

# WEDNESDAY OF THE FIRST WEEK OF LENT

## ODE 1

**CHOIR: My Helper and My Protector has become my salvation. He is my God, I will glorify Him: the God of my fathers, and I will exalt Him: for in glory was He glorified.**  
*(Exodus 15:2, 1; Psalm 117:14)*

From my youth, O Christ, I have rejected Thy commandments. I have passed my whole life without caring or thinking as a slave of my passions. Therefore, O Saviour, I cry to Thee: At least in the end save me.

In old age even, O Saviour, do not cast me out empty to hell as I lie prostrate before Thy gates. But before my end, in Thy love for men, grant me release from my falls. ✠

I have squandered in extravagance my substance, O Saviour, 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)*

I am the one by my thoughts who fell among robbers, and now I am all wounded by them, full of sores. But stand by me, O Christ my Saviour, and heal me. *(Luke 10:30)* ✠

The priest saw me first and passed by on the other side. Then the Levite took a look at my sufferings and disdained my nakedness. But stand by me, O Jesus Who didst dawn out of Mary, and have compassion on me. *(Luke 10:31-33)*

### **O Venerable Mother Mary, pray unto God for us!**

Grant me that illuminating grace from on high, given thee by Divine Providence, that I may escape the darkening of the passions and fervently sing of the thrilling achievements of thy life, O Mary.

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

O Trinity beyond all being, adored in Unity, take from me the heavy yoke of sin, and in Thy compassion grant me tears of compunction.

### **Now and ever, and unto ages of ages. Amen**

Mother of God, hope and intercessor of those who sing of thee, take from me the heavy yoke of sin, and as thou art our pure Lady, accept me who comes as a penitent.

## ODE 2

**Attend, O Heaven, and I will proclaim and will sing of Christ, who came in the flesh, from the Virgin.**

I have slipped and fallen like David through lack of discipline, and I am covered with filth; but wash me too, O Saviour, with my tears. *(II Kings 11:1-4)*

No tears, no repentance have I, no compunction. But as God, O Saviour, grant me these.

I have lost my first-created beauty and comeliness; and now I lie naked, and I am ashamed.

Close not Thy door to me then, Lord; but open it to me who repent to Thee. *(Matthew 25:11)*

Give ear to the sighs and groans of my soul, and accept the drops of my eyes, O Saviour and save me.

O Lover of Men, Who wishes all to be saved, in Thy goodness recall me and receive me who repent. *(1 Tim. 2:4)*

**O Venerable Mother Mary, pray unto God for us!**

With all eagerness and love thou didst run to Christ, abandoning thy former way of sin. And being nourished in the un-trodden wilderness, thou didst chastely fulfill His divine commandments.

**CHOIR: Behold, and see now, see that I am God, Who rained down manna, and make water flow from the rock, in the days of old, for My people in the desert, by My right hand, and by My strength alone.**

O come and see that I am God: Listen, my soul, the Lord is calling you, and walk away from your sins and approach your Judge and God with fear.

Whom do you resemble, O most sinful soul? Surely you are like Cain and the wicked Lamech. For you have stoned your body with evil deeds, and you have murdered your mind with irrational desires.

Thinking of all who have lived in the law, I see that my soul has not been like Seth, nor imitated Enos, nor Enoch, nor Noah. My soul is completely bereft of the lives of the righteous.

You alone have opened the gates of the wrath of God, O my soul, and have drowned your flesh through your actions in life. Therefore, you have remained outside the Ark of Salvation.

**O Venerable Mother Mary, pray unto God for us!**

You ran to Christ with eagerness and love and abandoned your former life of sin. By living in the wilderness, you chastely fulfilled His Divine Commandments.

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

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

**Now and ever, and unto ages of ages. Amen**

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

### ODE 3

**Establish O Lord, on the rock of Thy commandments, my unstable heart, for Thou only art Holy and Lord.**

You have not inherited Shem's blessing, wretched soul, nor have you received that vast possession like Japheth in the land of forgiveness. *(Genesis 9:26-27)*

Come out, my soul, from sin, from land of Haran! Come into the land of eternal life flowing with incorruption which Abraham inherited. *(Genesis 12:4)* ✠

You have heard, my soul, how Abraham of old left the land of his fathers and became a nomad. Imitate his resolution. *(Genesis 12:1)*

At the Oak of Mamre the Patriarch entertained angels, and inherited in his old age the spoils of the promise. *(Genesis 18:1)* ✠

Knowing, my wretched soul, how Isaac was mystically offered to the Lord as a new sacrifice and holocaust, imitate his resolution. *(Genesis 22;2)*

You have heard of Ishmael (be watchful, my soul!) who was driven out as the son of a slave-girl. Beware lest you suffer something similar by your lusting. *(Genesis 21:10)*

**O Venerable Mother Mary, pray unto God for us!**

I am hard pressed by the waves and billows of my sins, mother. But now bring me safely through, and lead me to the haven of divine repentance.

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

Simple, uncreated Unity, un-originate Nature praised in a Trinity of Persons, save us who with faith worship Thy power.

**Now and ever, and unto ages of ages. Amen**

Mother of God, hope and intercessor of those who sing of thee, take from me the heavy yoke of sin, and as thou art our pure Lady, accept me who comes as a penitent

## ODE 4

**The Prophet heard of Thy coming, O Lord, and was afraid, how wast Thou to be born of the Virgin, and to appear unto men, and he cried aloud: "I have heard Thy tidings, and I am afraid, glory to Thy power, O Lord." (Habakkuk 3:2)**

My body is defiled, my spirit is sullied, and I am all covered with sores. But as the Physician, O Christ, heal, wash, and cleanse both body and spirit with repentance, and make me, my Saviour, purer than snow.

Thou didst lay down Thy body and blood for all, O crucified Word: Thy body in order to renew me, Thy blood in order to wash me, and Thou didst surrender Thy spirit, O Christ, in order to bring me to the Father. ✠

Thou has wrought salvation in the midst of the earth, O merciful Creator, that we may be saved. Thou wast voluntarily crucified on the Tree: Eden that was closed is open; things on high and below, creation and all peoples are saved and worship Thee. (Psalm 73:12)

May the blood and water that wells from Thy side be a font for me and a draught of forgiveness, that I may be cleansed, anointed and refreshed by both as with drink and unction by Thy living words, O Word. (John 19:34; Acts 7:38) ✠

The Church has acquired Thy life-giving side as a chalice, from which gushes forth for us a twofold torrent of forgiveness and knowledge as a type of the two covenants, Old and New, O our Saviour.

I am bereft of the bridal hall, I am bereft of the marriage and supper. My lamp has gone out for want of oil, the door has been locked while I was asleep the supper is eaten; and I, bound hand and foot, am cast outside. (Matt. 25; Luke 14:7-35; Matthew 22:1-14)

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

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

### **Now and ever, and unto ages of ages. Amen**

Thou givest birth and livest a virgin life, and in both remainest a virgin by nature. He Who is born of thee renews the laws of nature, and a womb gives birth without travail. Where God wills, the order of nature is overruled; for He does whatever He wishes.

## ODE 5

**I seek Thee early in the night, I implore and pray Thee, Who lovest mankind; do enlighten me and guide me by in Thy commandments, and teach me, O Saviour, to do Thy will.**

How heavy in character I have become, in soul and body, like Jannes and Jambres in Pharaoh's bitter service, and my mind has sunk low. But help me, O Lord. (*Exodus 7:11; 2 Tim. 3:8*)

I, wretch that I am, have rolled my mind in mud. But wash me, O Lord, in the bath of my tears, I pray Thee, and make the robe of my flesh as white as snow. ✠

When I examine my actions, O Saviour, I see that I have gone beyond all men in sins; for I have sinned with knowledge consciously, and not in ignorance.

Spare, spare, O Lord, Thy works. I have sinned; forgive me, for Thou alone art pure by nature, and apart from Thee there is none without defilement. (*1 Peter 3:21*) ✠

Being God, for my sake Thou didst take my form, and didst work miracles, healing lepers and bracing paralytics; and Thou didst stop the flow of blood of the woman with hemorrhage, O Saviour, through the touch of Thy hem. (*Phil. 2:6; Matthew 4:24; Luke 8:43-48*)

### **O Venerable Mother Mary, pray unto God for us!**

Having crossed Jordan's stream, thou didst find rest by giving a wide berth to the deadening pleasure of the flesh, from which deliver us also by thy prayers, O saint.

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

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

### **Now and ever, and unto ages of ages. Amen**

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

## ODE 6

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

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; Josh. 8:21)*

Pass through the flowing nature of time, like the Ark of old, and take possession of the Land of Promise, my soul: It is God's command. *(Josh. 3:17; Deuteronomy 1:8)* ✝

As Thou didst save Peter when he cried, "Save me!", forestall and deliver me from the beast, O Saviour; stretch out Thy hand and raise me from the depths of sin. *(Matthew 14:25-31)*

I know Thee as a calm haven, O Lord, Lord Christ; but forestall and deliver me from the innermost depths of sin and despair.

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

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 unto ages of ages. Amen**

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

### **KONTAKION, TONE 6:**

*During the singing of the Kontakion,  
all present (if they are able) should kneel*

**My soul, O 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 and fillest all things.**

## ODE 7

**We have sinned, we have done iniquity and evil before Thee: we have neither observed nor we have ever followed what Thou hast commanded us: but cast us not away at the last, O God of our fathers.**

You have piled up sins like Manasseh by deliberate choice, my soul, setting up your passions as idols and multiplying abominations. But now fervently emulate his repentance and acquire compunction. *(IV Kings 21; II Chronicles 33)*

You have rivaled Ahab in defilements, my soul. Alas, you have been a lodging-place of fleshly pollutions and a shameful vessel of passions. But groan from your depths and tell God your sins. *(III Kings 16:30)* ✠

Heaven is closed to you, my soul, and the famine of God has reached you, for you have been disobedient as was Ahab of old to the words of Elijah the Tishbite. But be like the woman of Sarep-ta, and feed the Prophet's soul. *(III Kings 17)*

Elijah once burned a hundred of Jezebel's minions when he had destroyed her shameful prophets as a proof and rebuke for Ahab. But avoid imitating these two, my soul, and master yourself. *(IV Kings 1:10-15; III Kings 18:40)*

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

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 unto ages of ages. Amen**


We sing of thee, we bless thee, we praise thee, O Mother of God, for thou gavest birth to one of the inseparable Trinity, the one Son and God, and to us on earth thou hast opened the heavenly realms



## ODE 8

**The Hosts of Heaven glorify Him, and the Cherubim and Seraphim tremble before Him, let every breath and all creation praise Him and bless Him, and exalt Him throughout all the ages.**

Just Judge and Saviour, have mercy on me and deliver me from the fire and the threat which I shall justly incur at the Judgement. Forgive me before my end, by virtue and repentance.

Like the robber I cry "Remember me!" Like Peter I weep bitterly, "Release me, O Saviour!" I croak like the publican; I weep like the harlot. Accept my lamentation as once you did the Canaanite woman's. (*Lk. 23:42; Matt. 26:75; Lk. 18:13; Lk. 7:37-38; Matt. 15:22-28*) 

Heal, O Saviour, the corruption of my debased soul, O only Physician. Apply the compress to me, and the oil and wine - works of repentance, compunction, and tears. (*Lk. 10:34*)

Imitating the woman of Canaan, I also cry, "Have mercy on me, O Son of David!" I touch Thy hem like the woman with hemorrhage. I weep like Martha and Mary over Lazarus.

### **Let us bless Father and Son, and Holy Spirit, the Lord:**

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 in Unity, have mercy on us.

### **Now and ever, and unto ages of ages. Amen**

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

## ODE 9

**Ineffable is the Nativity of conception without seed: Incorruptible is the fruit of the Mother unwedded; for the birth of God reneweth all nature: Wherefore all generations right gloriously magnify you, as Bride and Mother of our God.**

Christ the Word healed diseases, preached the Gospel to the poor, cured cripples, ate with publicans, conversed with sinners, and He brought back the departed soul of Jairus' daughter by the touch of His hand. *(Matthew 9:11; Mark 5:41-42)*

The publican was saved, the harlot was made chaste, but the Pharisee through boasting was condemned. For the first said, "Be merciful," the second, "Have mercy on me," but the last boasted and cried, "O God, I thank Thee," and other foolish words. *(Luke 7:36-50; 18:9-14)* ✠

Zaccheaus was a publican, but yet was healed, and Simon the Pharisee was disappointed; but the harlot received the release of full forgiveness from Him Who has power to forgive sins. Obtain His forgiveness yourself, my soul. *(Luke 19:1-10; 7:36-50)*

You, my wretched soul, have not emulated the harlot who took the alabaster jar of perfumed oil and anointed with tears and wiped with her hair the feet of the Saviour, Who tore up for her the handwriting of her old accusation. *(Luke 7:37-38; Colossians 2:14)* ✠

You know how the towns to which Christ offered the Gospel were cursed. Fear this example, my soul, do not be like them; for the Lord compared them to the Sodomites and condemned them to hell. *(Luke 10:13-15)*

Do not let despair make you worse than the Canaanite woman, my soul, for you have heard of her faith through which her daughter was healed by the Word of God. Call to Christ like her from the depth of your heart, "Son of David, save me." *(Matthew 15:22)*

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

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 unto ages of ages. Amen**

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

**O Venerable Father Andrew, pray unto God for us!**

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

*And again the 9th Ode:*

**Ineffable is the Nativity of conception without seed: Incorruptible is the fruit of the Mother unwedded; for the birth of God reneweth all nature: Wherefore all generations right gloriously magnify you, as Bride and Mother of our God.**