

**ORTHROS ON SUNDAY, MARCH 21, 2021; TONE 8 / EOTHINON 8**  
**FIRST SUNDAY OF GREAT LENT (SUNDAY OF ORTHODOXY)**

VENERABLE-CONFESSOR JAMES THE NEW, BISHOP OF CATANIA; THOMAS, PATRIARCH OF CONSTANTINOPLE;  
NEW-MARTYR MICHAEL

**Priest:** Blessed is our God, always, now and ever, and unto the ages of ages.

الكاهن: تبارك الله إلهنا كل حين، الآن وكل أوانٍ وإلى دهر الداهرين.

**Choir:** Amen.

الجوقة: آمين.

**Reader:** Holy God, Holy Mighty, Holy Immortal: have mercy on us. (*thrice*)

المرتل: قُدوسُ الله، قُدوسُ القوي، قُدوسُ الذي لا يموت، ارحمنا. (ثلاثاً)

Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

المجدُ لِأبِ والابنِ والروحِ القُدسِ، الآنَ وكلَّ أوانٍ وإلى دهرِ الداهرين. آمين.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for Thy Name's sake.

أيُّها الثالوثُ القُدوسُ ارحمنا، يا ربُّ اغفرْ خطايانا، يا سيِّدُ تجاوزْ عنْ سيِّئاتنا، يا قُدوسُ اطَّلِعْ واشفِ أمراضنا، من أجلِ اسمِكَ.

Lord, have mercy. (*thrice*)

يا ربُّ ارحم. (ثلاثاً)

Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

المجدُ لِأبِ والابنِ والروحِ القُدسِ، الآنَ وكلَّ أوانٍ وإلى دهرِ الداهرين. آمين.

Our Father, Who art in heaven, hallowed be Thy Name. Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from the evil one.

أبانا الذي في السَّمواتِ، لِيَتَقَدَّسَ اسمُكَ، لِيَأْتِ مَلَكوتُكَ، لِيَتَكُنْ مَشِيئَتُكَ كما في السَّماءِ كَذَلِكَ على الأَرْضِ، خُبِّزنا الجوهريَّ أعطنا اليوم، واترك لنا ما علينا كما نترك نحن لمن لنا عليه، ولا تُدخِلنا في التَّجربة، لكنْ نَجِّنا مِنَ الشَّريرِ.

**Priest:** For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

الكاهن: لأنَّ لك المُلْكُ والقُدرةُ والمجدُ، أيُّها الأبُ والابنُ والروحُ القُدسُ، الآنَ وكلَّ أوانٍ وإلى دهرِ الداهرين.

**Reader:** Amen. O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

القارئ: آمين. خَلِّصْ يا ربُّ شَعْبَكَ وَبَارِكْ ميراثَكَ، وَامْنَحْ عبيدَكَ الْمُؤمِنِينَ العَلْبَةَ على الشَّريرِ، وَاحْفَظْ بِقُوَّةِ صَليبِكَ جَمِيعَ الْمُخْتَصِّينَ بِكَ.

<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i></p> <p>Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.</p>	<p>المَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُّوسِ.</p> <p>يَا مَنْ اِرْتَفَعْتَ عَلَى الصَّلِيبِ مُخْتَارًا، أَيُّهَا الْمَسِيحُ الإِلهَ، امْنَحْ رَأْفَتَكَ لِشَعْبِكَ الْجَدِيدِ الْمُسَمَّى بِكَ، وَفَرِّحْ بِقُوَّتِكَ حُكَّامَنَا الْمُؤْمِنِينَ، مَانِحًا إِيَّاهُمْ الْعَلْبَةَ عَلَى مُحَارِبِيهِمْ. لِيَتَكُنْ لَهُمْ مَعُونَتُكَ سِلَاحًا لِلسَّلَامِ، وَظَفْرًا غَيْرَ مَقْهُورٍ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i></p> <p>O Champion dread, who cannot be put to confusion, despise not our petitions, O Good and All-praised Theotokos; establish the way of the Orthodox; save those who have been called upon to govern us, leading us to that victory which is from heaven, for thou art she who gavest birth to God, and alone art blessed.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. آمِينَ.</p> <p>أَيُّتُّهَا الشَّفِيعَةُ الرَّهِيْبَةُ غَيْرُ الْمَخْذُولَةِ، يَا وَالِدَةَ الإِلهِ الْكَلِيَّةَ التَّسْبِيحِ، لَا تُعْرِضِي يَا صَالِحَةَ عَنْ تَوْسَلَاتِنَا، بَلْ وَطِّدِي سِيْرَةَ الْمُسْتَقِيْمِي الرَّأْيِ، وَخَلِّصِي الَّذِينَ أَمَرْتِ أَنْ يَتَمَلَّكُوا، وَامْنَحِيهِمُ الْعَلْبَةَ مِنَ السَّمَاءِ، بِمَا أَنَّكَ وُلِدْتِ الإِلهَ، أَيُّتُّهَا الْمُبَارَكَةُ وَحْدَكَ.</p>
<p><b>LITANY</b></p>	
<p><b>Priest:</b> Have mercy on us, O God, according to Thy great goodness, we pray Thee, hearken and have mercy.</p>	<p>الكاهن: إِرْحَمْنَا يَا اللهُ بِعَظِيمِ رَحْمَتِكَ، نَطْلُبُ إِلَيْكَ فَاسْتَجِبْ وَارْحَمْ.</p>
<p><b>Choir:</b> Lord, have mercy. (<i>thrice</i>)</p>	<p>الجوقة: يَا رَبُّ ارْحَمْ. (ثلاثاً)</p>
<p><b>Priest:</b> Again we pray for all pious and Orthodox Christians.</p>	<p>الكاهن: وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ الْمَسِيحِيِّينَ الْحَسَنِي الْعِبَادَةِ الأَرْتُوذُكْسِيِّينَ.</p>
<p><b>Choir:</b> Lord, have mercy. (<i>thrice</i>)</p>	<p>الجوقة: يَا رَبُّ ارْحَمْ. (ثلاثاً)</p>
<p><b>Priest:</b> Again we pray for our Father and Metropolitan _____, and for Bishop _____, and all our brethren in Christ.</p>	<p>الكاهن: وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ آبِينَا وَمِتْرُوبُولِيْتِنَا (فُلَان) وَرَئِيسِ كَهَنَتِنَا (فُلَان)، وَكُلِّ إِخْوَتِنَا فِي الْمَسِيحِ.</p>
<p><b>Choir:</b> Lord, have mercy. (<i>thrice</i>)</p>	<p>الجوقة: يَا رَبُّ ارْحَمْ. (ثلاثاً)</p>
<p><b>Priest:</b> For Thou art a merciful God, and lovest mankind, and unto thee do we ascribe glory to the Father, and to the Son, and to the Holy Spirit:</p>	<p>الكاهن: لِأَنَّكَ إِلهٌ رَحِيمٌ وَمُحِبٌّ لِلْبَشَرِ، وَلَكَ نُرْسِلُ الْمَجْدَ أَيُّهَا الآبُ وَالابْنُ وَالرُّوحُ الْقُدُّوسِ، الآنَ وَكُلَّ أَوَانٍ</p>

now and ever, and unto ages of ages.	وَالِي دَهْرِ الدَّاهِرِينَ.
<b>Choir:</b> Amen. Bless, father, in the Name of the Lord.	<b>الجوقة:</b> آمين، بِاسْمِ الرَّبِّ بَارِكْ يَا أَب.
<b>Priest:</b> Glory to the Holy, Consubstantial, Life-giving and Undivided Trinity, always, now and ever, and unto ages of ages.	<b>الكاهن:</b> المَجْدُ لِلثَّالُوثِ القُدُوسِ، الواحدِ في الجَوْهَرِ، المُحْيِي، غَيْرِ المُنْقَسِمِ، كُلِّ حِينٍ، الآنَ وَكُلَّ أوانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
<b>Choir:</b> Amen.	<b>الجوقة:</b> آمين.
Glory to God in the highest, and on earth peace, and good will toward men. ( <i>thrice</i> ) O Lord, open Thou my lips, and my mouth shall show forth Thy praise. ( <i>twice</i> )	المَجْدُ لِلَّهِ فِي العُلَى، وَعَلَى الأَرْضِ السَّلَامِ، وَفِي النَّاسِ المَسْرَةَ. (ثَلَاثًا) يَا رَبُّ افْتَحْ شَفَتِي فَيُخْبِرَ فَمِي بِتَسْبِيحَتِكَ. (مَرَّتَيْنِ)

### PSALM 3

O Lord, why are they multiplied that afflict me? Many rise up against me. Many say unto my soul: There is no salvation for him in his God. But Thou, O Lord, art my helper, my glory, and the lifter up of my head. I cried unto the Lord with my voice, and He heard me out of His holy mountain. I laid me down and slept; I awoke, for the Lord will help me. I will not be afraid of ten thousands of people that set themselves against me round about. Arise, O Lord, save me, O my God, for Thou hast smitten all who without cause are mine enemies; the teeth of sinners hast Thou broken. Salvation is of the Lord, and Thy blessing is upon Thy people.

I laid me down and slept; I awoke, for the Lord will help me.

يَا رَبُّ لِمَاذَا كَثُرَ الَّذِينَ يُحْزِنُونَنِي؟ كَثِيرُونَ قَامُوا عَلَيَّ. كَثِيرُونَ يَقُولُونَ لِنَفْسِي لَا خَلَاصَ لَهُ بِإِلَهِهِ. وَأَنْتَ يَا رَبُّ، ناصِرِي وَمَجْدِي وَرَافِعُ رَأْسِي. بِصَوْتِي إِلَى الرَّبِّ صَرَخْتُ، فَأَجَابَنِي مِنْ جَبَلِ قُدْسِهِ. أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي. فَلَا أَخَافُ مِنْ رِبَوَاتِ الشَّعْبِ المُحِيطِينَ بِي، المُتَوَازِرِينَ عَلَيَّ. فَمُ يَا رَبُّ، خَلِّصْنِي يَا إِلَهِي، فَإِنَّكَ ضَرَبْتَ كُلَّ مَنْ يُعَادِينِي بِاطِّلا، وَسَحَقْتَ أَسْنَانَ الخَطَاةِ. لِلرَّبِّ الخَلَاصُ وَعَلَى شَعْبِكَ بَرَكَتُكَ.

أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي.

### PSALM 37

O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. For Thine arrows are fastened in me, and Thou hast laid Thy hand heavily upon me. There is no healing in my flesh in the face of Thy wrath; and there is no peace in my bones in the face of my sins. For mine iniquities are risen higher than my head; as a heavy burden have they pressed heavily upon me. My bruises are become noisome and corrupt

يَا رَبُّ، لَا بِغَضَبِكَ تُؤَبِّخْنِي، وَلَا بِرِجْزِكَ تُؤَدِّبْنِي. فَإِنَّ سِهَامَكَ قَدْ نَشَبَتْ فِيَّ، وَمَكَّنْتَ عَلَيَّ يَدَكَ. لَيْسَ لِجَسَدِي شِفَاءٌ مِنْ وَجْهِ غَضَبِكَ، وَلَا سَلَامَةٌ فِي عِظَامِي مِنْ وَجْهِ خَطَايَايَ. لِأَنَّ آثَامِي قَدْ تَعَالَتْ فَوْقَ رَأْسِي، كَحِمْلٍ ثَقِيلٍ قَدْ ثَقَلَتْ عَلَيَّ. قَدْ أَنْتَنْتُ وَقَاحَتْ جِرَاحَاتِي مِنْ

in the face of my folly. I have been wretched and utterly bowed down until the end; all the day long I went with downcast face. For my loins are filled with mocking, and there is no healing in my flesh. I am afflicted and humbled exceedingly, I have roared from the groaning of my heart. O Lord, before Thee is all my desire, and my groaning is not hid from Thee. My heart is troubled, my strength hath failed me; and the light of mine eyes, even this is not with me. My friends and my neighbors drew nigh over against me and stood, and my nearest of kin stood afar off. And they that sought after my soul used violence; and they that sought evils for me spake vain things, and craftiness all the day long did they meditate. But as for me, like a deaf man I heard them not, and was as a speechless man that openeth not his mouth. And I became as a man that heareth not, and that hath in his mouth no reproofs. For in Thee have I hoped, O Lord; Thou wilt hearken unto me, O Lord my God. For I said: Let never mine enemies rejoice over me; yea, when my feet were shaken, those men spake boastful words against me. For I am ready for scourges, and my sorrow is continually before me. For I will declare mine iniquity, and I will take heed concerning my sin. But mine enemies live and are made stronger than I, and they that hated me unjustly are multiplied. They that render me evil for good slandered me, because I pursued goodness. Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

قَبْلِ جَهَاتِي. شَقِيْتُ وَأَنْحَنَيْتُ إِلَى الْغَايَةِ، وَالنَّهَارَ كُلَّهُ  
مَشَيْتُ عَابِسًا. لِأَنَّ مَتْنِي قَدْ امْتَلَأَ مَهَازِيٍّ وَلَيْسَ  
لِجَسَدِي شِفَاءً. شَقِيْتُ وَأَتَّصَعْتُ جِدًّا، وَكُنْتُ أَيْنُ مِنْ  
تَنْهَدِ قَلْبِي. يَا رَبُّ، إِنَّ بُغْيَتِي كُلَّهَا أَمَامَكَ، وَتَنْهَدِي لَمْ  
يَخْفَ عَنْكَ. قَدْ اضْطَرَبَ قَلْبِي وَفَارَقْتَنِي قُوَّتِي، وَنُورُ  
عَيْنِي أَيْضًا لَمْ يَبْقَ مَعِي. أَصْدِقَائِي وَأَقْرِبَائِي دَنَوْا مِنِّي  
وَوَقَفُوا لَدَيَّ، وَجَنَسِي وَقَفَ مِنِّي بَعِيدًا. وَأَجْهَدَنِي الَّذِينَ  
يَطْلُبُونَ نَفْسِي، وَالْمُلْتَمِسُونَ لِي الشَّرَّ تَكَلَّمُوا بِالْبَاطِلِ،  
وَعَشُوشًا طُولَ النَّهَارِ دَرَسُوا. أَمَا أَنَا فَكَأَصَمٌ لَا يَسْمَعُ،  
وَكَأَخْرَسٌ لَا يَفْتَحُ فَاهَهُ. وَصِرْتُ كَأِنْسَانٍ لَا يَسْمَعُ وَلَا  
فِي فَمِهِ تَبْكِيَةٌ. لِأَنِّي عَلَيْكَ، يَا رَبُّ، تَوَكَّلْتُ، أَنْتَ  
تَسْتَجِيبُ لِي يَا رَبِّي وَالْإِلَهِي. لِأَنِّي قُلْتُ لَا يَشْمَتُ بِي  
أَعْدَائِي، وَعِنْدَمَا زَلَّتْ قَدَمَايَ عَظَّمُوا عَلَيَّ الْكَلَامَ. لِأَنِّي  
أَنَا لِلضَّرْبِ مُسْتَعِدٌّ، وَوَجَعِي لَدَيَّ فِي كُلِّ حِينٍ. لِأَنِّي  
أَنَا أُخْبِرُ بِإِثْمِي، وَأَهْتَمُّ مِنْ أَجْلِ خَطِيئَتِي. أَمَا أَعْدَائِي  
فَأَحْيَاءُ، وَهُمْ أَشَدُّ مِنِّي، وَقَدْ كَثُرَ الَّذِينَ يُبَغِضُونَنِي  
ظُلْمًا، الَّذِينَ جَارُونِي بَدَلَ الْخَيْرِ شَرًّا، مَحَلُّوا بِي لِأَجْلِ  
ابْتِغَائِي الصَّلَاحِ. فَلَا تُهْمَلْنِي يَا رَبِّي وَالْإِلَهِي وَلَا تَتْبَاعِدْ  
عَنِّي. أَسْرِعْ إِلَى مَعُونَتِي يَا رَبَّ خَلَاصِي.

فَلَا تُهْمَلْنِي يَا رَبِّي وَالْإِلَهِي وَلَا تَتْبَاعِدْ عَنِّي. أَسْرِعْ إِلَى  
مَعُونَتِي يَا رَبَّ خَلَاصِي.

## PSALM 62

O God, my God, unto Thee I rise early at dawn. My soul hath thirsted for Thee; how often hath my flesh longed after Thee in a land barren and untrodden and unwatered. So in the sanctuary have I appeared before Thee to see Thy power

يَا اللَّهُ إِلَهِي إِلَيْكَ أَبْتَكِرُ. عَطِشَتْ إِلَيْكَ نَفْسِي، وَاشْتَاقَ  
إِلَيْكَ جَسَدِي، فِي أَرْضٍ بَرِّيَّةٍ وَغَيْرِ مَسْلُوكَةٍ وَعَادِمَةِ  
الْمَاءِ. هَكَذَا ظَهَرْتُ لَكَ فِي الْقُدْسِ لِأَعْيُنِ قُوَّتِكَ

and Thy glory, For Thy mercy is better than lives; my lips shall praise Thee. So shall I bless Thee in my life, and in Thy name will I lift up my hands. As with marrow and fatness let my soul be filled, and with lips rejoicing shall my mouth praise Thee. If I remembered Thee on my bed, at the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me. But as for these, in vain have they sought after my soul; they shall go into the nethermost parts of the earth, they shall be surrendered unto the edge of the sword; portions for foxes shall they be. But the king shall be glad in God, everyone shall be praised that sweareth by Him; for the mouth of them is stopped that speak unjust things.

At the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me.

وَمَجْدَكَ. لِأَنَّ رَحْمَتَكَ أَفْضَلُ مِنَ الْحَيَاةِ، وَشَفَتِي تُسَبِّحَانِكَ. هَكَذَا أُبَارِكُكَ فِي حَيَاتِي وَبِاسْمِكَ أَرْفَعُ يَدَيَّ، فَتَمْتَلِي نَفْسِي كَمَا مِنْ شَحْمٍ وَدَسَمٍ، وَبِشْفَاهِ الْإِبْتِهَاجِ يُسَبِّحُكَ فَمِي. إِذَا ذَكَرْتُكَ عَلَى فِرَاشِي، هَدَدْتُ بِكَ فِي الْأَسْحَارِ، لِأَنَّكَ صِرْتَ لِي عَوْنًا وَبِظِلِّ جَنَاحَيْكَ أَسْتَتِرُ. ائْتَصَقْتُ نَفْسِي بِكَ، وَإِيَّايَ عَضَدْتَ يَمِينِكَ. أَمَّا الَّذِينَ يَطْلُبُونَ نَفْسِي بَاطِلًا، فَسَيَدْخُلُونَ فِي أَسْفَلِ الْأَرْضِ، وَيُدْفَعُونَ إِلَى أَيْدِي السُّيُوفِ، وَيَكُونُونَ أَنْصِبَةً لِلتَّعَالِبِ. أَمَّا الْمَلِكُ فَيَسْرُ بِاللَّهِ، وَيَمْتَدِّحُ كُلُّ مَنْ يَخْلِفُ بِهِ، لِأَنَّهُ قَدْ سَدَّتْ أَفْوَاهُ الْمُتَكَلِّمِينَ بِالظُّلْمِ.

هَدَدْتُ بِكَ فِي الْأَسْحَارِ لِأَنَّكَ صِرْتَ لِي عَوْنًا، وَبِظِلِّ جَنَاحَيْكَ أَسْتَتِرُ. ائْتَصَقْتُ نَفْسِي بِكَ، وَإِيَّايَ عَضَدْتَ يَمِينِكَ.

*Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)

Lord, have mercy. (THRICE)

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

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدْسِ، الْآنَ وَكُلَّ أَوَانٍ، وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.

هَلِّلُوِيَا، هَلِّلُوِيَا، هَلِّلُوِيَا، الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا)  
يَا رَبُّ ارْحَمِ. (ثَلَاثًا)

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدْسِ.

### PSALM 87

*Both now and ever, and unto ages of ages. Amen.*

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication, for filled with evils is my soul, and my life unto Hades hath drawn nigh. I am counted with them that go down into the pit; I am become as a man without help, free among the dead, like the bodies of the slain that sleep in

الْآنَ وَكُلَّ أَوَانٍ، وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

يَا رَبُّ إِلَهَ خَلَاصِي، فِي النَّهَارِ صَرَخْتُ وَفِي اللَّيْلِ أَمَامَكَ، فَلْتَدْخُلْ قُدَّامَكَ صَلَاتِي، أَمِلْ أُذُنَكَ إِلَى طَلِبَتِي، فَقَدْ ائْتَلَّاتُ مِنَ الشُّرُورِ نَفْسِي، وَدَنَّتْ مِنَ الْجَحِيمِ حَيَاتِي. حُسِبْتُ مَعَ الْمُنْحَدِرِينَ فِي الْجُبِّ، صِرْتُ مِثْلَ

the grave, whom Thou rememberest no more, and they are cut off from Thy hand. They laid me in the lowest pit, in darkness and in the shadow of death. Against me is Thine anger made strong, and all Thy billows hast Thou brought upon me. Thou hast removed my friends afar from me; they have made me an abomination unto themselves. I have been delivered up, and have not come forth; mine eyes are grown weak from poverty. I have cried unto Thee, O Lord, the whole day long; I have stretched out my hands unto Thee. Nay, for the dead wilt Thou work wonders? Or shall physicians raise them up that they may give thanks unto Thee? Nay, shall any in the grave tell of Thy mercy, and of Thy truth in that destruction? Nay, shall Thy wonders be known in that darkness, and Thy righteousness in that land that is forgotten? But as for me, unto Thee, O Lord, have I cried; and in the morning shall my prayer come before Thee. Wherefore, O Lord, dost Thou cast off my soul and turnest Thy face away from me? A poor man am I, and in troubles from my youth; yea, having been exalted, I was humbled and brought to distress. Thy furies have passed upon me, and Thy terrors have sorely troubled me. They came round about me like water, all the day long they compassed me about together. Thou hast removed afar from me friend and neighbor, and mine acquaintances because of my misery.

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication.

إِنْسَانٍ لَيْسَ لَهُ مُعِينٌ، مَطْرُوحًا بَيْنَ الْأَمْوَاتِ مِثْلَ الْقَتْلَى  
الرَّاقِدِينَ فِي الْقُبُورِ، الَّذِينَ لَا تَذْكُرُهُمْ أَيْضًا، وَهُمْ مِنْ  
يَدِكَ مُقْصُونَ. جَعَلُونِي فِي جُبِّ أَسْفَلِ السَّافِلِينَ، فِي  
ظُلُمَاتِ الْمَوْتِ وَظِلَالِهِ. عَلَيَّ اسْتَقَرَّ غَضَبُكَ، وَجَمِيعُ  
أَهْوَالِكَ أَجْرَتْهَا عَلَيَّ. أَبْعَدْتَ عَنِّي مَعَارِفِي، جَعَلُونِي  
لَهُمْ رَجَاسَةً. قَدْ أَسْلِمْتُ وَمَا خَرَجْتُ، وَعَيْنَايَ ضَعُفْنَا  
مِنَ الْمَسْكَنَةِ. صَرَخْتُ إِلَيْكَ، يَا رَبُّ، النَّهَارَ كُلَّهُ وَإِلَيْكَ  
بَسَطْتُ يَدَيَّ. أَلَعَلَّكَ لِلْأَمْوَاتِ تَصْنَعُ الْعَجَائِبِ؟ أَمْ  
الْأَطْبَاءُ يُقِيمُونَهُمْ، فَيَعْتَرِفُونَ لَكَ؟ هَلْ يُحَدِّثُ أَحَدٌ فِي  
الْقَبْرِ بِرَحْمَتِكَ، وَفِي الْهَلَاكِ بِحَقِّكَ؟ هَلْ تُعْرِفُ فِي  
الظُّلْمَةِ عَجَائِبُكَ، وَعَدْلُكَ فِي أَرْضٍ مَنْسِيَّةٍ؟ وَأَنَا إِلَيْكَ،  
يَا رَبُّ، صَرَخْتُ فَتَبَلُّغْ فِي الْعِدَاةِ صَلَاتِي. لِمَاذَا، يَا  
رَبُّ، تُقْصِي نَفْسِي وَتَصْرِفُ وَجْهَكَ عَنِّي؟ فَفَيْرَ أَنَا،  
وَفِي الشَّقَاءِ مُنْذُ شَبَابِي، وَحِينَ ارْتَفَعْتُ اتَّضَعْتُ  
وَتَحَيَّرْتُ. عَلَيَّ جَارَ رِجْزِكَ، وَمُفْزِعَاتِكَ أَرْعَجْتَنِي.  
أَحَاطَتْ بِي كَالْمَاءِ، وَالنَّهَارَ كُلَّهُ اكَتَنَفْتَنِي مَعًا. أَبْعَدْتَ  
عَنِّي الصَّدِيقَ وَالْقَرِيبَ وَمَعَارِفِي مِنَ الشَّقَاءِ.

يَا رَبُّ إِلَهَ خَلَاصِي، فِي النَّهَارِ صَرَخْتُ وَفِي اللَّيْلِ  
أَمَامَكَ، فَلْتَدْخُلْ قُدَّامَكَ صَلَاتِي، أَمَلٌ أَدُنُّكَ إِلَى طَلِبَتِي.

### PSALM 102

Bless the Lord, O my soul, and all that is within me bless His holy name. Bless the Lord, O my soul, and forget not all that He hath done for thee, Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who fulfilleth thy desire with good things; thy

بَارِكِي يَا نَفْسِي الرَّبَّ، وَيَا جَمِيعَ مَا فِي دَاخِلِي اسْمَهُ  
الْقُدُّوسِ. بَارِكِي يَا نَفْسِي الرَّبَّ، وَلَا تَنْسِي جَمِيعَ  
مُكَافَاتِهِ. الَّذِي يَغْفِرُ جَمِيعَ آثَامِكَ، الَّذِي يَشْفِي جَمِيعَ  
أَمْرَاضِكَ، الَّذِي يُنْجِي مِنَ الْفَسَادِ حَيَاتِكَ، الَّذِي يُكَلِّلُكَ

youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgment for all them that are wronged. He hath made His ways known unto Moses, unto the sons of Israel the things that He hath willed. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy; not unto the end will He be angered; neither unto eternity will He be wroth. Not according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us. Like as a father hath compassion upon his sons, so hath the Lord had compassion upon them that fear Him; for He knoweth whereof we are made, He hath remembered that we are dust. As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him. And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them. The Lord in heaven hath prepared His throne, and His kingdom ruleth over all. Bless the Lord, all ye His angels, mighty in strength, that perform His word, to hear the voice of His words. Bless the Lord, all ye His hosts, His ministers that do His will. Bless the Lord, all ye His works, in every place of His dominion. Bless the Lord, O my soul.

In every place of His dominion, bless the Lord, O my soul.

بِالرَّحْمَةِ وَالرَّأْفَةِ، الَّذِي يُشْبِعُ بِالْخَيْرَاتِ شَهَوَاتِكَ، فَيَتَجَدَّدُ  
كَالنَّسْرِ شَبَابُكَ. الرَّبُّ صَانِعُ الرَّحْمَاتِ وَالْقَضَاءِ لِجَمِيعِ  
الْمَظْلُومِينَ. عَرَفَ مُوسَى طُرُقَهُ، وَبَنِي إِسْرَائِيلَ  
مَشِيئَاتِهِ. الرَّبُّ رَحِيمٌ وَرَوْوْفٌ، طَوِيلُ الْأَنَاءَةِ وَكَثِيرُ  
الرَّحْمَةِ، لَيْسَ إِلَى الْإِنْقِضَاءِ يَسْخَطُ، وَلَا إِلَى الدَّهْرِ  
يَحْقِدُ. لَا عَلَى حَسَبِ آثَامِنَا صَنَعَ مَعَنَا، وَلَا عَلَى حَسَبِ  
خَطَايَانَا جَازَانَا. لِأَنَّهُ بِمِقْدَارِ ارْتِفَاعِ السَّمَاءِ عَنِ  
الْأَرْضِ، قُوَى الرَّبُّ رَحْمَتَهُ عَلَى الَّذِينَ يَتَّقُونَهُ، وَبِمِقْدَارِ  
بُعْدِ الْمَشْرِقِ مِنَ الْمَغْرِبِ أَبْعَدَ عَنَّا سَيِّئَاتِنَا. كَمَا يَتَرَأَّفُ  
الْأَبُ بِالْبَنِينَ، يَتَرَأَّفُ الرَّبُّ بِخَانَفِيهِ، لِأَنَّهُ عَرَفَ جَبَلَاتِنَا  
وَذَكَرَ أَنَّنَا تَرَابٌ نَحْنُ. الْإِنْسَانُ كَالْعُشْبِ أَيَّامُهُ وَكَزَهْرِ  
الْحَقْلِ كَذَلِكَ يُزْهِرُ، لِأَنَّهُ إِذَا هَبَّتْ فِيهِ الرِّيحُ لَيْسَ يَثْبُتُ  
وَلَا يُعْرَفُ أَيْضًا مَوْضِعُهُ. أَمَّا رَحْمَةُ الرَّبِّ فَهِيَ مُنْذُ  
الدَّهْرِ، وَإِلَى الدَّهْرِ عَلَى الَّذِينَ يَتَّقُونَهُ، وَعَدْلُهُ عَلَى  
أَبْنَاءِ الْبَنِينَ الْحَافِظِينَ عَهْدَهُ وَالذَّاكِرِينَ وَصَايَاهُ  
لِيَصْنَعُوهَا. الرَّبُّ هَيَّا عَرْشَهُ فِي السَّمَاءِ، وَمَمْلَكَتُهُ تَسُودُ  
عَلَى الْجَمِيعِ. بَارِكُوا الرَّبَّ يَا جَمِيعَ مَلَائِكَتِهِ، الْمُقْتَدِرِينَ  
بِقُوَّةٍ، الْعَامِلِينَ بِكَلِمَتِهِ عِنْدَ سَمَاعِ صَوْتِ كَلَامِهِ. بَارِكُوا  
الرَّبَّ يَا جَمِيعَ قُوَّاتِهِ، يَا خُدَّامَهُ الْعَامِلِينَ إِرَادَتَهُ. بَارِكُوا  
الرَّبَّ يَا جَمِيعَ أَعْمَالِهِ، فِي كُلِّ مَوْضِعِ سِيَادَتِهِ. بَارِكِي  
يَا نَفْسِي الرَّبَّ.

فِي كُلِّ مَوْضِعِ سِيَادَتِهِ. بَارِكِي يَا نَفْسِي الرَّبَّ.

### PSALM 142

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life

يَا رَبُّ اسْتَمِعْ صَلَاتِي، وَأَنْصِتْ بِحَقِّكَ إِلَى طَلْبَتِي.  
إِسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعَ عَبْدِكَ،  
فَإِنَّهُ لَنْ يَتَزَكَّى أَمَامَكَ أَيُّ حَيٍّ. لِأَنَّ الْعَدُوَّ قَدْ اضْطَهَدَ

down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.

O Lord, give ear unto my supplication and enter not into judgment with Thy servant. (TWICE)

Thy good Spirit shall lead me in the land of uprightness.

*Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*

*Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)*

*O our God and our Hope, glory to Thee!*

نَفْسِي، وَأَذَلَّ إِلَى الْأَرْضِ حَيَاتِي، وَأَجَلَسَنِي فِي الظُّلُمَاتِ مِثْلَ الْمَوْتَى مُنْذُ الدَّهْرِ، فَصَجِرَتْ رُوحِي وَاضْطَرَبَ قَلْبِي فِي دَاخِلِي. تَذَكَّرْتُ الْأَيَّامَ الْقَدِيمَةَ. هَدَذْتُ فِي كُلِّ أَعْمَالِكَ، وَتَأَمَّلْتُ فِي صَنَائِعِ يَدَيْكَ. بَسَطْتُ يَدَيَّ إِلَيْكَ وَنَفْسِي لَكَ كَأَرْضٍ لَا تُمَطَّرُ. أَسْرِعْ فَاسْتَجِبْ لِي يَا رَبُّ، فَقَدْ فَنِيَتْ رُوحِي. لَا تَصْرِفْ وَجْهَكَ عَنِّي، فَأَشَابَهُ الْهَابِطِينَ فِي الْجُبِّ. اجْعَلْنِي فِي الْعِدَاةِ مُسْتَمِعًا رَحْمَتِكَ، فَإِنِّي عَلَيْكَ تَوَكَّلْتُ. عَرَّفْنِي يَا رَبُّ الطَّرِيقَ الَّذِي أَسْلُكُ فِيهِ، فَإِنِّي إِلَيْكَ رَفَعْتُ نَفْسِي. أَنْقِذْنِي مِنْ أَعْدَائِي يَا رَبُّ، فَإِنِّي قَدْ لَجَأْتُ إِلَيْكَ. عَلَّمْنِي أَنْ أَعْمَلَ مَرْضَاتِكَ، لِأَنَّكَ أَنْتَ إِلَهِي. رُوحَكَ الصَّالِحَ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ. مِنْ أَجْلِ اسْمِكَ، يَا رَبُّ، تُحْيِينِي. بِعَدْلِكَ تُخْرِجُ مِنَ الْحُزَنِ نَفْسِي، وَبِرَحْمَتِكَ تَسْتَأْصِلُ أَعْدَائِي، وَتُهْلِكُ جَمِيعَ الَّذِينَ يُحْزِنُونَ نَفْسِي لِأَنِّي أَنَا عَبْدُكَ.

اسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعَ عَبْدِكَ.  
(مَرَّتَيْنِ)

رُوحَكَ الصَّالِحَ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ.

الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.

هَلْلُويَا، هَلْلُويَا، هَلْلُويَا، الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا)

يَا إِلَهَنَا، وَرَجَاءَنَا، لَكَ الْمَجْدُ.



## THE GREAT LITANY

<b>Priest:</b> In peace, let us pray to the Lord.	الكاهن: بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَمِ.
<b>Priest:</b> For the peace from above, and for the salvation of our souls, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ السَّلَامِ الَّذِي مِنَ الْعُلَى وَخَلَاصِ نُفُوسِنَا، إِلَى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَمِ.
<b>Priest:</b> For the peace of the whole world; for the good estate of the holy churches of God, and for the union of all men, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ سَلَامِ كُلِّ الْعَالَمِ، وَحُسْنِ ثَبَاتِ كَنَائِسِ اللَّهِ الْمُقَدَّسَةِ، وَاتِّحَادِ الْجَمِيعِ، إِلَى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَمِ.
<b>Priest:</b> For this holy House, and for those who with faith, reverence, and fear of God enter therein, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ هَذَا الْبَيْتِ الْمُقَدَّسِ، وَالَّذِينَ يَدْخُلُونَ إِلَيْهِ بِإِيمَانٍ وَوَرَعٍ وَخَوْفِ اللَّهِ، إِلَى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَمِ.
<b>Priest:</b> For our father and Metropolitan N., (and for our Bishop N.), for the venerable Priesthood, the Diaconate in Christ, for all the clergy and the people, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ أَبِينَا وَمِتْرُوبُولِيْتِنَا (فَلَان) وَرَبِّيسِ كَهَنَتِنَا (فَلَان)، وَالْكَهَنَةِ الْمُكْرَّمِينَ، وَالشَّمَامِسَةَ، خُدَّامِ الْمَسِيحِ، وَجَمِيعِ الْإِكْلِيروسِ وَالشَّعْبِ، إِلَى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَمِ.
<b>Priest:</b> For Metropolitan PAUL, Archbishop JOHN, and for their quick release from captivity and safe return, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ الْمِتْرُوبُولِيْتِ بُولْسَ وَالْمِطْرَانِ يُوْحَنَّا وَقَلِّ أَسْرِهِمَا وَعَوْدَتِهِمَا سَالِمِينَ، إِلَى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَمِ.
<b>(In the U.S.) Priest:</b> For the President of the United States and all civil authorities and for our Armed Forces everywhere, let us pray to the Lord.	(في أمريكا) الكاهن: مِنْ أَجْلِ حُكَّامِ هَذَا الْبَلَدِ، وَمُؤَارَرَتِهِمْ فِي كُلِّ عَمَلٍ صَالِحٍ، إِلَى الرَّبِّ نَطْلُبُ.
<b>(In Canada) Priest:</b> For Her Majesty, the Queen, for the Prime Minister of Canada, and all civil authorities and for our Armed Forces everywhere, let us pray to the Lord.	(في كندا) الكاهن: مِنْ أَجْلِ جَلَالَةِ الْمَلِكَةِ وَرَبِّيسِ وَزَرَاءِ كَنَدَا وَسُلْطَاتِهَا الْمَدَنِيَّةِ وَقُوَّاتِهَا الْعَسْكَرِيَّةِ، إِلَى الرَّبِّ نَطْلُبُ.

<b>Choir:</b> Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَم.
<b>Priest:</b> For this city, and for every city and land, and for the faithful, who dwell therein; let us pray to the Lord.	الكاهن: مِنْ أَجْلِ هَذِهِ الْمَدِينَةِ، وَجَمِيعِ الْمُدُنِ وَالْقُرَى، وَالْمُؤْمِنِينَ السَّاكِنِينَ فِيهَا، إِلَى الرَّبِّ نَطْلُب.
<b>Choir:</b> Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَم.
<b>Priest:</b> For healthful seasons, for abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ اعْتِدَالِ الْأَهْوِيَةِ، وَخِصْبِ ثَمَارِ الْأَرْضِ وَأَوْقَاتِ سَلَامِيَّةٍ، إِلَى الرَّبِّ نَطْلُب.
<b>Choir:</b> Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَم.
<b>Priest:</b> For travelers by sea, by land, and by air; for the sick and the suffering; for captives and their salvation, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ الْمُسَافِرِينَ فِي الْبَحْرِ وَالْبَرِّ وَالْجَوِّ، وَالْمَرْضَى وَالْمُتَأَلِّمِينَ وَالْأَسْرَى، وَخَلَاصِهِمْ، إِلَى الرَّبِّ نَطْلُب.
<b>Choir:</b> Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَم.
<b>Priest:</b> For our deliverance from all tribulation, wrath, danger, and necessity, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ نَجَاتِنَا مِنْ كُلِّ ضَيْقٍ وَعَظْبٍ وَخَطَرٍ وَشِدَّةٍ إِلَى الرَّبِّ نَطْلُب.
<b>Choir:</b> Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَم.
<b>Priest:</b> Help us; save us; have mercy on us; and keep us, O God, by Thy grace.	الكاهن: أَعُضِدْ وَخَلِّصْ وَارْحَمْ واحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ.
<b>Choir:</b> Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَم.
<b>Priest:</b> Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-Virgin Mary, with all the Saints, let us commend ourselves and each other, and all our life unto Christ our God.	الكاهن: بَعْدَ ذِكْرِنَا الْكُلِّيَّةِ الْقَدَّاسَةِ الطَّاهِرَةِ الْفَائِقَةِ الْبَرَكَاتِ الْمَحِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ، مَعَ جَمِيعِ الْقَدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.
<b>Choir:</b> To Thee, O Lord.	الجوقة: لَكَ يَا رَبُّ.
<b>Priest:</b> For unto Thee are due all glory, honor, and worship: to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages.	الكاهن: لِأَنَّهُ يَنْبَغِي لَكَ كُلُّ تَمَجِيدٍ وَإِكْرَامٍ وَسُجُودٍ، أَيُّهَا الْآبُ وَالابْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
<b>Choir:</b> Amen.	الجوقة: آمِينَ.

## “GOD IS THE LORD” IN TONE EIGHT

**Chanter:** God is the Lord and hath appeared unto us. Blessed is He that cometh in the Name of the Lord. (*Repeat after verses*)

المَرْتَلُ: اللهُ الرَّبُّ ظَهَرَ لَنَا، مُبَارَكٌ الْآتِي بِاسْمِ الرَّبِّ.  
(تَعَادُ بَعْدَ الْإِسْتِيخونات)

1. O give thanks unto the Lord, and call upon His holy Name.

1 - اِعْتَرِفُوا لِلرَّبِّ وَاذْعُوا بِاسْمِهِ الْقُدُّوسِ.

2. All nations compassed me about, but in the Name of the Lord will I destroy them.

2 - كُلُّ الْأُمَمِ أَحَاطُوا بِي وَبِاسْمِ الرَّبِّ قَهَرْتُهُمْ.

3. This is the Lord's doing; it is marvelous in our eyes.

3 - مِنْ قَبْلِ الرَّبِّ كَانَتْ هَذِهِ وَهِيَ عَجِيبَةٌ فِي أَعْيُنِنَا.

## RESURRECTIONAL APOLYTIKION IN TONE EIGHT

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

انْحَدَرْتَ مِنَ الْعُلُوِّ يَا مُتَحَنِّنٌ، وَقَبِلْتَ الدَّفْنَ ذَا الثَّلَاثَةِ  
الْأَيَامِ، لِكَيْ تُعْتِقَنَا مِنَ الْآلَامِ، فَيَا حَيَاتِنَا وَقِيَامَتَنَا، يَا  
رَبُّ الْمَجْدُ لَكَ.

## APOLYTIKION OF THE FIRST SUNDAY OF GREAT LENT IN TONE TWO

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

Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Wherefore, with thankfulness we cry aloud to thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُّوسِ.  
لِصُورَتِكَ الطَّاهِرَةِ نَسْجُدُ أَيُّهَا الصَّالِحُ، طَالِبِينَ غُفْرَانَ  
الْخَطَايَا أَيُّهَا الْمَسِيحُ إِلَهُنَا، لِأَنَّكَ قَبِلْتَ أَنْ تَرْتَفِعَ بِالْجَسَدِ  
عَلَى الصَّلِيبِ طَوْعاً، لِتُنَجِّيَ الَّذِينَ خَلَقْتَ مِنْ عُبُودِيَّةِ  
الْعَدُوِّ. لِذَلِكَ نَهْتَفُ إِلَيْكَ بِشُكْرٍ: لَقَدْ مَلَأْتَ الْكُلَّ فَرَحاً  
يَا مُخَلِّصِنَا، إِذْ أَتَيْتَ لِتُخَلِّصَ الْعَالَمَ.

## RESURRECTIONAL THEOTOKION IN TONE TWO

*Both now and ever, and unto ages of ages. Amen.*

Exceeding glorious beyond the power of thought are thy mysteries, O Theotokos. For being sealed in purity and preserved in virginity, thou wast acknowledged to be in very truth the mother who didst bring forth the true God; wherefore entreat Him to save our souls.

الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.  
أَسْرَارُكَ كُلُّهَا يَا وَالِدَةَ الْإِلَهِ تَفُوقُ كُلَّ عَقْلِ وَتَسْمُو عَلَى  
كُلِّ مَجْدٍ. لِأَنَّكَ وَأَنْتِ مَخْتَوْمَةُ الطَّاهِرَةِ، وَمَصُونَةُ  
الْبَتُولِيَّةِ، عُرِفْتَ أَمَّا بغيرِ رَيْبٍ، وَوَلَدْتَ الْإِلَهَ الْحَقِيقِيَّ،  
فَالِإِلَهَ ابْتَهَلِي أَنْ يُخَلِّصَ نَفُوسَنَا.

## THE LITTLE LITANY

**Priest:** Again and again, in peace, let us pray to the Lord.

**Choir:** Lord, have mercy.

**Priest:** Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

**Choir:** Lord, have mercy.

**Priest:** Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.

**Choir:** To Thee, O Lord.

**Priest:** For Thine is the majesty, and Thine is the kingdom, and the power and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

**Choir:** Amen.

الكاهن: أيضاً وأيضاً بسلامٍ إلى الربِّ نطلب.

الجوق: يا ربُّ ارحم.

الكاهن: أعضد، وخلص، وارحم، واحفظنا يا الله  
بنعمتك.

الجوق: يا ربُّ ارحم.

الكاهن: بعد ذكرنا الكليّة القداسة، الطاهرة، الفائقة  
البركات المجيدة، سيدتنا والدة الإله الدائمة البتولية  
مريم مع جميع القديسين، لنودع أنفسنا وبعضنا بعضاً  
وكلّ حياتنا للمسيح الإله.

الجوق: لك يا رب.

الكاهن: لأنّ لك العزة ولك الملك والقوة والمجد أيها  
الأب والابن والروح القدس، الآن وكلّ أوانٍ وإلى دهر  
الداهرين.

الجوق: أمين.

## EIGHTH TONE RESURRECTIONAL KATHISMATA (Plain Reading)

### First Kathisma

Thou hast risen from the dead, O Life of all. And a resplendent angel shouted to the women: Dry your tears and proclaim to the Apostles, and cry out in praise, that Christ the Lord hath risen, He Who hath been pleased to save mankind, since He is God.

إذ فُمت من بين الأموات يا حياة الكلِّ، وملاكٌ منيرٌ  
هتف نحو النسوة: اكفئن من الدموع، وبشرن الرسل،  
واهتفن مسبحات، بأن قد قام المسيح الرب الذي سرّ،  
بما أنه إله، أن يخلص جنس البشر.

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

Thou hast verily risen from the tomb; and Thou didst command the righteous women to preach to the Apostles the Resurrection, as it was written. And as for Peter, he did hasten to the tomb; and when he saw the light in the grave, he was dazzled with surprise. Then he saw the linen clothes lying aside, where it was not possible to see them by night, and he believed, and cried out, Glory to Thee, O Christ God; for Thou hast

المجد للأب، والابن، والروح القدس.

حقاً قد فُمت من القبر، وأمرت النسوة البارّات أن يعلن  
انبعاثك كما كتبت. فجاء بطرس إلى القبر راكضاً،  
ورأى النور في الصريح فذهل، ثم عاين أيضاً الأكفان  
وخذاها موضوعة على حدة بدون الجسد الإلهي، فأمن  
وهتف: المجد لك أيها المسيح الإله، لأنك تخلص

<p>saved us all, O our Savior, Who still remainest in truth the Radiance of the Father.</p>	<p>الْجَمِيعَ، يَا مُخَلِّصَنَا، فَإِنَّكَ أَنْتَ شِعَاعُ الْآبِ.</p>
<p>(Theotokion of the Resurrectional Apolytikion) Both now and ever, and unto ages of ages. Amen. Thou Who for our sake wast born of a Virgin, and didst suffer crucifixion, O good One, and didst despoil death through death, and as God didst reveal resurrection. Despise not those Whom Thou hast created with Thine own hand, show forth Thy love for mankind, O merciful One. Accept the intercessions of Thy mother, the Theotokos for us, and save Thy despairing people, O our Savior</p>	<p>(وَالِدِيَّة طَرُوبَارِيَّة اللَّحْنِ الْأَوَّلِ) الآنَ وَكَلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. يَا مَنْ وُلِدَ مِنَ الْبَتُولِ مِنْ أَجْلِنَا وَكَابَدَ الصَّلْبَ أَيُّهَا الصَّالِحِ. يَا مَنْ سَبَى الْمَوْتَ بِمَوْتِهِ وَأَرَى الْقِيَامَةَ بِمَا أَنَّهُ إِلَهُ. لَا تُعْرِضْ عَنِ الَّذِينَ جَبَلْتَهُمْ بِيَدَيْكَ، بَلْ أَظْهَرِ تَعَطُّفَكَ عَلَى النَّاسِ أَيُّهَا الرَّحُومِ. وَتَقَبَّلْ وَالِدَتَكَ وَالِدَةَ الْإِلَهِ مُتَشَفِّعَةً مِنْ أَجْلِنَا، وَخَلِّصْ يَا مُخَلِّصَنَا شَعْبًا يَأْسًا.</p>
<p><b>Second Kathisma</b></p>	
<p>Men did seal Thy tomb, O Savior, and the angels did roll the stone from off Thy grave; and the women witnessed Thy Resurrection from the dead. They proclaimed to Thy Disciples in Zion that Thou didst rise, O Life of all, and didst break asunder the bonds of death, O Lord, glory to Thee.</p>	<p>أَيُّهَا الْمُخَلِّصُ، إِنَّ الْبَشَرَ خَتَمُوا قَبْرَكَ، وَالْمَلَائِكَةُ دَخَرَجَ الْحَجَرَ عَنْ بَابِ اللَّحْدِ، وَالنِّسْوَةُ عَايَنَ قِيَامَتَكَ مِنْ بَيْنِ الْأَمْوَاتِ، وَبَشَّرْنَ تَلَامِيذَكَ فِي صِهْيُونَ بِأَنَّكَ قَدْ قُتِمْتَ يَا حَيَاةَ الْكُلِّ وَحَلَلْتَ قُبُودَ الْمَوْتِ، يَا رَبُّ الْمَجْدُ لَكَ.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Verily, when the women came with burial ointment, they heard from the grave an angelic voice, saying: Cease your tears and receive joy instead of sorrow; and cry in praise that Christ the Lord is risen, Who being God was pleased to save mankind.</p>	<p>الْمَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُسِ. إِنَّ النِّسْوَةَ لَمَّا وَافَيْنَ بِطُيُوبِ الدَّفْنِ، سَمِعْنَ مِنَ الْقَبْرِ صَوْتًا مَلَائِكِيًّا قَائِلًا: اكْفَيْنِ الدُّمُوعَ وَأَقْبِلْنَ الْفَرْحَ عِوَضَ الْحُزْنِ، وَاهْتَفِنَ مُسَبِّحَاتٍ بِأَنْ قَدْ قَامَ الْمَسِيحُ الرَّبُّ، الَّذِي سَرَّ بِمَا أَنَّهُ إِلَهُ، أَنْ يُخَلِّصَ جِنْسَ الْبَشَرِ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> Verily, all creation rejoiceth in thee, O full of grace; the assemblies of angels and the races of men, O holy temple and paradise endowed with speech, the pride of virginity from whom God was incarnate and became a child, being yet our God before the ages; for He hath made thy receptacle a throne and thy womb more spacious than the heavens. Wherefore, O full of grace, the whole creation rejoiceth in thee and glorifieth thee.</p>	<p>الآنَ وَكَلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. إِنَّ الْبَرَايَا بِأَسْرِهَا تَفْرَحُ بِكَ يَا مُمْتَلِئَةَ نِعْمَةً، مَحَافِلَ الْمَلَائِكَةِ وَأَجْنَاسَ الْبَشَرِ. أَيُّهَا الْهَيْكَلُ الْمُتَقَدِّسُ وَالْفِرْدَوْسُ النَّاطِقُ، فَحُرِّ الْبَتُولِيَّةِ مَرِيْمُ الَّتِي مِنْهَا تَجَسَّدَ الْإِلَهُ وَصَارَ طِفْلاً، وَهُوَ إِلَهُنَا قَبْلَ الدُّهُورِ. لِأَنَّهُ صَنَعَ مُسْتَوْدَعَكَ عَرْشًا، وَجَعَلَ بَطْنَكَ أَرْحَبَ مِنَ السَّمَاوَاتِ. لِذَلِكَ يَا مُمْتَلِئَةَ نِعْمَةً، تَفْرَحُ بِكَ كُلُّ الْبَرَايَا وَتُمَجِّدُكَ.</p>

**EVLOGETARIA (BENEDICTIONS) IN TONE FIVE**

*Blessed art Thou, O Lord; teach me Thy statutes.*  
The company of the Angels was amazed when they beheld Thee numbered among the dead. Yet Thyself, O Savior, destroyed the power of death, with Thee raising up Adam and releasing all men from Hell.

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.  
جَمْعُ الْمَلَائِكَةِ انْذَهَلَ مُتَحَيِّرًا، عِنْدَ مُشَاهَدَتِهِمْ إِيَّاكَ  
مَحْسُوبًا بَيْنَ الْأَمْوَاتِ أَيُّهَا الْمُخْلِصُ، وَدَاحِضًا قُوَّةَ  
الْمَوْتِ، وَمُنْهَضًا آدَمَ مَعَكَ، وَمُعْتِقًا إِيَّانَا مِنَ الْجَحِيمِ  
كَافَةً.

*Blessed art Thou, O Lord; teach me Thy statutes.*  
Wherefore, O Women Disciples, do ye mingle sweet-smelling spices with your tears of pity? The radiant Angel within the sepulcher cried unto the Myrrh-bearing Women: Behold the grave, and understand, for the Savior is risen from the tomb.

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.  
الْمَلَائِكَةُ اللَّامِعَةُ عِنْدَ الْقَبْرِ تَقْوَةَ نَحْوِ حَامِلَاتِ الطَّيِّبِ  
قَائِلًا: لِمَ تَمْرُجْنَ الطُّيُوبَ بِالْذَّمُوعِ، بِتَرْتِّبِ يَا تَلْمِيزَاتِ؟  
أَنْظُرْنَ اللَّحْدَ وَافْرَحْنَ، لِأَنَّ الْمُخْلِصَ قَدْ قَامَ مِنَ الْقَبْرِ.

*Blessed art Thou, O Lord; teach me Thy statutes.*  
Very early in the morning, did the Myrrh-bearing Women run lamenting unto Thy tomb. But an Angel came toward them, saying: The time for lamentation is passed; weep not, but announce unto the Apostles the Resurrection.

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.  
إِنَّ حَامِلَاتِ الطَّيِّبِ سَحَرًا جِدًّا، سَارَعْنَ إِلَى قَبْرِكَ  
نَائِحَاتٍ. إِلَّا أَنَّ الْمَلَكَ وَقَفَ بِهِنَّ، وَقَالَ لَهُنَّ: زَمَانُ  
النُّوحِ قَدْ كَفَّ وَبَطَلَ فَلَا تَبْكِينَ، بَلْ بَشِّرْنَ الرُّسُلَ  
بِالْقِيَامَةِ.

*Blessed art Thou, O Lord; teach me Thy statutes.*  
The Myrrh-bearing Women mourned, as bearing spices they drew near Thy tomb, O Savior. But the Angel spake unto them, saying: Why number ye the living among the dead? In that He is God He is risen from the grave.

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.  
إِنَّ النِّسْوَةَ حَامِلَاتِ الطَّيِّبِ، وَافِينَ بِالْحَنُوطِ إِلَى قَبْرِكَ  
أَيُّهَا الْمُخْلِصُ. فَسَمِعْنَ مَلَكَاً مُتَنَغِّمًا نَحْوَهُنَّ قَائِلًا: لِمَ  
تَحْسِبُنَّ الْحَيِّ مَعَ الْمَوْتَى؟ فَبِمَا أَنَّهُ إِلَهُ، قَدْ قَامَ مِنَ  
الْقَبْرِ نَاهِضًا.

*Glory to the Father, and to the Son, and to the Holy Spirit.*  
We adore the Father, as also His Son, and the Holy Spirit, the Holy Trinity in one Essence, crying with the Seraphim: Holy, holy, holy art Thou, O Lord.

الْمَجْدُ لِلْأَبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُّوسِ.  
نَسْجُدُ لِلْأَبِ، وَلِإِبْنِهِ، وَلِرُوحِ قُدُّوسِهِ، ثَالِوثًا قُدُّوسًا فِي  
جَوْهَرٍ وَاحِدٍ، هَاتِفِينَ مَعَ السَّرَافِيمِ: قُدُّوسٌ، قُدُّوسٌ،  
قُدُّوسٌ أَنْتَ يَا رَبُّ.

*Both now and ever, and unto ages of ages. Amen.*  
In that thou didst bear the Giver of Life, O Virgin, thou didst redeem Adam from sin, and didst give to Eve joy in place of sadness; and He

الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.  
أَيُّهَا الْعَذْرَاءُ، لَقَدْ وُلِدْتَ مُعْطِيَةَ الْحَيَاةِ، وَأَنْقَذْتَ آدَمَ  
مِنَ الْخَطِيئَةِ، وَمَنْحْتَ حَوَاءَ الْفَرْحِ عِوَضَ الْحُزْنِ، لَكِنَّ

who was incarnate of thee, both God and man, hath restored to life those who had fallen therefrom.	الإله والإنسان المتجسد منك، أرشدهما إلى الحياة التي قد تهوَّرا منها.
Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE) O our God and our Hope, glory to Thee!	هللوييا، هللوييا، هللوييا، المجدُّ لك يا الله. (ثلاثاً) يا إلهنا ورجاءنا لك المجد.

### THE LITTLE LITANY

<b>Priest:</b> Again and again, in peace, let us pray to the Lord. <b>Choir:</b> Lord, have mercy. <b>Priest:</b> Help us; save us; have mercy on us; and keep us, O God, by Thy grace. <b>Choir:</b> Lord, have mercy. <b>Priest:</b> Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God. <b>Choir:</b> To Thee, O Lord. <b>Priest:</b> For blessed is Thy Name, and glorified is Thy kingdom: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages. <b>Choir:</b> Amen.	<b>الكاهن:</b> أيضاً وأيضاً بسلامٍ إلى الربِّ نطلب. <b>الجوق:</b> يا ربُّ ارحم. <b>الكاهن:</b> أعضد، وخلص، وارحم، واحفظنا يا الله بنعمتك. <b>الجوق:</b> يا ربُّ ارحم. <b>الكاهن:</b> بعد نكرنا الكليَّة القداسة، الطاهرة، الفائقة البركات المجيدة، سيدتنا والدة الإله الدائمة البتولية مريم مع جميع القديسين، لنودع أنفسنا وبعضنا بعضاً وكلَّ حياتنا للمسيح الإله. <b>الجوق:</b> لك يا رب. <b>الكاهن:</b> لأنَّ اسمك مباركٌ ومُلكك مُمجدٌ أيُّها الأب والإبن والروح القدس، الآن وكلَّ أوانٍ وإلى دهر الداهرين. <b>الجوق:</b> آمين.
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### EIGHTH TONE RESURRECTIONAL HYPAKOE (Plain Reading)

The ointment-bearing women came to the tomb of the Life-giver, seeking among the dead the Lord Who is not dead; and when they received the glad tidings from the angels, they preached to the Apostles that the Lord hath risen, and granted the world the Great Mercy.	إنَّ حاملاتِ الطيبِ حَضرنَ إلى قَبْرِ الواهبِ الحياة، طالباتٍ في الأمواتِ السَّيِّدِ غَيْرِ المائتِ. وإذ قَبِلنَ بَشائِرَ الفَرَحِ مِنَ المَلائِكِ، بَشَّرنَ الرُّسُلَ بأنَّ الرَّبَّ قد قامَ، مانحاً العالمَ الرَّحمةَ العُظْمَى.
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### EIGHTH TONE RESURRECTIONAL ANABATHMOI (Plain Reading)

#### First Antiphony

+ From my youth the enemy hath tempted me and with temptations hath he beguiled me. But I, O Lord, trusting in Thee, have rejected him in shame.	+ إنَّ العَدُوَّ منذُ شَبابي يُجَرِّبُنِي وباللذاتِ يُلْهِيُنِي، وأنا باتِكالي عليك يا ربُّ أَقْهَرُهُ مُخْزِياً إِيَّاهُ.
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<p>+ They who hate Zion shall become like grass before it is pulled up; for Christ shall cut down their necks with the scythe of torment.</p> <p>+ <i>Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.</i></p> <p>+ Verily in the Holy Spirit all shall live; for He is the Light of Light, a great God. Let us, therefore, praise Him with the Father and the Word.</p>	<p>+ إِنَّ الَّذِينَ يُبْغِضُونَ صِهْيُونَ يَصِيرُونَ نَظِيرَ الْعُشْبِ قَبْلَ أَنْ يُقْلَعَ، لِأَنَّ الْمَسِيحَ سَيَقْطَعُ بِمِفْصَلِ الْعَذَابِ أَغْنَاقَهُمْ.</p> <p>+ الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُسِ، الْآنَ وَكَلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.</p> <p>+ إِنَّهُ بِالرُّوحِ الْقُدُسِ يَحْيَا الْكُلَّ، وَهُوَ نُورٌ مِنْ نُورِ، إِلَهَ عَظِيمٍ، فَلْنُسَبِّحْهُ مَعَ الْآبِ وَالْكَلِمَةِ.</p>
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### Second Antiphony

<p>+ Yea, let my humble heart be lighted by Thy fear, lest it rise and fall from Thee, O all-compassionate One.</p> <p>+ He that trusteth in the Lord shall not fear when God shall judge all with tormenting fire.</p> <p>+ <i>Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.</i></p> <p>+ Verily, by the Holy Spirit every divine one seeth and uttereth things to be, and performeth heavenly wonders; for he singeth to one God in three; for the Godhead, albeit of three Lights, is one in Leadership.</p>	<p>+ لَيْسَتَّرَ قَلْبِي الْمُتَضِعُ بِخَوْفِكَ لِيَلَّا يَرْتَفِعَ، فَتُخْفِضُهُ يَا كُلِّي الرَّأْفَةِ.</p> <p>+ إِنَّ الْوَاضِعَ اتِّكَالَهُ عَلَى الرَّبِّ لَا يَخْشَى عِنْدَمَا يَدِينُ اللَّهُ الْكُلَّ بِالنَّارِ مُعَذِّبًا.</p> <p>+ الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُسِ، الْآنَ وَكَلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.</p> <p>+ إِنَّهُ بِالرُّوحِ الْقُدُسِ كُلُّ إِلَهِي يَنْظُرُ وَيَنْطِقُ بِالْمُقْبِلَاتِ، وَيَصْنَعُ آيَاتٍ عُلوِيَّةً، فَإِنَّهُ يَرْتَلُّ لِإِلَهٍ وَاحِدٍ فِي ثَلَاثَةٍ، لِأَنَّ اللَّاهُوتَ وَإِنْ كَانَ ذَا ثَلَاثَةِ أَنْوَارٍ، إِلَّا أَنَّهُ مُوَحَّدٌ الرَّئِاسَةِ.</p>
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### Third Antiphony

<p>+ To Thee have I cried, O Lord. Listen and turn Thine ear towards me when I shout. Purify me before Thou raisest me from this place.</p> <p>+ Verily, everyone shall return and disappear in his mother the earth, and shall be dissolved at once, to receive either honors or punishments as reward for what he hath done in his lifetime.</p> <p>+ <i>Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.</i></p> <p>+ Verily, through the Holy Spirit one speaketh of the Godhead, the One, the Thrice-Holy; for from the Father, Who is without</p>	<p>+ إِلَيْكَ صَرَخْتُ يَا رَبُّ فَأَصْنِعْ، وَأَمِلْ أُذُنَيْكَ نَحْوِي عِنْدَمَا أَهْتَفُ إِلَيْكَ. طَهِّرْني قَبْلَ أَنْ تَتَّقَلَّنِي مِنْ هُنَا.</p> <p>+ كُلُّ وَاحِدٍ يَرْجِعُ مُخْتَفِيًا إِلَى أُمِّهِ الَّتِي هِيَ الْأَرْضُ، فَيَنْحَلُّ حَالًا لِيَأْخُذَ إِمَّا كَرَامَاتٍ وَإِمَّا عُقُوبَاتٍ جَزَاءَ عَمَّا صَنَعَهُ فِي حَيَاتِهِ.</p> <p>+ الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُسِ، الْآنَ وَكَلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.</p> <p>+ إِنَّهُ بِالرُّوحِ الْقُدُسِ النَّكَلُمُ فِي اللَّاهُوتِ الْوَاحِدِ الْمُثَلَّثِ</p>
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<p>beginning, the Son did proceed without time. And the Spirit, Who is Their equal in appearance and on the throne, hath shone forth from the Father likewise.</p>	<p>التَّقْدِيسِ، لِأَنَّ الْآبَ، الَّذِي هُوَ غَيْرُ مُبْتَدِيٍّ، صَدَرَ مِنْهُ الْإِبْنُ مُنْذُ الْأَزْلِ، وَالرُّوحُ الْمُعَايِلُ لَهُمَا فِي الصُّورَةِ وَالْجَلْسَةِ قَدْ أَشْرَقَ مِنَ الْآبِ مَعًا.</p>
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#### Fourth Antiphony

<p>+ Behold, how good and how beautiful for the brethren to live together; for of this did the Lord promise eternal life.</p> <p>+ Verily, He Who beautifieth the flowers of the field commandeth that no one take heed for his dress.</p> <p>+ <i>Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.</i></p> <p>+ Verily, the Holy Spirit is the cause of all, and containeth in Himself the harmony of safety; for He is truly equal to the Father and the Son in substance.</p>	<p>+ هُوَذَا مَا أَحْسَنَ وَمَا أَجْمَلَ أَنْ تَسْكُنَ الْإِخْوَةُ جَمِيعًا، لِأَنَّ بِهَذَا وَعَدَ الرَّبُّ بِحَيَاةٍ أَبَدِيَّةٍ.</p> <p>+ إِنَّ الْمَجْمَلَ أَزْهَرَ الْحَقْلِ يَأْمُرُ بِأَنَّهُ يَجِبُ أَلَّا يَهْتَمَّ أَحَدٌ بِلِبَاسِهِ.</p> <p>+ الْمَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.</p> <p>+ إِنَّ الرُّوحَ الْقُدُسَ هُوَ الْعِلَّةُ الْوَحِيدَةُ لِانْتِظَامِ الْخَلِيقَةِ كُلِّهَا وَفُوزِهَا بِالسَّلَامِ، فَإِنَّهُ إِلَهٌ مُسَاوٍ لِلآبِ، وَحَاوٍ بِذَاتِهِ ائْتِلَافَ السَّلَامَةِ، بِمَا أَنَّهُ مُسَاوٍ لِلآبِ وَالْإِبْنِ فِي الْجَوْهَرِ حَقًّا.</p>
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#### PROKEIMENON FOR THE RESURRECTION IN TONE EIGHT

<p>The Lord shall reign forever, Thy God O Zion, from generation to generation. (TWICE)</p> <p><b>Stichos:</b> Praise the Lord, O my soul.</p> <p>The Lord shall reign forever, Thy God O Zion, from generation to generation.</p>	<p>يَمْلِكُ الرَّبُّ إِلَى الْأَبَدِ، إِلَهُكَ يَا صِهْيُونُ إِلَى جِيلٍ بَعْدَ جِيلٍ. (مَرَّتَيْنِ)</p> <p><b>اَسْتِيخَن:</b> سَبِّحِي يَا نَفْسِي الرَّبَّ.</p> <p>يَمْلِكُ الرَّبُّ إِلَى الْأَبَدِ، إِلَهُكَ يَا صِهْيُونُ إِلَى جِيلٍ بَعْدَ جِيلٍ.</p>
<p><b>Deacon:</b> Let us pray to the Lord.</p> <p><b>Choir:</b> Lord, have mercy.</p> <p><b>Priest:</b> For Holy art Thou, O our God, Who restand in the Holy Place, and unto Thee do we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.</p>	<p><b>الشَّمَّاس:</b> إِلَى الرَّبِّ نَطْلُبُ.</p> <p><b>الْمَرْتَل:</b> يَا رَبُّ ارْحَمِ.</p> <p><b>الكَاهِن:</b> لِأَنَّكَ قُدُّوسٌ أَنْتَ يَا إِلَهَنَا، وَفِي الْقَدِيسِينَ تَسْتَقَرُّ وَتَسْتَرِيحُ، وَلَكَ نُرْسِلُ الْمَجْدَ أَيُّهَا الْآبُ، وَالْإِبْنُ، وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>

**Chanter:** Amen. Let everything that hath breath praise the Lord. (*twice*)

*Praise ye God in His saints; praise Him in the firm foundation of His power.*

Let everything that hath breath praise the Lord.

المَرْتِل: آمين. كُلُّ نَسَمَةٍ، فَلْتُسَبِّحِ الرَّبَّ. (مرتين)

سَبِّحُوا اللَّهَ فِي قَدِيسِيهِ، سَبِّحُوهُ فِي فَالِكِ قُوَّتِهِ.

فَلْتُسَبِّحِ الرَّبَّ، كُلُّ نَسَمَةٍ.

## THE EIGHTH EOTHINON GOSPEL

**Deacon:** And that we may be accounted worthy to hear the Holy Gospel, let us pray unto the Lord our God.

**Choir:** Lord, have mercy. (*thrice*)

**Deacon:** Wisdom! Attend! Let us hear the Holy Gospel

**Priest:** Peace be to all.

**Choir:** And to thy spirit.

**Priest:** The Reading from the Holy Gospel according to Saint John (20:11-18)

**Choir:** Glory to Thee, O Lord, glory to Thee.

**Deacon:** Let us attend!

الشماس: مِنْ أَجْلِ أَنْ نَكُونَ مُسْتَحِقِّينَ لِسَمَاعِ الْإِنْجِيلِ الْمُقَدَّسِ، إِلَى الرَّبِّ إِلَهِنَا نَطْلُبُ.

المرتل: يَا رَبُّ ارْحَمْنَا. (ثلاثاً)

الشماس: الْحِكْمَةُ، فَلْنَسْتَقِمْ وَلْنَسْمَعْ الْإِنْجِيلَ الْمُقَدَّسِ، الْكَاهِن: السَّلَامُ لِجَمِيعِكُمْ.

المرتل: وَلِرُوحِكَ.

الكَاهِن: فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ يُوْحَنَّا الْإِنْجِيلِيِّ الْبَشِيرِ وَالتِّلْمِيزِ الطَّاهِرِ.

المرتل: الْمَجْدُ لَكَ، يَا رَبُّ، الْمَجْدُ لَكَ.

الشماس: لِنُصِغْ!

**Priest:** At that time, Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had lain, one at the head and one at the feet. They said to her, "Woman, why are you weeping?" She said to them, "Because they have taken away my Lord, and I do not know where they have laid Him." Saying this, she turned round and saw Jesus standing, but she did not know that it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom do you seek?" Supposing Him to be the gardener, she said to Him, "Sir, if you have carried Him away, tell me where you have laid Him, and I will take Him away." Jesus said to her, "Mary." She turned and said to Him, "Rabboni!" (which means Teacher). Jesus said to her, "Do not hold Me, for I have not yet ascended to My Father; but go to My brethren

الكَاهِن: فِي ذَلِكَ الزَّمَانِ، كَانَتْ مَرْيَمُ وَاقِفَةً عِنْدَ الْقَبْرِ خَارِجاً تَبْكِي. وَفِيهَا هِيَ تَبْكِي انْحَنَّتْ إِلَى الْقَبْرِ فَرَأَتْ مَلَائِكَيْنِ بِنِيَابٍ بَيْضٍ جَالِسَيْنِ حَيْثُ وُضِعَ جَسَدُ يَسُوعَ، أَحَدُهُمَا عِنْدَ الرَّأْسِ وَالْآخَرُ عِنْدَ الرَّجْلَيْنِ فَقَالَا لَهَا: "يَا امْرَأَةُ لِمَ تَبْكِينَ؟" فَقَالَتْ لَهُمَا: "إِنَّهُمْ أَخَذُوا سَيِّدِي وَلَا أَعْلَمُ أَيْنَ وَضَعُوهُ" فَلَمَّا قَالَتْ هَذَا التَّقَنَّتْ إِلَى خَلْفِهَا فَرَأَتْ يَسُوعَ وَاقِفاً وَلَمْ تَعْلَمْ أَنَّهُ يَسُوعُ فَقَالَ لَهَا يَسُوعُ: "يَا امْرَأَةُ لِمَ تَبْكِينَ؟ مَنْ تَطْلُبِينَ؟" فَظَنَّتْ أَنَّهُ الْبِسْتَانِيُّ فَقَالَتْ لَهُ: "يَا سَيِّدِي إِنْ كُنْتُ أَنْتَ حَمَلْتَهُ، فَقُلْ لِي أَيْنَ وَضَعْتَهُ وَأَنَا آخُذُهُ" فَقَالَ لَهَا يَسُوعُ: "مَرْيَمُ". فَالْتَقَنَتْ هِيَ وَقَالَتْ: "رَابُّونِي"، الَّذِي تَفْسِيرُهُ يَا مُعَلِّمَ قَالَ لَهَا يَسُوعُ: "لَا تَلْمُسِينِي لِأَنِّي لَمْ أَصْعَدْ بَعْدُ إِلَى أَبِي. بَلْ اْمْضِي

<p>and say to them, I am ascending to My Father and your Father, to My God, and your God.” Mary Magdalene went and said to the disciples, “I have seen the Lord.” And she told them that He had said these things to her.</p>	<p>إِلَى إِخْوَتِي وَقَوْلِي لَهُمْ إِنِّي صَاعِدٌ إِلَى أَبِي وَأَبِيكُمْ وَالْهِيَ وَالْهَيْكُم. " فَجَاءَتْ مَرْيَمُ الْمَجْدَلِيَّةُ وَأَخْبَرَتِ التَّلَامِيذَ أَنَّهَا رَأَتْ الرَّبَّ، وَأَنَّهُ قَالَ لَهَا هَذَا.</p>
<p><b>Choir:</b> Glory to Thee, O Lord, glory to Thee.</p>	<p>المرتل: المَجْدُ لَكَ، يَا رَبُّ، المَجْدُ لَكَ.</p>
<p><b>Reader:</b> In that we have beheld the Resurrection of Christ, let us bow down before the Holy Lord Jesus, the only sinless One. Thy Cross do we adore, O Christ, and Thy holy Resurrection we praise and glorify: for Thou art our God, and we know none other beside Thee; we call upon Thy Name. O come, all ye faithful, let us adore Christ's holy Resurrection. For lo, through the Cross is joy come into all the world. Ever blessing the Lord, let us sing His Resurrection: for in that He endured the Cross for us, He hath destroyed death by death.</p>	<p>القاريء: إِذْ قَدْ رَأَيْنَا قِيَامَةَ الْمَسِيحِ، فَلْنَسْجُدْ لِلرَّبِّ الْقُدُّوسِ، يَسُوعَ الْمَعْصُومِ مِنَ الْخَطَا وَخَدَهُ. لِصَلِيبِكَ أَيُّهَا الْمَسِيحُ نَسْجُدُ، وَلِقِيَامَتِكَ الْمُقَدَّسَةِ نُسَبِّحُ وَنُجَدِّدُ، لَأَنَّكَ أَنْتَ هُوَ إِلَهُنَا، وَأَخْرَجْتَ سِوَاكَ لَا نَعْرِفُ، وَبِاسْمِكَ نُسَمِّي. هَلُمَّ يَا مَعْشَرَ الْمُؤْمِنِينَ نَسْجُدْ لِقِيَامَةِ الْمَسِيحِ الْمُقَدَّسَةِ، لِأَنَّ هُوَذَا بِالصَّلِيبِ قَدْ أَتَى الْفَرْحُ لِكُلِّ الْعَالَمِ. لِنُبَارِكَ الرَّبَّ فِي كُلِّ حِينٍ وَنُسَبِّحُ قِيَامَتَهُ، لِأَنَّهُ إِذْ اِحْتَمَلَ الصَّلْبَ مِنْ أَجْلِنَا، الْمَوْتَ بِالْمَوْتِ حَطَّمَ.</p>
<p><b>PSALM 50</b></p>	
<p>Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression.</p>	<p>ارْحَمْنِي يَا اللَّهُ بِعَظِيمِ رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَتِكَ امْحُ مَآئِمِي.</p>
<p>Wash me thoroughly from mine iniquity, and cleanse me from my sin.</p>	<p>اغْسِلْنِي كَثِيرًا مِنْ إِثْمِي، وَمِنْ خَطِيئَتِي طَهِّرْنِي.</p>
<p>For I know mine iniquity, and my sin is ever before me.</p>	<p>لَأَنِّي أَنَا عَارِفٌ بِإِثْمِي، وَخَطِيئَتِي أَمَامِي فِي كُلِّ حِينٍ.</p>
<p>Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged.</p>	<p>إِلَيْكَ وَحْدَكَ أَخْطَأْتُ، وَالشَّرَّ قُدَّامَكَ صَنَعْتُ، لَكِي تَصْدُقَ فِي أَقْوَالِكَ وَتَغْلِبَ فِي مُحَاكَمَتِكَ.</p>
<p>For behold, I was conceived in iniquities, and in sins did my mother bear me.</p>	<p>هَاءَ نَذَا بِالْآثَامِ حُبِلَ بِي، وَبِالْخَطَايَا وَلَدَتْنِي أُمِّي.</p>
<p>For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me.</p>	<p>لَأَنَّكَ قَدْ أَحْبَبْتَ الْحَقَّ، وَأَوْضَحْتَ لِي غَوَامِضَ حِكْمَتِكَ وَمَسْتَوْرَاتِهَا.</p>
<p>Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow.</p>	<p>تَنْضَحْنِي بِالزَّوْفِيِّ فَأَطْهُرُ، تَغْسِلْنِي فَأَبْيَضُ أَكْثَرَ مِنَ النَّجْلِ.</p>

Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice.	تَسْمِعُنِي بِهَجَّةٍ وَسُرُورًا، فَتَبْتَهِّجُ عِظَامِي الذَّلِيلَةَ.
Turn Thy face away from my sins, and blot out all mine iniquities.	اَصْرِفْ وَجْهَكَ عَنْ خَطَايَايَ، وَاَمْحُ كُلَّ مَائِمِي.
Create in me a clean heart, O God, and renew a right spirit within me.	قَلْبًا نَقِيًّا اَخْلُقْ فِيَّ يَا اللهُ، وِرُوحًا مُسْتَقِيمًا جَدِّدْ فِي اَحْشَائِي.
Cast me not away from Thy presence, and take not Thy Holy Spirit from me.	لَا تَطْرَحْنِي مِنْ اَمَامِ وَجْهِكَ، وَرُوحَكَ الْقُدُّوسُ لَا تَنْزِعُهُ مِنِّي.
Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me.	اِمْنَحْنِي بِهَجَّةٍ خَلَاصِكَ، وَبِرُوحِ رِئَاسِي اَعْضُدْنِي.
I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee.	فَاَعْلِمُ الْاَثَمَةَ طُرُقَكَ، وَالْكَفْرَةَ اِلَيْكَ يَرْجِعُونَ.
Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness.	اَنْقِذْنِي مِنَ الدِّمَاءِ يَا اللهُ اِلَهَ خَلَاصِي، فَيَبْتَهِّجُ لِسَانِي بِعَدْلِكَ.
O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.	يَا رَبُّ افْتَحْ شَفَتَيَّ، فَيُخْبِرَ فَمِي بِتَسْبِيحَتِكَ.
For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased.	لَا تَسْرُّ لَوْ اَثَرْتَ الذَّبِيحَةَ، لَكُنْتُ الْاَنَ اَعْطِي، لَكِنَّكَ لَا تَسْرُّ بِالْمُحْرَقَاتِ.
A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise.	الذَّبِيحَةُ لِهَيْكَلِ اللهِ رُوحٌ مُنْسَحِقٌ، الْقَلْبُ الْمُتَخَشِّعُ وَالْمُتَوَاضِعُ لَا يَزُدُّهُ اللهُ.
Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up.	اَصْلِحْ يَا رَبُّ بِمَسَرَّتِكَ صِهْيُونَ وَلْتُبْنَ اَسْوَارُ اورشليم.
Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings.	حِينَئِذٍ تَسْرُّ بِذَّبِيحَةِ الْعَدْلِ قُرْبَانًا وَمُحْرَقَاتِ.
Then shall they offer bullocks upon Thine altar.	حِينَئِذٍ يُقَرَّبُونَ عَلَيَّ مَذْبَحِكَ الْعُجُولِ.

### LENTEN TROPARIA AFTER PSALM 50 IN TONE EIGHT

<i>Glory to the Father, and to the Son, and to the Holy Spirit.</i>	الْمَجْدُ لِلْاَبِ، وَالْاِبْنِ، وَالرُّوحِ الْقُدُّوسِ.
Open to me the doors of repentance, O Life-giver; for my soul goeth early to the temple of Thy holiness, coming in the temple of my body, wholly polluted. But because Thou art	اَفْتَحْ لِي اَبْوَابَ التَّوْبَةِ يَا وَاهِبَ الْحَيَاةِ، لِأَنَّ رُوحِي تَبْتَكِرُ اِلَى هَيْكَلِ قُدْسِكَ، اَتِيًّا بِهَيْكَلِ جَسَدِي مُدْنَسًا

compassionate, purify me by the compassion of Thy mercies.

بِجُمْلَتِهِ. لَكِنْ، بِمَا أَنَّكَ مُتَعَطِّفٌ، نَقِّنِي بِتَحَنُّنِ مَرَاحِمِكَ.

*Both now and ever, and unto ages of ages. Amen.*  
Prepare for me the way of salvation, O Theotokos; for I have profaned myself with coarse sins, and consumed my whole life with procrastination. But by thine intercessions purify thou me from all abomination.

الآنَ وَكَلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. آمِينَ.  
سَهِّلِي لِي مَنَاهِجَ الْخَلَاصِ يَا وَالِدَةَ الْإِلَهِ، فَإِنِّي قَدْ دَنَسْتُ نَفْسِي بِخَطَايَا سَمِجَةٍ، وَأَفْنَيْتُ عُمْرِي كُلَّهُ بِالتَّوَانِي. لَكِنْ بِشَفَاعَاتِكَ، نَقِّنِي مِنْ كُلِّ رَجَاسَةٍ.

*(TONE SIX) Have mercy upon me, O God, according to Thy loving-kindness: according unto the multitude of Thy tender mercies blot out my transgressions.*

If I think upon the multitude of my evil deeds, wretch that I am, I tremble for the terrible Day of Judgment. But, trusting the compassion of Thy mercy, I shout to Thee like David, Have mercy upon me, O God, according to Thy Great Mercy.

(بِاللَّحْنِ السَّادِسِ) يَا رَحِيمٌ، ارْحَمْنِي يَا اللَّهُ كَعَظِيمِ رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَاتِكَ امْحُ مَاثِمِي.  
إِذَا تَصَوَّرْتُ كَثْرَةَ أَفْعَالِي الرَّدِيئَةِ أَنَا الشَّقِيَّ، فَإِنِّي أُرْتَعِدُ مِنْ يَوْمِ الدَّيْنُونَةِ الرَّهيبِ. لَكِنِّي إِذْ أَنَا وَاثِقٌ بِتَحَنُّنِكَ، أَهْتَفُ إِلَيْكَ مِثْلَ دَاوُدَ: ارْحَمْنِي يَا اللَّهُ، بِحَسَبِ عَظِيمِ رَحْمَتِكَ.

## THE INTERCESSION

**Deacon:** O God, save Thy people, and bless Thine inheritance. Visit Thy world with mercy and compassions. Exalt the horn of Orthodox Christians, and send down upon us Thy rich mercies. Through the intercessions of our all-immaculate Lady Theotokos and ever-virgin Mary; by the might of the precious and life-giving Cross; by the protection of the honorable bodiless Powers of heaven; at the supplication of the honorable, glorious prophet, forerunner and Baptist John; of the holy, glorious, all-laudable apostles Peter and Paul, and of all the holy apostles; of our fathers among the saints, great hierarchs and ecumenical teachers Basil the Great, Gregory the Theologian and John Chrysostom; Athanasius, Cyril and John the Merciful, patriarchs of Alexandria; Nicholas of Myra, Spyridon of Trimythous and Nektarios of Pentapolis the Wonderworkers; of our fathers among the saints Tikhon, patriarch of Moscow and Raphael, bishop of Brooklyn; of the holy,

الشَّمْسِ: خَلِّصْ يَا اللَّهُ شَعْبَكَ، وَبَارِكْ مِيرَاثَكَ، وَافْتَقِدْ عَالَمَكَ بِالرَّحْمَةِ وَالرَّأْفَاتِ، وَارْفَعْ شَأْنَ الْمَسِيحِيِّينَ الْأُرْتُوذُكْسِيِّينَ، وَأَسْبِغْ عَلَيْنَا مَرَاحِمَكَ الْعَنِيَّةَ، بِشَفَاعَاتِ سَيِّدَتِنَا وَالِدَةِ الْإِلَهِ الْكَلِيَّةِ الطَّهَارَةِ وَالِدَائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ؛ وَبِقُوَّةِ الصَّلِيبِ الْكَرِيمِ الْمُحْيِي؛ وَبِطَلْبَاتِ الْقُوَاتِ السَّمَاويَّةِ الْمُكْرَمَةِ الْعَادِمَةِ الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا الْمَعْمَدَانَ؛ وَالْقَدِيسَيْنِ الْمُشْرَفَيْنِ الرَّسُولَيْنِ بَطْرُسَ وَبُولُسَ، وَسَائِرِ الرُّسُلِ الْمُشْرَفَيْنِ الْجَدِيرِينَ بِكُلِّ مَدِيحٍ؛ وَأَبَائِنَا الْقَدِيسِينَ مُعَلِّمِي الْمَسْكُونَةِ رُؤَسَاءِ الْكَهَنَةِ الْمُعَظَّمِينَ بَاسِيلْيُوسَ الْكَبِيرِ، وَغْرِغُورْيُوسَ الْلَاهُوتِي، وَيُوْحَنَّا الذَّهَبِيِّ الْقَمِّ؛ وَأَبَائِنَا الْقَدِيسِينَ أَنْثَاسْيُوسَ وَكِيرْلُسَ وَيُوْحَنَّا الرَّحِيمِ بَطَارِكَةَ الْإِسْكَندَرِيَّةِ، وَأَبِينَا الْقَدِيسِ نِيْقُولَاوَسَ رَئِيسِ أَسَاقِفَةِ مِيرَا الْبَلِيكِيَّةِ، وَاسْبِيرِيدُونَ أَسْقَفِ ثَرِيمِيثُوسَ، وَنِكْتَارْيُوسَ أَسْقَفِ الْمُدُنِ الْخَمْسِ الْعَجَائِبِيِّينَ، وَأَبِينَا الْقَدِيسِ تِيخُونَ

glorious, great-martyrs, George the Trophy-bearer, Demetrios the Myrrh-streamer, Theodore the Soldier, Theodore the General, and Menas the Wonderworker; of the hieromartyrs Ignatius the God-bearer of Antioch, Charalampos and Eleutherios; of the holy, glorious great women martyrs, Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photeini, Marina, Paraskeva and Irene; of the holy, glorious, right-victorious martyrs; of our venerable and God-bearing fathers who shone in the ascetic life; of Saint N., the patron and protector of this holy community; of the holy and righteous ancestors of God, Joachim and Anna; of the Venerable-confessor James the New, bishop of Catania; Thomas, patriarch of Constantinople; and New-martyr Michael, whose memory we celebrate today, and of all the saints: we beseech Thee, O most merciful Lord, hearken unto the petitions of us sinners who make our supplications unto Thee, and have mercy upon us.

بَطْرِيْرِكَ مَوْسَكُو، وَالْقَدِيْسِيْنَ رَافَائِيْلَ أَسْقَفِ بَرْوَكْلِيْنِ؛  
وَالْقَدِيْسِيْنَ الْمَجِيْدِيْنَ الشُّهَدَاءِ الْعُظْمَاءِ جَاوْرَجِيَوْسَ  
الْلاِبْسِ الظَّفْرِ، وَدِيْمِيْتْرِيَوْسَ الْمُفِيضِ الطَّيْبِ،  
وَتِيُوْدُوْرَسَ التِّيْرُوْنِي، وَتِيُوْدُوْرَسَ قَائِدِ الْجَيْشِ، وَمِيْنَاسَ  
الصَّانِعِ الْعَجَائِبِ؛ وَالْقَدِيْسِيْنَ الشُّهَدَاءِ إِغْنَاطِيَوْسَ  
الْمُتَوَشِّحِ بِاللّٰهِ، خَرَّالْمُبُوْسَ وَالْفَثِيْرِيَوْسَ؛ وَالشُّهِيْدَاتِ  
الْعَظِيْمَاتِ تَقْلًا، بَرْبَارَةَ، أَنْسْطَاسِيَا، كَاثْرِيْنَا، كِيْرِيَاكِي،  
فُوْتِيْنِي، مَارِيْنَا، بَارَاسْكِيْفَا، وَأَيْرِيْنِ؛ وَالْقَدِيْسِيْنَ  
الْمَجِيْدِيْنَ الشُّهَدَاءِ الْمُتَأَلِّقِيْنَ بِالظَّفْرِ؛ وَأَبَائِنَا الْأَبْرَارِ  
الْمُتَوَشِّحِيْنَ بِاللّٰهِ؛ وَالْقَدِيْسِ (ة) (فُلَانِ، فُلَانَةَ) شَفِيْعِ (ة)  
وَحَامِي (ة) هَذِهِ الرَّعِيَّةِ الْمُقَدَّسَةِ؛ وَالْقَدِيْسِيْنَ الصِّدِّيْقِيْنَ  
جَدِّي الْمَسِيْحِ الْإِلَهِ، يُوَاكِيْمَ وَحَنَّةَ؛ وَالْبَارَّ يَعْشُوْبَ  
الْمُعْتَرِفِ الْجَدِيْدِ أَسْقَفِ كَاتَانِيَا، تُوْمَا بَطْرِيْرِكَ  
الْقُسْطَنْطِيْنِيَّةِ، وَالشُّهِيْدِ الْجَدِيْدِ مِيْخَائِيْلِ، اللَّذِيْنِ نَقِيْمُ  
تَذَكَرَهُمُ الْيَوْمَ؛ وَجَمِيْعِ قَدِيْسِيْكَ، نَتَضَرَّعُ إِلَيْكَ، أَيُّهَا  
الرَّبُّ الْجَزِيْلُ الرَّحْمَةُ، فَاسْتَجِبْ لَنَا نَحْنُ الْخَطَاةَ  
الطَّالِبِيْنَ إِلَيْكَ وَارْحَمْنَا.

**Chanter:** Lord, have mercy. Lord, have mercy.  
Lord, have mercy. *(Repeat 4 times)*

المرتل: يَا رَبُّ ارْحَمْنَا، يَا رَبُّ ارْحَمْنَا، يَا رَبُّ ارْحَمْنَا.  
(4 مرات)

**Priest:** Through the mercies and compassions and love for mankind of Thine Only-begotten Son, with Whom Thou art blessed, together with Thine all-holy, and good, and life-giving Spirit: now and ever, and unto ages of ages.

**Choir:** Amen.

الكاهن: بِرَحْمَةِ وَرَأْفَاتِ ابْنِكَ الْوَحِيْدِ وَمَحَبَّتِهِ  
لِلْبَشَرِ، الَّذِي أَنْتَ مُبَارَكٌ مَعَهُ وَمَعَ رُوْحِكَ الْكُلِّيِّ  
قُدْسُهُ الصَّالِحِ وَالْمُخْيِي، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ  
الدَّاهِرِيْنَ.  
المرتل: آمين.

### KONTAKION AND OIKOS FOR FIRST SUNDAY OF GREAT LENT (Plain Reading)

The uncircumscribed Word of the Father became circumscribed, taking flesh from thee, O Theotokos, and He has restored the sullied image to its ancient glory, filling it with the divine beauty. This, our salvation, we confess in deed and word, and we depict it in the holy icons.

كَلِمَةُ الْآبِ الَّذِي لَا يُحَاطُ، قَدْ تَجَسَّدَ مِنْكَ وَصَارَ  
مَخْصُورًا يَا وَالِدَةَ الْإِلَهِ، وَأَعَادَ صُوْرَتَنَا الْفَاسِدَةَ إِلَى  
حُسْنِهَا الْأَوَّلِ، وَأَتَحَدَّثُهَا بِالْجَمَالِ الْإِلَهِيِّ، لِذَلِكَ نَعْتَرِفُ  
بِالْخَلَاصِ، وَنُخْبِرُ بِهِ، وَنُذِيْعُ بِالْقَوْلِ وَالْفِعْلِ مَعًا.

Enlightened by this mystery of God's providence, the divinely-inspired prophets foretold it of old; and this they did for our sakes, who see the fulfillment of the ages. Receiving through this mystery divine knowledge, we know one Lord and God, glorified in three Persons, and Him alone we worship; we have one faith, one baptism, and we are clothed in Christ. This, our salvation, we confess in deed and word, and we depict it in the holy icons.

إِنَّ الْأَنْبِيَاءَ قَدِيمًا قَدْ أُوحِيَ إِلَيْهِمْ إِلَهِيًّا سِرُّ التَّدْبِيرِ هَذَا، فَسَبَقُوا وَأَخْبَرُونَا بِهِ نَحْنُ الَّذِينَ قَدْ حَصَلْنَا فِي آخِرِ الْأَزْمَانِ، النَّائِلِينَ لِمَعَانِهِ. فَإِذْ أَخَذْنَا بِهِ مَعْرِفَةَ إِلَهِيَّةً، نَعْرِفُ إِلَهًا وَرَبًّا وَاحِدًا، مُمَجَّدًا بِثَلَاثَةِ أَقَانِيمٍ، لَهُ وَحْدَهُ عَابِدِينَ، حَاوِينَ إِيمَانًا وَاحِدًا، وَمَعْمُودِيَّةً وَاحِدَةً، الَّتِي بِهَا نَلْبَسُ الْمَسِيحَ. لِذَلِكَ نَعْتَرِفُ بِالْخَلَاصِ، وَنُخْبِرُ بِهِ، وَنُذِيعُ بِالْقَوْلِ وَالْفِعْلِ مَعًا.

### THE SYNAXARION (Plain Reading)

On March 21 in the Holy Orthodox Church, we commemorate the Venerable-confessor James the New, bishop of Catania; Thomas, patriarch of Constantinople; and New-martyr Michael.

On this same day, the First Sunday of the Fast, we make remembrance of the restoration of the holy and venerable Icons, which took place through the ever-memorable Sovereigns of Constantinople, Michael and his mother, Theodora, during the patriarchate of Saint Methodios the Confessor.

#### *Verses*

I rejoice, as I see them fittingly reverence  
The icons formerly unfittingly banished.

This restoration was accomplished in the year 842. Theodora's husband was an iconoclast. After his death, Theodora venerated an icon of the Theotokos in front of Patriarch Methodios. The other faithful in the church did the same, venerating all the icons, considering them to be representations of their original elements, not idols. Theodora prayed to God to forgive her husband during the first week of Great Lent; and on the First Sunday of the Fast, she led the way in hanging up the icons to adorn the churches.

O invariant Icon of the Father, through the intercessions of Thy holy Confessors, have mercy on us. Amen.

### KATAVASIAE OF THE FIRST SUNDAY OF GREAT LENT CANON IN TONE FOUR

**Ode 1.** Old Israel having passed through the depth of the Red Sea on unmoistened feet, defeated the powers of Amalek in the wilderness, by the hands of Moses stretched in the form of a cross.

(الأولى) إِنَّ إِسْرَائِيلَ الْقَدِيمَ، لَمَّا جَاَزَ فِي لُجَّةِ الْبَحْرِ الْأَحْمَرِ بِأَرْجُلٍ غَيْرِ مُبْتَلَّةٍ، غَلَبَ قُوَّةَ عَمَالِيقَ فِي الْقَفْرِ بِأَيْدِي مُوسَى، حِينَ رَسَمَتْ شَكْلَ صَلِيبٍ.

**Ode 3.** Thy Church, O Christ, rejoiceth in Thee, crying unto Thee: Thou, O Lord, art my strength, my stay and my refuge.

(الثالثة) أَيُّهَا الْمَسِيحُ، إِنَّ كَنِيسَتَكَ تُسَرُّ بِكَ، صَارِحَةً نَحْوَكَ: أَنْتَ قُوَّتِي يَا رَبُّ، وَثِبَاتِي وَمَلْجَأِي.

<p><b>Ode 4.</b> When the Church saw Thee elevated on the Cross, O Sun of justice, she stood in her array, shouting to Thee as is meet: Glory to Thy power, O Lord.</p>	<p>(الرابعة) إِنَّ الْكَنِيسَةَ لَمَّا رَأَتْكَ مَرْفُوعاً عَلَى الصَّلِيبِ يَا شَمْسَ الْعَدْلِ، وَقَعَتْ فِي تَرْتِيبِهَا، هَاتِفَةً نَحْوَكِ كَمَا يَلِيقُ: الْمَجْدُ لِقُدْرَتِكَ يَا رَبِّ.</p>
<p><b>Ode 5.</b> Thou, my Lord, didst come as Light to the world, a holy Light, turning those who praise Thee away from abysmal folly.</p>	<p>(الخامسة) أَنْتَ يَا رَبِّي وَنُورِي، قَدْ وَاقَيْتَ إِلَى الْعَالَمِ نُوراً مُقَدَّساً، رَادّاً الَّذِينَ يُسَبِّحُونَكَ بِإِيْمَانٍ مِنَ الْغِبَاوَةِ الْمُدْلَهَمَةِ.</p>
<p><b>Ode 6.</b> The Church haileth Thee, O Lord, crying: I will sacrifice to Thee with the voice of praise, purified from the vileness of Satan by the blood which dripped from Thy side, because of Thy compassion.</p>	<p>(السادسة) يَا رَبُّ، إِنَّ الْكَنِيسَةَ تَهْتِفُ نَحْوَكِ صَارِحَةً: إِنِّي أَدْبِحُ لَكَ بِصَوْتِ التَّسْبِيحِ، مُطَهَّرَةً مِنْ أَدْنَسِ الْأَبَالِسَةِ، بِالْدَمِ الَّذِي قَطَرَ مِنْ جَنْبِكَ، مِنْ أَجْلِ تَحَنُّنِكَ.</p>
<p><b>Ode 7.</b> The Abrahamite youths in the furnace in the land of Persia burned with the fervor of true worship more than with the fire, crying: Blessed art Thou in the temple of Thy holiness, O Lord.</p>	<p>(السابعة) إِنَّ الْفَتِيَّةَ الْإِبْرَاهِيمِيَّةَ، قَدْ التَّهَدُّوا فِي الْأَتُونِ بِبَلَدِ فَارِسَ، مُضْطَرِّمِينَ مِنْ شَوْقِ حُسْنِ الْعِبَادَةِ أَكْثَرَ مِنَ السَّعِيرِ، هَاتِفِينَ: مُبَارَكَ أَنْتَ فِي هَيْكَلِ مَجْدِكَ يَا رَبِّ.</p>
<p><i>We praise, we bless, and we worship the Lord.</i> <b>Ode 8.</b> When Daniel stretched his hands in the pit, he closed the mouths of the devouring lions; and the youths, lovers of true worship, when they girded themselves with virtue, quenched the power of fire, crying: Bless the Lord, all ye His works.</p>	<p>نُسَبِّحُ وَنُبَارِكُ وَنَسْجُدُ لِلرَّبِّ. (الثامنة) إِنَّ دَانِيَالَ، لَمَّا بَسَطَ يَدَيْهِ فِي الْحُبِّ، سَدَّ أَفْوَاهَ الْأَسْدِ الضَّارِيَةِ. وَالْفَتِيَّةَ الْعَاشِقِينَ حُسْنَ الْعِبَادَةِ لَمَّا تَمَنَّطَقُوا بِالْفَضِيلَةِ، أَحْمَدُوا قُوَّةَ النَّارِ، هَاتِفِينَ: بَارِكُوا الرَّبَّ يَا جَمِيعَ أَعْمَالِهِ.</p>
<p><b>Deacon:</b> The Theotokos and Mother of the Light, let us honor and magnify in song.</p>	<p>الشَّمْسِ: لَوَالِدَةِ الْإِلَهِ وَامِّ النُّورِ بِالتَّسَابِيحِ نُكْرِمُ مُعْظَمِينَ.</p>
<p><b>MAGNIFICATIONS IN TONE FOUR</b></p>	
<p>My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior. <b>Refrain:</b> More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without corruption bearest God the Word, and art truly Theotokos, we magnify thee.</p>	<p>تُعْظِمُ نَفْسِي الرَّبِّ، وَتَبْتَهِجُ رُوحِي بِاللَّهِ مُخْلِصِي. اللازمة: يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ مَجْداً بغيرِ قِيَاسٍ مِنَ السَّرَافِيمِ، الَّتِي مِنْ دُونِ فَسَادٍ وُلِدَتْ كَلِمَةَ اللَّهِ، حَقّاً إِنَّكَ وَالِدَةُ الْإِلَهِ إِيَّاكَ نُعْظِمُ.</p>
<p>For He hath regarded the lowliness of His</p>	<p>لأنَّهُ نَظَرَ إِلَى تَوَاضَعِ أُمَّتِهِ، فَهَا مُنْذُ الْآنَ تُطَوِّبُنِي</p>



handmaiden; for behold from henceforth all generations shall call me blessed. <i>(Refrain)</i>	جميعُ الأجيالِ. (اللازمة)
For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations. <i>(Refrain)</i>	لأنَّ القديرَ صنَعَ بي عَظَائِمَ وَقُدُوسَ اسْمَهُ، وَرَحْمَتَهُ إِلَى جِيلٍ فَجِيلٍ لِلَّذِينَ يَتَّقُونَهُ. (اللازمة)
He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. <i>(Refrain)</i>	صَنَعَ عِزًّا بِسَاعِدِهِ، وَشَتَّتَ الْمُتَكَبِّرِينَ بِذَهْنِ قُلُوبِهِمْ. (اللازمة)
He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the empty with good things, and the rich hath He sent empty away. <i>(Refrain)</i>	حَطَّ الْمُفْتَدِرِينَ عَنِ الْكِرَاسِيِّ وَرَفَعَ الْمُتَوَاضِعِينَ، مَلَأَ الْجِياعَ مِنَ الْخَيْرَاتِ، وَالْأَغْنِيَاءَ أَرْسَلَهُمْ فَارِغِينَ. (اللازمة)
He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. <i>(Refrain)</i>	عَضَدَ إِسْرَائِيلَ فَتَاهُ لِيَذْكَرَ رَحْمَتَهُ، كَمَا قَالَ لِآبَائِنَا إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الْأَبَدِ. (اللازمة)
<b>Ode 9.</b> An unhewn stone, O Virgin, from thy mountain was cut, but not by hand, even Christ, Who brought together the separated natures. Wherefore, we rejoice gladly, and glorify thee, O Theotokos.	(الأودية التاسعة) أَيُّهَا الْبَتُولُ، لَقَدْ قُطِعَ حَجَرٌ مُوَاوِزٍ مِنْ جَبَلِكَ الَّذِي لَمْ يُنْحَتْ، بِدُونِ أَنْ تَقَطَّعَهُ يَدٌ، وَهُوَ الْمَسِيحُ الَّذِي ضَمَّ الطَّبَائِعَ الْمُتَفَرِّقَةَ. لِذَا نَسُرُّ مُبْتَهِجِينَ، وَنُعَظِّمُكَ يَا وَالِدَةَ الْإِلَهِ.

### THE LITTLE LITANY

<b>Deacon:</b> Again and again, in peace, let us pray to the Lord.	الشماس: أيضاً وأيضاً بسلامٍ إلى الربِّ نطلب.
<b>Choir:</b> Lord, have mercy.	الجوق: يا ربُّ ارحم.
<b>Deacon:</b> Help us; save us; have mercy on us; and keep us, O God, by Thy grace.	الشماس: أعضد، وخلص، وارحم، واحفظنا يا الله بنعمتك.
<b>Choir:</b> Lord, have mercy.	الجوق: يا ربُّ ارحم.
<b>Deacon:</b> Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.	الشماس: بعدَ ذِكْرِنَا الْكَلِيَّةِ الْقِدَاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.
<b>Choir:</b> To Thee, O Lord.	الجوق: لك يا رب.
<b>Priest:</b> For all the powers of Heaven praise Thee, and unto Thee do they ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.	الكاهن: لأنَّهُ إِيَّاكَ تُسَبِّحُ كُلُّ قُوَّاتِ السَّمَاوَاتِ، وَلَكَ يُرْسَلُونَ الْمَجْدَ أَيُّهَا الْآبُ وَالابْنُ وَالرُّوحُ الْقُدُّسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.

<p><b>Choir:</b> Amen.</p>	<p><b>الجوق:</b> آمين.</p>
<p>Holy is the Lord our God. (<i>THRICE</i>) Exalt ye the Lord our God, and worship at His footstool, for He is holy.</p>	<p>قُدُّوسٌ هُوَ الرَّبُّ إِلَهُنَا. (ثلاثاً) ارْفَعُوا الرَّبَّ إِلَهُنَا، وَاسْجُدُوا لِمَوْطِي قَدَمَيْهِ، لِأَنَّ الرَّبَّ إِلَهُنَا قُدُّوسٌ هُوَ.</p>
<p><b>THE EIGHTH EOTHINON EXAPOSTEILARION IN TONE TWO</b> <i>(**Upon that mount in Galilee**)</i></p>	
<p>Seeing two angels in the tomb, * Mary was sore astonished; * and then not recognizing Christ, * she asked Him as the gard'ner: * Sir, where hast thou laid the body * of my longed-after Jesus? * But when she heard Him call her name, * then she verily knew Him, * that it was He, * and heard: Touch Me not, spoken by the Savior; * for to My Father I depart; * go thou and tell My brethren.</p>	<p>إِنَّ مَرْيَمَ لَمَّا أَبْصَرَتْ مَلَائِكِينَ دَاخِلَ الْقَبْرِ انْدَهَلَتْ، وَلَمَّا جَهَلَتْ الْمَسِيحَ، سَأَلَتْهُ ظَانَّةً أَنَّهُ الْبُسْتَانِي، وَقَالَتْ: يَا سَيِّدِي، أَيْنَ وَضَعْتَ جَسَدَ يَسُوعَ؟ فَمِنْ دَعْوَتِهِ عَرَفَتْ أَنَّهُ الْمُخَلَّصُ وَسَمِعَتْ مِنْهُ: لَا تَقْرَبِينِي، لِأَنِّي مَاضٍ إِلَى أَبِي، فَقُولِي ذَلِكَ لِإِخْوَتِي.</p>
<p><b>EXAPOSTEILARION &amp; THEOTOKION FOR FIRST SUNDAY OF LENT</b> <i>IN TONE TWO (**Hearken, ye women**)</i></p>	
<p>Exchange glad tidings and clap your hands together, hailing one another joyfully and crying: How wonderful and how strange are Thy works, O Christ. Who dare speak of Thy great works, Thou Who didst accomplish our accord and unity in one Church.</p>	<p>تَبَاشَرُوا وَصَفَّقُوا بِالْأَيْدِي، وَهَلَّلُوا بِبَهْجَةٍ صَارِحِينَ: مَا أَعْجَبَ وَأَغْرَبَ أَعْمَالِكَ أَيُّهَا الْمَسِيحُ، وَمَنْ يَسْتَطِيعُ النَّقْوَةَ بِعِظَائِمِكَ، يَا مَنْ ضَمَّ اتِّحَادَنَا إِلَى كَنِيسَةٍ وَاحِدَةٍ.</p>
<p>Verily, the fierce spears of the heretics and the mention of them have been destroyed resoundingly; for seeing, O most pure One, thy temple adorned in splendor with the graces of the venerable Icons, we are all filled with joy and gladness.</p>	<p>لَقَدْ تَلَاشَتْ الْآنَ حِرَابُ الْأَرَانِقَةِ الْعَنِيفَةِ، وَاضْمَحَلَّ ذِكْرُهَا مَعَ الدَّوِيِّ. لِأَنَّا إِذْ نَشَاهِدُ هَيْكَلِكَ يَا كَلِيَّةَ النَّقَاوَةِ، مُوشِحاً بِنِعَمِ الْإِيْقُونَاتِ الْمُوقَّرَةِ بِبِهَاءٍ، نَمْتَلِي كُنَّا حُبوراً.</p>
<p><b>AINOI (PRAISES) IN TONE EIGHT</b></p>	
<p>Let everything that hath breath, praise the Lord. Praise ye the Lord from the heavens; praise Him in the heights. To Thee, O God is due our song.</p>	<p>كُلُّ نَسَمَةٍ فَلْتُسَبِّحِ الرَّبَّ. سَبِّحُوا الرَّبَّ مِنَ السَّمَاوَاتِ، سَبِّحُوهُ فِي الْأَعَالِي، لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللَّهُ.</p>
<p>Praise ye Him, all His angels; praise ye Him, all His hosts. To Thee, O God, is due our song.</p>	<p>سَبِّحُوهُ يَا جَمِيعَ مَلَائِكَتِهِ، سَبِّحُوهُ يَا سَائِرَ قُوَاتِهِ، لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللَّهُ.</p>

### For the Resurrection in Tone Eight

**Verse 1.** *This glory shall be to all His saints.*

Though Thou didst stand in judgment, O Lord, condemned by Pilate, Thou didst not vacate Thy throne, sitting with the Father. Thou didst arise from the dead, releasing the world from the bondage of the stranger; for Thou art compassionate and the Lover of mankind.

1- هَذَا الْمَجْدُ يَكُونُ لِجَمِيعِ أَنْبِرَارِهِ.

يَا رَبُّ، وَإِنْ كُنْتَ قَدْ وَقَفْتَ فِي الْحُكْمِ مُدَاناً مِنْ بِيلاطسَ، إِلَّا أَنَّكَ لَمْ تَخُلْ مِنَ الْكُرْسِيِّ جالِساَ مَعَ الآبِ. وَقُمْتَ مِنْ بَيْنِ الْأَمْواتِ، وَأَعْتَقْتَ الْعالَمَ مِنْ عُبودِيَّةِ الْغَرِيبِ، بما أَنَّكَ رَؤُوفٌ وَمُحِبٌّ لِلبَشَرِ.

**Verse 2.** *Praise God in His sanctuary; praise Him in the firmament of His power.*

Though, O Lord, the Jews placed Thee in a grave like dead, the soldiers guarded Thee as a slumbering King; and as a Treasure of life, they sealed Thee. But Thou didst rise and grant incorruptibility to our souls.

2- سَبِّحُوا اللَّهَ فِي قَدَيْسِيهِ، سَبِّحُوهُ فِي فَالِكِ قُوَّتِهِ.

يَا رَبُّ، وَإِنْ كَانَ الْيَهُودُ قَدْ وَضَعوكَ فِي قَبْرِ كَمائِتِ، إِلَّا أَنَّ الْجُنْدَ كانوا يَحْرَسونَكَ كَمَلِكٍ راقِدِ، وَمِثْلَ كَنْزِ حَياةٍ حَتَمُوا عَلَيْكَ بِحَتْمِ. إِلَّا أَنَّكَ قُمْتَ وَمَنْحَتَ عَدَمَ الْبلى لِنَفوسِنا.

**Verse 3.** *Praise Him for His mighty acts; praise Him according to His excellent greatness.*

Thou didst give us Thy Cross, O Lord, as a weapon against Diabolus, who, unable to behold its power, doth fear and tremble; for it raiseth the dead and hath annulled death. Wherefore, do we worship Thy Burial and Resurrection.

3- سَبِّحُوهُ عَلى مَقْدَرَتِهِ، سَبِّحُوهُ نَظيرَ كَثْرَةِ عَظَمَتِهِ.

يَا رَبُّ، لَقَدْ أُعْطِينا صَليبَكَ سِلاحاً عَلى المَحالِ، لِأَنَّهُ يَرعَبُ وَيَرْتَعِدُ إِذْ لا يَحْتَمِلُ أَنْ يَرى قُوَّتَهُ، لِأَنَّهُ يُعْقيمُ المَوْتى وَقَدْ عَطَّلَ المُنونَ. لِذلكَ نَسْجُدُ لِدْفِنِكَ وَقِيامَتِكَ.

**Verse 4.** *Praise Him with the sound of the trumpet; praise Him with the psaltery and harp.*

The angel proclaiming Thy Resurrection, O Lord, did frighten the guards; but to the women he cried out, saying: Why seek ye the Living among the dead? Verily, He hath risen, being God and hath granted life to the universe.

4- سَبِّحُوهُ بِالْحَنِ البوقِ، سَبِّحُوهُ بِالْمِزْمارِ والقِيثارةِ.

يَا رَبُّ، إِنَّ المَلَكَ المُنادِي بِقِيامَتِكَ، أَمّا لِلْحراسِ فَأَرْهَبَ، وَأَمّا لِلنِّسوةِ فَهَتَفَ قائِلاً: لِمَ تَطْلُبْنَ الحَيِّ مَعَ المَوْتى؟ قَدْ قامَ بما أَنَّهُ إلهٌ، وَمَنْحَ الحَياةَ لِلْمَسكونَةِ.

### For the First Sunday of Great Lent in Tone Four (\*\*Unto them that fear thee\*\*)

**Verse 5.** *Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.*

Thy Church, O Lover of mankind, rejoiceth in Thee, O Thou her Bridegroom and her Creator, Who by Thy will, as becoming God, didst rescue her from the worship of idols, and joined her to Thee by Thy precious blood, enjoying the elevation of the noble Icons. Wherefore, she praiseth Thee in faith, glorifying Thee in joy.

5- سَبِّحُوهُ بِالطَّبْلِ والمَصارِفِ. سَبِّحُوهُ بِالْأوتارِ وآلَةِ الطَّرَبِ.

تَفْرَحُ الآنَ بِكَ البِيعَةُ يا مُحِبَّ البَشَرِ. أَيُّها الخالِقُ الخَتَنُ، الَّذي بِمَشيئَتِهِ الإلهيَّةِ نَجَّاهَا مِنْ كُفْرِ الأَصنامِ، وَقَرَّناها بِهِ بِبَدْلِهِ دَمَهُ الكَرِيمِ. وَقَدْ مَتَّعَنا بِرَفْعِ الإيقوناتِ الشَّرِيفَةِ، فَتَسبِّحُكَ بِإيمانٍ وَتَمَجِّدُكَ بِفَرَحِ.

**Verse 6.** Praise Him upon the loud cymbals: praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord.

Thy Church, O Lover of mankind, rejoiceth in Thee, O Thou her Bridegroom and her Creator, Who by Thy will, as becoming God, didst rescue her from the worship of idols, and joined her to Thee by Thy precious blood, enjoying the elevation of the noble Icons. Wherefore, she praiseth Thee in faith, glorifying Thee in joy.

6- سَبِّحُوهُ بِنَعْمَاتِ الصُّنُوجِ. سَبِّحُوهُ بِصُنُوجِ النَّهْلِيلِ. كُلُّ نَسَمَةٍ فَلْتَسَبِّحِ الرَّبَّ.

تَفْرَحُ الْآنَ بِكَ الْبَيْعَةُ يَا مُحِبَّ الْبَشَرِ. أَيُّهَا الْخَالِقُ الْخَتْنُ، الَّذِي بِمَشِيئَتِهِ الْإِلَهِيَّةِ نَجَّاهَا مِنْ كُفْرِ الْأَصْنَامِ، وَقَرَّنَهَا بِهِ بِبَذْلِهِ دَمَهُ الْكَرِيمِ. وَقَدْ مَتَّعْتَهَا بِرَفْعِ الْإَيْقُونَاتِ الشَّرِيفَةِ، فَتَسَبِّحُكَ بِإِيْمَانٍ وَتَمَجِّدُكَ بِفَرَحٍ.

**Verse 7.** Arise, O my God, lift up Thy hand, and forget not the humble.

We hang the likeness of Thy body and embrace it in consideration of its Source, making plain the mystery of Thy dispensation, O Lord, Lover of mankind; for Thou didst not appear unto us in delusion or imagination, as claim the followers of Mani, those contenders against God, but in truth and in nature of the body by which we ascend to Thy divine longing and love.

7- قُمْ يَا رَبِّي وَالْهَيِّ وَلْتَرْتَفِعْ يَدُكَ، وَلَا تَنْسَ بَائِسِيكَ إِلَى الْإِنْقِضَاءِ.

إِنَّا يَا رَبُّ، إِذْ نَعْلِقُ رَسْمَ جَسَدِكَ، فَنُصَافِحُ عُنُصْرَهُ مُوَضِّحِينَ سِرِّ عَظِيمِ تَدْبِيرِكَ. إِذْ لَمْ تَطْهَرْ بِالْخَيَالِ كَمَا قَدْ زَعَمَ تَبَاعَ مَانِي الْمُحَارِبِينَ لِلَّهِ، بَلْ بِالْحَقِيقَةِ لَنَا، وَبِطَبِيعَةِ الْجَسَدِ الَّذِي بِهِ نَرْتَقِي لِعُلَى عِشْقِكَ الْإِلَهِيِّ.

**Verse 8.** I will praise Thee, O Lord, with my whole heart: I will show all Thy marvelous works.

Today hath appeared a day full of joy, because the splendor of true doctrine shineth forth brilliantly, and the Church of Christ now sparkleth, adorned by the elevation of the Holy Icons which now have been restored; and God has granted to the faithful unity of mind.

8- أَعْتَرِفُ لَكَ يَا رَبُّ مِنْ كُلِّ قَلْبِي، وَأُحَدِّثُ بِجَمِيعِ عَجَائِبِكَ.

لَقَدْ ظَهَرَ الْيَوْمَ نَهَارٌ مُفَعَّمٌ بِهَجَّةٍ وَمُمْتَلِئٌ فَرَحًا، إِذْ إِنَّ حُسْنَ الْعَقَائِدِ الْحَقِيقِيَّةِ بِبِهَاءٍ يَسْطَعُ، وَكُنَيْسَةُ الْمَسِيحِ تَرْدَانُ الْآنَ مُتَلَأَلَةٌ بِرَفْعِهَا أَيْقُونَاتِ الْقَدِّيسِينَ وَرُسُومَهُمْ، وَيَحْظِي الْمُؤْمِنُونَ بِاتِّحَادٍ مُثَابٍ مِنَ اللَّهِ.

### DOXASTICON FOR THE FIRST SUNDAY OF GREAT LENT IN TONE SIX

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

Moses received the law in a period of abstinence and led his people; and Elijah, when he fasted, closed the heavens. As for the Abrahamite youths, they vanquished by fasting the transgressing usurper. Wherefore, through the same, O Savior, prepare us to meet Thy Resurrection, shouting: Holy God! Holy Mighty! Holy Immortal! Have mercy on us!

الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدْسِ.

إِنَّ مُوسَى فِي زَمَانِ الْإِمْسَاكِ، قَدْ تَقَبَّلَ الشَّرِيعَةَ، وَاقْتَادَ الشَّعْبَ. وَإِيلِيَّا، لَمَّا صَامَ، أَغْلَقَ السَّمَاوَاتِ. وَأَمَّا الْفَتِيَّةُ الْإِبْرَاهِيمِيَّةُ الْثَلَاثَةُ، فَقَدْ قَهَرُوا بِالصِّيَامِ الْمُغْتَصِبِ، الْمُتَجَاوِزِ الشَّرِيعَةَ. فَبَوَاسِطَتِهِ أَهْلْنَا يَا مُخَلِّصُ أَنْ نَحْظِيَ بِقِيَامَتِكَ، هَاتِقِينَ هَكَذَا: قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ أَرْحَمْنَا.

<p><i>Both now and ever, and unto ages of ages. Amen.</i></p> <p>Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.</p>	<p>الآن وكلّ أوانٍ وإلى دهرِ الداهرينَ. آمين.</p> <p>أنتِ هيَ الفاتئةُ على كلِّ البركاتِ، يا والدةَ الإلهِ العذراءِ، لأنَّ الجحيمَ قد سببتِ بواسطةَ المتجسِّدِ منكِ، وآدمَ دُعِيَ ثانيَّةً، واللَّعنةُ بادَتْ، وحواءُ انعتقتُ، والموتُ أميتُ، ونحنُ قد حيينا. فلدلكِ نُسبِّحُ هاتينِ: مُباركُ أنتِ أيُّها المسيحُ إلهُنا، يا مَنْ هكَذا سرُّ، المجدُ لكِ.</p>
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### THE GREAT DOXOLOGY IN TONE SIX

<p>Glory to Thee, who has shown us the Light. Glory to God in the highest, and on earth peace, good will among men.</p>	<p>المجدُ لكِ يا مُظهِرَ النورِ، المجدُ لله في العلاءِ، وعلى الأرضِ السَّلامُ، وفي النَّاسِ المَسرَّةُ.</p>
<p>We praise thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks unto Thee for Thy great glory.</p>	<p>نُسبِّحُكَ، نُبارِكُكَ، نَسجُدُ لَكَ، نُمَجِّدُكَ، نَشكُرُكَ مِنْ أَجْلِ عَظِيمِ جَلالِ مَجْدِكَ.</p>
<p>O Lord, heavenly King, God the Father Almighty; O Lord, the only begotten Son, Jesus Christ; and the Holy Spirit.</p>	<p>أيُّها الرَّبُّ المَلِكُ، السَّماويُّ، الإلهُ، الآبُ الضَّابطُ الكلِّ؛ أيُّها الرَّبُّ الابنُ الوَحيدُ، يا يَسوعُ المَسِيحُ؛ ويا أيُّها الرُّوحُ القُدُّسُ.</p>
<p>O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy on us, thou that takest away the sins of the world.</p>	<p>أيُّها الرَّبُّ الإلهُ، يا حَمَلَ اللهِ يا ابنَ الآبِ، يا رافعَ خَطيئَةِ العالمِ، ارحمنا، يا رافعَ خَطايا العالمِ.</p>
<p>Receive our prayer, Thou that sittest at the right hand of the Father, and have mercy on us.</p>	<p>تَقَبَّلْ تَضَرُّعنا أيُّها الجالسُ عَن يَمينِ الآبِ، وارحمننا.</p>
<p>For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the Glory of God the Father. Amen.</p>	<p>لأنَّكَ أنتَ وَحَدَكَ قُدُّوسٌ، أنتَ وَحَدَكَ الرَّبُّ يَسوعُ المَسِيحُ، في مَجْدِ اللهِ الآبِ. آمين.</p>
<p>Every day will I bless Thee, and I will praise Thy Name forever; yea, forever and ever.</p>	<p>في كُلِّ يَوْمٍ أبارِكُكَ، وأُسبِّحُ اسمَكَ إلى الأبدِ، وإلى أبدِ الأبدِ.</p>
<p>Vouchsafe, O Lord, to keep us this day without sin.</p>	<p>أهلِّنا، يا رَبُّ، أن نَحفظَ في هذا اليَوْمِ بِغَيْرِ خَطيئَةٍ.</p>
<p>Blessed art Thou, O Lord God of our Fathers, and praised and glorified be Thy Name forever. Amen.</p>	<p>مُباركُ أنتَ يا رَبُّ، إلهَ آبائنا، ومُسبِّحٌ ومُمجَّدٌ اسمُكَ إلى الأبدِ. آمين.</p>
<p>Let Thy mercy, O Lord, be upon us, as we do put our hope in thee.</p>	<p>لِتَكُنْ، يا رَبُّ، رَحمتُكَ عَلينا، كَمثَلِ اتِّكالنا عَليكِ.</p>

Blessed art Thou, O Lord: teach me Thy statutes. ( <i>thrice</i> )	مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمِنِي حُقُوقَكَ. (ثَلَاثًا)
Lord, Thou hast been our refuge in all generations. I said: Be merciful unto me; heal my soul, for I have sinned against Thee.	يَا رَبُّ، مَلْجَأٌ كُنْتَ لَنَا فِي جِيلٍ وَجِيلٍ، أَنَا قُلْتُ يَا رَبُّ ارْحَمْنِي وَاشْفِ نَفْسِي لِأَنِّي قَدْ خَطَبْتُ إِلَيْكَ.
Lord, I have fled unto Thee: teach me to do Thy will, for Thou art my God.	يَا رَبُّ، إِلَيْكَ لَجَأْتُ فَعَلَّمِنِي أَنْ أَعْمَلَ رِضَاكَ، لِأَنَّكَ أَنْتَ هُوَ إِلَهِي.
For with Thee is the fountain of life; in Thy light shall we see light.	لِأَنَّ مِنْ قِبَلِكَ عَيْنَ الْحَيَاةِ، وَبِنُورِكَ نُبْصِرُ النُّورَ.
O continue Thy lovingkindness unto them that know Thee. Holy God, Holy Mighty, Holy Immortal: have mercy on us. ( <i>thrice</i> )	فَأَبْسِطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ. قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ، ارْحَمْنَا. (ثَلَاثًا)
Glory to the Father, and to the Son, and to the Holy Spirit.	الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُّوسِ.
Both now and ever, and unto ages of ages. Amen.	الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.
Holy Immortal, have mercy on us.	قُدُّوسُ الَّذِي لَا يَمُوتُ، ارْحَمْنَا.
Holy God, Holy Mighty, Holy Immortal: have mercy on us.	قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ، ارْحَمْنَا.
<b>TROPARION IN TONE EIGHT</b>	
Having risen from the tomb, and having burst the bonds of Hades, Thou didst loose the condemnation of Death, O Lord, releasing all mankind from the snares of the enemy. Having manifested Thyself to Thine Apostles, Thou didst send them forth to proclaim Thee; and through them Thou hast granted Thy peace unto the civilized world, O Thou Who alone art plenteous in mercy.	إِذْ قُمْتَ يَا رَبُّ مِنَ الْقَبْرِ وَقَطَعْتَ رِبَاطَاتِ الْجَحِيمِ، غَلَبْتَ حُكُومَةَ الْمَوْتِ، وَأَنْقَذْتَ الْكُلَّ مِنْ فِخَاخِ الْعَدُوِّ، وَلَمَّا أَظْهَرْتَ ذَاتَكَ لِرُسُلِكَ أَرْسَلْتَهُمْ إِلَى الْكِرَازَةِ، وَمَنْحْتَ بِهِمْ سَلَامَكَ لِلْمَسْكُونَةِ، يَا جَزِيلَ الرَّحْمَةِ وَحَذَكَ.
<i>These texts have been prepared by the Dept. of Liturgics of the Antiochian Archdiocese</i>	
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