, pray to God for us.

The mother of the never-ending 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.

O venerable Mary of Egypt, pray to God for us.

Zosimas the Elder marveled meeting you, O Mother, for in you he saw an earthly angel. Filled with awe he praises Christ forever.

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

O eternal Father, co-eternal Son, and gracious Comforter, the Spirit of Truth, O Father of the Divine Word, Word of the eternal Father, and life-creating Spirit, Trinity in unity, have mercy on us.

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

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

Saturday

Ode 9

Ineffable is the child bearing of a seedless conception,
a mother remaining pure.
For the birth of God renews nature,
so in all ages we magnify you as mother and bride of God.
Have mercy on us, O God, have mercy on us.

Have pity on me, O 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. O 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 midday seeing You nailed

in the flesh to a cross.

O only Saviour, 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 in spirit, I may offer these to You as a pleasing sacrifice.

Since You know me, O 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.

O venerable Mary of Egypt, pray to God for us.

O 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.

O venerable Mary of Egypt, pray to God for us.

O 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 form temptations we may unceasingly glorify the Lord Who has glorified you.

O holy Father Andrew, pray to God for us.

O honourable 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 honour your memory.

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

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.

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

O 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.

Conception without seed, birth past understanding from a mother who never knew a man, child bearing undefiled, for nature is renewed by the birth of God. Therefore with true worship all generation magnify you as mother and bride of God.

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