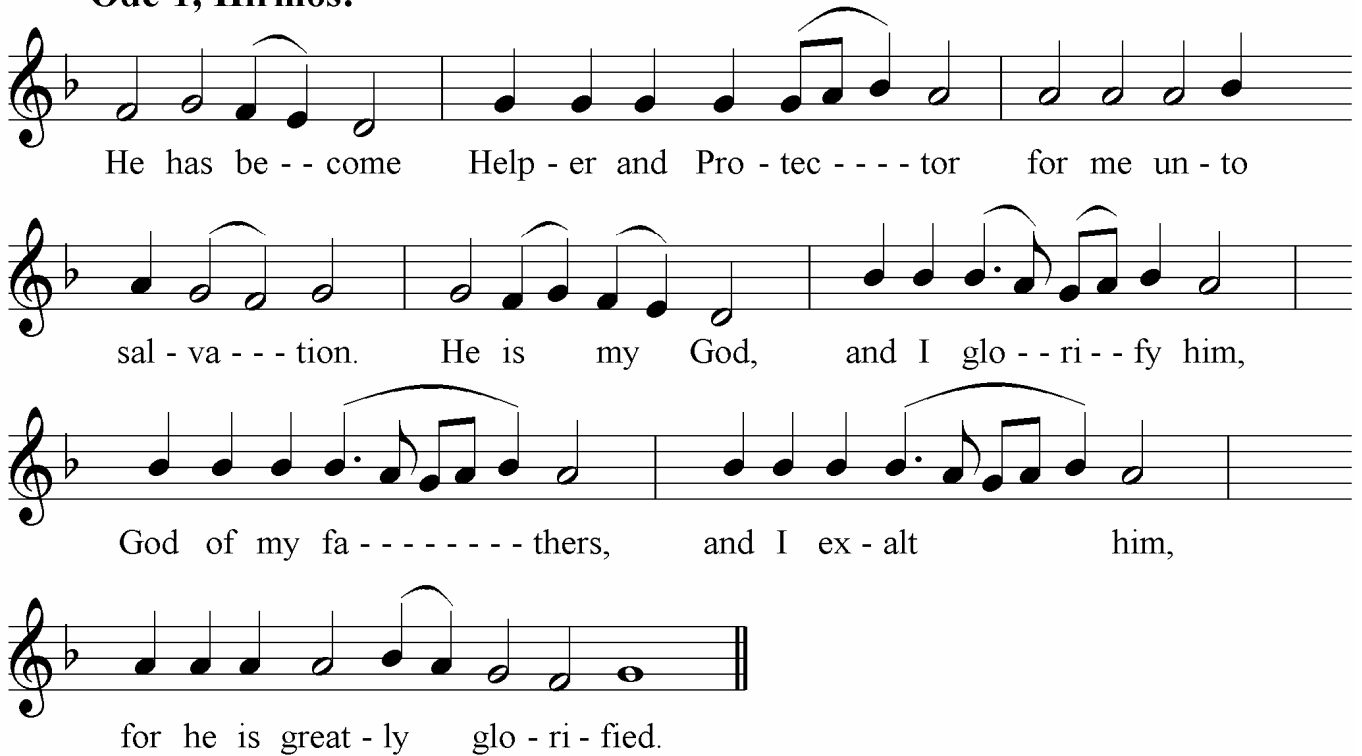


GREAT FAST, WEEK 1, THURSDAY

GREAT CANON OF ST ANDREW OF CRETE

Ode 1, Hirmos:



He has be - - come Help - er and Pro - tec - - - - tor for me un - to
sal - va - - - tion. He is my God, and I glo - - ri - - fy him,
God of my fa - - - - - - - - thers, and I ex - alt him,
for he is great - ly glo - ri - fied.

(Twice)

Refrain:



Have mer - cy on me, O God, have mer - cy on me.

O Lamb of God, who take away the sins of all, take from me the heavy yoke of sin, and as you are compassionate give me tears of compunction.

Refrain:



Have mer - cy on me, O God, have mer - cy on me.

O Jesus, I fall down at your feet. I have sinned against you: be merciful to me. Take from me the heavy yoke of sin, and as you are a compassionate God, accept me in repentance.

Refrain:



Have mer - cy on me, O God, have mer - cy on me.

Do not enter into judgement with me, bringing before me the things I should have done, examining my words and correcting my impulses. But in your pity overlook such things, and save me, O All-powerful.

Refrain:



Have mer - cy on me, O God, have mer - cy on me.

It is time for repentance: I come to you, my Creator. Take from me the heavy yoke of sin, and in your compassion give me tears of compunction.

Refrain:



Have mer - cy on me, O God, have mer - cy on me.

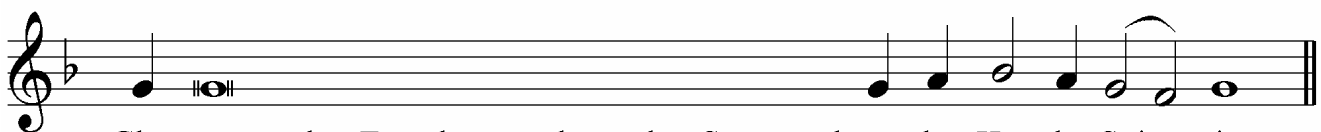
I have wasted the substance of my soul in sin, and I am barren of the virtues of piety. In my hunger I cry: "Grant mercy to me, O Lord, my Saviour."

Refrain:



Ven - er - a - ble Moth - er Ma - ry, pray to God for us.

Bowing before the laws of Christ, you have drawn near to him, forsaking the ungovernable longings of sensual pleasure; and you have most reverently accomplished all the virtues as if they were one.



Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - - it.

Trinity beyond being, worshipped in unity, take from me the heavy yoke of sin, and in your compassion grant me tears of contrition.



Both now and for ev - er, and to the ag - es of ag - es. A - men.

Mother of God, the help and protection of those who sing praise to you, take from me the heavy yoke of sin, and, pure Lady, accept me in repentance.

Ode 2, Hirmos:



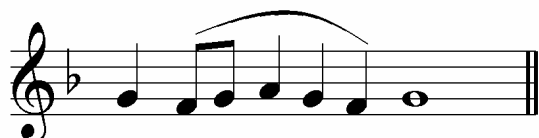
See, see, that I am God, who of old in the des - - - - ert



rained down man - na and made springs of wa - ter flow from the rock for



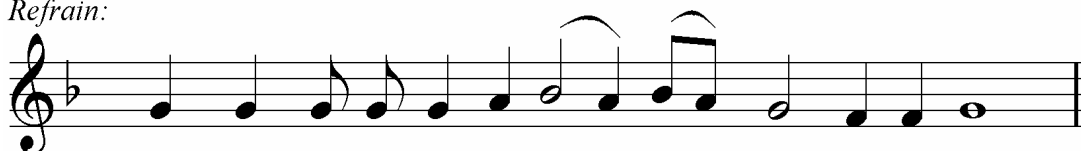
my peo - - - - - ple, by my right hand a - lone and by



my pow - - - - - er.

(Twice)

Refrain:



Have mer - cy on me, O God, have mer - cy on me.

“I have killed a man to my bruising and a young man to my hurt,” said Lamech, as he cried aloud lamenting. O my soul, do you not tremble then, for you have defiled your flesh and stained your mind?

Refrain:



O soul, you cleverly planned to build a tower, and to construct a fortress for your lusts; but the Creator confounded your plans and dashed your constructions to the ground.

Refrain:



Oh, how I have emulated Lamech, the murderer of old, slaying my body like the man, and my mind like the young man. And with longings for sensual pleasures I have slain my body as a brother, like Cain the murderer.

Refrain:



Roused to anger by their transgression, the Lord once rained down fire from the Lord and burnt up the men of Sodom. And you, O soul, have kindled the fire of Gehenna, in which you will burn with them.

Refrain:

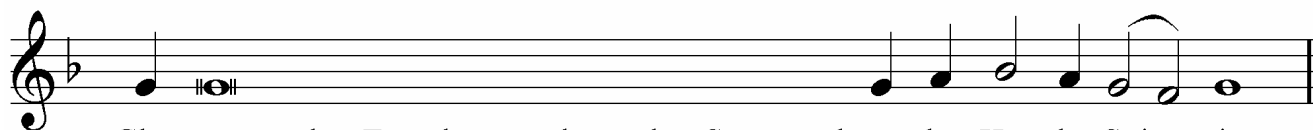


“I am wounded, I am struck: see the arrows of the enemy which have pierced my soul and my body; see the wounds, the festering sores, and the maimings,” cry the blows of my freely-chosen passions.

Refrain:



Sunk in the abyss of wickedness, O Mary, you lifted up your hands to the merciful God. And as to Peter, in his love for mankind, he stretched out his divine hand to you, seeking in every way your conversion.



Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - - it.

Uncreated Trinity without beginning, undivided Unity: accept me in repentance, and save me, a sinner. I am your creation, do not reject me, but spare me and deliver me from the fire of condemnation.



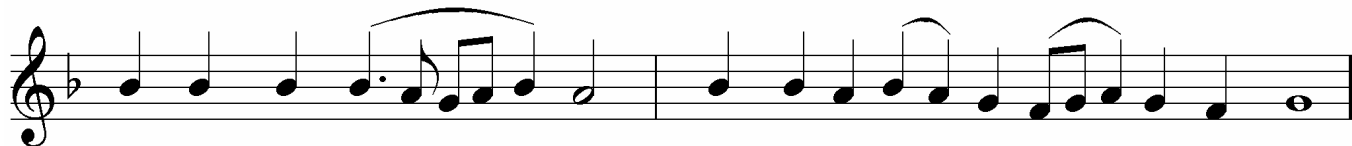
Both now and for ev - er, and to the ag - es of ag - es. A - men.

Most pure Lady, Mother of God, the hope of those who run to you and the haven of the storm-tossed, through your prayers grant that your merciful Creator and Son may be merciful even to me.

Ode 3, Hirmos:



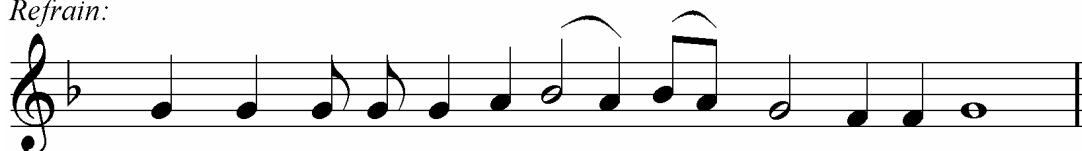
O Lord, es - tab - lish my wa - - - - - ver - ing heart on the rock



of your com - mand - - - - - ments, for you a - lone are ho - - - ly and Lord.

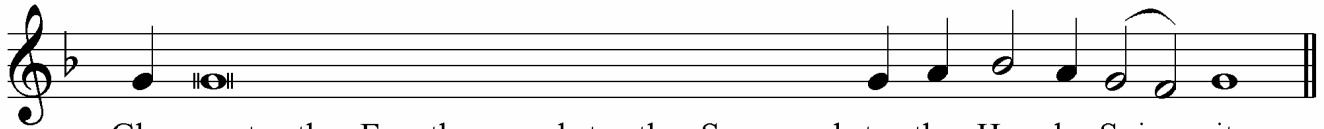
(Twice)

Refrain:



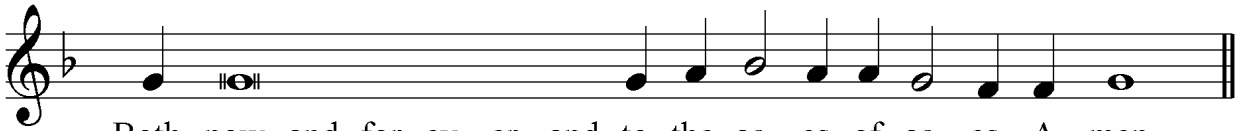
Have mer - cy on me, O God, have mer - cy on me.

O soul, you have become like Hagar the Egyptian of old: your free choice has been enslaved and you have given birth to a new Ismael, stubborn wilfulness.



Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - - it.

Simple Unity, uncreated Nature without beginning, praised in a Trinity of Persons, save us who in faith worship your power.



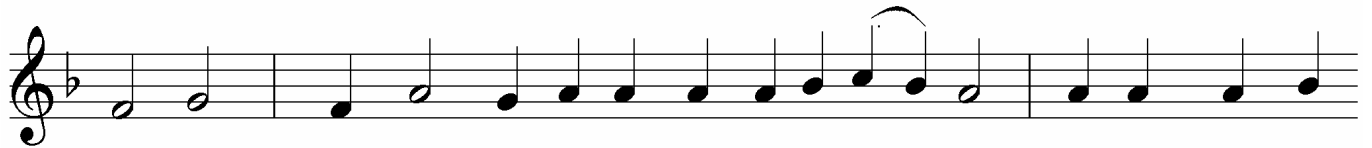
Both now and for ev - er, and to the ag - es of ag - es. A - men.

O Mother of God, strange wonder: without knowing a man you have conceived within time the Son, who is from the Father outside time, remaining a Virgin while giving suck.

Ode 4, Hirmos:



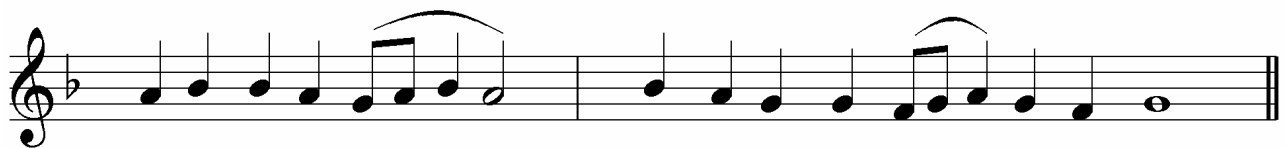
The proph - - - et heard of your com - ing, O Lord, and he was



a - fraid: how you were to be born of a Vir - - gin and re - vealed to



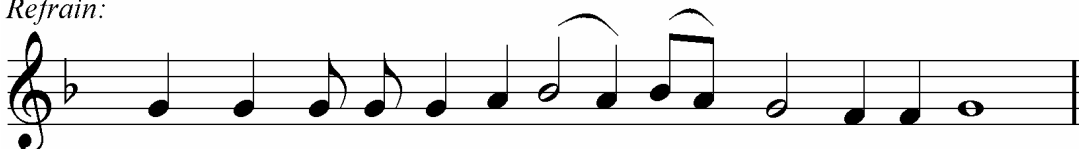
man - kind; and he said: "I have heard the re - port of you,



and I was a - fraid." Glo - ry to your pow - - er, O Lord.

(Twice)

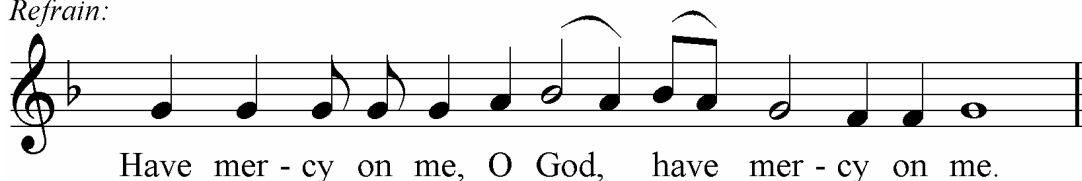
Refrain:



Have mer - cy on me, O God, have mer - cy on me.

The time of my life is short, filled with trouble and evil. But accept me in repentance and call me back to knowledge. Do not let me become the possession or the food of the enemy; but, O Saviour, take pity on me yourself.

Refrain:



A man of great wealth and righteous, of royal dignity, clothed in diadem and purple, abounding in riches and cattle, became suddenly a beggar, stripped of wealth, glory and kingship.

Refrain:



If he who was righteous and blameless above all did not escape the snares and pits of the deceiver, what will you do, wretched and sin-loving soul, when some unexpected misfortune befalls you?

Refrain:



Now I begin to speak boastfully, with rashness of heart, to no purpose and in vain. O just Judge, who alone have pity, do not condemn me with the Pharisee, but grant me the humility of the Tax Collector and number me with him.

Refrain:



O Merciful One, I know that I have sinned, that I have shown contempt for the vessel of my flesh. But accept me in repentance and call me back to knowledge. Do not let me become the possession or the food of the enemy; but, O Saviour, take pity on me yourself..

Refrain:



Have mer - cy on me, O God, have mer - cy on me.

I have become my own idol, utterly defiling my soul with the passions. But accept me in repentance and call me back to knowledge. Do not let me become the possession or the food of the enemy; but, O Saviour, take pity on me yourself.

Refrain:



Have mer - cy on me, O God, have mer - cy on me.

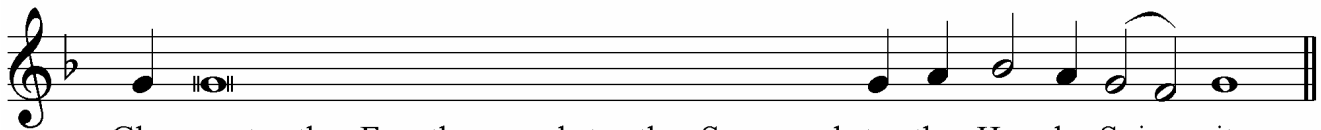
I have not listened to your voice, I have not heeded your Scriptures, O Giver of the Law. But accept me in repentance and call me back to knowledge. Do not let me become the possession or the food of the enemy; but, O Saviour, take pity on me yourself.

Refrain:



Ven - er - a - ble Moth - er Ma - ry, pray to God for us.

You were brought down into the depth of great iniquities, yet not held fast; but with better intent you perceptibly ascended to the height of virtue, beyond all expectation; and the angelic nature was amazed, O Mary.



Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - - it.

Undivided in Essence, unconfused in Persons, I confess you as God: the Trinity in one Godhead, equal in kingship and throne; and I raise to you the great threefold song that is sung in the highest.



Both now and for ev - er, and to the ag - es of ag - es. A - men.

You give birth and are a virgin, and in both you remain by nature Virgin. He who is born makes new the laws of nature, and the womb brings forth without labour pains. When God so wills, the natural order is overcome; for he does whatever he wishes.

Ode 5, Hirmos:

From the night I seek you ear - - - ly, O Lov - er of man - kind:
 give me light, I pray you, and guide me al - so in your
 com - mand - - - - - ments, and teach me, O Sav - - - iour, to do
 your will.

(Twice)

Refrain:

Have mer - cy on me, O God, have mer - cy on me.

O soul, imitate the woman who was bowed down to the ground: fall at the feet of Jesus, so that he may make you straight again, and you will walk uprightly on the paths of the Lord.

Refrain:

Have mer - cy on me, O God, have mer - cy on me.

Since you are a deep well, O Master, make springs gush forth for me from your pure veins, so that like the woman of Samaria I may drink and thirst no more; for from you flow the streams of life.

Refrain:

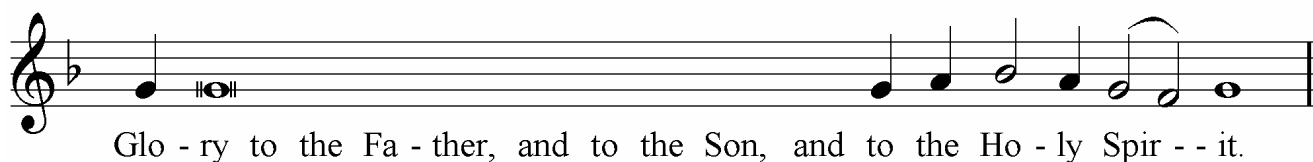


Master and Lord, may my tears be to me as Siloam, so that I also may wash clean the eyes of my heart, and with my mind behold you, the pre-eternal Light.

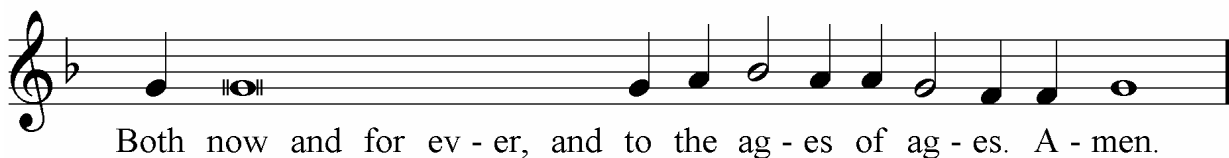
Refrain:



All-blessed one, with a love beyond compare you longed to venerate the wood of the Cross, and your desire was granted. Make me also worthy to attain the glory on high.

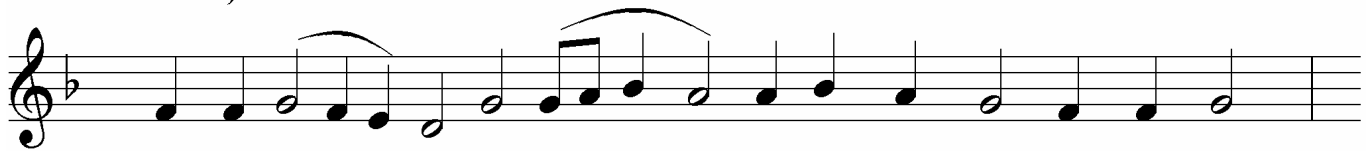


We glorify you, O Trinity, the one God: Holy, holy, holy is the Father, the Son, and the Spirit, simple Essence and Unity, worshipped for ever.



Inviolable Virgin Mother without a husband, from you God, the Creator of the ages, was clothed in my shape, and he took human nature to himself.

Ode 6, Hirmos:



With my whole heart I cried to the com - pas - ion - ate God,



and he heard me from the low - est depths of hell,



and brought my life up from cor - rup - - - - - tion.

(Twice)

Refrain:



Have mer - cy on me, O God, have mer - cy on me.

O Saviour, I am the coin marked with the likeness of the King and which you lost of old. But light your lamp, your Forerunner, O Word, and seek and find your image.

Refrain:



Have mer - cy on me, O God, have mer - cy on me.

Rise up and make war on the passions of the flesh, like Jesus against Amalek, ever gaining victory over the Gavaonites, your deceitful thoughts.

Refrain:



Ven - er - a - ble Moth - er Ma - ry, pray to God for us.

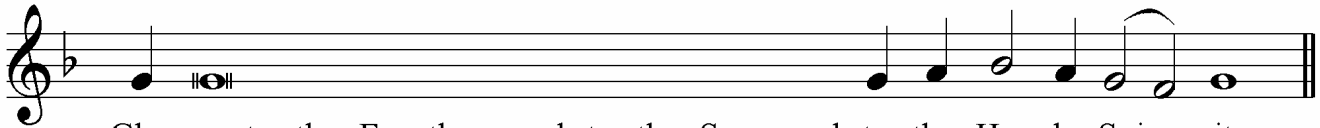
In order to quench the burning of the passions, O Mary, with your soul on fire you have ever shed streams of tears. Grant the grace of these also to me, your servant.

Refrain:



Ven - er - a - ble Moth - er Ma - ry, pray to God for us.

O Mother, you attained heavenly detachment through the excellence of your way of life on earth. Pray that those who sing praise to you may be delivered from passions through your intercessions.



Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - - it.

“I am Trinity, simple and undivided, divided in Persons, and I am Unity from the beginning, by Nature one,” says the Father and the Son and the divine Spirit.



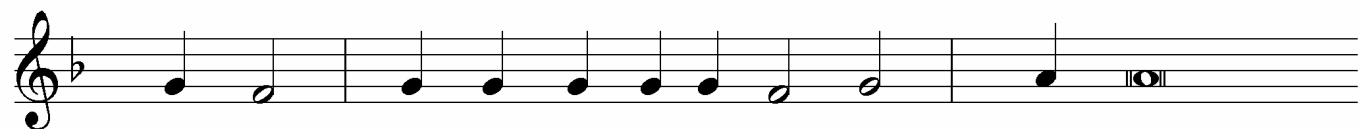
Both now and for ev - er, and to the ag - es of ag - es. A - men.

Your womb gave birth to God for us, fashioned in our shape. Pray to him as the Creator of all, O Mother of God, that through your prayers we may be justified.

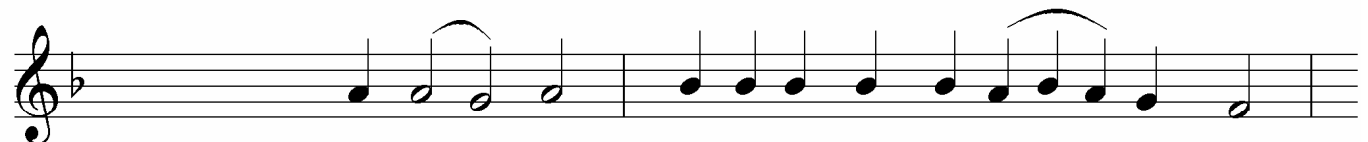
Kontakion, Tone 6



My soul, my soul, rise up! Why are you sleep - ing? The end



draws near, and soon you will be trou - bled. Watch, then, so that

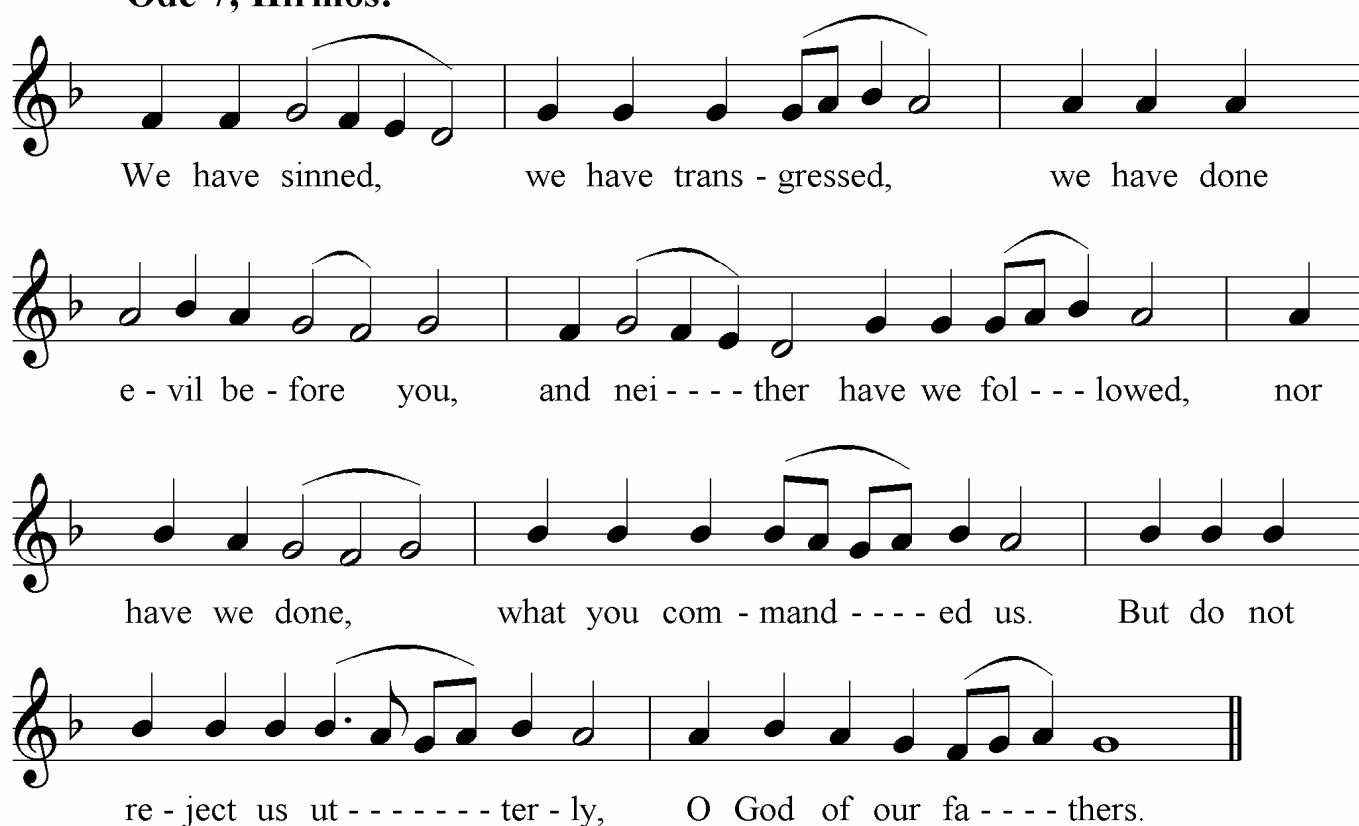


Christ God may spare you, for he is pres - ent eve - - - - ry - where



and fills all things.

Ode 7, Hirmos:



We have sinned, we have trans - gressed, we have done
e - vil be - fore you, and nei - - - - ther have we fol - - - - lowed, nor
have we done, what you com - mand - - - - ed us. But do not
re - ject us ut - - - - - ter - ly, O God of our fa - - - - thers.

(Twice)

Refrain:



Have mer - cy on me, O God, have mer - cy on me.

My days have vanished like a dream of one awaking; and so, like Hezekias, I weep on my bed, so that years may be added to my life. But what Esaiās will come to me, O soul, except the God of all?

Refrain:



Have mer - cy on me, O God, have mer - cy on me.

I fall before you, and as tears I offer you my words. I have sinned as the Harlot never sinned, and I have transgressed as no one else on earth. But take pity on your creature, O Master, and call me back.

Refrain:



I have discoloured your image and broken your commandment. All my beauty is darkened and my lamp is quenched by the passions, O Saviour. But take pity on me, as David sings, and restore to me your joy.

Refrain:



Turn back, repent, uncover all that you have hidden. Say to God, to whom all things are known: You alone know my secrets, O Saviour; have mercy on me yourself, as David sings, according to your mercy.

Refrain:

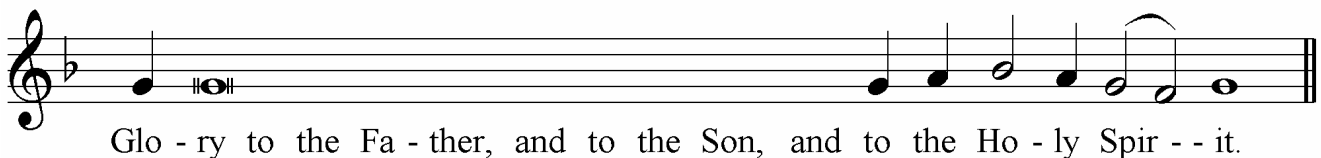


Crying out to the most pure Mother of God, of old you drove back the fury of the passions that violently attacked you, and put to shame the enemy who sought to make you stumble. But give your help in trouble also to me, your servant.

Refrain:



Pray to him whom you loved, to him whom you desired, for whose sake you wore out your flesh, O Venerable Mother; pray now to Christ for your servants, that he may show mercy on us all, and grant a peaceful existence to those who worship him.



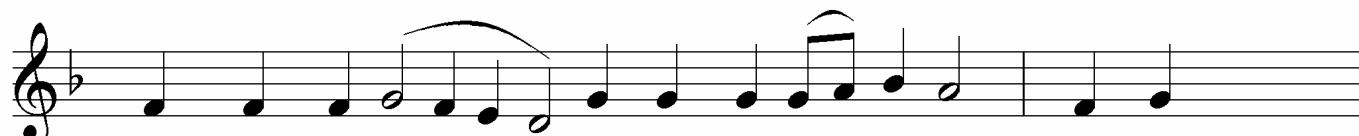
Trinity, simple, undivided, consubstantial, and one in Essence, Lights and Light, three Holies and one Holy, God the Trinity is praised in song. So, O soul, praise and glorify Life and Lives, the God of all.



Both now and for ev - er, and to the ag - es of ag - es. A - men.

We praise you, we bless you, we venerate you, O Mother of God: for you have given birth to Christ God, one of the undivided Trinity; and you yourself have opened the heavenly places to us who dwell on earth.

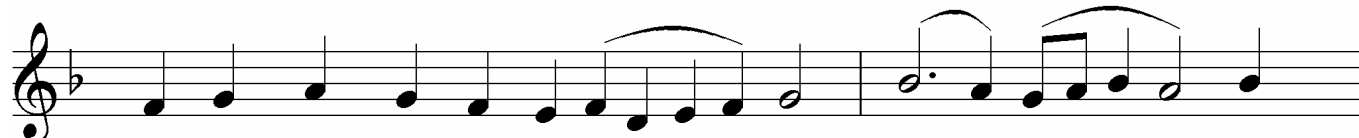
Ode 8, Hirmos:



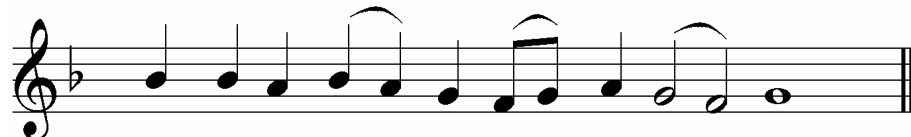
Him, whom the hosts of heav - en glo - - ri - fy, and who



ter - ri - fies the Cher - u - bim and the Ser - a - phim, let eve - ry - thing



that has breath and eve - ry crea - - - - - ture praise, bless, and



high - ly ex - alt to all the ag - - - es.

(Twice)

Refrain:



Have mer - cy on me, O God, have mer - cy on me.

O Saviour, as ointment I empty on your head the alabaster box of my tears. Like the Harlot I cry to you, seeking mercy: I bring my prayer and ask to receive forgiveness.

Refrain:



No one has sinned against you as I have; yet accept even me, compassionate Saviour, as I repent in fear and cry with longing: I have sinned against you alone; I have transgressed, have mercy on me..

Refrain:



O Saviour, spare what you have made yourself, and as shepherd seek the lost sheep that has gone astray. Snatch me from the wolf and make me a sheep in the pasture of your flock.

Refrain:



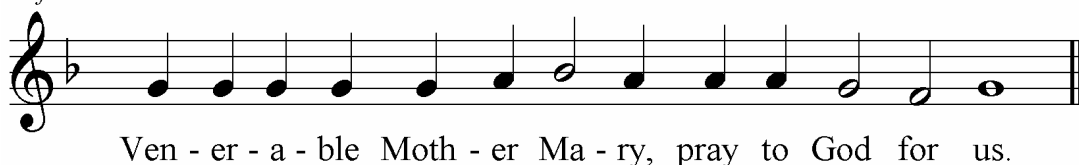
When you, the compassionate Judge, are enthroned and reveal your dread glory, O Christ, what fear there will be then, when the furnace burns with fire, and all shrink back in terror before your Judgement-seat.

Refrain:

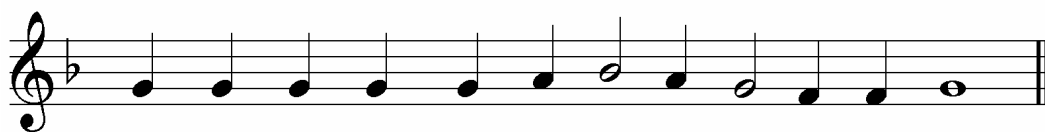


The Mother of the Light that never sets illumined you and freed you from the darkness of the passions. O Mary, who has received the grace of the Spirit, give light to those who faithfully praise you.

Refrain:



Godly Zosimas was struck with amazement, beholding in you, O Mother, a wonder truly strange and new. For he saw an angel in the body and was filled with astonishment, praising Christ to the ages.



We bless Fa - ther, Son and Ho - ly Spir - it, the Lord.

Father without beginning, Son also without beginning, good Paraclete, Spirit of truth; Begetter of the Word of God, Word of the Father without beginning, Spirit, living and creating: Trinity in Unity, have mercy on me.



Both now and for ev - er, and to the ag - es of ag - es. A - men.

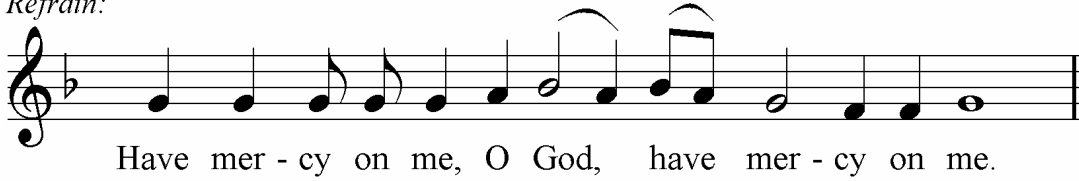
As from purple thread, O All-Pure, the spiritual royal robe of Emmanuel, his flesh, was woven within your womb. Therefore we honour you in truth as Mother of God.

Refrain:



The creation was in anguish when it saw you crucified; mountains and rocks were split from fear, the earth quaked, and hell was despoiled; the light grew dark in the day, when they beheld you, O Jesus, nailed in the flesh.

Refrain:



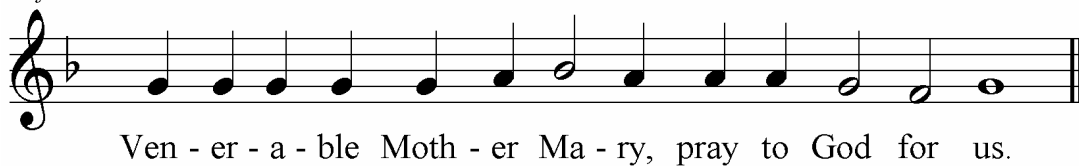
Do not demand from me worthy fruits of repentance, for my strength has failed within me. Give me an ever-contrite heart and poverty of spirit, so that I may offer these to you as an acceptable sacrifice, O only Saviour.

Refrain:



My Judge, who know me, when you come again with the angels to judge the whole world, look on me then with your merciful eye and spare me; take pity on me, O Jesus, for I have sinned more than the whole nature of mankind.

Refrain:



By your strange way of life you have struck all with wonder: the hosts of angels and the assemblies of mortals; for you surpassed nature and lived as though no longer in the body. Like a bodiless being you walked on the Jordan with your feet and crossed over.

Refrain:

