



SUPPLICATORY CANON

*to Great Martyr Anastasia,
the Deliverer from Potions*



Paraklesis to Saint Anastasia the Great Martyr

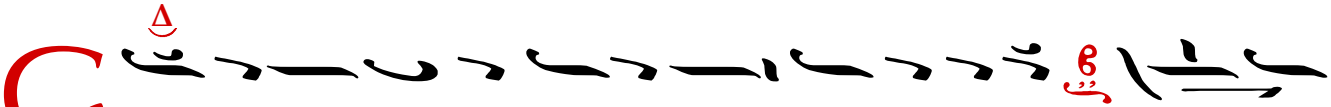
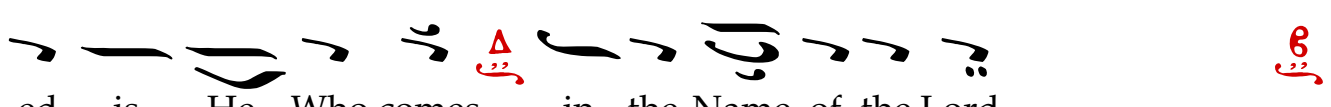
A Poem of Saint Gerasimos of Small Saint Anne's Skete, Mount Athos

Metered translation by Petet George

After the opening blessing and the reading of Psalm 142, we sing:

Psalm 117:27,26a

Mode $\frac{1}{2}$ Thi Θ


od is the Lord and He re-vealed Him-self to us. Bless -

-ed is He Who comes in the Name of the Lord.

Verse 1: Give thanks to the Lord, for He is good; for His mercy endures forever.
(Psalm 117:1) *"God is the Lord..."*

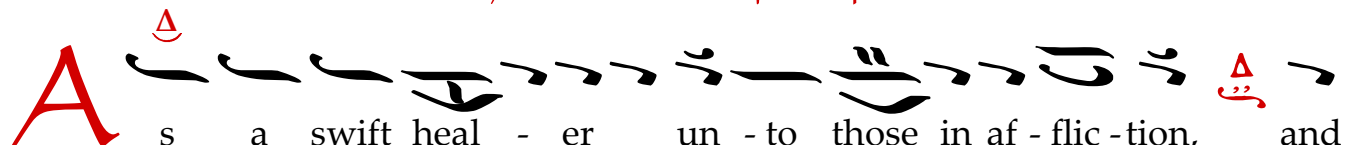
Verse 2: All the nations surrounded me, but in the name of the Lord I defended myself against them. (Psalm 117:11) *"God is the Lord..."*

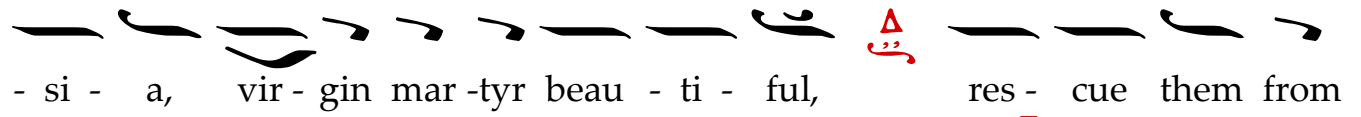
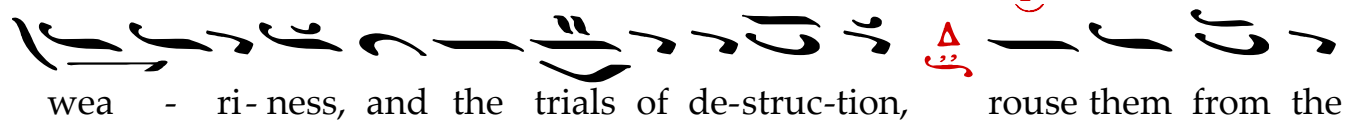
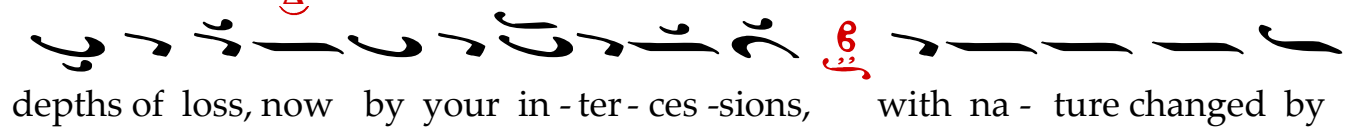
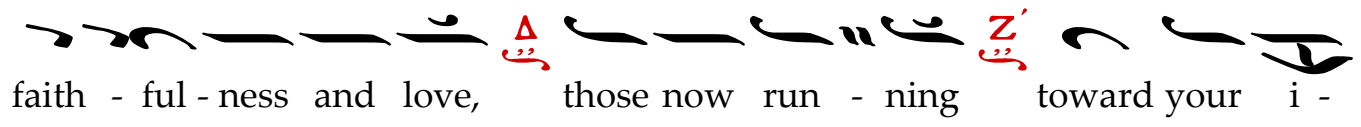
Verse 3: And this came about from the Lord, and it is wonderful in our eyes.
(Psalm 117:22) *"God is the Lord..."*

Troparion

Mode $\frac{1}{2}$ Thi ϕ

"You who were lifted up"


A s a swift heal - er __ un - to those in af - flic - tion, and

to the fall - en, __ their di - vine res-ur-rec-tion, A - na - sta -

- si - a, vir - gin mar - tyr beau - ti - ful, res - cue them from

wea - ri - ness, and the trials of de-struc-tion, rouse them from the

depths of loss, now by your in - ter - ces - sions, with na - ture changed by

faith - ful - ness and love, those now run - ning toward your i -

- con, most sanc - ti - fied.

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

Repeat "As a swift healer unto those in affliction...", as above,
or sing the dismissal hymn of the church.

Both now and ever, and to the ages of ages. Amen.

Theotokion

Mode $\frac{1}{2}$ Thi ϕ

"You who were lifted up"

T^Δhough as un - wor - thy__ones, we nev - er keep si - lent, ^Δ O
The - o - to - kos,__ to pro - claim your acts most might-y; ^Δ for had
you not lead us with your in - ter - ces - sion, ^Δ who would have de -
- liv - ered us from such nu - mer - ous dan - gers? ^Δ Who would have
pro - tect - ed us un - til now with our free - dom? ⁶ O La - dy, we
shall not de - part from you; ^Δ for you al - ways save your ser -
- vants ^{z'} from dan - gers of all __ kinds. ^Δ

And we read Psalm 50. Upon its completion, we begin the Canon.

The Canon

Ode I

Mode π_2'' Ni  2

"Traversing the water"




















mar - tyr, as one kind and well - dis - posed ap - prove our
en - treat - y and a - bun - dant - ly grant to us the wealth of
your gifts, A - na - sta - si - a which you grant un - to the faith - ful
who hon - or you.


O Saint of God, in - ter - cede for us.

En - dow us with strength, O all - bless - ed one and peace in
a pure life with a - void - ance of scan - dals' snares so that
we may fol - low in your foot - steps as we trav - erse through

life's strug-gles and may be saved.

♩

Glo - ry to the Fa- ther and to the Son and to the Ho - ly

Spir - it.

♩

P our down from a - bove thē a-bun -dant oil, di - vine med - i -
- ca - tion, that makes well those who call on you that we may

be cured, A - na - sta - si - a from all thē ails of in - cur - a -

- ble ill-ness- es.

♩

Both now and for - ev - er and to thē ag - es of ag - es. A

-men.

♩

W ash me from the pas -sions and make me clean and save me,
O maid - en, from mis - for - tunes that come to me and do

not a-ban-don me, O Vir - gin lest I may seem as a
laugh-ing-stock un - to all.

Ode 3
"Of the vault of the heavens"

O Saint of God, in - ter - cede for us.

By your cleans-ing en - treat - ies make clean the wounds of
our souls and the fright-ful sores of the bod - y wash and make
clean as well; and grant to all man-kind, A - na - sta - si -
-a, god-bear-er nev - er - end - ing health and our free-dom from sin -
-ful-ness.

O Saint of God, in - ter - cede for us.

Now de - liv - er your ser - vants from the un - bear - a - ble

pains which come forth from griev-ous af - flic - tions and from anx-
 - i - e - ty, bit - ter de - spond-en-cy, A - na - sta - si - a,
 god-bear-er, who stand near and lift up those fall - en from world - ly
 snares.

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

A stream flow-ing with nec - tar the sweet - est wa - ter of
 life which serves as the source of com - pas - sion and of all good-
 - ness, too make rain up - on those men, A - na - sta - si - a,
 au-gust one, through the pray'rs of them who now suf - fer from griev-
 - ous pains.

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

You the lamp that shines bright - ly the light be - yond _____ ev -
-ry mind, sweet dawn of life's day-light, draw nigh ___ and shine with
the bright-est beam of true re - pent-ance, Maid as I am
hid - den in dark-ness which has come to pass through my sins and
in - iq - ui - ties.

Troparia after the 3rd Ode

Raise us up A - na - sta - si - a, god-mind-ed, your sup -
-pli-ants from ru - in and griev - ous cir - cum - stanc - es, and
lead us to the Lord, once we have been de - liv - ered.

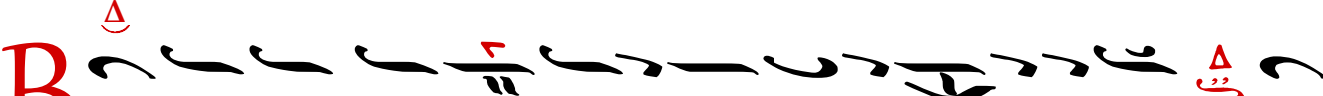

 Look down on me in your good-will, O all-hymned The - o -
 - to - kos I who suf- fer in the bod - y ter- ri - bly and heal my
 soul from its sor-row.

After the Litany, we sing the following:

Kathisma

Mode  Thi 

"By the streams of your blood"


 By the great bright - ness of your ho - ly mir - a - cles you
 drive a - way thē as - saults that the pas- sions bring and bring swift
 heal - ing to those who have need of it A - na - sta - si -
 - a, great mar- tyr of Christ our God, for you are the heal - er of ill
 - - ness- es.

We then continue with the Canon.



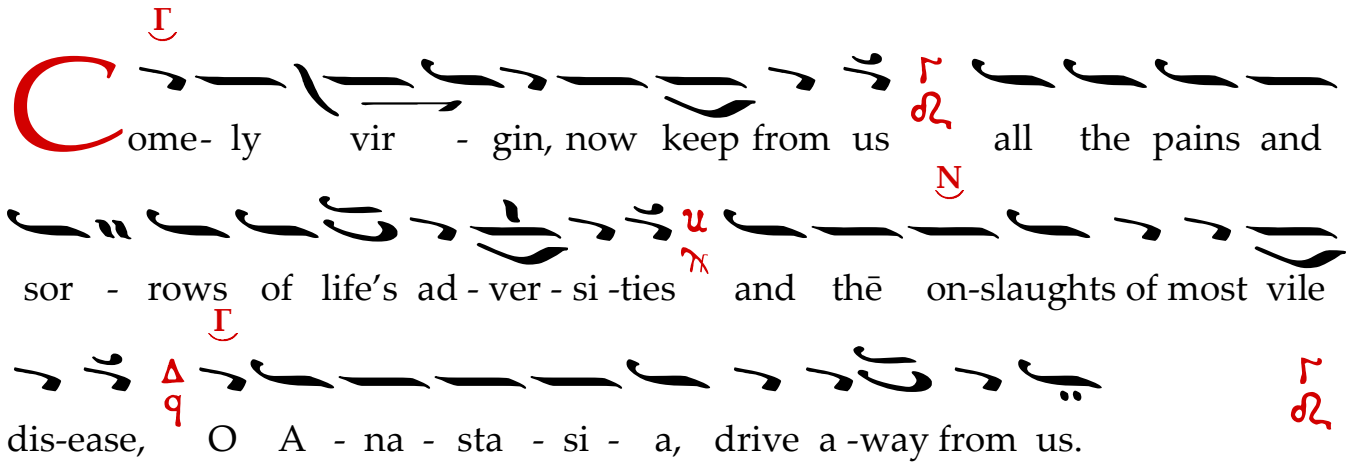
O Saint of God, in - ter - cede for us.

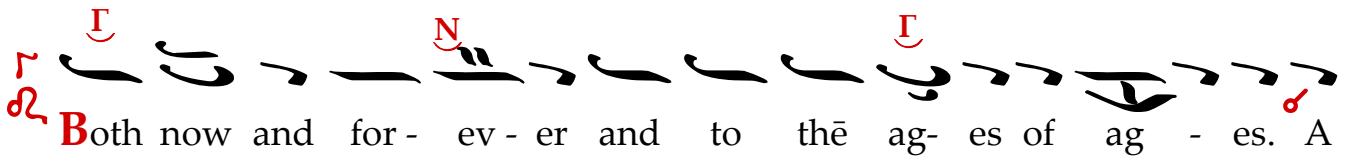




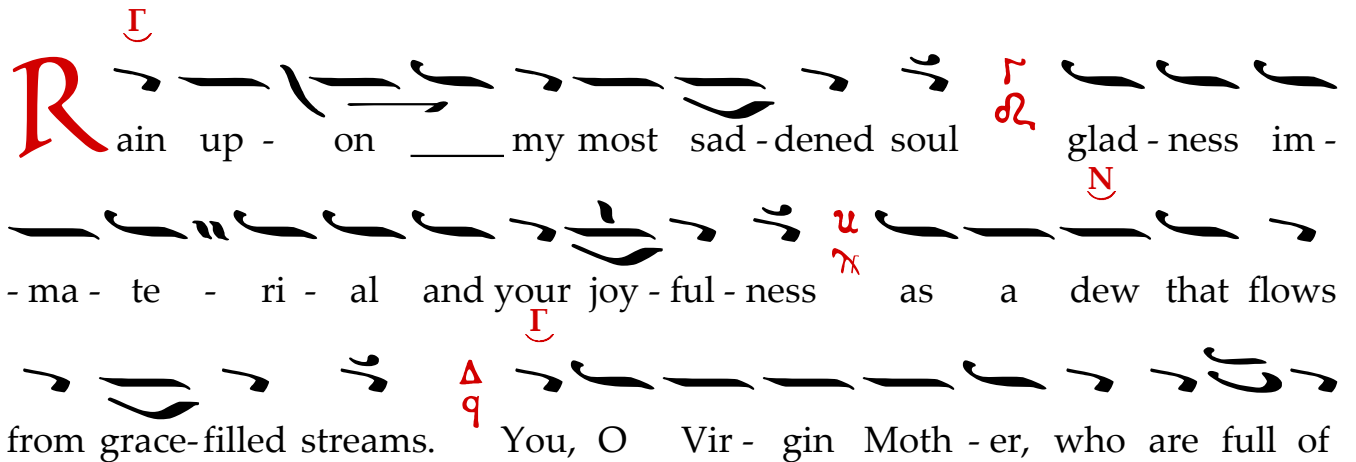
Spir - it.




 Come- ly vir - gin, now keep from us all the pains and
 sor - rows of life's ad - ver - si - ties and the on-slaughts of most vile
 dis-ease, O A - na - sta - si - a, drive a - way from us.


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


 -men.

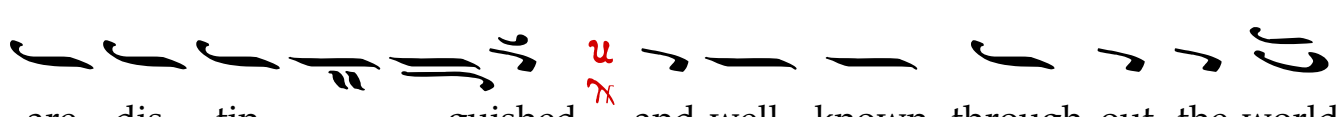

 Rain up - on my most sad - dened soul glad - ness im -
 - ma - te - ri - al and your joy - ful - ness as a dew that flows
 from grace-filled streams. You, O Vir - gin Moth - er, who are full of


 Grace.

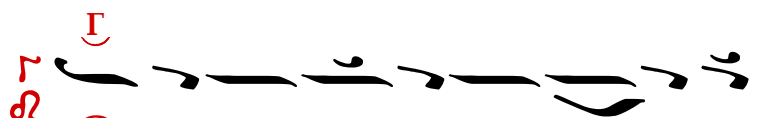
Ode 5
"Lord, enlighten us"


O Saint of God, in - ter - cede for us. 

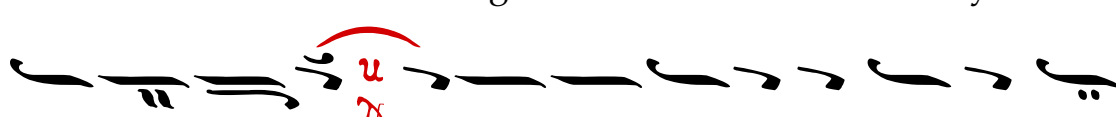

Y ou an - tic - i - pate  all who call up - on you ev - 'ry -

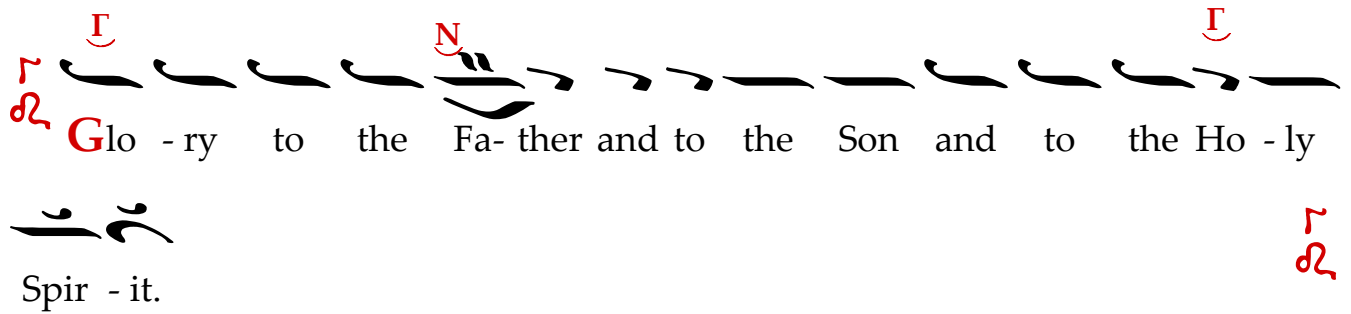
where  by man - y mir - a - cles and your heal - ing pow'rs  which

are dis - tin - - guished  and well - known through - out the world

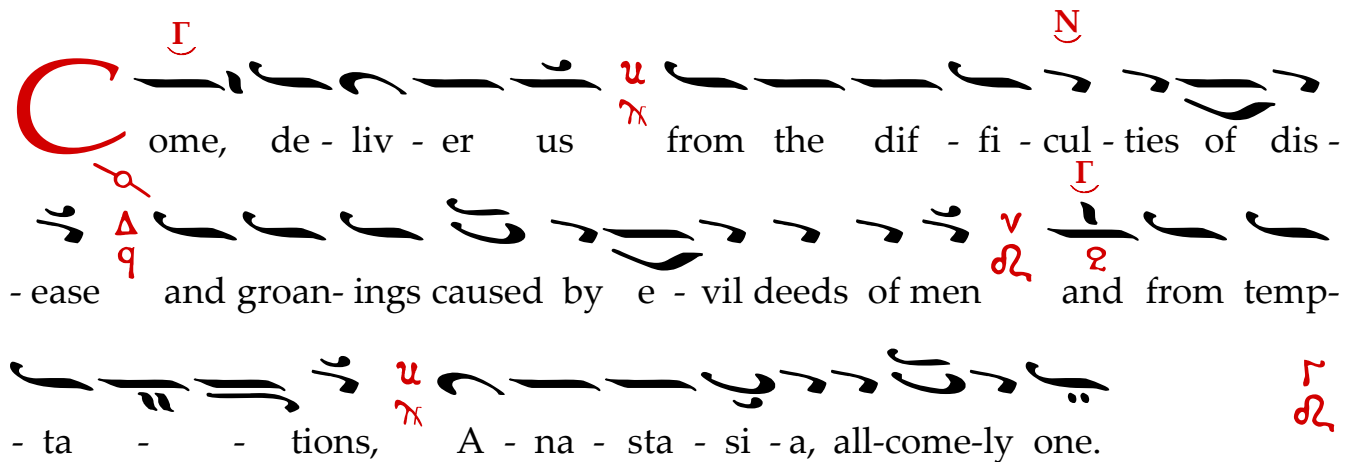
en - tire. 

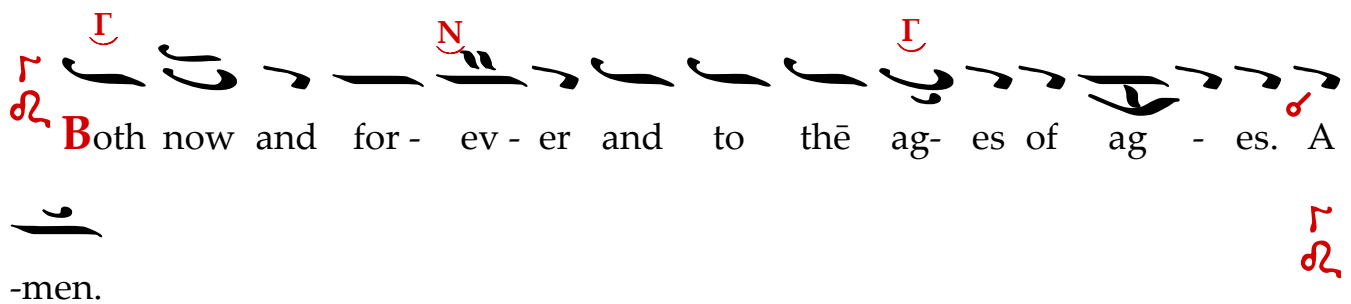

O Saint of God, in - ter - cede for us. 

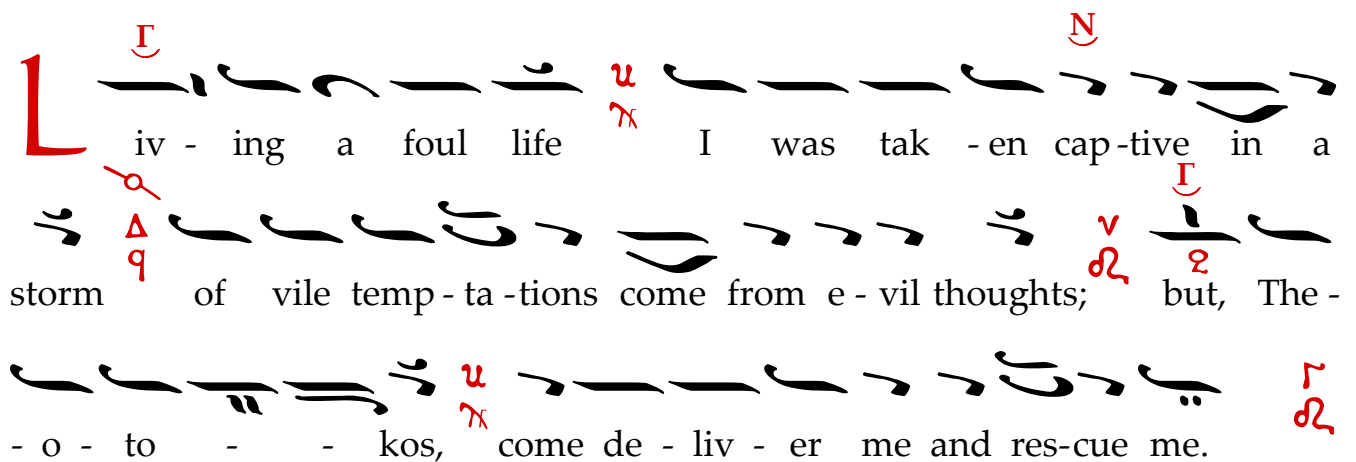

C om - ing as a help,  you no - e - tic - 'ly ap - peared to

them  who were en - dan - gered in all sorts of ways  and put an

end _____ un - - to the swell of sor - row and de - spair. 


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

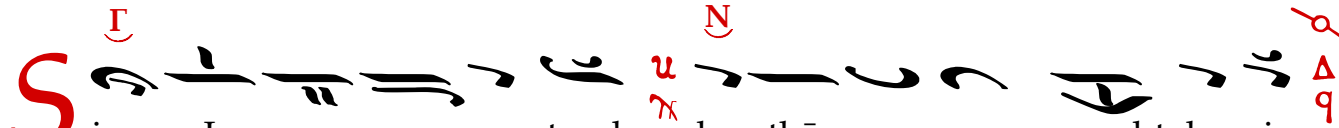
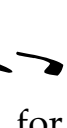
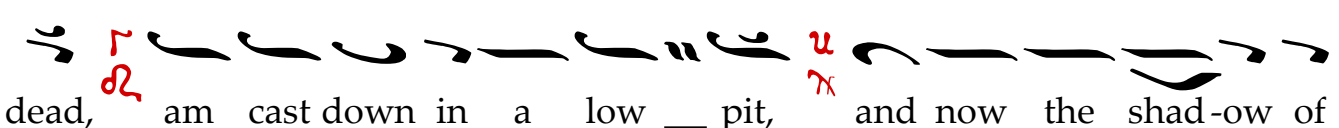
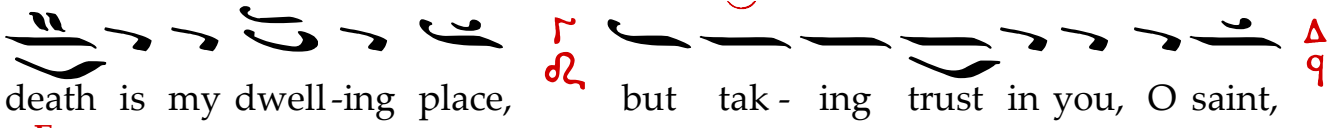
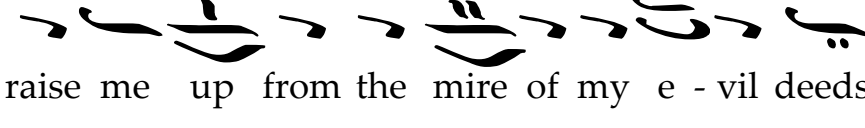

 Come, de - liv - er us from the dif - fi - cul - ties of dis -
 ease and groan - ings caused by e - vil deeds of men and from temp -
 ta - tions, A - na - sta - si - a, all-come-ly one.


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

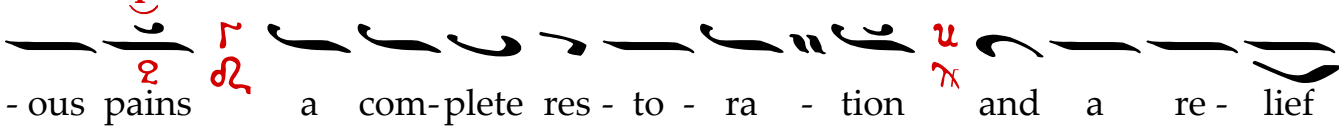

 Liv - ing a foul life I was tak - en cap-tive in a
 storm of vile temp - ta - tions come from e - vil thoughts; but, The -
 o - to - kos, come de - liv - er me and res-cue me.

Ode 6
"Entreaty"

 
O Saint of God, in - ter - cede for us.

 
S ince I _____ was struck by the ar - rows, wrought by sin
 
through the en - e - my's vile co - op - er - a - tion, I, left for
 
dead, am cast down in a low __ pit, and now the shad - ow of
 
death is my dwell - ing place, but tak - ing trust in you, O saint,
 
raise me up from the mire of my e - vil deeds.

 
O Saint of God, in - ter - cede for us.

 
O Mar - - tyr, as one com - pas - sion - ate, grant them,
 
who are worn out ____ by un - end - ing af - flic - tions and griev -
 
- ous pains a com - plete res - to - ra - tion and a re - lief

and de - liv - er - ance from their woes; and mys - ti - c'ly trans - form their

grief in - to ra - di - ant, gen - u - ine joy - ful - ness.

Glo - ry to the Fa - ther and to the Son and to the Ho - ly

Spir - it.

The Mas - - ter of souls and bod - ies fa - mous - ly chose

that you would be an ex - cel - lent doc - tor who heals all men

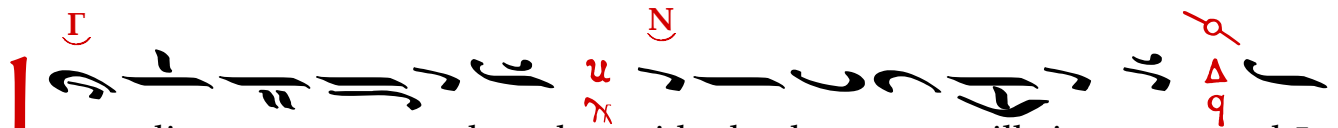
of their bod - i - ly ail - ments and a true heal - er of spir - it - ual

mal - a - dies where - fore, A - na - sta - si - a, now heal the wounds of

our bod - ies and souls, as well.

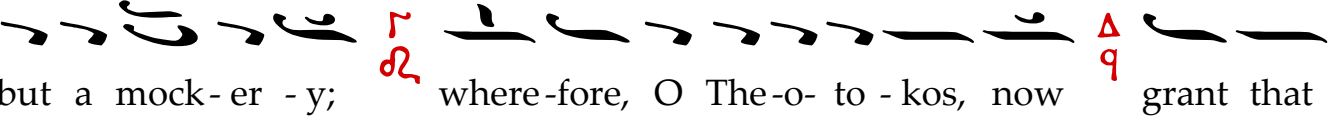
Both now and for - ev - er and to the ag - es of ag - es. A

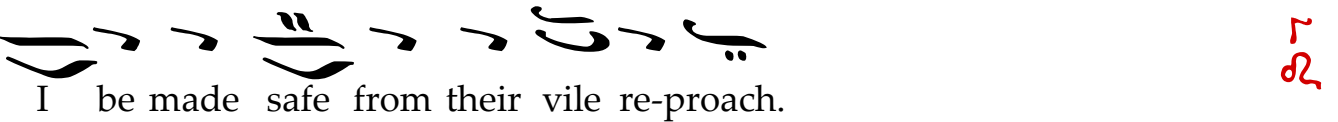
-men.



 I dis - - o-beyed with the least un - will - ing-ness the


 au - gust and ho - ly words_ of di-vine will, and far from God

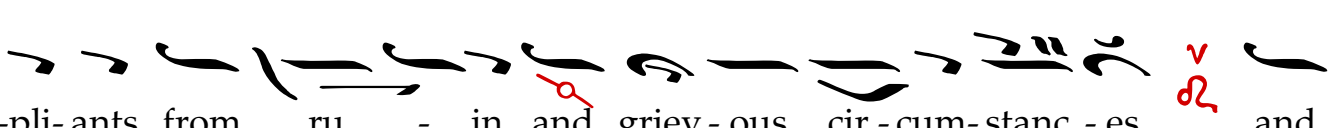

 have be - come one all- wretch - ed, and to my neigh-bors I am


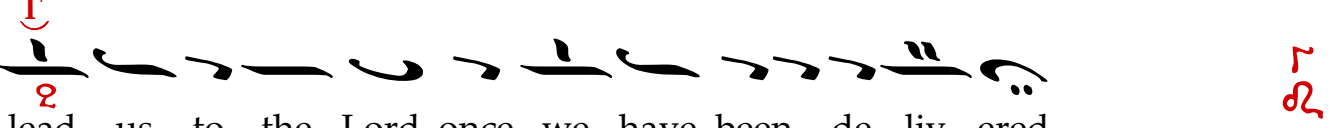
 but a mock - er - y; where-fore, O The-o- to - kos, now grant that


 I be made safe from their vile re-proach.

Troparia after the 6th Ode



 R aise us up A - na - sta - si - a, god-mind-ed, your sup -


 -pli-ants from ru - in and griev - ous cir - cum - stanc - es, and


 lead us to the Lord, once we have been de - liv - ered.



 S pot - less one who through a word brought forth the Word with -


 - out ex - pla - na - tion and gave birth in the last days, now in-ter-cede

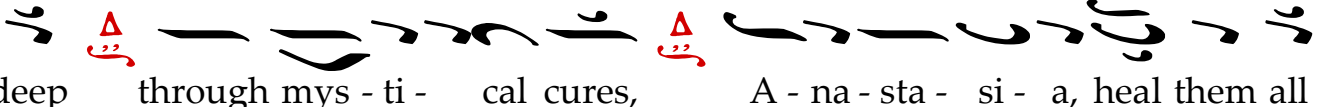

 since you, as His moth - er, have bold-ness.

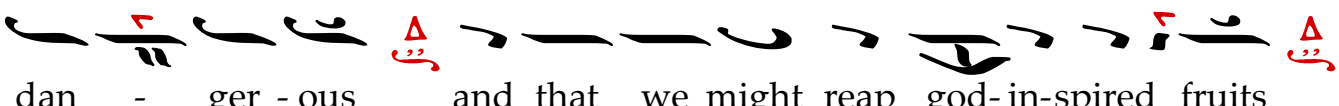
After the Litany, we sing the following:

Kontakion

Mode  Thi 

"In seeking the heights"


O ur pas - sionsm which are long - last - ing and thus root - ed

deep through mys - ti - cal cures, A - na - sta - si - a, heal them all

that we fin - ish well the course of our lives free of threats most

dan - ger - ous and that we might reap god - in - spired fruits

and so we cry — to you O great mar - tyr, heal _____ us.

According to some, at this point we sing the Hymns of Ascent in 4th Mode.

Otherwise, we continue immediately with the Prokeimenon on the next page.

Prokeimenon

Mode  Vou 

Psalm 39:1

I^B wait - ed pa - tient - ly for the Lord, ___ and He heed -
- ed me; ^A and He heard my sup - pli - ca - tion. ^B

Verse: And He established my feet on a rock and kept straight my steps.
(Psalm 39:2)

I^B wait - ed pa-tient-ly for the Lord, ___ and He heed - ed me; ^A
A^Bnd He heard my sup - pli - ca - tion. _____ ^B

After the Gospel reading (Matthew 10:16-22), we sing the following:

Troparia After the Gospel

Mode  Thi 

G^Alo - ry to the Fa - ther, and to the Son, and to the Ho - ly
Spir - it. ^Z

B^Ay the in - ter - ces - sions of the prize - win - ner, ^A O mer - ci -

-ful one, ^{v'} blot out the mul- ti-tude of my of-fen-ses. ^Δ

^Δ
B oth now and ev - er, and to thē ag - es of ag - es. A -
-men. ^{Ζ'}

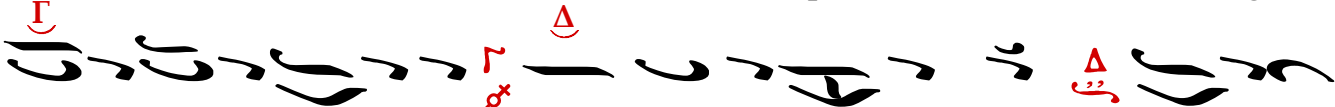
^Δ
B y thē in - ter - ces - sions of the The - o - to - kos, ^Δ O
mer - ci - ful one, ^{v'} blot out the mul- ti-tude of my of-fen-ses. ^Δ

Verse: Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression.
(Psalm 50:1)

Mode ^{ⲁⲓⲧⲏ} Thi ⲉ

"Having laid up all their hope"

^Δ
C ush - ing in a might - y stream ^Δ as a pure source,
nev - er emp-tied, ^Δ you give in - ex - haus - ti - ble ^Δ strength to
souls and bod- ies both; ^Δ thus we ask from you: ^ⲉ Cleanse us from


 stains of sins which come from the pas - sions and grant

 heal-ing to our sick-ness-es which bring de-spair and shame. O A -

 - na - sta - si - a, our cham-pi-on, grant glad-ness of sound health

 to all, each and ev-'ry one who now calls on you. In - ter -

 - cede for - ev - er to Christ your bride-groom that for - give -

 - ness be be-stowed up - on those who faith-ful - ly hon - or

 you with songs and hymns.

The priest offers the Great Intercession, as usual,
after which we sing "Lord, have mercy" twelve times.

After the exclamation by the priest, we continue with the Canon.

^N
^v ^Ω Glo - ry to the Fa - ther and to the Son and to the Ho - ly
 Spir - it. ^v ^Ω

^N
 L ook ____ with your eye, full of com - pas - sion ^Δ ^Ω at our low - li -
 - ness ^Θ ^γ A - na - sta - si - a, mar - tyr, ^v ^Ω and hold back thē as - sault
^Δ ^Ω of e - vils that be - set us ^Δ ^Ω through your pro - tec - tion, which is ____
 great ^N ^Δ ^Ω O great mar - tyr and vir - gin. ^v ^Ω

^N
^v ^Ω Both now and for - ev - er and to thē ag - es of ag - es.
 A - men. ^v ^Ω

^N
 H eark - en, O daugh - ter, to my cry - ing, ^Δ ^Ω and give ear un -
 - to ^Θ ^γ my in - ward - most groan - ing ^v ^Ω and I ask, set me free
^Δ ^Ω who am ter - ri - bly bro - ken ^Δ ^Ω from wrath that is ap - proach - ing ____


Saint of God, in - ter - cede for us.

Metered translation by Peter George. Musical setting by Gabriel Cremeens

^Δ_Ω of that foul de - ceiv - er ^Δ_Ω and vio - lent ad - ver - sar - y. ^ν_Ω

^N
^ν_Ω **G**lo - ry to the Fa - ther and to the Son and to the Ho - ly
Spir - it. ^ν_Ω

^N
Your blest im - age es - teemed, di - vine and sa - cred, ^Δ_Ω pours
a - bun - dant, great gifts ^ε_γ of heal - ings to the faith - ful, ^ν_Ω and puts the
coals of pas - sions out and sti - fles them ^ε_γ sooth - ing the in - flamed
ones ^Δ_Ω that they be God - in - spired ^Δ_Ω un - harmed by life's mis - for -
-tunes. ^ν_Ω

^N
^ν_Ω **B**oth now and for - ev - er and to the ag - es of ag - es.
A - men. ^ν_Ω

^N
From all an - ger and rage of the death - bear - er ^Δ_Ω and from

wick-ed ad-vice ^{ⲉⲗ} of the vile prince of dark-ness ^{ⲡⲓⲛϥ} de - liv - er

me and save me, O all-blame-less one, ^{ⲉⲗ} from all kinds of trou - bles

^{ⲁⲓⲓⲛ} and im - mi-nent dan - gers ^{ⲁⲓⲓⲛ} * by your di - vine pro - tec - tion. ^{ⲡⲓⲛϥ}

Or: ^{ⲉⲗ} by your di-vine pro - tec - tion. ^{ⲡⲓⲛϥ}

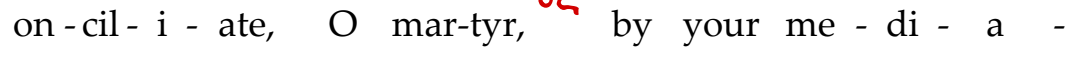


O Saint of God, in - ter - cede for us.

Grant heal-ing to our bod-ies which lie ill, de-cay-ing;
and by di-vine op-er-a-tion, heal al- - so our souls, A - na -
- sta - si - a, God-bear - er, all us who come to you.


 O Saint of God, in - ter - cede for us.


 on - cil - i - ate, O mar - tyr, by your me - di - a - tion,


 the good and mer - ci - ful Lord for your ser - vants, O saint, that


 we may joy - ous - ly rev - el in His be - nef - i - cence.



O Saint of God, in - ter - cede for us.

Cease not to make re-mem-brance, O A - na - sta - si - a,

all those who come un-to you with in - cred - i - ble haste to

seek your ho - ly pro-tec - tion, cry-ing out from their souls.

Glo - ry to the Fa-ther and to the Son and to the Ho - ly

Spir - it.

I lie com-plete - ly wound-ed, sin-ful and all - wretch- ed; but

tak - ing faith in you, heal me and guide ___ me a - right up - on

the road of re-pent - ance, Mar-tyr of Christ our God.

Both now and for - ev - er and to thē ag - es of ag - es. A

-men.


 Full of Grace and Vir-gin,  Throne of our Most High__ God,
 I ask you lift e - ven me up from depths__ far be - low  un -
 - to the true and the bet - ter  life that is in the heights. 

At this point, the priest (or the 1st Choir) sings "It is truly right,"
after which we continue with the following Megalynaria of the Saint:


 f all vir - gin mar-tyrs, most beau - ti - ful  treas - ur - y 
 of heal - ings,  nev - er emp-tied and al-ways filled,  you be - came
 the Lord's__bride,  a ves-sel of di - vine __grace;  au - gust A -
 - na - sta - si - a,  with hymns we hon-or you. 


 e - joice, fra - grant mead - ow of vir - gin - i - ty  which pro - 
 - duced the flow - ers  of your con-test de-light- ful - ly.  Where-fore
 in your good - will,  au - gust A - na - sta - si - a,  you al - ways
 take de - light __ in  those things we have in mind. 

You con - test - ed man - ful - ly with great joy for the love of
 Christ God, who was stretched out up - on the Cross; since you earned
 the vic - 'try, you now share in His glo - ry. O Saint A -
 - na - sta - si - a, al - ways pro - tect your flock.

Re - joice, beam of mir - a - cles which now shines bright rays of
 com - pas - sion driv - ing pas - sions' dark night a - way; O A -
 - na - sta - si - a, the most glo - ri - ous mar - tyr and help -
 - er of the faith - ful, be ev - er near to us.

By the grace of God, give a - bun - dant - ly un - to us, who
 ask__ for your pro - tec - tion, the ben - e - fits that lead to sal -
 - va - tion, au - gust A - na - sta - si - a, and save us from

all kinds__ of dan-gers and suf - fer - ings. Γ Δ

Γ **R**aise__ me from the chas-m of my great sins, Π I, whose soul was Γ Δ

sul - lied Π when I slipped and fell ter - ri - bly. Γ Δ Guide me towards

the good__ path u that leads one to re - pent - ance, u A - na - sta -

- si - a, mar - tyr, Γ Δ as I now sing your praise. Γ Δ

At this point, the Megalynarion of the church may be sung.

Afterwards, we conclude with the following theotokion:

Γ **A**ll the hosts of An- gels in heav - en's heights, Π with the Γ Δ

Lord's Fore-run - ner, Π and A - pos-tles, the ho - ly twelve, Γ Δ with All

Saints to - geth - er, u and with the The - o - to - kos, u make in -

- ter - ces - sion for __ us, Π so that our souls be saved. Γ Δ

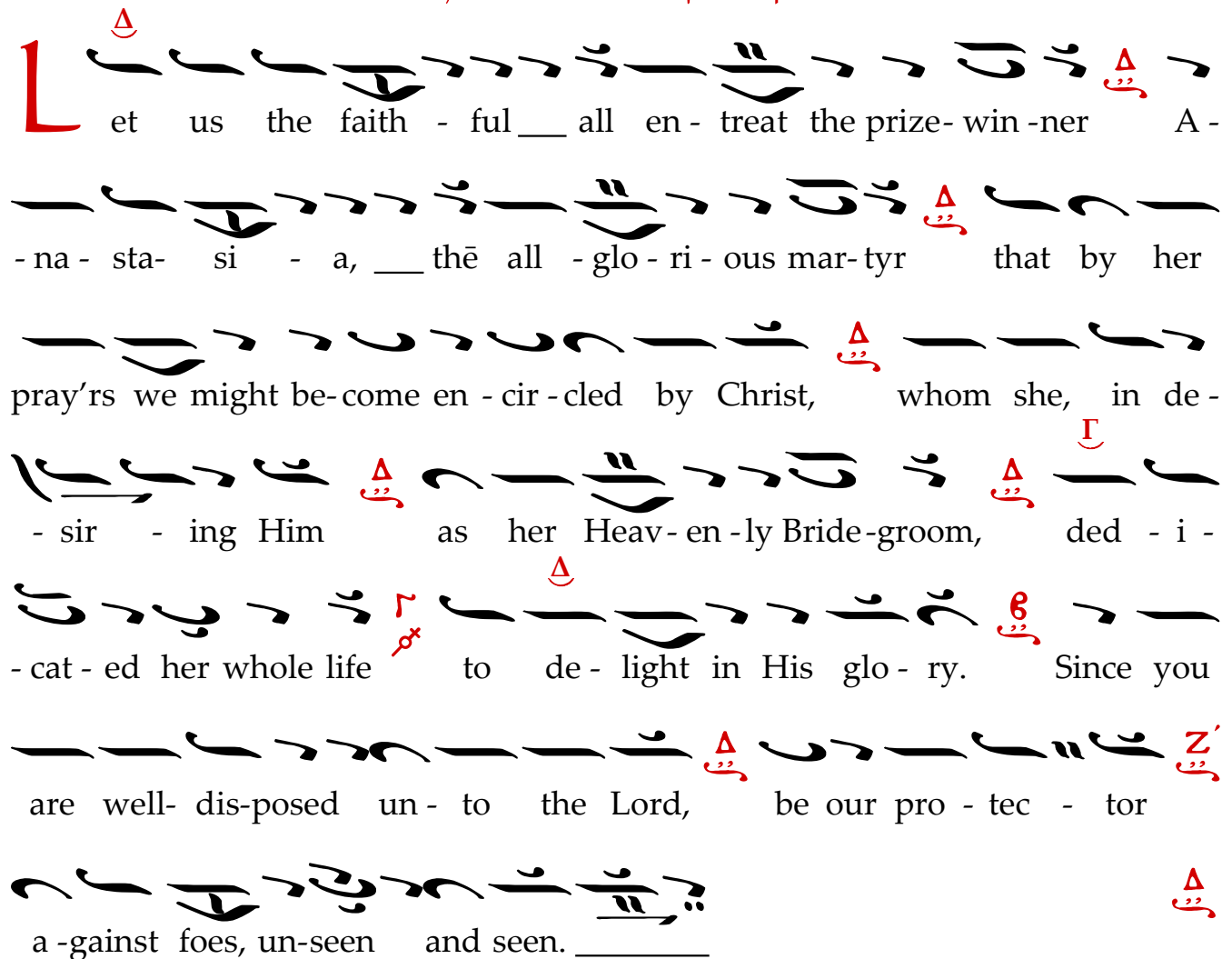
And we say the Trisagion Prayers and the Lord's Prayer.

After the exclamation by the priest, we sing the hymn on the next page.

Troparion

Mode $\frac{1}{2}$ Thi ϕ

"You who were lifted up"

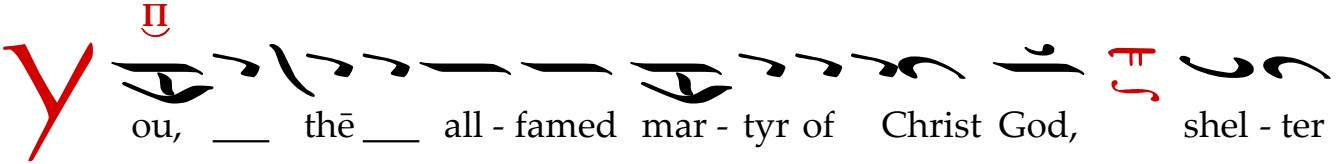
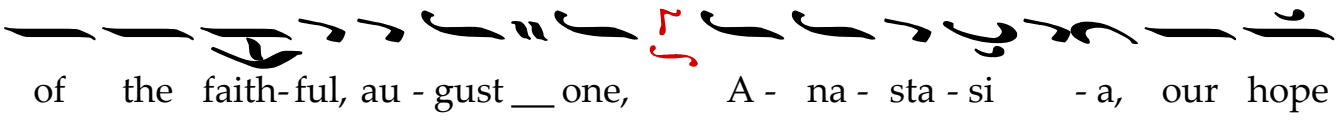
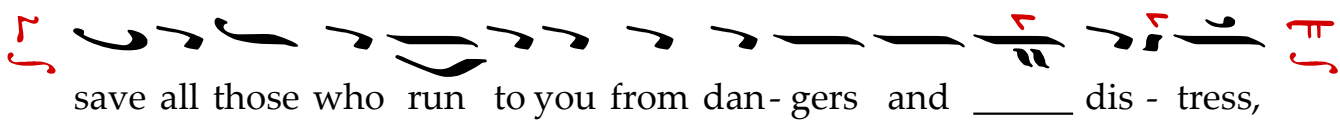
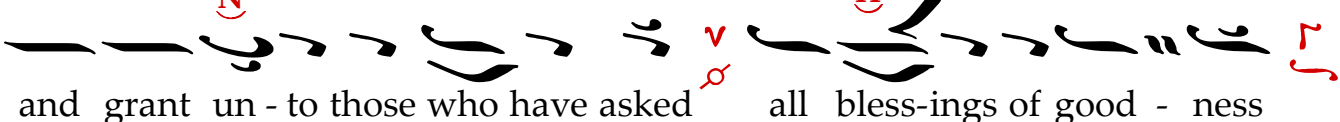
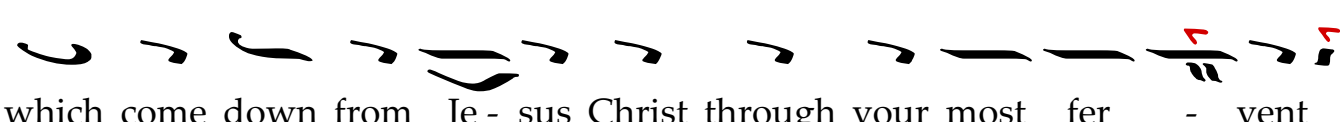

Let us the faith - ful __ all en - treat the prize - win - ner A -
- na - sta - si - a, __ the all - glo - ri - ous mar - tyr that by her
pray'rs we might be - come en - cir - cled by Christ, whom she, in de -
- sir - ing Him as her Heav - en - ly Bride - groom, ded - i -
- cat - ed her whole life to de - light in His glo - ry. Since you
are well - dis - posed un - to the Lord, be our pro - tec - tor
a - gainst foes, un - seen and seen. _____

After the final Litany and the Dismissal,
we sing the troparion and theotokia on the next page.

Troparion

Mode  Pa 

"When he took You"

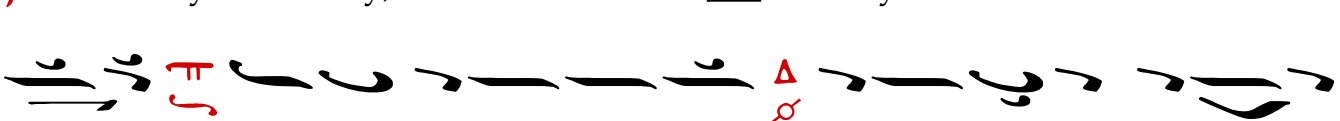

You, the all-famed mar-tyr of Christ God, shel-ter

of the faith-ful, au-gust one, A-na-sta-si-a, our hope

save all those who run to you from dan-gers and dis-tress,

and grant un-to those who have asked all bless-ings of good-ness

which come down from Je-sus Christ through your most fer-vent

pray'rs, so that, in a peace-ful, di-vine state, we might

glo-ri-fy Him who deemed you wor-thy to be mag-ni-fied with

songs and hymns.

Theotokia


My La-dy, do now re-ceive, from your ser-vants these en-

-treat-ies, and res-cue each of us from all an-guish and ev-

Moth-er of our God, do now keep me__un-der your pro-tec -

Metered translation by Peter George. Musical setting by Gabriel Cremeeens