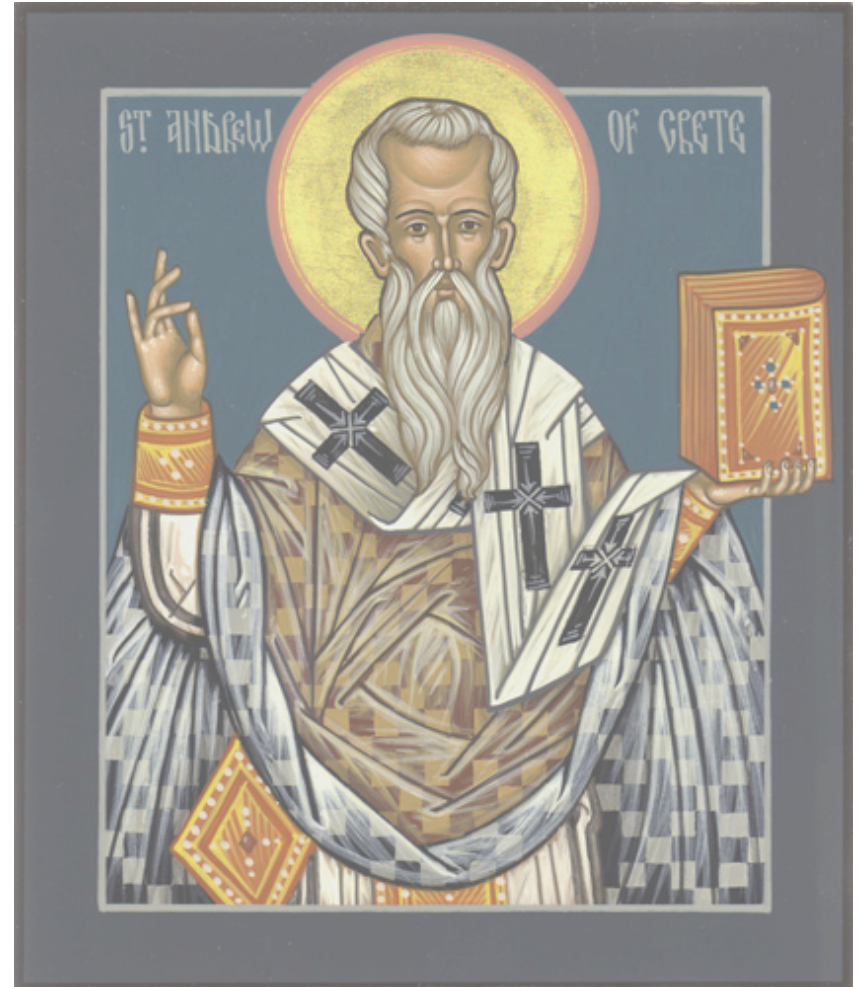


*Insert for the First Thursday
of Great Lent*

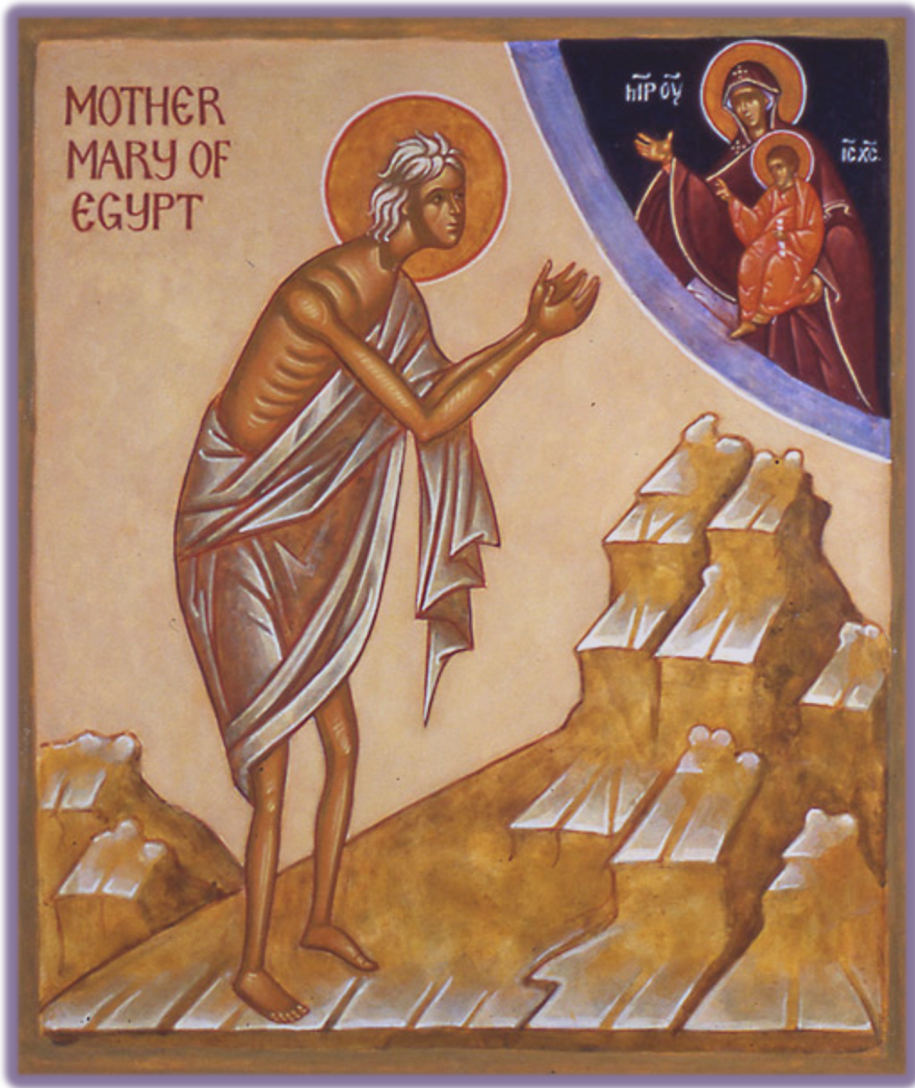
Blessed Lenten Journey!

*Version 10. 3/14/2024
Rev. Fr. Joseph Chaffee
PDF available on our Church website:
www.ancientfaith.us*



**CANON OF ST. ANDREW OF
CRETE** *and Gospel Reading*

**We return now to page 35
in the Great Compline booklet for the Dismissal.**



“Holy mother Mary, pray for us!”

To The Trinity

Let us glorify the Father, exalt the Son, and faithfully worship the Divine Spirit, inseparable Trinity, Unity in essence, as the Light and Lights, the Life and Lives, giving life and light to the ends of the earth.

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

Theotokion

Protect your city, spotless Mother of God, for in you it faithfully reigns, and in you is made strong, and through you it conquers and routs every trial and temptation, and spoils its foes and rules its subjects.

And again the Eirmos

Ineffable is the childbearing of a seedless conception, unsullied the pregnancy of a Virgin Mother, for the birth of God renews natures. So in all generations we magnify you in orthodox fashion as Mother and Bride of God.

Then return to page 28 for the rest of Great Compline.

NOTE: When you reach page 35, the Gospel Reading for this evening is below:

GOSPEL READING FOR THURSDAY NIGHT: MATTHEW 7:7-11



Priest: The Lord said: “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. Or what man is there among you who, if his son asks for bread, will give him a stone? Or if he asks for a fish, will he give him a serpent? If you then, being evil, know how to give good gifts to your children, how much more will your Father Who is in Heaven give good things to those who ask Him!”

The Great Canon of St Andrew, Bishop of Crete, is the longest (and perhaps the richest) canon in Church services. It is appointed to be chanted in church only during Great Lent. The first reciting of the canon is during the first four nights of Great Lent, where it is divided into four parts, one part inserted during the Great Compline services after the Small Doxology. This Insert is the fourth part. It is also recited in its entirety during Matins for Thursday of the fifth week of Great Lent, along with the entire life of St Mary of Egypt.

There is perhaps no other sacred hymn which compares with this monumental work, which St Andrew wrote for his personal meditations. The Odes are distinguished by a spirit of mournful humility, hope in God, and complex and beautiful Trinitarian Doxologies and hymns to the Theotokos.

The canon is a dialog between St. Andrew and his soul. The ongoing theme is an urgent exhortation to change one’s life. St Andrew always mentions his own sinfulness placed in juxtaposition to God’s mercy, and uses literally hundreds of references to good and bad examples from the OT and NT to “convince himself” to repent.

In any case, all Odes have the same basic format. An “Irmos” begins each Ode, and each Irmos has a reference to one of the nine biblical canticles, which are selections from the Old and New Testament. A variable number of “troparia” follow, which are short hymns about the subject of the canon. At the end of each Ode, another hymn, called the “Katavasia”, either the Irmos previously sung, or one like it is sung.

The troparia of the Great Canon in all its Odes are usually chanted by the Priest in the center of the church, with the Choir singing the Irmos and Katavasia. After each troparion a “refrain” is chanted by the People; “*Have mercy on me O Lord, have mercy on me.*”. There are varying traditions about bows and prostrations. The usual Greek custom is to make a low bow and the sign of the cross after the Irmos, and after each troparion while chanting the refrain.

A PRAYER OF REPENTANCE

“AT THE DOOR OF YOUR COMPASSION DO I KNOCK,
LORD; SEND AID TO MY SCATTERED IMPULSES
WHICH ARE INTOXICATED WITH THE MULTITUDE OF
THE PASSIONS AND THE POWER OF DARKNESS. YOU
CAN SEE MY SORES HIDDEN WITHIN ME: STIR UP
CONTRITION—THOUGH NOT CORRESPONDING TO
THE WEIGHT OF MY SINS, FOR IF I RECEIVE FULL
AWARENESS OF THE EXTENT OF MY SINS, LORD, MY
SOUL WOULD BE CONSUMED BY THE BITTER PAIN
FROM THEM. ASSIST MY FEEBLE STIRRINGS ON THE
PATH TO TRUE REPENTANCE, AND MAY I FIND
ALLEVIATION FROM THE VEHEMENCE OF SINS
THROUGH THE CONTRITION THAT COMES OF YOUR
GIFT, FOR WITHOUT THE POWER OF YOUR GRACE I
AM QUITE UNABLE TO ENTER WITHIN MYSELF,
BECOME AWARE OF MY STAINS, AND SO, AT THE
SIGHT OF THEM BE ABLE TO BE STILL FROM GREAT
DISTRACTION.”

ST ISAAC THE SYRIAN

Do not require of me fruits worthy of repentance, for my strength is spent in me. Grant me ever a contrite heart and spiritual poverty, that I may offer these gifts to You as an acceptable sacrifice, O only Savior. (Matthew 3:8; 5:3; Psalm 50:17)

O my Judge and my Light, Who alone know me and are coming again with Your Angels to judge the whole world, regard me then with Your merciful Eye and spare me, O Jesus. And have compassion on me who have sinned more than all mankind. (Matt. 25:31-32)

Refrain: Holy mother Mary, pray for us.

To St. Mary of Egypt

You astonished all by your strange life, both the Orders of Angels and the councils of men, by living immaterially and surpassing nature. Then treading firmly the waves like an immaterial being, O Mary, you didst cross the Jordan.

Refrain Holy mother Mary, pray for us.

To St. Mary of Egypt

Intercede with the Creator on behalf of those who praise you, holy mother, that we may be delivered from the sufferings and afflictions which beset us on all sides, that being delivered from our temptations we may unceasingly magnify the Lord Who glorified you.

Refrain: Holy father Andrew, pray for us.

To St. Andrew of Crete

Venerable Andrew, thrice-blessed father, shepherd of Crete, cease not to pray to God for those who sing of you, that He may deliver from anger, oppression, corruption, and our countless sins, all of us who faithfully honor your memory.

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

To The Trinity

Eternal Father, co-eternal Son, gracious Comforter, Spirit of Truth; Father of the Divine Word, Word of the Eternal father, living and creative Spirit, Trinity Unity, have mercy on us.

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

Theotokion

As from scarlet silk, O spotless Virgin, within your womb the spiritual purple was woven, the flesh of Emmanuel. Therefore we honor you as in truth Mother of God.

Eirmos

Ineffable is the childbearing of a seedless conception, unsullied the pregnancy of a Virgin Mother, for the birth of God renews natures. So in all generations we magnify you in orthodox fashion as the Mother and Bride of God.

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

Troparia

Have compassion and save me, have mercy on me, O Son of David, Who with a word healed the demoniac. And let Your voice of tender compassion speak to me as to the robber, "Truly I tell you, you will be with Me in Paradise when I rise in My glory." (Luke 9:38-42; 23:43)

A robber accused You, and a robber confessed You to be God, for both were hanging on a cross with You. But open even to me, O most compassionate Savior, the door of Your glorious Kingdom as to Your faithful robber who acknowledged You to be God. (Luke 23:32-42)

Creation was in anguish; seeing You crucified; mountains and rocks were split with fear, the earth quaked, hades was emptied, and the light grew dark in the daytime; beholding You, Jesus, nailed to the Cross in Your flesh. (Mat. 27:51-53; Luke 23:44-45)

THURSDAY OF THE FIRST WEEK—Part 4

The Eirmos hymns are sung twice, once at the beginning and end of each Song. After each Troparion we recite the refrain and make a bow and the sign of the Cross.

Song 1. Tone 6.

Eirmos

He is my Helper and Protector, and has become my salvation. This is my God and I will glorify Him. My father's God and I will exalt Him. For gloriously has He been glorified. (Exodus 15:2, 1; Psalm 117:14)

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

Troparia

O Lamb of God, Who take away the sins of all, take from me the heavy yoke of sin, and in Your compassion grant me tears of compunction. (John 1:29)

I fall prostrate before You, O Jesus. I have sinned against You, be merciful to me. Take from me the heavy yoke of sin, and in Your compassion grant me tears of compunction.

Enter not into judgment with me, by recording my deeds, demanding an account of my words, and examining my motives and desires. But in Your compassion disregard my terrible past and save me, O God All-Powerful.

It is time for repentance. I draw near to You, my Creator. Take from me the heavy yoke of sin, and in Your compassion grant me tears of compunction.

I have squandered in profligacy the substance of my soul, and **I** am barren of virtues and piety; but famished I cry: O Father of mercies, forestall and have compassion on me. (Luke 15:13, 17)

Refrain: Holy mother Mary, pray for us.

To St. Mary of Egypt

By submitting to Christ's divine laws You drew near to Him, having left the unbridled craving for pleasure, and with all discretion you achieved every virtue as one.

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

To The Trinity

Supersubstantial Trinity, adored in Unity, take from me the heavy yoke of sin, and in Your compassion grant me tears of compunction.

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

Theotokion

Mother of God, hope and intercessor of those who sing of you, take from me the heavy yoke of sin, and as you are our pure Lady, accept me who repent.

Eirmos

See, see that I am God, Who rained manna and made water spout from the rock of old for my people in the wilderness, by My right hand, and by My strength alone.

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

Troparia

"I have killed a man to the wounding of myself," said Lamech, "and a young man to my own hurt," he cried out wailing. But my soul, you do not tremble, while polluting the flesh and defiling the mind. (Genesis 4:23)

You would have contrived to build a tower, my soul, and erect a stronghold for your lusts, had not the Creator confounded your plans and brought your schemes crashing to earth. (Genesis 11:3-4)

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

Troparia:

The alabaster jar of my tears, O Savior, I pour out on Your head as the perfume, and like the harlot I cry to You, seeking Your mercy. I offer prayer and ask to receive forgiveness.

(Matthew 26:7; Luke 7:38)

Though no one has sinned against You as I, yet accept even me, O compassionate Savior, repenting with fear and crying with love: Against You only have I sinned. I have done wrong, have mercy on me.

Spare, O Savior, Your own creation, and seek as Shepherd Your lost sheep; snatch the stray from the wolf, and make me a pet lamb in Your sheep pasture. (Psalm 118:176; John 10:11-16)

When You sit as Judge and in Your compassion show Your dread glory, O Christ, O what fear there will be then, when the furnace is burning and all shrink from Your inexorable Tribunal! (Matthew 25:31-46)

Refrain: Holy mother Mary, pray for us.

To St. Mary of Egypt

The Mother of the unwaning Light enlightened you, and freed you from the darkness of the passions. So now you are admitted to the grace of the Spirit, enlighten, O Mary, those who faithfully praise you.

Refrain: Holy mother Mary, pray for us.

To St. Mary of Egypt

Reholding in you a new wonder, O mother, divine Zosimas was truly amazed. For he saw an angel in a body and, filled with utter astonishment, he praises Christ for ever.

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

Refrain: Holy mother Mary, pray for us.

To St. Mary of Egypt

By crying to the immaculate Mother of God, you didst repel the rage of passions which once violently harassed you, and put to shame the enemy tempter. But now grant me, your servant, also help me out of trouble.

Refrain: Holy mother Mary, pray for us.

To St. Mary of Egypt

He Whom you love, He Whom you desire, He on Whose track you came, mother, found you and granted you repentance, for He is God Who alone is compassionate. Implore Him unceasingly to deliver us from passions and adversities.

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

To The Trinity

O Trinity simple and undivided, of one essence and, one nature, Lights and Light, three Holies and one Holy, God the Trinity is hymned. But sing, my soul, and glorify the Life and Lives, the God of all.

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

Theotokion

We sing of you, we bless you, we worship you, O Mother of God, for you gave birth to one of the inseparable Trinity, the one Son and God, and to us on earth you have opened the heavenly realms.

Eirmos

Him Whom the heavenly hosts glorify and before Whom Cherubim and Seraphim tremble, let every breath and all creation praise, bless and exalt throughout all ages.

O how I have emulated that old murderer Lamech! By my pleasure-loving cravings I have killed my soul as the man, my mind as the young man, and my body as my brother, like Cain the murderer. (Genesis 4:23)

The Lord rained fire from the Lord of old, and burnt up the wanton wickedness of Sodom. But you, my soul, have kindled the fire of hell in which you are about to be bitterly burnt. (Gen. 19:24)

I am struck and wounded! See the arrows of the enemy with which my soul and body are pierced all over! See the wounds, the sores and the mutilations that cry out and betray the blows of my self-chosen passions!

Refrain: Holy mother Mary, pray for us.

To St. Mary of Egypt

You stretched out your hands to the merciful God, O Mary, when sunk in the lowest vices. And He Who by every means was seeking your conversion, lovingly stretched out a helping hand as to Peter.

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

To The Trinity

Unoriginate, uncreated Trinity, indivisible Unity, accept me who repent, save me who have sinned. I am Your creation, despise me not, but spare me and deliver me from the fire of condemnation.

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

Theotokion

Spotless Lady, Mother of God, hope of those who run to you, and haven of those in distress, obtain grace for me from the merciful One, Your Son and Creator, by your prayers.

Eirmos

Establish Your Church on the unshakable rock of Your commandments, O Christ.

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

Troparia

You, my soul, have become like Hagar the Egyptian of old. You have become enslaved by your own choice and have a new Ishmael - stubborn self-will. (Genesis 16:15)

You know, my soul, of the Ladder shown to Jacob reaching from earth to Heaven. Why have you not clung to the sure step of piety? (Genesis 28:12)

Imitate that Priest of God and solitary King who was an image of the life of Christ in the world among men. (cf. Melchizedek: Heb. 7:1-4)

Re converted and groan, wretched soul, before the pageant of life comes to an end, before the Lord shuts the door of the bridal hall.

Δo not be a pillar of salt, my soul, by turning back; but let the example of the Sodomites frighten you, and take refuge up in Zoar. (Genesis 19:26)

Reject not the prayer of those who praise You, O Lord; but have compassion on us, O Lover of men, and to those who ask with faith grant forgiveness.

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

To The Trinity

Simple, uncreated Unity, unoriginate Nature praised in a Trinity of Persons, save us who with faith worship Your power.

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

Theotokion

Your womb bore God for us Who took our form. Implore Him as the Creator of all, O Mother of God, that through your intercessions we may be justified.

Kontakion, tone 6:

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

Eirmos

We have sinned, transgressed, done wrong before You, we have not watched or done as You have commanded us. But do not give us up utterly, O God of our Fathers.

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

Troparia

My days have vanished like a dream on waking. Therefore weep on my bed like Hezekiah that years may be added to my life. But what Isaiah will come to you, my soul, except the God of all? (IV Kings 20:3; Isaiah 38:2)

I fall, down before You and bring You as tears my words. I have sinned like the harlot, and transgressed as no other on earth. But have compassion, O Lord, on Your work, and recall me.

I have buried Your image and broken Your commandment. All my beauty is darkened and my lamp is extinguished by my passions, O Savior. But have compassion and restore joy to me, as David sings. (Psalm 50:14)

Return, repent, uncover what is hidden. Say to God Who knows everything: You know my secrets, O only Savior; but have mercy on me, as David sings, according to Your mercy.

Eirmos

I cried with my whole heart to the merciful God, and He heard me from the lowest hell and raised my life out of corruption.

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

Troparia

I am the coin with the royal image which was lost of old, O Savior. But light the lamp, Your Forerunner, O Word; seek and find Your image. (Luke 15:8)

Rise and make war against the passions of the flesh, as Joshua did against Amalek, and ever conquer the Gibeonites - illusive thoughts. (Exodus 17:8; Joshua 8:21)

Refrain: Holy mother Mary, pray for us.

To St. Mary of Egypt

To extinguish the flame of the passions, O Mary, you ever shed rivers of tears and fire your soul with divine love. Grant also to me, your servant, the grace of tears.

Refrain: Holy mother Mary, pray for us.

To St. Mary of Egypt

You didst acquire heavenly dispassion by your sublime life on earth, O mother. Therefore pray that those who sing of you may be delivered from the grip of passions.

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

To The Trinity

I am the Trinity, simple and undivided, divided Personally, and I am the Unity, united in nature, says the Father, the Son, and the Divine Spirit.

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

Theotokion

O Mother of God, unwedded you gave birth in time to the timeless Son of the Father. And - O strange wonder! - you remain a Virgin while suckling Him.

Eirmos

The Prophet heard of Your coming, O Lord, and was afraid that You were to be born of a Virgin and appear to men, and he said, "I have heard the report of You and am afraid." Glory to Your power, O Lord. (Habbakuk 3:2)

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

Troparia

Brief is my lifetime and full of pain and wickedness, but accept me in penitence and recall me to awareness of You. May I never be the possession or food of the enemy. O Savior, have compassion on me. (Genesis 47:9)

The opulent and righteous man, arrayed in royal dignity, crown and purple, abounding in wealth and cattle, was suddenly shorn of his riches, glory and kingdom and became a beggar.

If he who was righteous and blameless beyond all did not escape the snares and nets of the deceiver, what will you do, my soul, who are sin-loving and wretched, if something unexpected happens to you?

Roastful I am, and hard-hearted, all in vain and for nothing. Condemn me not with the Pharisee, but rather grant me the humility of the Publican, O only merciful and just Judge, and number me with him. (Luke 18:9-14)

I have sinned, I know, O merciful Lord, and outraged the vessel of my flesh, but accept me in penitence and recall me I am become my own idol, and have injured my soul with

passions, O merciful Lord, but accept me in penitence and recall me to awareness of You. May I never be the possession or food of the enemy. O Savior, have compassion on me.

I have not listened to Your voice, I have disobeyed Your Scripture, O Lawgiver, but accept me in penitence and recall me to awareness of You. May I never be the possession or food of the enemy. O Savior, have compassion on me.

Refrain: Holy mother Mary, pray for us.

To St. Mary of Egypt

Though dragged down to the depth of great offences, you were not held there. But with better thought you returned by action to consummate virtue beyond all expectation, to the amazement of angel kind, O Mary.

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

To The Trinity

I confess You to be undivided in essence, unconfused in persons, One Triune Divinity, co-enthroned and co-reigning. I sing You the great song thrice sung on high.

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

Theotokion

You give birth and live a virgin life, and in both remain a virgin by nature. He Who is born of you renews the laws of nature, and a womb gives birth without travail.

Eirmos

Out of the night watching early for You, enlighten me, I pray, O Lover of men, and guide even me in Your commandments, and teach me, O Savior, to do Your will.

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

Troparia

Imitate, my soul, the woman bent earthward; come and fall down at the feet of Jesus, that He may straighten you to walk upright in the footsteps of the Lord. (Luke 13:11)

Though You are a deep well, O Lord, pour on me streams from Your immaculate wounds, that like the Samaritan woman I may drink and thirst no more; for from You gush rivers of life. (John 4:13-15)

May my tears be for me a Siloam, O Sovereign Lord, that I may wash the eyes of my soul and mentally see You Who are that light which was before creation. (John 9:7; Genesis 1:2-19)

Refrain: Holy mother Mary, pray for us.

To St. Mary of Egypt

You, all-blessed one, yearned with matchless love and longing to worship the Tree of Life, and your desire was granted; make us also worthy to attain to the glory on high.

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

To The Trinity

You, O Trinity, we glorify, the one God: Holy, Holy, Holy are You, Father, Son and Spirit, simple Being, Unity ever adored.

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

Theotokion

From you, O pure maiden Mother and Virgin, God Who created the worlds and ages was clad in my clay and united to Himself human nature.