

Translated and set to meter by Demetri Kangelaris and Nicholas Kasemeotes

"A poem of the monk Theosterictus, but ascribed by others to Theophanes."

The service of the Small Paraklesis is chanted in times of distress and sorrow of soul and during the first fourteen days of August.

Priest: Blessed is our God always, now and forever and to the ages of ages.

People: Amen.

Psalm 142

O Lord, hear my prayer, give ear to my supplications in Your truth; hear me in Your righteousness. Do not enter into judgment, with Your servant, for in Your sight no one living is justified. 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, and my spirit is overwhelmed within me; my heart within me is distressed. I remembered the days of old; I meditated on all Your works: I pondered on the work of Your hands. I spread out my hands to You; my soul longs for You, like a thirsty land.

Hear me quickly, O Lord; my spirit fails. Do not turn Your face away from me, lest I be like those who go down into the pit. Cause me to hear Your mercy in the morning, for in You I have put my trust. Cause me to know, O Lord, the way in which I should walk, for I lift up my soul to You. Rescue me, lord, from my enemies; to You have I fled for refuge. Teach me to do Your will, for You are my God. Your good Spirit shall lead me in the land of uprightness. For Your name's sake, O Lord, You shall quicken me. In Your righteousness You shall bring my soul out of trouble, and in Your mercy, You shall utterly destroy my enemies. And you shall destroy all those who afflict my soul; for I am Your servant.

Tone 4

God is the Lord and has revealed Himself to us; blessed is he who comes in the name of the Lord.

Vs. 1. Give thanks to the Lord and call upon His holy name.

God is the Lord and has revealed Himself to us; blessed is he who comes in the name of the Lord.

Vs. 2. All the nations have surrounded me, but in the name of the Lord, I have overcome them.

God is the Lord and has revealed Himself to us; blessed is he who comes in the name of the Lord.

Vs. 3. This has been done by the Lord, and it is wonderful in our eyes.

God is the Lord and has revealed Himself to us; blessed is he who comes in the name of the Lord.

Tone 4

To the Theotokos, let us run now most fervently,
As sinners and lowly ones,
Let us fall down in repentance,
Crying from the depths of our soul:
Lady, come and help us,
Have compassion upon us;
Hasten now for we are lost
In the host of our errors;
Do not turn your servants away,
For you alone are a hope to us.

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

(Repeat the above or the Apolytikion of the Church.)

Now and forever and to the ages of ages. Amen.

O Theotokos, we shall never be silent.
Of your mighty acts, all we the unworthy;
Had you not stood to intercede for us
Who would have delivered us,
From the numerous perils?
Who would have preserved us all
Until now with our freedom?
O Lady, we shall not depart from you;
For you always save your servants,
From all tribulation.

Then we read:

Psalm 50

Have mercy on me, O God, according to Your great mercy; and according to the multitude of Your compassion blot out my transgression. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I acknowledge my iniquity, and my sin is ever 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. For behold, I was conceived in iniquity, and in sin my mother bore me.

For behold, You have loved truth: You have made known to me the secret things of Your wisdom. You shall sprinkle me with hyssop, and I shall be made clean: You shall wash me, and I shall be whiter than snow. Make me to hear joy and gladness, that bones which You have broken may rejoice. Turn Your face away 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 establish me with Your governing Spirit.

I shall teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from bloodguiltiness, O God, the God of my salvation, my tongue shall rejoice in Your righteousness. O Lord, open my lips, and my mouth shall show forth Your praise. For if You had desired sacrifice, I would give it: You do not delight in burnt offering. A sacrifice to God is a broken spirit, God will not despise a broken and humbled heart.

Do good in Your good pleasure to Sion; and let the walls of Jerusalem be built. Then You shall be pleased with a sacrifice of righteousness, with oblation and whole burnt offerings. Then they shall offer bulls on Your altar.

Ode 1. The Heirmos. Plagal of the 4th Tone

Crossing the waters as on dry land,
In that way escaping
From the evils of Egypt's land,
The Israelites cried out exclaiming:
To our Redeemer and God, now let us sing.

Most Holy Theotokos save us.

With many temptations surrounding me,
Searching for salvation,
I have hastened unto you;
O Mother of the Word, and ever-Virgin,
From all distresses and dangers deliver me.

Most Holy Theotokos save us.

Assaults of the passions have shaken me,
My soul to its limits
Has been filled with much despair;
Bring peace, O Maiden, in the calmness,
Of your own Son and your God, all-blameless One.

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

To God and the Savior you've given birth;
I ask you, O Virgin,
From the dangers deliver me;
For now I run to you for refuge,
With both my soul and my reasoning.

Now and forever, and to the ages of ages. Amen.

Diseased is the body and the soul;
Deem me truly worthy
Of divine guidance and your care;

For you alone are God's Mother,
As the good and the birthgiver of the Good.

Ode 3. The Heirmos.

The apse of the heavens,
Are you O Lord, Fashioner,
And the Holy Church's great Founder,
Likewise establish me,
In constant love for You
For You're the height of our longing;
Support of the faithful,
The only Friend of all.

Most Holy Theotokos save us.

A protection and shelter,
I have with you in my life,
You, the Theotokos and the Virgin,
Pilot me towards your port;
For you are the cause,
The cause of that which is good,
Support of the faithful,
The only all-praised One.

Most Holy Theotokos save us.

I entreat you, O Virgin,
Disperse the storm of my grief,
and the soul's most inward confusion,
Scatter it far from me;
You are the Bride of God,
For you have brought forth the Christ,
the Prince of Peace;
Only, all-blameless One.

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

Having brought forth unto us
the cause and giver of good,
From your great abundance of kindness,
Pour forth upon us all;
For all is possible,

For you who carried the Christ,
Who is mighty in power;
You, who are blessed of God.

Now and forever and to the ages of ages. Amen

With most serious ailments,
And with the passions so dark,
I am being tested, O Virgin,
Come and bring help to me;
For I have known of you,
That you are without fail
the endless treasure of cures,
Only all-blameless One.

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.

(The priest commemorates those for whom the Paraklesis is sung.)

Priest: Have mercy on us, O God, according to Your great love, we pray You, hearken, and have mercy.

People: Lord have mercy (3).

Priest: Again we pray for our Archbishop (Name), our Bishop (Name), and all the clergy and the laity in Christ.

People: Lord have mercy (3).

Priest: Again we pray for mercy, life, peace, health, salvation, visitation, forgiveness and remission of the sins of the servants of God, all pious and Orthodox Christians, those who reside and visit in this city, the members, council members, contributors, and benefactors of this holy church.

People: Lord have mercy (3).

Priest: Again we pray for the servants of God. . . (At this time the Priest commemorates those for whom the Paraklesis is sung.)

People: Lord have mercy (3).

Priest: For You are a merciful and loving God, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

People: Amen.

(After the petitions, we chant the following Kathisma:)

Tone 2.

A fervent prayer, and wall most unshakable
A merciful spring And shelter of all mankind;
Fervently, we cry to you:
Theotokos, our Lady,
Come to us
And from all dangers now deliver us
The only protection who speeds to us.

Ode 4. The Heirmos.

O Lord, I have heard of
the wondrous mystery of Your salvation;
I have contemplated all Your works
And I have glorified Your great divinity.

Most Holy Theotokos, save us.

Still the darkest of passions,
Calm the sea of errors
In your great peacefulness;
It was you who bore the guiding Lord,
And you who are the blessed bride of God.

Most Holy Theotokos save us.

Your depth of compassion
Grant unto me
As one beseeching you;
You have carried the Compassionate
The Savior of those praising you.

Glory to the Father and the Son and the Holy Spirit

We are thankful for all the gifts
Which we have been given
by you the Spotless One;
And to you, we sing a hymn of praise,
Knowing you to be the Mother of God.

Now and forever and to the ages of ages. Amen.

As a hope and foundation,
And a wall unshaken
Of our salvation;
Having you, the all-lauded One,
From afflictions do you rescue us.

Ode 5. The Heirmos.

Lord, enlighten us,
With Your precepts that can guide our lives,
And with Your arm most powerful
Grant to us Your peace,
O You Who are the Friend of all.

Most Holy Theotokos, save us.

Pure one, fill my heart
with a merriment, a happiness;
Bestow on me your spotless joy,
For you have given birth
to Him Who is the cause of joy.

Most Holy Theotokos, save us.

Deliver all of us
From the dangers, Theotokos, most pure,
For you bore the timeless deliverer,
And you bore the peace,
the peace which has surpassed all thought.

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

Dissipate the cloud
Of my sinfulness, O bride of God,
With the brightness of your eminence;
For you brought forth the Light,
The Divine, which was before all time.

Now and forever and to the ages of ages. Amen.

Heal me from the ills

O Most Pure One which the passions bring,

Make me worthy of your guiding care,

And unto me grant health,

Through your intercessions and your prayers.

Ode 6. The Heirmos.

My petition, I pour out to the Lord,

And to Him I will confess all my sorrows;

For many woes

Fill my soul to its limits,

And unto Hades my whole life has now approached,

Like Jonah, I pray to You,

From corruption, O God, now raise me

Most Holy Theotokos, save us.

From death and corruption He has saved

My nature, held by death and corruption;

For unto death

He Himself has surrendered;

For which reason, O Virgin, please intercede

With Him who is your Lord and Son,

From the enemies' evils deliver me.

Most Holy Theotokos, save us.

I know you as the protection of my life,

A steadfast shelter and refuge, O Virgin;

Disperse the host

Of my many temptations,

And force away the demonic attacks from me;

I pray to you unceasingly,

From corruption of passions deliver me.

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

We have you as a wall of refuge,

And our soul's most perfect salvation;

You are an aid,

In affliction, O Maiden,

And in your light we rejoice to eternity;
O Lady, also now,
From the passions and dangers deliver us.

Now and forever and to the ages of ages. Amen.

I lie now on a bed of infirmities,
And there is no healing at all for my body
Except for you,
Who has brought forth our Savior,
God, the healer of all our infirmities;
Of your goodness, I pray to you,
From corruption of sicknesses raise me.

Deliver us,
All of your servants, from dangers, O Theotokos;
After God, we all flee to you,
For shelter and covering,
As an unshakable wall and our protection.

Spotless one,
Who by a word, did bring to us the Word eternal,
In the last days ineffably;
Do you now plead with him
As the one with the motherly favor.

The priest commemorates as before.

Kondakion. Tone 2.

A protection of Christians unshamable,
Intercessor to our Holy Maker, unwavering,
Please reject not
The prayerful cries of those who are in sin.
Instead, come to us, for you are good;
Your loving help bring unto us,
Who are crying in faith to you: Hasten to intercede
And speed now to supplicate,
As a protection for all time,
Theotokos, for those who honor you.

(Then the 1st Antiphon of the Anavathmoi of the 4th Tone.)

From the years of my youth, many passions combat me; but You, Who are my Savior, assist me and save me. (2)

You haters of Zion shall be put to shame by the Lord Almighty, for as grass in the fire, you shall all be withered.
(2)

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

By the Holy Spirit, every soul is made living, is exalted, and made shining through purification, by the Threefold Oneness, in a hidden manner.

Now and forever and to the ages of ages. Amen.

By the Holy Spirit, the streams of grace are flowing, watering, all of the creation, granting life upon it.

I shall remember your Holy Name from generation to generation.

Verse: Listen, O Daughter, and see, and incline your ear, and forget your people and your father's house and the King will desire your beauty.

I remember Your Holy Name from generation to generation.

Priest: Let us pray to the Lord, our God, that we may be deemed worthy to hear the Holy Gospel.

People: Lord, have mercy (3).

Priest: Wisdom, Arise, Let us hear the Holy Gospel. Peace be with all.

People: And with your spirit.

Priest: The reading of the Holy Gospel according to Luke. Let us be attentive.

People: Glory to You, O Lord, glory to You.

Priest: In those days Mary arose and went in haste into the hill country, to a city of Judah, and she entered the house of Zachariah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit and she exclaimed with a loud cry, Blessed are you among women, and blessed is the fruit of your womb! And why is this granted me, that the mother of my Lord should come to me? For behold, when the voice of your greeting came to my ears, the babe in my womb leaped for joy. And blessed is she who believed, for there would be a fulfillment of what was spoken to her from the Lord." And Mary said, "My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has regarded the lowly estate of his handmaiden. 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 home.

People: Glory to You, O Lord, glory to You.

Tone 2.

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

Father, Word, and Spirit, Trinity in oneness, wash away my many personal offenses.

Now and forever and to the ages of ages. Amen.

Through the intercessions of the Theotokos, merciful One, wash away my many personal offenses.

Verse: Have mercy upon me, O God, according to Your great mercy; and according to the multitude of Your compassions blot out my transgressions.

Plagal of the 2nd Tone

Put me not into the hands
 Of any human protection,
 O our Lady, most holy,
 But do now receive the prayers of your supplicant;
 Sorrow has taken me,
 And I am unable
 To withstand and bear the demon's darts;
 Shelter I do not have,
 Nor a place to go, worthless that I am;
 Lady of humanity,
 The shelter of the faithful and their hope,
 Do not reject my prayers to you,
 Do the things that profit me.

The Theotokia

No one is turned away from you, Ashamed and empty, who flee unto you, O pure virgin Theotokos; But one asks for the favor, And the gift is received from you, To the advantage of their own request.

The transformation of the afflicted, You are the cure of those in sickness, Theotokos, O Virgin; Save your people and your town. You are the peace of those in conflict, The calm of those in turmoil, The only protection of the faithful.

Priest: O God, save Your People, and bless Your inheritance; look upon Your world with mercy and compassion; raise the Orthodox Christians to glory, and shower us with your abundant mercies, through the intercessions of our all-pure Lady, the Theotokos and ever-virgin Mary, through the power of the precious and life-giving Cross; through the protection of the honorable, heavenly bodiless powers; of the honorable, glorious prophet, the Forerunner John the Baptist; of the holy glorious and all-praised Apostles; of our holy fathers the great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian, and John Chrysostom; Athanasios and Cyril, John the Merciful, patriarchs of Alexandria; Nicholas of Myra, Spyridon bishop of Trimythous, the wonder-workers; of the holy glorious great martyrs George the triumphant, Demetrios the myrrhflowing, Theodore of Tyros and Theodore the Commander; of the holy-martyrs Charalambos and Eleutherios; of the holy glorious triumphant Martyrs; of our pious and God-bearing Fathers; of (the Saint of the Church); of the

holy and righteous Ancestors of God, Joachim and Anna; of Saint (Name) whose memory we celebrate today; and of all Your Saints, we beseech You Lord, Who alone are all merciful; hear the prayers of us sinners and have mercy upon us.

People: 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.

People: Amen.

Ode 7. The Heirmos

Coming out of Judea,
Once the young men did go to the land of Babylon;
The flame of the furnace,
They trampled down while chanting,
With their faith in the Trinity:
O the God of our Fathers, Blessed are You, our God.

Most Holy Theotokos, save us.

As You willed, O our Savior,
To dispense our salvation through Your economy
Inside the Virgin's womb;
You showed to all the people
That she was our own guardian;
O the God of our fathers,
Blessed are You, our God.

Most Holy Theotokos, save us.

The bestower of mercy
That you bore, O pure Mother, entreat on our behalf;
From sins deliver us,
And from the soul's defilement,
We who cry out most faithfully:
O the God of our fathers,
Blessed are You, our God.

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

A fountain of pureness
And a tower of safety is she who carried You,
A treasure of salvation

And the door of repentance,
She has been shown to those that cry;
O the God of our fathers,
Blessed are You, our God.

Now and forever and to the ages of ages. Amen.

The illnesses of body,
and the soul's ailing sickness, of those who run to you.
For divine protection,
As God's holy Mother,
Make them worthy of remedy:
For the Savior Christ
Was born from you.

Ode 8. The Heirmos

The King of heaven, Who is praised,
And is hymned by the host of the angels;
Praise Him and exalt Him
Throughout the many ages.

Most holy Theotokos, save us.

Do not neglect those who seek the help you grant
They hymn you, O Virgin Maiden,
And they do exalt you
Throughout the many ages.

Most Holy Theotokos, save us.

O Virgin, you pour a wealth of healing
On those who faithfully hymn you,
And those who exalt your
Childbearing wonder.

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

The infirmities of my soul are healed by you,
And the pains of my body, O Virgin,
So that I may praise you,
O Lady, in God's favor.

Now and forever and to the ages of ages. Amen.

You drive away the assaults of temptations,
And attacks of the passions, O Virgin,
Therefore do we praise you
Throughout the many ages.

Ode 9. The Heirmos.

Saved through you, O pure Virgin,
Hence we do confess you
To be most truly the birthgiver of our Lord;
With choirs of bodiless Angels,
You do we magnify.

Most Holy Theotokos, save us.

The streams of my many tears,
Reject not, Holy Virgin;
For you gave birth to the One who dried all the tears,
From all the faces of people;
The Christ was born of you.

Most holy Theotokos, save us.

With gladness fill my heart,
Most holy Virgin lady,
For you are she who received the abundant joy;
Take the grief of my sinfulness,
And make it disappear.

Most Holy Theotokos, save us.

A shelter and protection
And a wall unshaken,
Become, O Virgin, for those who flee to you,
A sheltered cover and refuge,
And a place of joy.

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

O Virgin, from the brightness
Of your light illumine
The ones who call you most piously Mother of God,
Take all the gloom of our ignorance
And banish it away.

Now and forever and to the ages of ages. Amen.

Oppressed I am, O Virgin;
In a place of sickness, I have been humbled;
I ask you: bring remedy,
Transform my illness, my sickness,
Into a wholesomeness.

Truly you are worthy to be blessed,
Mother of our God, the Theotokos,
You the ever blessed one, and all blameless one,
And the Mother of our God.
You are honored more than the Cherubim,
And you have more glory, when compared, to the Seraphim;
You, without corruption,
Did bear God, the Logos;
You are the Theotokos;
You do we magnify.

(The priest censes the altar and the people, or the place where the Paraklesis is held, while we chant the following megalynaria.)

Higher than the heavens above are you,
And you are much purer
Than the radiance of the sun;
You who have redeemed us
From the curse which is upon us;
The Lady of all people,
In hymns, do we honor you.

From the great multitude of my sins,
Ill am I in body, Ill am I also in my soul;
I am fleeing to you,
The one who is all-blessed,
The hope of all the hopeless,
Please come bring help to me.

Lady and the Mother of Him who saves,
Receive the supplications
Of the lowly who pray to you;
Mediate between us
And the One you brought forth;
O Lady of all people, Intercede for us.

Now with zeal we chant this Ode to you;
You, the all praised Lady,
Theotokos, we hymn with joy;
With the saints most holy,
Together with the Baptist,
Beseech, O Theotokos,
For God's mercy on us

Speechless be the lips of impious ones,
Those who do not reverence
Your great icon, the sacred one
Which is called Directress,
And was depicted for us
By one of the apostles,
Luke the Evangelist.

(The Megalynarion of the church is chanted. Then.)

With the hosts of Angels, God's messengers,
With the Lord's Forerunner,
And Apostles, the chosen twelve,
With the saints most holy,
And with you, the Theotokos,
We seek your intercession
For our salvation.

People: Holy God, Holy Mighty, Holy Immortal, have mercy upon us (3).

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

Most holy Trinity, have mercy upon us; Lord, pardon our sins; Master, forgive our transgressions; Holy One, visit and heal our infirmities, for Your name's sake.

Lord have mercy (3).

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

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

Priest: For Yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

People: Amen.

(Then we chant the following troparia;)

Plagal of the 2nd Tone.

Have mercy on us, O Lord, have mercy on us,
For we are empty of all defense,
As sinners we offer this supplication to You;
O Master, have mercy on us.

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

Lord, have mercy on us,
For in You we have put our trust;
Be not exceedingly angry with us,
Nor remember our many iniquities;
But look upon us now as the Compassionate,
And deliver us from our enemies;
For You are our God, and we Your people,
We are all the work of Your hands,
And upon Your Name we have now called.

Now and forever and to the ages of ages. Amen.

The Theotokion

The doors of caring do now open unto us,
O most blessed Theotokos,
So that hoping in you we shall not fail;
Through you we may be delivered from adversities,
For you are the salvation of the Christian faith.

(During the period from the 1st to the 14th of August, instead of the above Troparia, the Apolytikion of the day and the Theotokion of the tone are chanted.)

Priest: Have mercy on us, O God, according to your great love, we pray to you, hear us, and have mercy.

People: Lord, have mercy (3).

Priest: Again we pray for our Archbishop (Name), and our Bishop (Name), and all the clergy and the laity in Christ.

People: Lord, have mercy (3).

Priest: Again we pray for mercy, life, peace, health, salvation, visitation, forgiveness, and remission of the sins of the servants of God, all pious and Orthodox Christians, those who reside and visit in this city, the members, council members, contributors, and benefactors of this holy church.

People: Lord, have mercy (3).

Priest: Again we pray for the servants of God ... (at this time the Priest commemorates those for whom the Paraklesis is sung.)

People: Lord, have mercy (3).

Priest: Again we pray for the safekeeping of this holy church and this city, and of all cities and towns from pestilence, famine, earthquake, flood, fire and the sword, from invasion of enemies, civil war, and unforeseen death; for His mercy, that He will be kind to entreat as our good God, Who loves all people and that He may turn away and scatter all wrath and disease that moves against us, and deliver us from His impending, justified chastisement, and have mercy on us.

People: Lord, have mercy (3).

Priest: Again we pray that the Lord God will hear the voices of the petitions of us sinners and have mercy on us.

People: Lord, have mercy (3).

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 compassion on us, O Master, on our many sins, and have mercy upon us.

People: Lord, have mercy (3).

Priest: For you are a merciful and loving God, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of the ages.

People: Amen.

Priest: Glory to You, O God, our hope, glory to You. May Christ our true God, through the intercessions of Your all-pure and blameless holy Mother; of the holy glorious and praise-worthy Apostles; of the holy glorious and triumphant martyrs; of (the Saint of the Church); of the holy righteous ancestors of God Joachim and Anna; of Saint (Name) whose memory we celebrate today; and of all the Saints, have mercy and save us, as a good and loving God.

The Christian faithful reverence the icon of the Theotokos while the following troparia are chanted.

Tone 2.

All those

Do you shelter, O Good One,

Those who in their faith flee unto you,

With your strong hand, you protect;
We who sin have no one else,
Who intercedes for us
Before God, praying endlessly,
In ills and all dangers,
For us who are laden with
Our many sins and mistakes;
Mother, of our God in the Highest
Therefore, we fall down to you, humbly;
From all the misfortunes, keep your servants safe.

The same

For those
In great sorrow you are joy,
And for the oppressed, a protection,
And for the hungry, their food,
Comfort unto those estranged;
You are a staff to the blind,
Visitation of all those sick,
And to those held by pain
Shelter and a comforting,
And to the orphaned, an aid;
Mother, of our God in the highest,
You who are the Spotless One, hasten,
Save your servants from their sin, we ask of you.

Plagal of the 4th Tone

Lady, do you receive,
From your servants, their many prayers;
And deliver all of us,
From all sadness and necessity.

Tone 2

My numerous hopes are placed
Before you, most holy One;
Mother of our God,
Guard me with care, within your sheltered arms.

During the period from the 1st to the 15th of August, instead of chanting the previous Theotokion, we chant the following Exsaptilaria:

Tone 3.

O You Apostles from far off,
Being gathered together
in the village of Gethsemane,
Lay my body in burial,
And You, my Son, and my God,
Receive now my spirit from me.

You are the sweetness of Angels,
The gladness of the afflicted ones,
A protection of all Christians,
O Virgin Mother of our Lord;
Grant me now help and save me
From the eternal torments.

I have you as Mediator
Before God who loves mankind;
May He not question my action
Before the hosts of the Angels,
I ask of you, O Virgin,
Hasten now quickly to my aid.

You are a tower adorned with gold,
A city surrounded by twelve walls,
A shining throne touched by the sun,
A royal seat for the King,
O unexplainable wonder,
How do you nurse the Master?

Priest: Through the prayers of our Holy Fathers, Lord Jesus Christ, our God, have mercy and save us.

Publisher's Note

The service of the Small Paraklesis, conducted daily during the first fourteen days of August as well as on many other occasions, is one of the most popular services of the Orthodox Church. Until now, it was not always possible for all those who attended the services to participate in them fully because of the language difficulty. By providing, in addition to the original Greek text, an English translation in meter that fits the traditional Byzantine melody, and a transliteration, makes it possible for all Orthodox to participate fully.

Thus, it is with particular joy that Holy Cross Orthodox Press offers this edition of the Paraklesis to the Orthodox faithful, a labor of love on the part of Fathers Demetri Kangelaris and Nicholas Kasemeotes, recent graduates of Holy Cross Greek Orthodox School of Theology, now serving the Church in Los Angeles and St. Louis respectively.

Our special thanks then go to Fathers Demetri and Nicholas. May the Theotokos continue to bless them and their ministry and grant them every spiritual gift.

N. M. Vaporis, Director

Translator's Note

It is with great joy and hope that we present this service book for use by our congregations. The service of the Small Paraklesis or "Intercessory Prayer" to the Most Holy Theotokos, the Mother of God, is chanted during the Lenten period of 1 to 14th August, preceding the Feast of the Koimesis or "Falling Asleep" of the Virgin Mary. The service is also chanted, as the prefix indicates, "in every tribulation and in sorrow of soul."

The purpose of this service book is to enable our congregations to participate more fully in the chanting of this service. The English phonetics have been provided along side of the Greek text to enable our non-Greek reading people to also chant the service. Second, an English translation has been provided which can be sung on the same melodic line as the Greek. Whether the service is sung in Greek or English, we encourage everyone to chant these very simple yet beautiful hymns and prayers.

We would like to acknowledge a previous translation, The Service of Small Supplicatory Canon to the Most Holy Mother of God, translated by the Holy Transfiguration Monastery, which was helpful in the formation of this translation. We would also like to thank members of the faculty of Hellenic College/Holy Cross Greek Orthodox School of Theology for their assistance: Fr. Alkiviadis Calivas, Professor Savas Savas, Dr. Penelope Tzougros, Mrs. Ioanna Clarke and Miss Georgia Stathopoulou.

We thank them and pray that through the prayers of the Theotokos, our Lord will bless them as well as all those who sing this service.

Demetri Kangelaris, Nicholas Kasemeotes