



Service of Intercession

for those struggling with an unplanned pregnancy, pregnancy loss, infertility,
post abortion recovery, and sexual trauma or abuse

A canon of supplication to the Most-holy Theotokos,
sung in every spiritual affliction and circumstance by Theocteristus the Monk

About this service

This Service of Supplication, which is also known as Paraklesis or Molieben, is one offered especially during times of spiritual distress, sickness, temptation, or discouragement. The various prayers ask our Lord Jesus Christ for guidance, personal strength, and healing.

Many of the hymns and prayers are directed toward Mary, the Mother of our Lord, asking for her assistance and intercession before the Savior. The Orthodox Church holds a special place for Mary the mother of God. The early Church gave her the title “the Theotokos” (Greek for “birthgiver of God”) to profess the reality of God’s love by having His Son take on humanity in every way possible – except sin – yet still remaining God. Mary was chosen by God because she had dedicated her entire life to God, and was able to say “yes” to His will.

Orthodox Christianity affirms that each of us along with the Virgin Mary, the Saints, and the faithful departed is united in a bond of faith and love in Christ. Therefore, just as in this life we can turn to each other for prayer, the Church believes that we can also turn to Mary – the human being closest to God – and ask her to pray to God for us.

We frequently pray to the Theotokos as an intercessor before Her Son in our times of distress and need. Our Orthodox Faith is a faith “in communion” with one another, the Saints, and the Mother of our Lord. Our Lord said that “where two or three are gathered in my Name, I am there in their midst.” Our Lord calls us to gather in His Name, in order to bear each other’s burdens and share the grief of others as Christians, offering consolation and support.

Today, we are praying for Mary's intercession on behalf of those struggling with an unplanned pregnancy, pregnancy loss, infertility, post abortion recovery, and sexual trauma or abuse because of the honored role Mary played in Christ's earthly life. She gave birth to Him, nursed Him, fed Him, and all those other tasks a loving mother would do. She was in Cana at our Lord's first miracle, when she interceded on behalf of the newly married couple and guests when they were in need. Mary journeyed with Jesus, supporting His ministry along with His disciples, and she was found at the foot of the cross when our Lord was crucified.

The Priest proceeds to the center of the Temple.

Priest: + Blessed is our God, always, now and ever and unto ages of ages.

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

O Heavenly King, the Comforter, the Spirit of Truth, You are everywhere and fulfill all things. Treasury of Blessings and Giver of Life, come and abide in us and cleanse us from every impurity and save our souls, O Good One!

The Trisagion Prayers

Holy God! Holy Mighty! Holy Immortal! Have mercy on us. (3x)

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

O most-holy Trinity, have mercy on us!

O Lord, cleanse us from our sins!

O Master, pardon our transgressions!

O Holy One, visit and heal our infirmities, for Your name's sake!

Lord, have mercy. (3x)

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

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

Priest: For Yours' is the Kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.

Reader: Amen.

Lord, have mercy. (12x)

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

Come, let us worship God our King!

Come, let us worship and fall down before Christ, our King and our
God!

Come, let us worship and fall down before Christ Himself, our King and
our God!

Psalm 142 (143)

Hear my prayer, O LORD, Give ear to my supplications! In Your
faithfulness answer me, and in Your righteousness.

Do not enter into judgment with Your servant, for in Your sight no one
living is righteous.

For the enemy has persecuted my soul; he has crushed my life to the
ground; he has made me dwell in darkness, like those who have long
been dead.

Therefore my spirit is overwhelmed within me; my heart within me is
distressed.

I remember the days of old; I meditate on all Your works; I muse on the
work of Your hands.

I spread out my hands to You; my soul longs for You like a thirsty land.

Answer me speedily, O LORD; my spirit fails! Do not hide Your face
from me, lest I be like those who go down into the pit.

Cause me to hear Your lovingkindness in the morning, for in You do I
trust; cause me to know the way in which I should walk, for I lift up my
soul to You.

Deliver me, O LORD, from my enemies; in You I take shelter.

Teach me to do Your will, for You are my God; Your Spirit is good.
Lead me in the land of uprightness.

Revive me, O LORD, for Your name's sake! For Your righteousness'
sake bring my soul out of trouble.

In Your mercy cut off my enemies, and destroy all those who afflict my
soul; for I am Your servant.

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

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

God is the Lord (Tone 4)

Priest: God is the Lord, and has revealed Himself to us. Blessed is he that comes in the name of the Lord.

O give thanks to the Lord, for He is good; His mercy endures forever!

The musical score consists of two systems of music. Each system has a treble clef staff and a bass clef staff. The first system contains the lyrics: "God is the Lord and has re - vealed Him - self to us." The second system contains the lyrics: "Bless - ed is He Who comes in the name of the Lord." The music is written in a simple, homophonic style with block chords and single notes.

Priest: All nations surrounded me; but in the name of the Lord I destroyed them.

Choir: God is the Lord...

Priest: I shall not die, but I shall live, and recount the deeds of the Lord.

Choir: God is the Lord...

Priest: The stone which the builders rejected has become the head of the corner. This is the Lord's doing; it is marvelous in our eyes.

Choir: God is the Lord...

Troparion (Tone 4)

Choir: Let us who are sinful and unworthy run fervently to the Mother of God.
Let us fall down in repentance,
Crying from the depths of our souls: Help us!
Have mercy on us, O Lady!
We are perishing in our many sins!
Do not despise your poor servants, ///
for you are our only hope!

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

We unworthy ones will not cease to proclaim your might, O Theotokos.
For if you had not stood to intercede for us, who would have delivered
us from so many troubles?
Or who would have kept us free to this day?
We will not turn from you, O Lady, ///
For you ever deliver your servants from all distress!

Psalm 50 (51)

Reader: Have mercy upon me, O God, According to Your lovingkindness; according to the multitude of Your tender mercies, blot out my transgressions.

Wash me thoroughly from my iniquity, and cleanse me from my sin.

For I acknowledge my transgressions, and my sin is always before me.

Against You, You only, have I sinned, and done this evil in Your sight -- that You may be found just when You speak, and blameless when You judge.

Behold, I was brought forth in iniquity, and in sin my mother conceived me.

Behold, You desire truth in the inward parts, and in the hidden part You will make me to know wisdom.

Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.

Make me hear joy and gladness, that the bones You have broken may rejoice.

Hide Your face from my sins, and blot out all my iniquities.

Create in me a clean heart, O God, and renew a steadfast 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 by Your generous Spirit.

Then I will teach transgressors Your ways, and sinners shall be converted to You.

Deliver me from the guilt of bloodshed, O God, the God of my salvation, and my tongue shall sing aloud of Your righteousness.

O Lord, open my lips, and my mouth shall show forth Your praise.

For You do not desire sacrifice, or else I would give it; You do not delight in burnt offering.

The sacrifices of God are a broken spirit, a broken and a contrite heart -- these, O God, You will not despise.

Do good in Your good pleasure to Zion; build the walls of Jerusalem.

Then You shall be pleased with the sacrifices of righteousness, with burnt offering and whole burnt offering; then they shall offer bulls on Your altar.

Ode 1 (Tone 8)

Ha - ving crossed the sea as though it were dry — land,

and es - caped from the wickedness of the E - gyp - tians,

the — children of Israel cried — a-loud: "Let us sing to our Re deem er — and our God!"

Reader 1: Most holy Theotokos, save us.

Reader 2: By many temptations I am engulfed. Searching for salvation, and seeking refuge, I turn to you, Mother of the Word, and Virgin Maiden. From all affliction and danger, deliver me.

Reader 1: Most holy Theotokos, save us.

Reader 2: An onslaught of suffering troubles me, filling me with sorrow until my soul with grief overflows. Grant that I might find the peace and calmness, All- Blameless Maiden, that come from your Son and God.

Reader 1: Glory to the Father and to the Son and to the Holy Spirit.

Reader 2: To God and the Savior, did you give birth. Virgin, I implore you, from all affliction deliver me. Unto you I come in search of refuge, with both my soul and my reason to offer you.

Reader 1: Now and ever and unto the ages of ages. Amen.

Reader 2: My body and soul suffer from disease. Deem me to be worthy of your divine guidance and your care. You alone are truly God's own mother. You are both good and the Mother of Goodness.

Ode 3

O Lord, Creator of the vault of hea - ven and found - er of the Church,

strength-en me in your love, for you are our supreme desire and

the support of the faith - ful, O on - ly lov - er of man - kind.

Reader 1: Most Holy Theotokos, save us.

Reader 2: I have you as protection and as my life's guardian. You who are God's Mother, O Virgin, set my course, guiding me into your sheltered port
You are the source of all goodness and alone are everpraised, the staff of those with faith.

Reader 1: Most Holy Theotokos, save us.

Reader 2: I entreat you, O Virgin, to calm the storm loose in me, quiet the distress of my sorrow and of my soul's unrest. You are the Bride of God, the all immaculate Maiden; you have given birth to Christ, who is the Prince of Peace.

Reader 1: Glory to the Father and to the Son and to the Holy Spirit.

Reader 2: Let the wealth of your kindness upon all men shower down, for you are the Mother of Goodness from whom comes every good; and you can do all things, for in your womb you have carried the Almighty Christ, your Son, and you are blest by God.

Reader 1: Now and ever and unto the ages of ages. Amen.

Reader 2: With most grievous afflictions and filled with dark suffering I am put to trial, O Virgin. Hasten to help me now, for you are known to me, All-Blameless Maiden and Virgin, as an endless treasury of cures and healing.

Troparia (tone 4)

Choir: Deliver us, all of your servants, from danger, O Theotokos;
after God, we all flee to you, for shelter and covering,
as an unshakable wall and our protection.
Turn to me, in your good favor, all praise-worthy Theotokos;
look upon my grave illnesses,
which painfully sting my flesh//
and heal the cause of my soul's pain and suffering.

Kathisma (tone 2)

Choir: O fervent advocate and invincible tower,
Fountain of mercy and refuge for all:
We cry to you from the depths of our souls,
O Lady Theotokos,
Hasten quickly to deliver us from distress, ///
For you alone are a ready protectress.

Ode 4

The image shows two systems of musical notation for piano accompaniment. Each system consists of a grand staff with a treble clef on the upper staff and a bass clef on the lower staff. The key signature is one sharp (F#). The first system of music is for the lyrics: "I have heard the mystery of Your dispensation, O Lord;". The second system is for the lyrics: "I have considered Your works and glo - ri - fied Your God - head!". The music is written in a simple, homophonic style with block chords and moving lines in both hands.

Reader 1: Most Holy Theotokos, save us.

Reader 2: From your mercy's unbounded depths in your great compassion, to me be merciful; you gave birth to the All-Merciful, and the Savior of all who sing praise to you.

Reader 1: Glory to the Father and to the Son and to the Holy Spirit.

Reader 2: We delight in your gifts to us and we sing a hymn of thanksgiving, praising you. You alone who are unstained by sin, as the Mother of God, we acknowledge you.

Reader 1: Now and ever and unto the ages of ages. Amen.

Reader 2: Our hope and the cornerstone of mankind's salvation are you, All-Lauded One. A defending wall unshakable, from all danger and strife you deliver us.

Ode 5

En - light - en us by Your command - ments, O Lord,

and by Your up - lift - ed arm, grant us Your peace, O Lo - ver of man - kind.

Reader 1: Most Holy Theotokos, save us.

Reader 2: Overflow my heart with rejoicing and great happiness, for from your womb, O most pure Maiden, comes the purest Gladness, and the Source of all our joyfulness. You have given birth to Redemption that shall have no end, and to the Peace beyond our reasoning. Pure Theotokos, from all dangers do deliver us.

Reader 1: Glory to the Father and to the Son and to the Holy Spirit.

Reader 2: Cast away the gloom of my sinfulness, O Bride of God, with all the brightness of your radiance. You are the Mother of the Light Divine before all time.

Reader 1: Now and ever and unto the ages of ages. Amen.

Reader 2: Heal my every ill that my passions bring, O Purest One, and make me worthy of receiving you, and grant me healing through your grace and interceding prayers.

Ode 6

I will pour out my prayer be - fore the Lord;

18
I will make known to Him my sor - - row,

for my soul has been filled with af - flic - tions and my life has drawn near to hell;

and like Jo-nah I will pray: O God, raise me up from cor - rup - tion!

Reader 1: Most Holy Theotokos, save us.

Reader 2: O Virgin Maiden I come to ask of you: intercede before your Son and your Lord God that He redeem me from death and corruption, from every evil and harm of the enemy. Delivering Himself to death, He has saved us from death and corrupting sins.

Reader 1: Most Holy Theotokos, save us.

Reader 2: A steadfast refuge and shielding guardian and my life's protection I have found in you. Cast off the lot of my many temptations, and render silent the demons' deceitful tongues. Unceasingly I pray to you! From corruption and danger, deliver me.

Reader 1: Glory to the Father and to the Son and to the Holy Spirit.

Reader 2: In you we have a mighty defending wall, and we have our souls' most perfect salvation. You are relief from our anguish, O Virgin, and in your light shall we ever exult with joy. Our Lady, we beseech you now. From our passions and afflictions, raise us up.

Reader 1: Now and ever and unto the ages of ages. Amen.

Reader 2: I lie abed, full of pain and suffering, with no healing remedy for my body, except for you, who has borne the world's Savior, Who has relieved us from every infirmity. I pray to you, for you are good! Lift me up from corruptions and illnesses.

Troparia (tone 4)

Choir: Deliver us, all of your servants, from danger, O Theotokos;
after God, we all flee to you, for shelter and covering,
as an unshakable wall and our protection.
Turn to me, in your good favor, all praise-worthy Theotokos;
look upon my grave illnesses,
which painfully sting my flesh//
and heal the cause of my soul's pain and suffering.

Kontakion (tone 6)

Choir: Steadfast protectress of Christians,
Constant advocate before the Creator,
Do not despise the prayers of us sinners,
But in your mercy help those who call on you in faith;
Hasten to hear our petitions and to intercede for us, O Theotokos ///
For you always protect those who honour you!

The Prokeimenon (Tone 4)

Priest: Let us attend. Peace be unto all.

Reader: And to your spirit

Priest: Wisdom!

Reader: The Prokeimenon in the Fourth Tone.

I will remember your name from generation to generation.

Ps 44/45:18
Tone 4

Lesser Znamenny Chant

Soprano
Alto

I will re - member Your name from generation to

Tenor
Bass

gen - er - a - - - - - tion.

Reader: My heart overflows with the good theme as I sing my ode to the King:
my tongue is nimble as the pen of a skillful scribe.

Reader: I will remember you name...

Priest: Let us pray to the Lord.

Choir: Lord, have mercy.

Priest: For You are holy, O our God, Who rest in the sanctuary, and to You we ascribe glory: to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages.

Choir: Amen.

The Gospel

Priest: And that we may be accounted worthy of hearing the Holy Gospel, let us pray to the Lord God.

Choir: Lord, have mercy. (3x)

Priest: Wisdom! Let us attend! Let us listen to the Holy Gospel.

Priest: + Peace be unto all.

Choir: And to your spirit.

Priest: The reading from the Holy Gospel according to St. Luke.

Choir: Glory to You, O Lord, Glory to You.

Priest: Let us attend.

The Gospel according to Luke (Pericope 4- Luke 1:39-49, 56)

Priest: In those days, Mary arose and went into the hill country with haste, to a city of Judah, and entered the house of Zacharias and greeted Elizabeth. And it happened, when Elizabeth heard the greeting of Mary, that the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit. Then she spoke out with a loud voice and said, “Blessed are you among women, and blessed is the fruit of your womb! But why is this granted to me, that the mother of my Lord should come to me? For indeed, as soon as the voice of your greeting sounded in my ears, the babe leaped in my womb for joy. Blessed is she who believed, for there will be a fulfillment of those things which were told her from the Lord.” And Mary said: “My soul magnifies the Lord, and my spirit has rejoiced in God my Savior. For He has regarded the lowly state of His maidservant; for behold, henceforth all generations will call me blessed. For He Who is mighty has done great things for me, and holy is His name.” And Mary remained with her about three months, and returned to her house.

Choir: Glory to You, O Lord, Glory to You.

Post Gospel Verses (Tone 6)

Common Chant
arr. from L'vov/Bakhmetev

Tone 6

Soprano
Alto

Tenor
Bass

Glory to the Father, and to the Son, and to the Holy Spir - it. Through the

prayers of the Theo - to - kos, O mer - ci - ful One, blot out the multitude

of my transgres - sions. Now and ever, and unto ages of a - ges. A-men.

Through the prayers of the Theo - to - kos, O mer - ci - ful One,

blot out the multitude of my transgres - sions.

Soprano
Alto

Tenor
Bass

Have mercy on me, O God, according to Your great mer - cy,
according to Your abundant mer - cy, // blot out my trans - gres - sions!

Choir: Entrust me not to the protection which comes from man,
O most holy Lady,
but receive the supplications of your servant.
For sorrow has chained me and I cannot endure the arrows of the
demons.
I have no shelter, nor place to run, except you, O Sovereign Lady of all
the world,
Hope and Protectress of Christians;
turn not away from my prayer but do that which will profit me.
No one who flees to you is turned away in shame,
O Virgin Theotokos, //
but, asking for your grace, they receive all they need.

Priest: O God, save Your people, and bless Your inheritance. Look upon Your
world in mercy and compassion. Exalt the horn of Orthodox Christians,
and send down upon us Your rich mercies, through the intercessions of
our all immaculate Lady, the Theotokos and Ever-virgin Mary; through
the power of the precious and life-creating Cross; through the protection
of the honorable bodiless Powers of heaven; of the honorable, glorious
Prophet, Forerunner and Baptist John; of the holy, glorious and all-
laudable Apostles, of our Fathers among the Saints and universal great

teachers and hierarchs: Basil the Great, Gregory the Theologian and John Chrysostom; of our Father among the Saints, Nicholas, Archbishop of Myra in Lycia, the Wonderworker; of the Holy Equals-of-the-Apostles, Methodius and Cyril, Teachers of the Slavs; of the Holy Great Prince Vladimir, Equal of the Apostles; of the Blessed Great Princess of Russia, Olga; of our Fathers among the Saints, Wonderworkers of all Russia: Michael, Peter, Alexis, Jonah, Philip, Macarius, Demetrius, Metrophanes, Tikhon, Theodosius, Josaphat, Hermogenes, Pitirim, Innocent, and John; of our Fathers among the Saints, Hierarchs that have shone forth in America: Innocent, Equal-of-the-Apostles, Metropolitan of Moscow and Enlightener of the Aleuts; Tikhon, Patriarch of Moscow and Enlightener of North America, the Confessor; John of Shanghai and San Francisco, the Wonderworker; Nicholas of South Canaan, Bishop of Zhicha, Confessor; Raphael, Bishop of Brooklyn; of the Holy Glorious and Right-victorious Martyrs: of the Holy Glorious Great Martyr, the Victorious and Wonderworking George; of the Holy Great Martyr and Healer Panteleimon; of the Holy Great Martyr Barbara: of the Holy Martyrs that have shone forth in America: the Holy Hieromartyr Juvenal of Iliamna and Peter the Aleut of San Francisco; of the Holy New Martyrs: the Hieromartyrs Benjamin of Petrograd and Vladimir of Kiev; Righteous Alexander and John; the venerable Martyrs, Grand Duchess Elizabeth and Nun Barbara; of our Venerable and God-bearing Fathers; Anthony and Theodosius of the Caves; Sergius, Igumen, Wonderworker of Radonezh and Seraphim, Wonderworker of Sarov; of our Venerable Father Herman, Wonderworker of Alaska and all America; John of Kronstadt, Wonderworker; Alexis of Wilkes-Barre; Jacob of Alaska; of the holy and righteous ancestors of God, Joachim and Anna, and of all the Saints, hear us sinners who pray unto You, and have mercy on us!

Choir: Lord, have mercy (12).

Priest: By the mercy and compassion, and love of Your only begotten Son, with whom You are blessed, together with Your all-holy and life giving Spirit, now and forever and to the ages of ages.

Choir: Amen.

Ode 7

The child - ren of Judea who dwelt of old in Ba - by - lon

tramp - led underfoot the flames of the fur - nace by their faith in the Tri - ni - ty,

as they sang: "Blessed are You, O God of our fa - thers!"

The musical score consists of three systems of piano accompaniment and vocal lines. The key signature is one sharp (F#) and the time signature is 4/4. The piano accompaniment is written in a grand staff (treble and bass clefs). The vocal line is written in a single treble clef staff. The lyrics are printed below the vocal line. The first system covers the first two lines of the score. The second system covers the next two lines. The third system covers the final two lines. The piano accompaniment features a steady bass line and a more active treble line with chords and moving lines. The vocal line is primarily composed of chords and simple melodic fragments.

Reader 1: Most Holy Theotokos, save us.

Reader 2: It was Your will, O Savior, to send forth our salvation from within the Virgin womb. And thus we come to know her as our intercessor when You set forth the way to us. Blessed are You, the God of our Fathers.

Reader 1: Most Holy Theotokos, save us.

Reader 2: Purest Mother, deliver our petitions for mercy to Him brought forth from you, and save from all transgressions and from the souls' defilement those whose voices cry out in faith: Blessed are You, the God of our Fathers.

Reader 1: Glory to the Father and to the Son and to the Holy Spirit.

Reader 2: As a tower of safety, and the door to repentance, a fount of purity, and treasure of salvation, so You have shown Your Mother to Your people who cry aloud: Blessed are You, the God of our Fathers.

Reader 1: Now and ever and unto the ages of ages. Amen.

Reader 2: Grant to us restoration of the souls and the bodies of all who run to you for your divine protection. Bestow your healing power on the faithful who come to you, Mother of Christ, who brought forth the Savior!

Ode 8

The King of heaven, Whom the hosts of an - gels praise,
 let us praise and exalt through-out all a - - - ges!

Reader 1: Most Holy Theotokos, save us.

Reader 2: Turn not away from those who entreat your assistance as they sing hymns to praise you, O Virgin. Greatly they exalt you from ages to all ages.

Reader 1: Most Holy Theotokos, save us.

Reader 2: From you, has poured forth your great abundance of healing on the faithful who sing out your praises and exalt you greatly from ages to all ages.

Reader 1: Glory to the Father and to the Son and to the Holy Spirit.

Reader 2: You give us healing for all the body's afflictions, and relief for the soul's painful suffering. Maiden full of God's grace, for this I sing your glory.

Reader 1: Now and ever and unto the ages of ages. Amen.

Reader 2: You banish danger of all temptations and dampen all the flames of our passions, O Virgin. Thus, with hymns we praise you from ages to all ages.

Ode 9

Saved through you, O Pure Vir - gin, we confess you to be truly The - o - to - kos

and with the choir of the an - gels we mag - ni - fy you!

The musical score consists of two systems of piano accompaniment. Each system has a treble and bass clef staff. The first system contains the lyrics 'Saved through you, O Pure Vir - gin, we confess you to be truly The - o - to - kos'. The second system contains the lyrics 'and with the choir of the an - gels we mag - ni - fy you!'. The music is in a simple, homophonic style with a key signature of one sharp (F#).

Reader 1: Most Holy Theotokos, save us.

Reader 2: I beg of you, O Virgin, turn not from the torrent of all the tears I am weeping, for you have brought forth your Son who dries all our teardrops, Christ, Who was born of you.

Reader 1: Most Holy Theotokos, save us.

Reader 2: I ask of you, O Virgin, fill my heart with gladness, for by receiving within you the Fullness of Joy, you have cast off and have banished sorrows of sinfulness.

Reader 1: Most Holy Theotokos, save us.

Reader 2: A haven and protection be for us, O Virgin, and may all those who seek refuge find comfort and joy, a wall that cannot be shaken, shelter, and place of rest.

Reader 1: Glory to the Father and to the Son and to the Holy Spirit.

Reader 2: Illumine us with brightness from your light, O Virgin, while all the darkness of folly and sin is dispelled, for we in piety call you Mother who brought forth God.

Reader 1: Now and ever and unto the ages of ages. Amen.

Reader 2: Laid low am I, O Virgin, in a place of illness inside a dwelling of anguish. Grant mercy to me. Transform my sickness to wellness, making me whole again.

Soprano
Alto

Tenor
Bass

It is tru - ly meet to bless You, O The - o - to - kos,

Detailed description: This system shows the first line of music. It consists of two staves for Soprano and Alto (top) and two staves for Tenor and Bass (bottom). The music is in a minor key (one flat) and 4/4 time. The lyrics are: "It is tru - ly meet to bless You, O The - o - to - kos,". The vocal parts feature a simple, steady melody with a consistent interval of a fourth between the Soprano/Alto and Tenor/Bass parts.

ev - er bless - ed and most pure, and the Mo - ther of our God.

Detailed description: This system shows the second line of music. It continues the vocal parts from the first system. The lyrics are: "ev - er bless - ed and most pure, and the Mo - ther of our God.".

More hon - or - a - ble than the Cher - u - bim, and more

Detailed description: This system shows the third line of music. The lyrics are: "More hon - or - a - ble than the Cher - u - bim, and more".

glo - ri - ous be - yond com - pare than the Ser - a - phim,

Detailed description: This system shows the fourth line of music. The lyrics are: "glo - ri - ous be - yond com - pare than the Ser - a - phim,".

with - out de - file - ment You gave birth to God the Word.

Detailed description: This system shows the fifth line of music. The lyrics are: "with - out de - file - ment You gave birth to God the Word.".

True The - o - to - kos, we mag - ni - fy You.

Detailed description: This system shows the sixth and final line of music. The lyrics are: "True The - o - to - kos, we mag - ni - fy You.".

The Megalynaria (tone 8)*Choir:*

You are higher than the heavens above,
 And you are much purer than the rad'iance of the sun,
 For you have redeemed us from the curse that has held us. //
 With hymns we sing your praises, O Maiden who rules the world.

From the vast abundance of all my sins, greatly have I suffered,
 Both in the body and in my soul.
 You shall be my refuge, and the hope of the hopeless. //
 I pray you, therefore, help me, you who are filled with grace.

We who are unworthy bow down to you, O Lady,
 The Mother of our Redeemer,
 Receive our prayer, and listen to our pleading for your prayers //
 Interceding between your Son and mankind, O Mistress of all the
 world.

Now with eager voices we sing to you, all exalted Lady Theotokos
 In hymns of joy, joining John the Baptist and the saints' holy chorus.
 Bestow God's mercy over us, O Theotokos.

Let the lips of impious men be still,
 For they will not bow down to your icon which we revere.
 In your sacred image you are clearly depicted by Luke, the Lord's
apostle, //
 Showing God's way to us.

All the hosts of angels and all the saints,
 All the twelve apostles and the Forerunner of the Lord join you, O
Theotokos, //
 Interceding for mankind that we may find salvation and our
deliverance.

The Trisagion Prayers

Reader: Holy God! Holy Mighty! Holy Immortal! Have mercy on us. (3x)

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

O most-holy Trinity, have mercy on us!

O Lord, cleanse us from our sins!

O Master, pardon our transgressions!

O Holy One, visit and heal our infirmities, for Your name's sake!

Lord, have mercy. (3x)

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

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

Priest: For Yours' is the Kingdom, and the power, and the glory, of the Father,
and of the Son, and of the Holy Spirit, now and ever and unto ages of
ages.

Reader: Amen.

Troparia (Tone 6)

Choir: Have mercy on us, O Lord,
 Have mercy on us;
 For laying aside all excuse, we sinners offer to You, as to our Master,
 This supplication: //
 Have mercy on us.

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

O Lord, have mercy on us,
 For in You have we put our trust.
 Do not be angry with us, nor remember our iniquities,
 But look down on us even now, since You are compassionate,
 And deliver us from our enemies.
 For You are our God, and we are Your people;
 We are all the work of Your hands, //
 And we call on Your name.

Now and ever and unto ages of ages. Amen.

O blessed Theotokos,
 Open the doors of compassion to us whose hope is in you,
 That we may not perish but be delivered from adversity through you, //
 Who are the salvation of the Christian people.

Litany of Fervent Supplication

Priest: *Have mercy on us, O God, according to Your great goodness, we pray
 You, hear us and have mercy.*

Choir: *Lord, have mercy. (3x)*

Priest: *Again we pray for His Beatitude Metropolitan Tikhon, for His Eminence*

our Archbishop Michael, for priests, deacons, and all other clergy, and for all our brethren in Christ.

Choir: Lord, have mercy. (3x)

Priest: Again we pray for the President of our country, for all civil authorities, and for the armed forces.

Choir: Lord, have mercy. (3x)

Priest: Again we pray for mercy, life, peace, health, salvation, and visitation for the servant(s) of God _____, and for the pardon and remission of their sins.

Choir: Lord, have mercy. (3x)

Priest: Furthermore we pray for all expectant mothers that You favor them and animate their children by Your Holy Spirit, and let them grow a healthy and pure body. Look down and protect Your handmaidens, from fear and from evil spirits that seek to destroy the work of Your hands. And when her hour and time is come, deliver her by Your grace: we pray You, Lord, hear us and have mercy.

Priest: Furthermore we pray for married couples who desire the gift of a child, that You may hear their prayers and deliver them from sterility or barrenness: we pray you, O Lord, hear us and have mercy.

Priest: Furthermore we pray for those who are tempted by abortion, that God may plant in their hearts a love for the treasure of life and the strength to protect it; we pray You, Lord, hear us and have mercy.

Priest: Furthermore we pray for all women who have had abortions and for their families, that they may receive healing and grace, with assurance

of Your boundless mercy and forgiveness, we pray You, O compassionate Savior, hear us and have mercy!

Priest: Furthermore we pray for people who have been abused whether physically, mentally, emotionally or sexually that the Lord of all tenderness and compassion will restore them and give them peace: we pray you, O Lord, hear us and have mercy.

Priest: Furthermore we pray for all those who open their homes, their lives or their hearts to vulnerable children, especially foster and adoptive parents, that the Lord would strengthen, encourage and uphold each one: we pray you, O Lord, hear us and have mercy.

Priest: Furthermore we pray for all the weeping and grieving who are looking for the consolation of Christ, we pray You, Lord, hear us and have mercy.

Priest: Furthermore we pray for all the people here present, awaiting from your great and bountiful mercies, for all the brethren and for all Christians.

Priest: Hear us, O God our Savior, the hope of all the ends of the earth, and of those who are far off upon the sea; and show mercy, show mercy, O Master, upon us sinners.

For You are a merciful God and love mankind, and to You we ascribe glory, to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages.

Choir: Amen.

Choir: Amen.

Priest: O Most-holy Sovereign Lady Theotokos: You are higher than all the angels and archangels, and more honorable than all creation; You are the Helper of the offended, the Hope of them that are without hope, and Intercessor for the poor, the Consolation of the sorrowful, a Nourisher of them that hunger, a Robe for the naked, Healing for the sick, the Salvation of sinners, and the Help and Protection of all Christians. O all-merciful Sovereign Lady, Virgin Theotokos: Through Your mercy save and have mercy on the most-holy Orthodox Synod of Bishops, the most-holy Metropolitan, Archbishops, Bishops, and all the priestly and monastic orders, the military leaders, civil authorities, and Christ-loving armed forces, and well-wishers; and all Orthodox Christians defend by Your precious robe; and entreat, O Lady, Christ our God Who became incarnate of You without seed, that He gird us with His power from on high, against our enemies, both visible and invisible. O all-merciful Sovereign Lady Theotokos: Raise us up out of the depths of sin, and deliver us from famine, destruction, from earthquake and flood, from fire and the sword, from invasion of enemies and civil war, and from sudden death, and from attacks of enemies and from noxious winds, and from death-bearing plagues, and from all evil. Grant, O Lady, peace and health unto Your servants, unto all Orthodox Christians, and enlighten their minds and the eyes of their hearts unto salvation; and count us, Your sinful servants, worthy of the kingdom of Your Son, Christ our God: for blessed and most-glorified is His dominion, together with His Father Who is without beginning, and His Most-holy, Good and Lifegiving Spirit, now and ever and unto the ages of ages.

Choir: Amen.

The Dismissal

Priest: Wisdom.

Choir: Father, bless.

Priest: + Christ our God, The Existing One, is blessed, always, now and ever and unto ages of ages.

Choir: Amen. Preserve, O God, the holy Orthodox faith and Orthodox Christians unto ages of ages.

The Priest bows toward the icon of the Theotokos on the Iconostasis, saying:

Priest: Most holy Theotokos, save us.

Choir: More honorable than the cherubim, and more glorious beyond compare than the seraphim: without defilement you gave birth to God the Word: True Theotokos, we magnify you.

The Priest turns toward the icon of Christ and prays:

Priest: Glory to You, O Christ, our God and our hope, glory to You.

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

Lord, have mercy. (3x)

Father, bless.

*Facing the congregation, the **Priest** says:*

Priest: May Christ our true God, through the prayers of our Holy Fathers, through the prayers of the Most Holy Theotokos and Ever-Virgin Mary, by the power of the precious and lifecreating Cross, through the protection of the honorable bodiless Powers of Heaven, through the prayers of the holy, glorious Prophet, Forerunner and Baptist John, through the prayers of the holy, glorious and all-laudable Apostles, through the prayers of all the Saints who have shown forth in North America, through the prayers of all the faithhealing unmercenary Physicians, the Saints (names) whom we commemorate today, of the holy and righteous Ancestors of God Joachim and Anna, and of all the Saints, Lord Jesus Christ our God, have mercy on us and save us.

Choir: Amen.