

# *The Paraklesis:*

*The Little Supplicatory Canon  
to the Most Holy Theotokos*



The Paraklesis sung by Eikona on the CD, "Paraklesis: The Mother of Light")

# *The Paraklesis*

## *The Little Supplicatory Canon to the Most Holy Theotokos - Tone 8*

### *Ode 1*

*Irmos:* Crossing the waters as on dry land,  
in that way escaping from the evils of Egypt's land,  
the Israelites cried out exclaiming:  
Let us sing to our Redeemer and our God.

**Most holy Theotokos save us.**

With my temptations surrounding me,  
searching for salvation, I have sought refuge in 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 Son and your God, O 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 birth-giver of the Good.

### *Ode 3*

*Irmos:* 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 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; O 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.

#### *Hymns After the Third Ode - Tone 8*

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 Hymn - 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*

*Irmos:* 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 One  
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;  
we have you, the all-lauded one,  
and from afflictions you rescue us.

### *Ode 5*

*Irmos:* 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,  
divine light, which was before all time.

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

Heal me from the ills  
which the passions bring, most pure one,  
make me worthy of your guiding care,  
and unto me grant health,  
through your intercessions and your prayers.

### *Ode 6*

*Irmos:* 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,  
O God, now raise me from corruption.

**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 have brought forth our Savior,  
God, the healer of all our infirmities;

of your goodness, I pray to you,  
from corruption of sicknesses raise me.

***Hymns After the Sixth Ode - Tone 8***

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.

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.

***Kontakion - Tone 2***

A protection of Christians unshamable,  
intercessor to our holy Maker, unwavering,  
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.

***Antiphons / Anavathmoi - Tone 4***

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

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

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 Three-fold 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.

***Prokeimenon - Tone 4***

I shall remember Your holy name from generation to generation. (2x)

*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.*

## *Troparia - 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 unto the ages of ages. Amen.

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

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

### *Tone 6*

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.

### *Theotokion*

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.

### *The Canon - Ode 7*

*Irmos:* 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*

*Irmos:* 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, we do praise you  
throughout the many ages.

*Ode 9*

*Irmos:* Saved through you, O pure Virgin,  
hence we do confess you  
to be most truly the birth-giver 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 God's mother;  
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...”*

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 bare God the Logos, you are the Theotokos, you do we magnify.

*Megalynaria / Magnification Hymns - Tone 8*

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.

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.

*Penitential Troparia - Tone 6*

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 be 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 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.

*“All those do you shelter...”*

*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.

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.

*Tone 8*

Lady, O do 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.

*Dormition Fast Exapostilaria - Tone 3*

O You Apostles from afar,  
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?



*Icon of the Sign*