

TRIODION HYMNS FOR USE AT COMPLINE DURING THE 5TH WEEK OF FAST

Triodion, tone 3 (*by Joseph*)

O ye faithful,
let us take upon ourselves great labors in this season of abstinence,
that we may obtain great glory,
delivered from the flames of hell
through the mercy of our great God and King.

Now that we have passed beyond the middle point in the time of the Fast,
let us manifest in ourselves a beginning of divine glory,
and let us hasten eagerly towards our journey's end,
the life of holiness,
that we may receive the joy that grows not old.

Triodion, tone 7 (*by Theodore*)

Having passed beyond the middle point in this holy season of the Fast,
with joy let us go forward to the part that still remains,
anointing our souls with the oil of almsgiving.
So may we be counted worthy
to venerate the divine Passion of Christ our God,
and to attain His dread and holy Resurrection.

Through the sin of long ago,
we have lost the joys of Paradise and are brought down to a life of shame.
Stripped of holiness and virtue, sunk in sin, we have fallen among thieves;
straying from Thy saving teachings, we have become half dead.
Yet we entreat Thee, Master born of Mary,
who with dispassion hast shared in our passions,
bind up our wounds that come from sin,
and pour upon us in Thy love Thy boundless mercy and Thy healing care.

tone 3

O Word of God, Thou hast given us the time of the Fast,
that we may turn again and live, and in no way perish.
Grant that all of us may please Thee, O Christ,
and serve Thee with fervent compunction, like the wise and holy harlot:
for, because of the sweet-smelling ointment and the warm tears which she shed,
she received forgiveness of her sins.

Glory...

Like the blind man, from my heart I call upon Thee:
Son of God, give light to the eyes of my heart.
Like the faithful woman of Canaan, I cry to Thee:
Have mercy on me, compassionate Savior, for my soul is vexed by the devil of
pleasure.
But do Thou free it from the darkness of the passions
and make me live the remainder of my life in purity,
that I may glorify Thy great love.

Now and ever...tone 1

Woe is me! What shall I do?
With transgressions I have defiled my mind, soul, and body!
What shall I do? How shall I escape
the unbreakable and everlasting bonds?
Yet before the end grant me remission, O most immaculate one!