



GREEK ORTHODOX METROPOLIS OF DENVER

January 22 2008

Protocol 08-1

The Reverend Clergy, and
The Pious Faithful of
the Holy Metropolis of Denver

Beloved in the Lord,

Over the past few years I have endeavored to establish standard English translations of some of the most-important and most-often recited hymns and prayers of our Orthodox faith. Among these have been the Symbol of the Faith, the Paschal Homily of Saint John Chrysostom, the Paschal Troparion "Christ is Risen," and the Kontakion of the Akathist Hymn "To you the champion."

Last year during Great Lent I was also asked to provide a common translation of the Lenten Prayer of Saint Ephraim, especially as this is recited during the special services of that season.

Accordingly, please note the following, and use this translation — and no other — whenever this Prayer is read in the Divine Services.

Lord and Master of my life, deliver me from the spirit of laziness and meddling, the lust for power and gossip.

Κύριε καὶ Δέσποτα τῆς ζωῆς μου, πνεῦμα ἀργίας, περιεργίας, φιλαρχίας καὶ ἀργολογίας μὴ μοι δῶς.

Rather, grant the spirit of wisdom, humility, patience, and love to me Your servant.

Πνεῦμα δὲ σωφροσύνης, ταπεινοφροσύνης, ὑπομονῆς καὶ ἀγάπης χάρισαί μοι τῷ σῷ δούλῳ.

Yes, Lord and King, grant that I may see my own faults and not judge my brother; for You are blessed to the ages of ages. Amen.

Ναί, Κύριε Βασιλεῦ, δώρησαί μοι τοῦ ὄραν τὰ ἐμὰ πταίσματα, καὶ μὴ κατακρίνειν τὸν ἀδελφόν μου, ὅτι εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

With Paternal Blessings,

✠ Metropolitan Isaiah of Denver