

ORTHROS ON SUNDAY, MARCH 19, 2017; TONE 6 / EOTHINON 6

THIRD SUNDAY OF GREAT LENT

VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS

MARTYRS CHRYSANTHOS, DARIA, AND THOSE WITH THEM OF ROME; MARTYR PANCHARIOS OF NICOMEDIA; NEW-MARTYR DEMETRIOS THE JOINER OF CONSTANTINOPLE; VENERABLE INNOCENT OF KOMEL

The first part of Orthros may be found in the red Service Book, pages 44-58.

“GOD IS THE LORD” IN TONE SIX

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

المَرْتِل: اللهُ الرَّبُّ ظَهَرَ لَنَا، مُبَارَكٌ الْآتِي بِاسْمِ الرَّبِّ. (تعاد بعد الإستيخونات)

1. O give thanks unto the Lord, and call upon his holy name.

1 - اعْتَرِفُوا لِلرَّبِّ وادعوا باسمه القدوس.

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 SIX

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb. And the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

إِنَّ الْقَوَاتِ الْمَلَائِكِيَّةَ ظَهَرُوا عَلَى قَبْرِكَ الْمُوقَّرِ، وَالْحُرَّاسَ صَارُوا كَالْأَمْوَاتِ، وَمَرِيَمَ وَقَفَتْ عِنْدَ الْقَبْرِ طَالِبَةً جَسَدَكَ الطَّاهِرَ، فَسَبَّيْتَ الْجَحِيمَ وَلَمْ تُجْرَبْ مِنْهَا، وَصَادَفْتَ الْبَتُولَ مَانِحاً الْحَيَاةَ. فَيَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، يَا رَبُّ الْمَجْدُ لَكَ.

APOLYTIKION FOR THE HOLY CROSS IN TONE ONE

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

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.

المَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُّسِ.

خَلِّصْ يَا رَبُّ شَعْبَكَ، وَبَارِكْ مِيرَاثَكَ، وَامْنَحْ عِبِيدَكَ الْمُؤْمِنِينَ الْعَلْبَةَ عَلَى الشَّرِيرِ، وَاحْفَظْ بِقُوَّةِ صَلَيبِكَ جَمِيعَ الْمُخْتَصِّينَ بِكَ.

RESURRECTIONAL THEOTOKION IN TONE ONE

Both now and ever, and unto ages of ages. Amen. As Gabriel cried aloud unto thee, 'Hail, O Virgin,' with that cry did the Lord of all become incarnate in thee, O holy ark, as spake the righteous David; and thou wast revealed, as more spacious than the heavens, in that thou bore thy Creator. Wherefore, glory to Him Who abode in thee; glory to Him Who came from thee; glory to Him, Who through thy birth-giving hath set us free.

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ: إِنَّ جِبْرَائِيلَ لَمَّا تَقَوَّةَ نَحْوِكَ أَيُّهَا الْعَذْرَاءُ بِالسَّلَامِ، فَمَعَ الصَّوْتِ تَجَسَّدَ سَيِّدُ الْكُلِّ فِيكَ، أَيُّهَا السَّفِينَةُ الْمُقَدَّسَةُ، كَمَا قَالَ دَاوُدُ الصِّدِّيقِ، وَظَهَرْتَ أَرْحَبَ مِنَ السَّمَاوَاتِ حَامِلَةً خَالِقَكَ. فَالْمَجْدُ لِلَّذِي حَلَّ فِيكَ، الْمَجْدُ لِلَّذِي آتَى مِنْكَ، الْمَجْدُ لِلَّذِي أَعْتَقَنَا بِوِلَادَتِهِ مِنْكَ.

The Little Litany

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

الشَّمَّاس: أَيْضاً وَأَيْضاً بِسَّلَامٍ إِلَى الرَّبِّ نَطْلُبُ.
الجوق: يَا رَبُّ ارْحَمْنَا.

<p>Choir: Lord, have mercy.</p> <p>Priest: Help us; save us; have mercy on us; and keep us, O God by thy grace.</p> <p>Choir: Lord have mercy.</p> <p>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.</p> <p>Choir: To Thee, O Lord.</p> <p>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.</p> <p>Choir: Amen.</p>	<p>الشماس: أَعْضُدْ وَخَلِّصْ وَارْحَمْ واحفظنا يا الله بنعمتك. الجوق: يا رب ارحم. الشماس: بعد ذكرنا الكليّة القدّاسة، الطاهرة، الفائقة البركات المجيدة، سيّدتنا والدة الإله، الدائمة البتولية مريم، مع جميع القدّيسين، لثودع أنفسنا وبعضنا بعضاً، وكلّ حياتنا للمسيح الإله. الجوق: لك يا رب. الكاهن: لأنّ لك العزّة، ولك الملك، والقوّة، والمجد أيها الأب والإبن والروح القدس، الآن وكلّ أوانٍ وإلى دهر الدهرين. الجوق: آمين.</p>
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SIXTH TONE RESURRECTIONAL KATHISMATA (Plain Reading)

First Kathisma

<p>When the tomb was shown to be open and Hades wailing, Mary cried unto the cowering Apostles, saying, ‘Come out, ye laborers of the vineyard, and proclaim the words of the Resurrection; for the Lord is risen, granting the world Great Mercy.</p> <p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i></p> <p>Mary Magdalene, O Lord, did stand by Thy tomb and cry, weeping. And when she thought Thou wast the gardener, she said, ‘Where hast Thou hidden the everlasting Life? Where hast Thou placed Him Who sitteth on the cherubic throne?’ And when she saw the guards who kept Him, appearing from fear like dead, she cried unto them, ‘Give me my Lord; or else cry with me saying, O Thou Who was numbered among the dead, and Who didst raise the dead, O Lord, glory to Thee.’</p> <p>(Theotokion of the Resurrectional apolytikion) <i>Both now and ever, and unto ages of ages. Amen.</i></p> <p>Thou Who didst call Thy Mother blessed of Thine own good will and didst come to Thy passion shining radiantly upon the Cross, desiring to recall Adam and saying unto the angels: Rejoice with me; for I have found the piece of silver which was lost. O our God, Who with wisdom hast ordered all things, glory to Thee.</p>	<p>لَقَدْ صَرَخَتْ مَرِيْمٌ، لَمَّا ظَهَرَ الْقَبْرُ مَفْتُوْحاً وَالْجَحِيْمُ مُنْتَجِبَةً، نَحْوَ الرُّسُلِ الْمُخْتَفِيْنَ قَائِلَةً: اٰخْرَجُوا يَا فَعْلَةَ الْكَرْمِ وَبَشِّرُوا بِكَلَامِ الْقِيَامَةِ، لِأَنَّ الرَّبَّ قَدْ قَامَ، مَانِحاً الْعَالَمَ الرَّحْمَةَ الْعَظْمَى. المجد للآب، والإبن، والروح القدس. أيها الربُّ، إنَّ مَرِيْمَ الْمَجْدَلِيَّةَ قَدْ وَقَفَتْ عِنْدَ قَبْرِكَ وَصَرَخَتْ بَاكِئَةً. وَإِذْ ظَنَنْتَ أَنَّكَ الْبُسْتَانِيُّ، قَالَتْ: أَيْنَ أَخْفَيْتَ الْحَيَاةَ الدَّهْرِيَّةَ؟ أَيْنَ وَضَعْتَ الْجَالِسَ عَلَى كُرْسِيِّ الشَّارِوْبِيْمِ؟ وَلَمَّا رَأَتْ الْحُرَّاسِ الَّذِيْنَ حَفَظُوْكَ قَدْ أَمْسُوا كَالْأَمْوَاتِ مِنَ الْخَوْفِ، صَاخَتْ بِهِمْ هَاتِفَةً: إِمَّا أَعْطُونِي رَبِّي، أَوْ اهْتَفُوا مَعِي قَائِلِيْنَ: يَا مَنْ حُسِبْتَ بَيْنَ الْأَمْوَاتِ وَأَقَمْتَ الْمَانْتِيْنَ، يَا رَبُّ الْمَجْدُ لَكَ. (ثاوطوكية القيامة) الآن وكلّ أوانٍ وإلى دهر الدهرين، آمين. يَا مَنْ دَعَوْتَ أُمَّكَ مُبَارَكَةً، لَقَدْ أَقْبَلْتَ إِلَى الْأَلَامِ طَوْعاً بِاخْتِيَارِكَ، وَأَشْرَفْتَ عَلَى الصَّلِيْبِ مُرِيداً أَنْ تُعِيدَ دَعْوَةَ آدَمَ، قَائِلاً لِلْمَلَأْنَكَةِ: إِفْرَحُوا مَعِي لِوُجُوْدِي الدِّرْهَمِ الضَّائِعِ. فَيَا مَنْ دَبَّرْتَ كُلَّ شَيْءٍ بِحِكْمَةٍ، الْمَجْدُ لَكَ.</p>
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Second Kathisma

<p>Verily, Life was placed in the grave, and the seals were applied to the stone. And the soldiers guarded Christ as they would a sleeping king. But the Lord</p>	<p>إِنَّ الْحَيَاةَ قَدْ وُضِعَ فِي قَبْرِ، وَجُعِلَ عَلَى الْحَجَرِ خُتُوْمٌ، وَحَرَسَ الْجُنْدُ الْمَسِيْحَ كَمَا كَمَلِكٍ رَاقِدٍ. وَلَكِنَّ الرَّبَّ قَدْ قَامَ ضَارِباً أَعْدَاءَهُ بِحَالٍ</p>
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<p>rose, smiting His enemies in an invisible way.</p> <p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i></p> <p>Verily, Jonah did come before and made a sign of Thy tomb; and Simeon did interpret Thy divine Resurrection, O deathless Lord; for Thou didst descend into the grave as one who is dead, O Thou Who didst invade the gates of Hades, and didst rise free of corruption for the salvation of the world, being the Master, O Christ our God, and didst light those who are in darkness.</p> <p><i>Both now and ever, and unto ages of ages. Amen.</i></p> <p>Pray, O Virgin Theotokos to thy son Christ our God, Who was willingly nailed upon the Cross and did rise from the dead, that He might save our souls.</p>	<p>لا يرى. المجد للآب، والإبن، والروح القدس. قَدْ تَقَدَّمَ يُونَانُ فَرَسَمَ قَبْرَكَ، وَسَمِعَانُ فَسَّرَ قِيَامَتَكَ الإلهيَّةَ أَيُّهَا الرَّبُّ العَاديِمُ المَوْتِ، لِأَنَّكَ نَزَلْتَ إِلَى اللَحْدِ مَيِّتاً يَا مَنْ حَلَلْتَ أَبْوابَ الجَحيمِ، وَقَمْتَ مُنْزَهاً عَنِ الفَسادِ لِخِلاصِ العالَمِ، بِما أَنَّكَ السَيِّدُ أَيُّهَا المَسِيحُ الهُنا، وَأَنْتَ الذِينَ فِي الظَّلامِ. الآنَ وَكُلَّ أوانٍ وَإِلَى دَهْرِ الداهِرِينَ، آمين. يا وَالِدَةَ الإلهِ العَدْرَاءِ، تَوَسَّلِي إِلَى ابْنِكَ المَسِيحِ الهُنا، الذِي سَمِرَ عَلَى الصَّلِيبِ طَوْعاً وَقامَ مِنْ بَينِ الأَمواتِ لِكَي يَخْلِصَ نَفوسَنا.</p>
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THIRD KATHISMA FOR THE HOLY CROSS (Plain Reading)

<p>In Paradise of old the tree stripped me bare; for by giving me its fruit to eat, the enemy brought in death. But now the Tree of the Cross that clothes men with the garment of life has been set up on earth, and the whole world is filled with boundless joy. Beholding it venerated, O ye people, let us with one accord raise in faith our cry to God: His house is full of glory.</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>In Paradise of old the tree stripped me bare; for by giving me its fruit to eat, the enemy brought in death. But now the Tree of the Cross that clothes men with the garment of life has been set up on earth, and the whole world is filled with boundless joy. Beholding it venerated, O ye people, let us with one accord raise in faith our cry to God: His house is full of glory.</p>	<p>إِنَّ العَدُوَّ فِي الفِرْدَوْسِ قَدِيماً عَرَى أَدَمَ بِواسِطَةِ العودِ، وَجَلَبَ المَوْتَ لِأَجْلِ المَذاقَةِ، وَأما عودُ الصَّلِيبِ فَانْعَرَسَ عَلَى الأَرْضِ آتِياً لِلبَشَرِ بِلِباسِ الحَياةِ، واسْتَوْعَبَ العالَمَ بِأسرِهِ كُلِّ فَرَحٍ. فَلنُشاهِدُهُ أَيُّها الشُعوبُ مَسجوداً لَهُ، وَنصْرُخُ لِهِنَّ بِإيمانٍ وَنِعْماتٍ مُوتَلَفَةٍ: أَنْ بَيتَهُ مَمْلُوءاً مَجْداً. المجد للآب، والإبن، والروح القدس، الآنَ وَكُلَّ أوانٍ وَإِلَى دَهْرِ الداهِرِينَ، آمين. إِنَّ العَدُوَّ فِي الفِرْدَوْسِ قَدِيماً عَرَى أَدَمَ بِواسِطَةِ العودِ، وَجَلَبَ المَوْتَ لِأَجْلِ المَذاقَةِ، وَأما عودُ الصَّلِيبِ فَانْعَرَسَ عَلَى الأَرْضِ آتِياً لِلبَشَرِ بِلِباسِ الحَياةِ، واسْتَوْعَبَ العالَمَ بِأسرِهِ كُلِّ فَرَحٍ. فَلنُشاهِدُهُ أَيُّها الشُعوبُ مَسجوداً لَهُ، وَنصْرُخُ لِهِنَّ بِإيمانٍ وَنِعْماتٍ مُوتَلَفَةٍ: أَنْ بَيتَهُ مَمْلُوءاً مَجْداً.</p>
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EVLOGETARIA (BENEDICTIONS) IN TONE FIVE

<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i></p> <p>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.</p>	<p>مُبَارَكَ أَنْتَ يَا رَبِّ عَلَّمَنِي حَقوقَكَ. جَمَعَ المَلَائِكَةُ انْدَهَلَ مُتَحَيِّراً، عِنْدَ مُشاهَدَتِهِمْ إِيَّاكَ مَحسوباً بَينَ الأَمواتِ أَيُّها المُخَلِّصُ، وَداجِضاً قُوَّةَ المَوْتِ، وَمُنْهَضاً أَدَمَ مَعَكَ، وَمُعْتَقاً إِيَّانا مِنَ الجَحيمِ كافَةً.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i></p> <p>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.</p>	<p>مُبَارَكَ أَنْتَ يَا رَبِّ عَلَّمَنِي حَقوقَكَ. المَلَائِكَةُ اللامِعَةُ عِنْدَ القَبْرِ تَقوَّةَ نَحْوِ حَامِلاتِ الطَّيبِ قَائِلاً: لِمَ تَمزُجْنَ الطَّيبِ بِالدُّموعِ، بِتَرَبَّتِ يَا تَلْمِيذاتِ! أَنْظُرْنَ اللَحْدَ وَافْرَحْنَ، لِأَنَّ المُخَلِّصَ قَدْ قامَ مِنَ القَبْرِ.</p>

<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> 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.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبِّ عَلَّمَنِي حُقُوقَكَ. إِنَّ حَامِلَاتِ الطِّيبِ سَخَّرَا جَدًّا، سَارَعْنَ إِلَى قَبْرِكَ نَائِحَاتٍ. إِلَّا أَنَّ الْمَلَائِكَةَ وَقَفَتْ بِهِنَّ، وَقَالَ لَهُنَّ: زَمَانُ النَّوْحِ قَدْ كَفَّ وَبَطُلَ فَلَا تَبْكِينَ، بَلْ بَشِّرْنَ الرُّسُلَ بِالْقِيَامَةِ.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> 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.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبِّ عَلَّمَنِي حُقُوقَكَ. إِنَّ النَّسْوَةَ حَامِلَاتِ الطِّيبِ، وَأَقْبَنَ بِالْحَنُوطِ إِلَى قَبْرِكَ أَيُّهَا الْمُخَلَّصُ. فَسَمِعْنَ مَلَكَاً مُتَنَعِّماً نَحْوَهُنَّ قَائِلاً: لِمَ تَحْسِبْنَ الْحَيِّ مَعَ الْمَوْتَى؟ فِيمَا أَنَّهُ إِلَهُ، قَدْ قَامَ مِنَ الْقَبْرِ نَاهِضاً.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> 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.</p>	<p>الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدْسِ. نَسْجُدُ لِلآبِ، وَلِابْنِهِ، وَلِرُوحِ قُدْسِهِ، ثَالِوثاً قُدُّوساً فِي جَوْهَرٍ وَاحِدٍ، هَاتِفِينَ مَعَ السَّرَافِيمِ: قُدُّوسٌ، قُدُّوسٌ، قُدُّوسٌ أَنْتَ يَا رَبِّ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> 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 who was incarnate of thee, both God and man, hath restored to life those who had fallen therefrom.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. أَيُّتُّهَا الْعَذْرَاءُ، لَقَدْ وَلَدْتَ مُعْطِيَةَ الْحَيَاةِ، وَأَنْقَذْتَ آدَمَ مِنَ الْخَطِيئَةِ، وَمَنْحْتَ حَوَاءَ الْفَرَحِ عَوْضَ الْحُزْنِ، لَكِنَّ الْإِلَهَ وَالْإِنْسَانَ الْمُتَجَسِّدَ مِنْكَ، أَرْشَدَهُمَا إِلَى الْحَيَاةِ الَّتِي قَدْ تَهَوَّرَا مِنْهَا.</p>
<p>Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (3 times) O our God and our Hope, glory to Thee.</p>	<p>هللوا، هللوا، هللوا، هللوا المجد لك يا الله. (ثلاثاً) يا إلهنا ورجاءنا لك المجد.</p>
THE LITTLE LITANY	
<p>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 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. Choir: Amen.</p>	<p>الشماس: أيضاً وأيضاً بسلامٍ إلى الرب نطلب. الجوق: يا رب ارحم. الشماس: أعضد وخلص وارحم واحفظنا يا الله بنعمتك. الجوق: يا رب ارحم. الشماس: 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: لأن اسمك مبارك ومُجَدُّ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدْسُ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. الجوق: آمين.</p>
SIXTH TONE RESURRECTIONAL HYPAKOE (Plain Reading)	
<p>By Thy willing yet life giving Death, O Christ, Thou hast crushed the gates of Hades, because Thou art</p>	<p>بِمَوْتِكَ الْمُخْيِي الطَّوْعِي أَيُّهَا الْمَسِيحُ، حَطَمْتَ أَبْوَابَ الْجَحِيمِ بِمَا أَنْتَ إِلَهُ، وَفَتَحْتَ لَنَا الْفِرْدَوْسَ الْقَدِيمَ، وَقَمْتَ نَاهِضاً مِنْ بَيْنِ</p>

<p>God, and hast opened the old paradise; and having risen from the dead, Thou hast redeemed our life from corruption.</p>	<p>الأموات، وخلصت من الفساد نفوسنا.</p>
<p>SIXTH TONE RESURRECTIONAL ANABATHMOI (Plain Reading) First Antiphony</p>	
<p>+ To the heavens do I lift mine eyes, O Word of God. Have mercy upon me that I may live by Thee.</p> <p>+ O Word, have mercy upon us who are despised, and make us good and chosen vessels.</p> <p>+ Glory to the Father and to the Son and to the Holy Spirit, both now and ever and unto ages of ages. Amen. Verily, in the Holy Spirit is the cause of salvation for all; for when He bloweth on one worthily, He doth raise him speedily from earthly things, doth wing him and cause him to grow, and doth rank him in the heavenly places.</p>	<p>+ إلى السماء أرفع عيني نحوك يا كلمة الله، فنرأف علي لكي أحيأ بك.</p> <p>+ أيها الكلمة ارحمنا نحن المهانين، وأعدنا لك أواني صالحة مختارة.</p> <p>+ المجد للأب، والإبن، والروح القدس، الآن وكل أوان وإلى دهر الدهرين، أمين: إن بالروح القدس سبب خلاص الكل، لأنه إذا هب في إنسان بحسب الاستحقاق، يرفعه سريعاً من الأرضيات، ويجيحه ويثميّه ويرتبه في العلويات.</p>
<p>Second Antiphony</p>	
<p>+ Were not the Lord in our midst it would not be possible for any of us to stand firm in his wrestling with the enemy; for only thereby do the victors attain the exaltation of victory.</p> <p>+ Woe to me, how shall I escape the enemies while I am a lover of sin. Wherefore, deliver not my soul, O Word, like a bird, to their teeth.</p> <p>+ Glory to the Father and to the Son and to the Holy Spirit, both now and ever and unto ages of ages. Amen. Verily, through the Holy Spirit is everyone made divine; and in Him is pleasure, understanding, safety, and blessing; for He is equal to the Father and the Word together.</p>	<p>+ لو لم يكن الرب فينا فما كان أحد يستطيع مناصبة العدو وصراعه، لأن الظافرين من هنا يتعالون.</p> <p>+ ويحي كيف أقدر أن أنجو من الأعداء وأنا مجب للخطية. فيا أيها الكلمة لا تدفع نفسي كالعصفور لأسنانهم.</p> <p>+ المجد للأب، والإبن، والروح القدس، الآن وكل أوان وإلى دهر الدهرين، أمين: إن بالروح القدس كل يتأله، وبه المسرة والفهم والسلامة والبركة، لأنه مساو للأب والكلمة معاً.</p>
<p>Third Antiphony</p>	
<p>+ They who trust in the Lord are feared by their enemies and are wondered at by all; for their sight is very high.</p> <p>+ The party of the righteous hath secured Thee as its succour, O Savior, and therefore shall not reach out its hands to iniquities.</p> <p>+ Glory to the Father and to the Son and to the Holy Spirit, both now and ever and unto ages of ages. Amen. Verily, the Holy Spirit hath might over all; for Him do all the heavenly hosts worship, and every breath below.</p>	<p>+ إن المتوكلين على الرب مرهبون لدى الأعداء ومستعجبون من الكل، لأن نظرهم مرتفع جداً.</p> <p>+ أيها المخلص، إن حظ الصديقين لا يمد يديه إلى الماتم، لأنه قد أحرزك معيناً.</p> <p>+ المجد للأب، والإبن، والروح القدس، الآن وكل أوان وإلى دهر الدهرين، أمين: إن للروح القدس العزة على الكل، لأن له تسجد كل الأجناد العلوية مع كل نسمة سفلية.</p>

PROKEIMENON FOR THE RESURRECTION IN TONE SIX

<p>O Lord, arouse Thy strength, and come to our salvation. (<i>Twice</i>) Hearken, O Shepherd of Israel. O Lord, arouse Thy strength, and come to our salvation.</p>	<p>يا رَبُّ أَيْقِظْ قُوَّتَكَ وَهَلِّمْ لِخَلَاصِنَا (مرتين). يا راعي إِسْرَائِيلَ أَنْصِتْ. يا رَبُّ أَيْقِظْ قُوَّتَكَ وَهَلِّمْ لِخَلَاصِنَا.</p>
<p>Deacon: Let us pray to the Lord. Choir: Lord, have mercy. Priest: For Holy art Thou, O our God, Who restest 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>الشماس: إلى الرَّبِّ نَطْلُبُ. المراتل: يا رَبُّ ارْحَمِ. الكاهن: لِأَنَّكَ قُدُّوسٌ أَنْتَ يا إِلَهنا، وفي القُدَّيسينَ تَسْتَقِرُّ وتَسْتَرِيحُ، وألَّكَ نُرسِلُ المَجْدَ أَيُّها الأبُّ، والابْنُ، والرُّوحُ القُدُّوسُ، الآنَ وكُلَّ أوَّانٍ وإلى دَهْرٍ الداهِرِينَ.</p>
<p>Chanter: Amen. Let everything that hath breath praise the Lord. (<i>Twice</i>) <i>Praise ye God in His saints; praise Him in the firm foundation of His power.</i> Let everything that hath breath praise the Lord.</p>	<p>المُرْتَل: آمين. كُلُّ نَسَمَةٍ، فَلْتَسَبِّحِ الرَّبَّ. (مرتين) سَبِّحُوا اللهَ في قُدَّيسِيهِ، سَبِّحُوهُ في فَلَكِ قُوَّتِهِ. كُلُّ نَسَمَةٍ، فَلْتَسَبِّحِ الرَّبَّ.</p>

THE SIXTH EOTHINON GOSPEL

<p>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. (<i>Thrice</i>) 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 Luke (24:36-53) Choir: Glory to Thee, O Lord, glory to Thee.</p>	<p>الشماس: مِنْ أَجْلِ أَنْ نَكُونَ مُسْتَجِيبِينَ لِسَماعِ الإِنْجِيلِ المُقَدَّسِ، إلى الرَّبِّ إِلَهنا نَطْلُبُ. المراتل: يا رَبُّ ارْحَمِ (ثلاثاً) الشماس: الحِكْمَةُ، فَلْتَسْمَعِ الإِنْجِيلَ المُقَدَّسِ، الكاهن: السَّلَامُ لِجَمِيعِكُمْ. المراتل: وليروحك. الكاهن: فَصَلِّ شَرِيفٌ مِنْ بَشارةِ القُدَّيسِ لوقا الإِنْجِيلِيِّ البَشِيرِ والتَّلْمِيذِ الطَّاهِرِ. المراتل: المَجْدُ لَكَ يا رَبُّ المَجْدُ لَكَ.</p>
<p>Priest: <i>Let us attend!</i> At that time, after rising from the dead, Jesus Himself stood among His Disciples and said to them, "Peace be with you." But they were startled and frightened, and supposed that they saw a spirit. And He said to them, "Why are you troubled, and why do questionings rise in your hearts? See My hands and My feet, that it is I Myself; handle Me, and see; for a spirit has not flesh and bones as you see that I have." When He had said this, He showed them His hands and His feet. And while they still disbelieved for joy, and wondered, He said to them, "Have you anything here to eat?" They gave Him a piece of broiled fish, and He took it and ate before them. Then He said to them, "These are My words which I spoke to you, while I was still with you, that everything</p>	<p>الكاهن: لِنُصَعِّ! في ذلكَ الزمانِ قامَ يسوعُ من بينِ الأمواتِ وَوَقَفَ في وَسَطِ التَّلْمِيذِ وقالَ لَهُمُ السَّلَامُ لَكُمْ* فارتاعوا وخافوا وظنُّوا أَنَّهُم يَرَوْنَ رُوحاً* فقالَ لَهُمُ ما بِالْكُمْ مُضْطَرِبِينَ ولماذا تَخْطُرُ أَفكارُ في قلوبِكُمْ* انظُرُوا يَدَيَّ ورِجْلَيَّ إِني أنا هو، جِسْونِي وانظُرُوا لأنَّ الرُّوحَ لا لَحْمَ لَهُ ولا عَظْمَ كما تَرَوْنَ لي* وحينَ قالَ هذا أراهم يَدِيهِ ورِجْلَيْهِ* وإذْ كانوا هم غيرُ مَصَدِّقِينَ بعدُ مِنْ الفَرَحِ ومتعجِّبينَ قالَ لَهُمُ أَعِنْدَكُم ههنا طَعامٌ* فناولوه قطعةً مِنْ سَمَكٍ مشويٍّ وشيئاً مِنْ شَهْدِ عَسَلٍ* فأخَذَ وأكَلَ أَمامَهُم وقالَ لَهُمُ هذا هو الكلامُ الَّذي كَلَمْتُكُمْ بِهِ وأنا بعدُ مَعَكُمْ إِنَّهُ يَنْبَغِي أَنْ يَتِمَّ جَمِيعُ ما هو مَكْتُوبٌ عَنِّي في ناموسِ موسى والأنبياءِ والمزاميرِ* حينئذٍ فَتَحَ أَذْهَانَهُمْ لِيَفْهَمُوا الكِتَابَ* وقالَ لَهُمُ هكذا هو مَكْتُوبٌ وهكذا كان يَنْبَغِي للمسيحِ أَنْ يَتَأَلَّمَ ويقومَ مِنْ بينِ الأمواتِ في اليَوْمِ الثالثِ* وأن يُكْرَزَ بِاسْمِهِ بالتوبةِ ومَغْفرةِ الخَطايا في جَمِيعِ الأُمَمِ</p>

<p>written about Me in the law of Moses and the prophets and the psalms must be fulfilled.” Then He opened their minds to understand the scriptures, and said to them, “Thus it is written, that the Christ should suffer and on the third day rise from the dead, and that repentance and forgiveness of sins should be preached in His name to all nations, beginning from Jerusalem. You are witnesses of these things. And behold, I send the promise of My Father upon you; but stay in the city, until you are clothed with power from on high.” Then He led them out as far as Bethany, and lifting up His hands He blessed them. While He blessed them, He parted from them, and was carried up into heaven. And they returned to Jerusalem with great joy, and were continually in the temple blessing and praising God. Amen.</p> <p>Choir: Glory to Thee, O Lord, glory to Thee.</p>	<p>ابتداءً من أورشليم * وأنتم شهودٌ لذلك * وأنا أرسِلُ إليكم موعِدَ أبي، فامكثُوا أنتم في مدينةِ أورشليمِ إلى أن تلبسُوا قوَّةً من العلاء * ثم خرَجَ بهم خارجاً حتى بيتَ عنيا وفتحَ يديه وباركهم * وفيما هو يباركهم انفردَ عنهم وصعدَ إلى السماء * وأمّا هم فسجدُوا له ورجعوا إلى أورشليمِ بفرحٍ عظيمٍ * وكانوا كُلَّ حينٍ في الهيكلِ يُسبِّحونَ اللهَ ويباركونه. آمين.</p> <p>المرتل: المَجْدُ لَكَ يَا رَبُّ، المَجْدُ لَكَ.</p>
<p>Reader: 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>القارئ: إذ قد رأينا قيامَةَ المسيحِ، فلنَسجُدْ لِلرَّبِّ القُدُّوسِ، يسوعَ المَعصومِ مِنَ الخَطَا وَحَدَه. لِصَلِيبِكَ أَيُّهَا المَسِيحُ نَسجُدُ ولِقِيَامَتِكَ المُقدَّسةِ نُسبِّحُ ونُمدِّدُ، لِأَنَّكَ أنتَ هو الإلهُ وَآخِرَ سِوَاكَ لا نَعْرِفُ وباسْمِكَ نُسمِّي. هَلُمَّ يَا مَعشَرَ المَؤمِنِينَ نَسجُدْ لِقِيَامَةِ المَسِيحِ المُقدَّسةِ، لأنَّ هودًا بالصَّليبِ قد أتى الفَرَحُ لِكُلِّ العَالَمِ. لِئُبَارِكَ الرَّبُّ في كُلِّ حينٍ ونُسبِّحُ قِيَامَتَهُ، لِأَنَّهُ إذ احْتَمَلَ الصَّلبَ مِن أَجْلِنا المَوْتَ بالمَوْتِ حَطَمَ.</p>
<p>PSALM 50</p>	
<p>Have mercy upon me, O God, according to Thy great mercy; according to the multitude of Thy tender mercies, blot out mine iniquity.</p>	<p>إِرْحَمْنِي يَا اللهُ كَعَظِيمِ رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَتِكَ امْحُ مَاثِمِي.</p>
<p>Wash me thoroughly from mine iniquity, and cleanse me from my sin.</p>	<p>إِغْسِلْنِي كَثِيراً مِنْ إِثْمِي، وَمِنْ خَطِيئَتِي طَهِّرْنِي.</p>
<p>For I acknowledge mine iniquity, and my sin is ever before me.</p>	<p>لَأَنِّي أَنَا عَارِفٌ بِإِثْمِي، وَخَطِيئَتِي أَمَامِي فِي كُلِّ حينٍ.</p>
<p>Against Thee only have I sinned, and done evil in Thy sight, that Thou mightest be justified in Thy words, and prevail when Thou art judged.</p>	<p>إِلَيْكَ وَحْدَكَ أَخْطَأْتُ، وَالسِّرَّ قُدَامَكَ صَنَعْتُ، لَكِي تَصْدُقَ في أَقْوَالِكَ وَتَغْلِبَ في مُحَاكَمَتِكَ.</p>
<p>For behold, I was shapen in iniquities, and in sins did my mother conceive me.</p>	<p>هَاءَئِذَا بِالْإِثْمِ حُيِّلَ بِي، وَبِالْخَطَايَا وُلِدْتَنِي أُمِّي.</p>
<p>For behold, Thou hast loved truth; the unclear and hidden things of Thy wisdom Thou hast made clear to me.</p>	<p>لِأَنَّكَ قَدْ أَحْبَبْتَ الحَقَّ، وَأَوْضَحْتَ لِي غَوَامِضَ حِكْمَتِكَ وَمَسْتَوْرَاتِهَا.</p>
<p>Thou shalt sprinkle me with hyssop, and I shall be clean;</p>	<p>تَنْضَحْنِي بِالزَّوْفِيِّ فَأَطْهُرُ، تَغْسِلُنِي فَأَبْيَضُ أَكْثَرَ مِنَ التَّلْجِ.</p>

Thou shalt wash me, and I shall be whiter than snow.	
Thou shalt make me to hear joy and gladness; the bones which Thou hast broken shall rejoice.	تُسْمِعُنِي بِهَجَّةٍ وَسُرُوراً، فَتَبْتَهِّجُ عِظَامِي الدَّالِيَةَ.
Turn away Thy face from my sins, and blot out all my iniquities.	إِصْرِفْ وَجْهَكَ عَنِ خَطَايَايَ، وَاْمَحْ كُلَّ مَايَمِي.
Create in me a clean heart, O God, and renew a right spirit within me.	قَلْباً تَوَيِّباً اخْلُقْ فِيَّ يَا اللَّهُ، وَرُوحاً مُسْتَقِيماً جَدِّدْ فِي أَحْسَائِي.
Cast me not away from Thy presence and take not Thy Holy Spirit from me.	لَا تَطْرَحْنِي مِنْ أَمَامِ وَجْهِكَ، وَرُوحَكَ الْقُدُّوسُ لَا تَنْزِعْهُ مِنِّي.
Restore unto me the joy of Thy salvation and steady me with a guiding spirit.	إِمْنَحْنِي بِهَجَّةٍ خَلَاصِكَ، وَبِرُوحِ رِئَاسِيٍّ اعْضُدْنِي.
Then will I teach transgressors Thy ways, and the impious shall be converted unto Thee.	فَأُعَلِّمُ الْأَثَمَةَ طُرُقَكَ، وَالْكَافِرَةَ إِلَيْكَ يَرْجِعُونَ.
Deliver me from bloodguiltiness, O God, Thou God of my salvation, and my tongue shall sing aloud of Thy righteousness.	أُنْقِذْنِي مِنَ الدِّمَاءِ يَا اللَّهُ إِلَهَ خَلَاصِي، فَيَبْتَهِّجَ لِسَانِي بِعَدْلِكَ.
O Lord, open Thou my lips and my mouth shall declare Thy praise.	يَا رَبُّ افْتَحْ شَفْتَيَّ، فَيُخَبِّرَ فَمِي بِتَسْبِيحَتِكَ.
For hadst Thou desired sacrifice, I would have given it Thee; Thou delightest not in burnt offerings.	لَأَنَّكَ لَوْ أَثَرْتَ الدَّبِيحَةَ، لَكُنْتُ الْآنَ أُعْطِي، لَكِنَّكَ لَا تُسَرُّ بِالْمُحْرَقَاتِ.
Sacrifices to God are a contrite spirit; a contrite and humble heart, O God, Thou wilt not despise.	الدَّبِيحَةُ لِلَّهِ رُوحٌ مُنْسَجِقٌ، الْقَلْبُ الْمُتَخَشِّعُ وَالْمُتَوَاضِعُ لَا يَزُدُّهُ اللَّهُ.
Do good, O Lord, in Thy good will unto Zion, that the walls of Jerusalem may be built up.	اصْلِحْ يَا رَبُّ بِمَسَرَّتِكَ صِهْيُونََ وَلْتُبْنَ اسْوَارُ أُورُشَلِيمَ.
Then shalt Thou be pleased with the sacrifice of righteousness, with burnt offerings and whole burnt offerings.	حِينَئِذٍ تُسَرُّ بِدَّبِيحَةِ الْعَدْلِ قُرْبَاناً وَمُحْرَقَاتِ.
Then shall they offer bullocks upon Thine altar.	حِينَئِذٍ يُقَرَّبُونَ عَلَى مَذْبَحِكَ الْعُجُولَ.
LENTEN TROPARIA AFTER PSALM 50 IN TONE EIGHT	
<i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> 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 compassionate, purify me by the compassion of Thy mercies.	الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدْسِ. إِفْتَحْ لِي أَبْوَابَ التَّوْبَةِ يَا وَاهِبَ الْحَيَاةِ، لِأَنَّ رُوحِي تَبْتَكِرُ إِلَيَّ هَيَّكَلُ قُدْسِكَ، آتِياً بِهَيْكَلِ جَسَدِي مُدْتَسِئاً بِجُمْلَتِهِ. لَكِنْ، بِمَا أَنَّكَ مُتَعَطِّفٌ، نَقِّنِي بِتَحَنُّنِ مَرَامِكَ.
<i>Both now and ever, and unto ages of ages. Amen.</i> 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.	الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. سَهِّلِي لِي مَنَاهَجَ الْخَلَاصِ يَا وَالِدَةَ الْإِلَهِ، فَإِنِّي قَدْ دَنَسْتُ نَفْسِي بِخَطَايَا سَمِجَةٍ، وَأَفْنَيْتُ عُمْرِي كُلَّهُ بِالْتَوَانِي. لَكِنْ بِشَفَاعَاتِكَ، نَقِّنِي مِنْ كُلِّ رَجَاسَةٍ.

Idiomelon (Tone 6)

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.

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—which we especially venerate today—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, 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 Martyrs Chrysanthos, Daria, and those with them of Rome; Martyr Pancharios of Nicomedia; New-martyr Demetrios the joiner of Constantinople; and Venerable Innocent of Komel, 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.

(اللحن السادس) يَا رَحِيمُ، ارْحَمْنِي يَا اللَّهُ كَعِظِيمِ رَحْمَتِكَ، وَكَمَثَلِ كَثْرَةِ رَأْفَاتِكَ أَمْحَ مَاثِمِي.

إِذَا تَصَوَّرْتُ كَثْرَةَ أَفْعَالِي الرَّدِيئَةِ أَنَا الشَّقِيَّ، فَإِنِّي أُرْتَعِدُ مِنْ يَوْمِ الدِّينُونَةِ الرَّهِيْبِ. لَكِنِّي إِذْ أَنَا وَاقِفٌ بِتَحَنُّنِكَ، أَهْتَفُ إِلَيْكَ مِثْلَ دَاوُدَ: ارْحَمْنِي يَا اللَّهُ، بِحَسَبِ عَظِيمِ رَحْمَتِكَ.

الشماس: خَلِّصْ يَا اللَّهُ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ. وَافْتَقِدْ عَالَمَكَ بِالرَّحْمَةِ وَالرَأْفَاتِ. وَارْفَعْ شَأْنَ الْمَسِيحِيِّينَ الْأَرْثُوذُكْسِيِّينَ. وَأَسْبِغْ عَلَيْنَا مَرَاحِمَكَ الْغَنِيَةَ. بِشَفَاعَاتِ سَيِّدَتِنَا وَالدَّةِ الْإِلَهِيَّةِ الْكَلِيَّةِ الطَّهَارَةِ وَالذَّائِمَةِ الْبَتُولِيَّةِ مَزِيْمٍ. وَبِقُوَّةِ الصَّلِيبِ الْكَرِيمِ الْمَحْيِيِّ. وَبَطَلِبَاتِ الْقُوَاتِ السَّمَاوِيَّةِ الْمَكْرَمَةِ الْعَادِمَةِ الْأَجْسَادِ. وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا الْمَعْمَدَانِ. وَالْقَدِيسِيْنَ الْمَشْرِفِيْنَ الرُّسُلِ بَطْرُسَ وَيُوْلَسَ وَسَائِرِ الرُّسُلِ الْمَشْرِفِيْنَ الْجَدِيْرِيْنَ بِكُلِّ مَدِيْحٍ. وَأَبَائِنَا الْقَدِيسِيْنَ مَعْلَمِي الْمَسْكُونَةِ رُؤْسَاءِ الْكَهْنَةِ الْمُعْظَمِيْنَ بَاسِيْلْيُوْسَ الْكَبِيْرِ وَغْرِيْغُورْيُوْسَ الْإِلَاهُوتِي وَيُوْحَنَّا الذَّهَبِيِّ الْفَمِّ؛ وَأَبَائِنَا الْقَدِيسِيْنَ أَنْثَاسْيُوْسَ وَكِيْرْلَسَ وَيُوْحَنَّا الرَّحُوْمِ بِطَارِكَةِ الْإِسْكَانْدَرِيَّةِ. وَأَبِينَا الْقَدِيسِ نِيْقُولَاوَسَ رَئِيْسَ أَسَاقِفَةِ مِيْرَا الْإِلِيْكِيَّةِ، وَاسْبِيْرِيْدُوْنَ أَسْقَفَ تْرِيْمِيْثُوْسَ وَنِكْتَارْيُوْسَ أَسْقَفَ الْمَدَنِ الْخَمْسِ الْعَجَائِبِيْنَ، وَأَبَانَا الْقَدِيسِ تِيْخُوْنَ بَطْرِيْرِكَ مُوسْكَو، وَالْقَدِيسِ رَافَائِيْلَ أَسْقَفَ بْرُوْكْلِيْنَ؛ وَالْقَدِيسِيْنَ الْمَجِيدِيْنَ الشَّهْدَاءِ الْعِظَمَاءِ جَاوْرْجِيُوْسَ الْبَلْبَسِ الظُّفْرِ، وَدِيْمِيْتْرِيُوْسَ الْمَفِيْضِ الطَّيْبِ، وَثِيُوْدُوْرْسَ التِّيْرُوْنِي، وَثِيُوْدُوْرْسَ قَائِدَ الْحَيْشِ، وَمِيْنَاسَ الصَّانِعِ الْعَجَائِبِ؛ وَالْقَدِيسِيْنَ الشَّهْدَاءِ اِغْنَاطْيُوْسَ الْمَتُوْشِحَ بِاللَّهِ، خِرَالْمِيُوْسَ وَالثِّيْرِيُوْسَ؛ وَالشَّهِيْدَاتِ الْعِظِيْمَاتِ تَقْلَا، بْرَبَارَةَ، اِنْسْطَاسْيَا، كَاتْرِيْنَا، كِيْرْيَاكِي، فُوْتِيْنِي، مَارِيْنَا، بَارَاسْكِفَا، وَأَبْرِيْنَ؛ وَالْقَدِيسِيْنَ الْمَجِيدِيْنَ الشَّهْدَاءِ الْمَتَأَلِّقِيْنَ بِالظُّفْرِ، وَأَبَائِنَا الْأَبْرَارِ الْمَتُوْشِحِيْنَ بِاللَّهِ، وَالْقَدِيسِ (فَلَان) شَفِيْعَ هَذِهِ الْكَنِيسَةِ الْمَقْدَسَةِ، وَالْقَدِيسِيْنَ الصَّدِيْقِيْنَ جَدِّي الْمَسِيْحِ الْإِلَهِي يُوَاكِيْمَ وَحَنَّةً، وَتَذْكَارَ الشَّهْدَاءِ خْرَسْتُوْسَ وَدَارِيَا وَمَنْ مَعَهُمَا، وَالشَّهِيْدَ بَنْشِيْرَ النِّيْقُوْدِيْمِي، وَالْجَدِيْدِ فِي الشَّهْدَاءِ دِيْمَتْرِيُوْسَ الْخِرَاطِ الْقُسْطَنْطِيْنِي، وَالْبَارِ اِيْنُوْكَنْدِيْسَ الْكُوْمَلِي الرُّوسِي، وَبَارَةَ بَاسَا الْبِسْكَوْفِيَّةِ وَالْبَارِ يُوْحَنَّا بَيْنَا الَّذِيْنَ نَقِيْمُ تَذْكَارَهُمُ الْيَوْمَ وَجَمِيْعِ قَدِيسِيْكَ. نَتَضَرَّعُ إِلَيْكَ أَيُّهَا الرَّبُّ الْجَزِيْلُ الرَّحْمَةُ. فَاسْتَجِبْ لَنَا نَحْنُ الْخَطَاةَ الطَّالِبِيْنَ إِلَيْكَ وَارْحَمْنَا.

<p>Chanter: Lord, have mercy. Lord, have mercy. Lord, have mercy. (<i>Repeat 4 times</i>)</p>	<p>المرتل: يَا رَبُّ ارْحَمْنَا، يَا رَبُّ ارْحَمْنَا، يَا رَبُّ ارْحَمْنَا. (4 مرات)</p>
<p>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.</p>	<p>الكاهن: بِرَحْمَةِ وَرَأْفَاتِ ابْنِكَ الْوَحِيدِ، وَمَحَبَّتِهِ لِلْبَشَرِ، الَّذِي أَنْتَ مُبَارَكٌ مَعَهُ، وَمَعَ رُوحِكَ الْكَلْبِيِّ قُدْسُهُ الصَّالِحِ وَالْمُحْيِي، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. المرتل: آمين.</p>

KONTAKION & OIKOS FOR THIRD SUNDAY OF GREAT LENT (Plain Reading)

<p>The fiery sword no longer guards the gate of Eden, for in a strange and glorious way the wood of the Cross has quenched its flames. The sting of death and the victory of hell are now destroyed, for Thou art come, my Savior, crying unto those in hell: “Return again to Paradise.”</p>	<p>إِنَّ السَّيْفَ النَّارِيَّ لَنْ يَحْرُسَ مِنْ بَعْدُ عَدْنِ، لِأَنَّ عَوْدَ الصَّلِيبِ قَدْ أَطْفَأَهُ إِطْفَاءً مُدْهِشاً فَكَسِرَتْ شَوْكَةُ الْمَوْتِ، وَبَادَتْ غَلْبَةُ الْجَحِيمِ، وَوَقَفَتْ يَا مُخْلِصِي، هَاتِفاً بِالَّذِينَ فِيهَا: ادْخُلُوا مِنْ جَدِيدِ إِلَى الْفِرْدَوْسِ.</p>
<p>Pilate set up three crosses in the place of the Skull, two for the thieves and one for the Giver of Life. Seeing Him, hell cried to those below: “O my ministers and my powers! Who is this that has fixed a nail in my heart? A wooden spear has pierced me suddenly, and I am torn apart. Inwardly I suffer; anguish has seized my belly and my senses. My spirit trembles, and I am constrained to cast out Adam and his posterity. A tree brought them to my realm, but now the Tree of the Cross brings them back again to Paradise.”</p>	<p>إِنَّ بِيلاطُسَ نَصَبَ فِي الْجُلْجَلَةِ ثَلَاثَةَ صِلَابَانِ، اثْنَيْنِ لِلصَّادِقَيْنِ وَوَاحِدًا لِوَاهِبِ الْحَيَاةِ، الَّذِي لَمَّا أَبْصَرَهُ الْجَحِيمُ قَالَ لِلَّذِينَ فِي أَسْفَلٍ: يَا خُدَّامِي وَقُوَّاتِي، مَن هَذَا الَّذِي شَكَّ قَلْبِي بِمِسْمَارٍ، وَطَعَنَنِي بَعْنَةً بِحَرْبَةٍ خَشِيبِيَّةٍ؟ وَهَا أَنَا أَنْمَرُقُ فِي دَوَاخِلِي، وَتَتَوَجَّعُ أَحْشَائِي، وَتُظْلِمُ حَوَائِصِي، وَتَضْطَرِبُ رُوحِي، وَأَضْطَرُّ مُكْرَهَا أَنْ أَقْذِفَ آدَمَ وَذُرِّيَّتَهُ كُلَّهَا، الْمَدْفُوعِينَ إِلَيَّ بِسَبَبِ الْعُودِ، لِأَنَّ الْعُودَ يُدْخِلُهُمْ مِنْ جَدِيدٍ إِلَى الْفِرْدَوْسِ.</p>

THE SYNAXARION (Plain Reading)

On March 19 in the Holy Orthodox Church, we commemorate the Martyrs Chrysanthos, Daria, and those with them of Rome; Martyr Pancharios of Nicomedia; New-martyr Demetrios the joiner of Constantinople; and Venerable Innocent of Komel.

On this same day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross.

Verses

Let the whole world entire worship the Cross
through Which it truly knew to worship Thee, O Word.

Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God’s grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast.

By its power, O Christ God, preserve us from the crafty designs of the evil one and account us worthy to worship Thy divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as Thou alone art good and the Lover of mankind. Amen.

KATAVASIAS OF THIRD SUNDAY OF GREAT LENT CANON IN TONE ONE

<p>Ode 1. Of old the divine Moses foreshadowed Thy Cross, passing Israel across the Red Sea when he struck</p>	<p>(الأولى) إِنَّ مُوسَى الْإِلَهِيِّ قَدْ سَبَقَ فَرَسَمَ صَلَيبِكَ قَدِيمًا، وَأَجَارَ إِسْرَائِيلَ فِي الْبَحْرِ الْأَحْمَرِ، لَمَّا ضَرَبَ الْجَوْهَرَ الرُّطْبَ بِالْعَصَا،</p>
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the moist element with his rod, singing to Thee, O Christ God, a song of exodus.	مُرْتَبلاً لَكَ، أَيُّهَا الْمَسِيحُ الْإِلَهَ، تَسْبِيحاً عَلَى الْخُرُوجِ.
Ode 3. O Christ Master, establish me by Thy Cross on the rock of faith, lest my heart be shaken by the impacts of the arrogant enemy; for Thou alone art holy.	(الثالثة) أَيُّهَا الْمَسِيحُ السَّيِّدُ، تَثْبِثْنِي بِصَلْبِكَ عَلَى صَخْرَةِ الْإِيمَانِ، لِنَلَّا يَنْزَعُ قَلْبِي مِنْ صَدَمَاتِ الْعَدُوِّ الْعَاتِي، لِأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ.
Ode 4. When the greater luminary beheld Thee suspended on the Cross, O mighty One, he trembled, and, drawing in his rays, hid them. And the whole of creation praised Thy long-suffering; for the earth was filled with Thy praise.	(الرابعة) إِنَّ النَّيِّرَ الْأَعْظَمَ، لَمَّا شَاهَدَكَ مُعَلَّقاً عَلَى الصَّلِيبِ أَيُّهَا الْمُقْتَدِرُ، ارْتَعَدَ، وَجَمَعَ أَشْعَتَهُ وَأَخْفَاهَا. وَالْخَلِيقَةُ بِأَسْرَهَا سَبَّحَتْ بِخَوْفٍ طَوِيلٍ أُنَاتِكَ، لِأَنَّ الْأَرْضَ قَدْ أَمْتَلَتْ مِنْ تَسْبِيحِكَ.
Ode 5. To Thee, O Savior of the world, do we travel early, praising Thee, having found safety in Thy Cross, through which Thou didst renew mankind and lead us to the never-setting light.	(الخامسة) إِلَيْكَ نَذِلُّجُ يَا مُخْلِصَ الْعَالَمِ، مُسَبِّحِينَ إِيَّاكَ، لِأَنَّنا وَجَدْنَا سَلاماً بِصَلْبِكَ، الَّذِي بِهِ جَدَدْتَ الْجِنْسَ الْبَشَرِيَّ، وَأَقْدَدْتَنَا إِلَى النُّورِ الَّذِي لَا يَغْرُبُ.
Ode 6. Jonah the Prophet foreshadowed Thy divine Cross, when he stretched out his hands in the belly of the whale, and sprang out, saved from the beast by Thy might, O Word.	(السادسة) إِنَّ يُونَانَ النَّبِيَّ سَبَقَ فَرَسَمَ الصَّلِيبَ الْإِلَهِيَّ، لَمَّا بَسَطَ يَدَيْهِ فِي جَوْفِ الْحَوْتِ، وَطَفَرَ نَاجِياً مِنَ الْوَحْشِ، بِقُدْرَتِكَ أَيُّهَا الْكَلِمَةُ.
Ode 7. He who delivered the three youths from the flames came to earth, taking a body, and was nailed to the Cross, freely granting us salvation, He who alone is blessed, transcendent in glory, the God of our Fathers.	(السابعة) إِنَّ الَّذِي أَنْقَذَ الْفَتِيَّةَ مِنَ اللَّهيبِ أَتَى إِلَى الْأَرْضِ مُتَّخِذاً جَسَداً، وَقَدْ سَمَرَ عَلَى الصَّلِيبِ مَناحاً إِيَّانا الْخَلاصَ، وَهُوَ الْمُبَارَكُ وَحْدَهُ، وَالْفَانِقُ التَّمْجِيدِ، إِلَهَ آبائِنا.
Ode 8. We praise, we bless, and we worship the Lord. When Daniel, great among Prophets, was thrown of old into the den of lions, and stretched out his hands in the shape of a cross, he escaped from their ravening unhurt, blessing Christ God unto all ages.	(الثامنة) نُسَبِّحُ وَنُبَارِكُ وَنَسْجُدُ لِلرَّبِّ: إِنَّ دَانِيَالَ الْمُعْظَمَ فِي الْأَنْبِيَاءِ، لَمَّا طَرِحَ فِي جُبِّ الْأَسْوَدِ قَدِيماً، وَبَسَطَ ذِرَاعَيْهِ بِشَكْلِ صَلِيبٍ، نَجَا مِنْ أَفْتِرَاسِهَا بِغَيْرِ أَذَى، مُبَارِكاً الْمَسِيحَ الْإِلَهَ عَلَى مَدَى الدُّهُورِ.
Deacon: The Theotokos and Mother of Light, let us honor and magnify in song.	الشَّماسُ: لِوَالِدَةِ الْإِلَهِ وَأُمِّ النُّورِ، بِالتَّسْبِيحِ نُكْرَمُ مُعْظَمِينَ.

MAGNIFICATIONS IN TONE ONE

My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior. Refrain: More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without stain barest God the Word, and art truly Theotokos, we magnify thee.	تُعْظَمُ نَفْسِي لِلرَّبِّ، وَتَبْتَهِجُ رُوحِي بِاللَّهِ مُخْلِصِي. يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ مَجْداً يَلَا قِيَاسٍ مِنَ السَّارِافِيمِ، يَا مَنْ بَدُونَ فُسَادٍ وُلِدْتَ كَلِمَةَ اللَّهِ، حَقّاً أَنْتَ وَالِدَةُ الْإِلَهِ إِيَّاكَ نَعْظَمُ.
For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. (Refrain)	لِأَنَّهُ نَظَرَ إِلَى تَوَاضِعِ أُمَّتِهِ، فَهَا مُنْذُ الْآنَ تُطَوِّبُنِي جَمِيعُ الْأَجْيَالِ .
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. (Refrain)	لِأَنَّ الْقَدِيرَ صَنَعَ بِي عَظَائِمَ وَقُدُّوسَ اسْمَهُ، وَرَحْمَتَهُ إِلَى جِيلٍ فَجِيلٍ لِلَّذِينَ يَتَّقُونَهُ.
He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts.	صَنَعَ عِزّاً بِسَاعِدِهِ، وَشَتَّتَ الْمُتَكَبِّرِينَ بِذَهْنِ قُلُوبِهِمْ.

(Refrain)	
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. (Refrain)	حَطَّ الْمُقْتَدِرِينَ عَنِ الْكِرَاسِي وَرَفَعَ الْمُتَوَاضِعِينَ، مَلَأَ الْجِيَاعَ مِنَ الْخَيْرَاتِ، وَالْأَغْنِيَاءَ أَرْسَلَهُمْ فَارْغِينَ.
He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. (Refrain)	عَضَدَ إِسْرَائِيلَ فَتَاهُ لِيَذْكَرَ رَحْمَتَهُ، كَمَا قَالَ لِأَبَائِنَا إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الْأَبَدِ.
Ode 9. O virgin Mother, truly the birth-giver of God, who didst conceive without seed Christ our God, elevated in the flesh on the Cross, these happenings all we believers now magnify, as is meet.	(التاسعة) أَيُّهَا الْأُمُّ الْعَذْرَاءُ، وَالِدَةُ الْإِلَهِ بِالْحَقِيقَةِ، يَا مَنْ وَلَدَتْ خَلُوقاً مِنْ زَرْعِ الْمَسِيحِ إِلَيْنَا، الَّذِي رُفِعَ بِالْجَسَدِ عَلَى الصَّلَائِبِ، نُعَظِّمُكَ الْآنَ مَعَهُ، نَحْنُ الْمُؤْمِنِينَ، بِوَجِبِ الْإِسْتِنْبَاهِ.
THE LITTLE LITANY	
<p>Priest: Again and again in peace let us pray to the Lord.</p> <p>Choir: Lord, have mercy.</p> <p>Priest: Help us; save us; have mercy on us; and keep us, O God by thy grace.</p> <p>Choir: Lord have mercy.</p> <p>Priest: 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.</p> <p>Choir: To Thee, O Lord.</p> <p>Priest: 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.</p> <p>Choir: Amen.</p>	<p>الشماس: أَيُّضاً وَأَيُّضاً بِسَلَامٍ إِلَى الرَّبِّ تَطْلُبُ.</p> <p>الجوق: يَا رَبُّ ارْحَمْنَا.</p> <p>الشماس: أَعِزُّدْ وَخَلِّصْ وَارْحَمْ واحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ.</p> <p>الجوق: يَا رَبُّ ارْحَمْنَا.</p> <p>الشماس: بَعْدَ ذِكْرِنَا الْكَلِيَّةَ الْقَدَاسَةَ، الطَّاهِرَةَ، الْفَائِقَةَ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ، الدَّائِمَةَ الْبِتَوْلِيَةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.</p> <p>الجوق: لَكَ يَا رَبِّ.</p> <p>الكاهن: لِأَنَّهُ يَا رَبُّ نَسْبِخُ كُلَّ قُوَاتِ السَّمَاوَاتِ، وَلَكَ يُرْسِلُونَ الْمَجْدَ أَيُّهَا الْأَبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p> <p>الجوق: آمِينَ.</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.	قُدُّوسٌ هُوَ الرَّبُّ إِلَيْنَا. (ثَلَاثًا) إِرْفَعُوا الرَّبَّ إِلَيْنَا، وَاسْجُدُوا لِمَوْطِي قَدَمَيْهِ، لِأَنَّ الرَّبَّ إِلَيْنَا قُدُّوسٌ هُوَ.
THE SIXTH EOTHINON EXAPOSTEILARION IN TONE TWO	
When Thou didst rise from the grave, O Savior, Thou didst reveal Thyself a Man by nature, as Thou stood in the midst of the Disciples and ate with them and taught them the baptism of repentance. Then at once Thou didst ascend to Thy heavenly Father and promised to send them the Comforter. Wherefore, O most divine and incarnate God, glory to Thy Resurrection.	أَيُّهَا الْمُخَلِّصُ، لَمَّا قُمْتَ مِنَ الْقَبْرِ، أَوْضَحْتَ ذَاتَكَ إِنْسَاناً بِالطَّبْعِ، لَمَّا انْتَصَبْتَ فِي وَسْطِ التَّلَامِيذِ، ثُمَّ أَكَلْتَهُمْ، وَعَلَّمْتَهُمْ مَعْمُودِيَّةَ التَّوْبَةِ، وَلِلْحِينِ صَعِدْتَ نَحْوَ أَبِيكَ السَّمَاوِيِّ، وَوَعَدْتَهُمْ بِإِرْسَالِ الْمُعَزِّي لَهُمْ، فَيَا أَيُّهَا الْفَائِقُ الْلاهُوتِ، الْإِلَهِ الْمُتَأَنِّسِ، الْمَجْدُ لِأَنْبِعَاتِكَ.

EXAPOSTEILARION & THEOTOKION FOR THE HOLY CROSS IN TONE TWO

*(**Upon that mount in Galilee**)*

Seeing today the precious Cross of Christ laid down, let us adore it in faith, rejoicing, and embrace it with longing, imploring the Lord who on it was willingly crucified, to make us worthy to adore the precious Cross, and to reach the day of Resurrection free of all condemnation.

إِنَّا الْيَوْمَ إِذْ نَرَى صَلِيبَ الْمَسِيحِ الْكَرِيمِ، فَلْنَسْجُدْ بِيَمَانٍ لَهُ،
وَلْنُصَافِحْهُ بِفَرَحٍ، مُبْتَهِلِينَ لِلَّذِي صُلِبَ بِاخْتِيَارِهِ، لِكَيْمَا يُؤْهِلَنَا
جَمِيعاً لِلسُّجُودِ لِلصَّلِيبِ الْكَرِيمِ، وَنَبْلُغَ مَعاً نَهَارَ الْقِيَامَةِ الْبَهِيِّ،
خُلُوعاً مِنْ دَيْنُونَةٍ.

O most pure one, in true worship we now adore the Tree on which thy Son stretched out his pure hands, nailed thereto. Wherefore, grant us safety, and arrival at the adoration of the all-revered Passion of salvation, and the all-brilliant Easter Day that giveth joy to the world.

يَا كَلِيَّةَ النَّقَاوَةِ، نَجْتُوا بِحُسْنِ عِبَادَةٍ لِلْعُودِ الَّذِي بَسَطَ ابْنُكَ عَلَيْهِ يَدَيْهِ
الطَاهِرَتَيْنِ، إِذْ سَمَرَ. فَاْمُنْحِنَا السَّلَامَةَ، لِنَبْلُغَ بِهَا السُّجُودَ إِلَى
الْآلَامِ الْبَاعِثَةِ الْخَلَاصِ، وَإِلَى يَوْمِ الْفِصْحِ السَّيِّدِيِّ الْكَلِيِّ ضِيَاؤُهُ،
وَالْمُبْهَجِ الْعَالَمِ.

AINOI (PRAISES) IN TONE SIX

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.

كُلُّ نَسَمَةٍ فَلْتَسَبِّحِ الرَّبَّ. سَبِّحُوا الرَّبَّ مِنَ السَّمَاوَاتِ، سَبِّحُوهُ فِي
الْأَعَالِي، لِأَنَّهُ لَكَ يَلِيْقُ التَّسْبِيْحُ يَا اللهُ.

Praise ye Him, all His angels; praise ye Him, all His hosts. To Thee, O God, is due our song.

سَبِّحُوهُ يَا جَمِيعَ مَلَائِكَتِهِ، سَبِّحُوهُ يَا سَائِرَ قُوَّاتِهِ، لِأَنَّهُ لَكَ يَلِيْقُ
التَّسْبِيْحُ يَا اللهُ.

For the Resurrection in Tone Six

1. This glory shall be to all His saints. The Cross, O Lord, is life and Resurrection to Thy people, and in it we do trust. Wherefore, Thee do we praise, O our risen Lord; have mercy upon us.

1- هَذَا الْمَجْدُ يَكُونُ لِجَمِيعِ أِبْرَارِهِ: يَا رَبُّ، إِنَّ صَلِيبَكَ لَهُوَ حَيَاةٌ
وَقِيَامَةٌ لِشَعْبِكَ، وَعَلَيْهِ اتَّكَلْنَا، فَتَسَبِّحْ يَا إِلَهَنَا النَّاهِضَ فَارْحَمْنَا.

2. Praise God in His sanctuary: praise Him in the firmament of His power. Thy burial, O Master, has opened paradise for mankind. Wherefore, as we escape corruption, we praise Thee, O our risen God; have mercy on us.

2- سَبِّحُوا اللهُ فِي قَدِيسِيهِ، سَبِّحُوهُ فِي فَلَكَ قُوَّتِهِ: إِنَّ دَفْنَكَ أَيُّهَا
السَّيِّدُ قَدْ فَتَحَ الْفِرْدَوْسَ لِجِنْسِ الْبَشَرِ. فَإِذْ قَدْ نَجَوْنَا مِنَ الْفَسَادِ،
فَتَسَبِّحْ يَا إِلَهَنَا النَّاهِضَ فَارْحَمْنَا.

3. Praise Him for His mighty acts: praise Him according to His excellent greatness. With the Father and the Spirit, let us praise Christ risen from the dead. Let us cry to Him, Thou art our life and Resurrection; have mercy on us.

3- سَبِّحُوهُ عَلَى مَقْدَرَتِهِ، سَبِّحُوهُ نَظِيرَ كَثْرَةِ عَظَمَتِهِ: لِتَسْبِيْحِ مَعَ
الْأَبِ وَالرُّوْحِ الْمَسِيحِ النَّاهِضِ مِنْ بَيْنِ الْأَمْوَاتِ. وَنُصْرِحْ إِلَيْهِ:
أَنْتَ هُوَ حَيَاتُنَا وَقِيَامَتُنَا فَارْحَمْنَا.

4. Praise Him with the sound of the trumpet. Praise Him with the psaltery and harp. Thou hast risen from the tomb in three days, as it was written, O Christ, and hast raised with Thee our ancestors. Wherefore, mankind doth glorify Thee and praise Thy Resurrection.

4- سَبِّحُوهُ بِلِحْنِ الْبُوقِ، سَبِّحُوهُ بِالْمِزْمَارِ وَالْقِيثَارَةِ: لَقَدْ قُمْتَ مِنَ
الْقَبْرِ لِثَلَاثَةِ أَيَّامٍ كَمَا كُتِبَ أَيُّهَا الْمَسِيحُ، وَأَقَمْتَ مَعَكَ أَجْدَادَنَا، لِذَلِكَ
جِنْسِ الْبَشَرِ يُمَجِّدُكَ وَيُسَبِّحُ قِيَامَتَكَ.

For the Third Sunday of Great Lent in Tone Four (As one valiant**)**

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

5- سَبِّحُوهُ بِالطَّبَلِ وَالْمِصَافِ، سَبِّحُوهُ بِالْأُوتَارِ وَآلَةِ الطَّرَبِ.
لِنَهْلِلَ بِالنَّعْمَاتِ، وَنُعْظِمَ بِالنَّسَابِيحِ، صَلِيبَ الرَّبِّ الْكَرِيمِ،

<p>Let us rejoice with melodies and magnify with praises the precious Cross, embracing it and crying to it, O all-revered Cross, sanctify our souls and bodies by thy power, and keep us who adore thee in true worship safe from the sundry harms of adversaries.</p>	<p>مُصَافِحِينَ إِيَّاهُ وَنَهْتَفُ نَحْوَهُ: قَدَّسْنَا بِقُوَّتِكَ، نُفُوساً وَأَجْسَاداً، أَيُّهَا الصَّلَائِبُ الْكَلْبِيُّ وَقَارُهُ، وَمِنْ أَضْرَارِ الْمُضَادِّينَ أَحْفَظْنَا، وَصُنَّا نَحْنُ الْجَائِثِينَ لَكَ بِحُسْنِ عِبَادَةٍ.</p>
<p>Verse 6. Praise Him upon the loud cymbals: praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord. Let us rejoice with melodies and magnify with praises the precious Cross, embracing it and crying to it, O all-revered Cross, sanctify our souls and bodies by thy power, and keep us who adore thee in true worship safe from the sundry harms of adversaries.</p>	<p>6- سَبِّحُوهُ بِنَغَمَاتِ الصُّنُوجِ، سَبِّحُوهُ بِصُنُوجِ التَّهْلِيلِ، كُلُّ نَسَمَةٍ فُلْتَسَبِّحِ الرَّبَّ. لِنُهْلِلَ بِالنَّغَمَاتِ، وَنُعْظِمَ بِالنَّسَابِيحِ، صَلَيبَ الرَّبِّ الْكَرِيمِ، مُصَافِحِينَ إِيَّاهُ وَنَهْتَفُ نَحْوَهُ: قَدَّسْنَا بِقُوَّتِكَ، نُفُوساً وَأَجْسَاداً، أَيُّهَا الصَّلَائِبُ الْكَلْبِيُّ وَقَارُهُ، وَمِنْ أَضْرَارِ الْمُضَادِّينَ أَحْفَظْنَا، وَصُنَّا نَحْنُ الْجَائِثِينَ لَكَ بِحُسْنِ عِبَادَةٍ.</p>
<p>Verse 7. Exalt ye the Lord our God, and worship at His footstool, for He is holy. Come ye, and take to drink the unfailing waters from the rivers of the bliss of the Cross, beholding prone before us the holy Tree, the fountain of gifts, watered with blood and water, flowing from the Lord of all, Who was elevated thereon by His own will, and therewith elevated mankind.</p>	<p>7- اِرْفَعُوا الرَّبَّ إِلَهَنَا، وَاسْجُدُوا لِمَوْطِي قَدَمَيْهِ، لِأَنَّ الرَّبَّ إِلَهَنَا قُدُوسٌ هُوَ. تَقَدَّمُوا فَاسْتَقُوا الْآنَ مِنْ مِيَاهِ لَا تَفْرَعُ، تَجْرِي مِنْ جَدَاوِلِ نَعِيمِ الصَّلَائِبِ. إِذْ تَرَى الْعُودَ الْمُقَدَّسَ، يَنْبُوعَ الْمَوَاهِبِ، مَوْضُوعاً أَمَامَنَا. الْمُرْتَوِي مِنَ الدَّمِ وَالْمَاءِ الْجَارِيَيْنِ مِنْ سَيِّدِ الْكُلِّ، مَنْ رَفَعَ بِاخْتِيَارِهِ عَلَيْهِ، كَيْ يَرْفَعَ الْبَشَرَ.</p>
<p>Verse 8. God is our King before the ages; He has worked salvation in the midst of the earth. Thou art, O all-revered Cross, the pillar of the Church, the confirmation of kings, the pride of ascetics and their salvation. Wherefore, we adore thee, and seek illumination from thee with our hearts and souls by the divine grace of Him who was stretched on thee, who demolished the power of the deceiver and abolished the curse.</p>	<p>8- إِنَّمَا اللَّهُ مَلِكِي مُنْذُ الْقَدِيمِ، صَانِعُ الْخَلَّاصِ فِي وَسْطِ الْأَرْضِ. أَنْتِ زُكْنٌ مُوَطِّدٌ لِلْكَنِيسَةِ وَالْمُلُوكِ، فَخْرٌ وَخَلَّاصٌ لِّلْمُتَوَجِّدِينَ، أَيُّهَا الصَّلَائِبُ الْمَوْقَرُ. لِذَلِكَ نَجْتَبُوا لَكَ، مُسْتَنْتِيرِينَ الْيَوْمَ، بِقُلُوبِنَا وَالنُّفُوسِ، بِنِعْمَةٍ مَنْ قَدْ بَسَطَ عَلَيْكَ الْإِلَهِيَّةَ، مُحْطِماً بِأَسَنِ الْغَائِثِ، وَمُؤَبِّداً قُوَّةَ اللَّعْنَةِ.</p>
<p>THE DOXASTICON FOR THIRD SUNDAY OF LENT IN TONE EIGHT</p>	
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> The Lord of all taught us by a proverb to run away from the haughtiness of the evil Pharisees; and instructed all not to exalt themselves in their opinions from duty, having Himself become a Symbol and an Exemplar, emptying Himself unto the Cross and death. Wherefore, with the publican, let us offer Him thanks, saying, ‘O Thou who didst suffer for our sakes and remained an unsuffering God, deliver us from sufferings and save our souls.’</p>	<p>المجدُ للآبِ وَالابْنِ وَالرُّوحِ الْقُدُسِ. إِنَّ رَبَّ الْكُلِّ، قَدْ عَلَّمَ بِمَثَلٍ بَأَنَّ نَهْرَبَ مِنْ شُمُوحِ الْفَرِيسِيِّينَ الْأَرْدِيَاءِ، وَأَدَبَ الْجَمِيعَ كَيْ لَا يَتَرَفَّعُوا بِأَرَائِهِمْ عَنِ الْوَاجِبِ، إِذْ صَارَ هُوَ نَفْسُهُ رَسْماً وَنُموذجاً، وَأَفْرَعُ ذَاتَهُ حَتَّى إِلَى الصَّلَائِبِ وَالْمَوْتِ. فَلَنَرْفَعْ لَهُ الشُّكْرَ مَعَ الْعَشَارِ قَائِلِينَ: يَا مَنْ تَأَلَّمَ مِنْ أَجْلِنَا، وَلَبِثَ إِلَهُاً غَيْرَ مَالُومٍ، نَجِّنَا مِنَ الْأَلَامِ، وَخَلِّصْ نُفُوسَنَا.</p>
<p><i>Both now and ever and unto ages of ages. Amen.</i> Most blessed art thou, O Virgin Theotokos, for</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى ذَهْرِ الدَّاهِرِينَ، آمِينَ. أَنْتِ هِيَ الْفَائِقَةُ عَلَى كُلِّ الْبَرَكَاتِ يَا وَالِدَةَ الْإِلَهِ الْعَذْرَاءِ. لِأَنَّ</p>

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.	الْجَحِيمَ قَدْ سُبَيْتَ بِوَاسِطَةِ الْمُتَجَسِّدِ مِنْكَ، وَادَمَ دُعِيَ ثَانِيَةً، وَاللَّعْنَةَ بَادَتِ، وَحَوَاءَ انْعَقَّتْ، وَالْمَوْتَ أَمِيتَ وَنَحْنُ قَدْ حَيِينَا. لِذَلِكَ نُسَبِّحُ هَاتِفِينَ: مُبَارَكُ أَنْتَ أَيُّهَا الْمَسِيحُ الْهَذَا، يَا مَنْ هَكَذَا سَرَّ الْمَجْدُ لَكَ.
THE GREAT DOXOLOGY IN TONE EIGHT	
Glory to Thee, who has shown us the Light. Glory to God in the highest, and on earth peace, good will among men.	الْمَجْدُ لَكَ يَا مُظْهِرَ النُّورِ، الْمَجْدُ لِلَّهِ فِي الْعَلَاءِ، وَعَلَى الْأَرْضِ السَّلَامُ، وَفِي النَّاسِ الْمَسْرَّةَ.
We praise thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks unto Thee for Thy great glory.	نُسَبِّحُكَ نُبَارِكُكَ، نَسْجُدُ لَكَ نُمَجِّدُكَ، نَشْكُرُكَ مِنْ أَجْلِ عَظِيمِ جَلَالِ مَجْدِكَ.
O Lord, heavenly King, God the Father Almighty; O Lord, the only begotten Son, Jesus Christ; and the Holy Spirit.	أَيُّهَا الرَّبُّ الْمَلِكُ، السَّمَاوِيِّ، الْإِلَهُ، الْآبُ الضَّاطِّطُ الْكُلِّ. أَيُّهَا الرَّبُّ الْإِبْنُ الْوَحِيدُ، يَا يَسُوعَ الْمَسِيحَ، وَيَا أَيُّهَا الرُّوحُ الْقُدُّوسَ.
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.	أَيُّهَا الرَّبُّ الْإِلَهُ، يَا حَمَلَ اللَّهِ يَا ابْنَ الْآبِ، يَا رَافِعَ خَطِيئَةِ الْعَالَمِ ارْحَمْنَا، يَا رَافِعَ خَطَايَا الْعَالَمِ.
Receive our prayer, Thou that sittest at the right hand of the Father, and have mercy on us.	تَقَبَّلْ تَضَرُّعَنَا أَيُّهَا الْجَالِسُ عَنْ يَمِينِ الْآبِ وَارْحَمْنَا.
For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the Glory of God the Father. Amen.	لَأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ، أَنْتَ وَحْدَكَ الرَّبُّ يَسُوعَ الْمَسِيحُ، فِي مَجْدِ اللَّهِ الْآبِ، آمِينَ.
Every day will I bless Thee, and I will praise Thy Name forever; yea, forever and ever.	فِي كُلِّ يَوْمٍ أُبَارِكُكَ، وَأُسَبِّحُ اسْمَكَ إِلَى الْأَبَدِ، وَإِلَى أَبَدِ الْأَبَدِ.
Vouchsafe, O Lord, to keep us this day without sin.	أَهْلِنَا يَا رَبُّ أَنْ نُحْفَظَ فِي هَذَا الْيَوْمِ بِغَيْرِ خَطِيئَةٍ.
Blessed art Thou, O Lord God of our Fathers, and praised and glorified be Thy Name forever. Amen.	مُبَارَكُ أَنْتَ يَا رَبُّ إِلَهُ آبَائِنَا، وَمُسَبِّحٌ وَمُمَجَّدٌ اسْمُكَ إِلَى الْأَبَدِ، آمِينَ.
Let Thy mercy, O Lord, be upon us, as we do put our hope in thee.	لِتَكُنْ يَا رَبُّ رَحْمَتُكَ عَلَيْنَا، كَمَا نَلْتَكِلُكَ عَلَيْكَ.
Blessed art Thou, O Lord: teach me Thy statutes. (Thrice)	مُبَارَكُ أَنْتَ يَا رَبُّ عَلِّمْنِي 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 مَلْجَأُ كُنْتَ لَنَا فِي جِيلٍ وَجِيلٍ، أَنَا قُلْتُ يَا رَبُّ ارْحَمْنِي وَاشْفِ نَفْسِي لِأَنِّي قَدْ خَطِئْتُ إِلَيْكَ.
Lord, I have fled unto Thee: teach me to do Thy will, for Thou art my God.	يَا رَبُّ إِلَيْكَ لَجَأْتُ فَعَلِّمْنِي أَنْ أَعْمَلَ رِضَاكَ، لِأَنَّكَ أَنْتَ هُوَ إِلَهِي.
For with Thee is the fountain of life; in Thy light shall we see light.	لَأَنَّ مِنْ قِبَلِكَ عَيْنَ الْحَيَاةِ، وَبِنُورِكَ نَعَايِنُ النُّورَ.
O continue Thy loving kindness unto them that know Thee. Holy God, Holy Mighty, Holy Immortal: have mercy on us. (Thrice)	فَأَبْسُطْ 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;	المَجْدُ لِلآبِ وَالإِبْنِ وَالرُّوحِ الْقُدُّسِ.
Both now and ever and unto ages of ages. Amen.	الآنَ وَكُلَّ أوانٍ وَإِلَى دَهْرٍ الداهِرِينَ، آمين.
Holy Immortal, have mercy on us.	قُدُّوسٌ الَّذِي لَا يَمُوتُ ارْحَمْنَا.
Holy God, Holy Mighty, Holy Immortal: have mercy on us.	قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا.

TROPARION IN TONE EIGHT

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 وَحَدَّكَ.
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THE EPISTLE

(For the Third Sunday of Great Lent)

<i>O Lord, save Thy people and bless Thine inheritance. To Thee, O Lord, have I cried, O my God.</i>	خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ. إِلَيْكَ يَا رَبُّ أَصْرُخُ إِلَهِي
The Reading from the Epistle of St. Paul to the Hebrews. (4:14-5:6)	فَصَلِّ مِنْ رِسَالَةِ الْقُدِّيسِ بُولَسَ الرِّسُولِ إِلَى
Brethren, since we have a High Priest, Who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but One Who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt Himself to be made a high priest, but was appointed by Him Who said to Him, "Thou art My Son, today I have begotten Thee"; as He says also in another place, "Thou art a priest forever, after the order of Melchizedek."	يَا إِخْوَةَ إِذْ لَنَا رَئِيسُ كَهَنَةٍ عَظِيمٌ قَدْ اجْتَازَ السَّمَاوَاتِ يَسُوعُ ابْنُ اللَّهِ فَلَنَنْتَمَسِّكَ بِالْاعْتِرَافِ* لِأَنَّ لَنَا رَئِيسَ كَهَنَةٍ غَيْرَ قَادِرٍ أَنْ يَرْتِي لِأَوْهَانِنَا بَلْ مُجَرَّبٌ فِي كُلِّ شَيْءٍ مِثْلُنَا مَا خِلا الْخَطِيئَةِ* فَلنُقْبَلْ إِذْ نَبْتَغِي إِلَى عَرْشِ النِّعْمَةِ لِنَنَالَ رَحْمَةً وَنَجِدَ ثِقَةً لِلْإِغَاثَةِ فِي أَوَانِهَا* فَإِنَّ كُلَّ رَئِيسِ كَهَنَةٍ مُتَّخِذٍ مِنَ النَّاسِ يُقَامُ لِأَجْلِ النَّاسِ فِيمَا هُوَ لِلَّهِ لِيُقَرَّبَ تَقَادِمًا وَذِبَائِحَ عَنِ الْخَطَايَا فِي إِمْكَانِهِ أَنْ يُشْفِقَ عَلَى الَّذِينَ يَجْهَلُونَ وَيَضِلُّونَ لِكُونِهِ هُوَ أَيْضًا مِثْلِيًّا بِالضُّعْفِ* وَلِهَذَا يَجِبُ عَلَيْهِ أَنْ يُقَرَّبَ عَنِ الْخَطَايَا لِأَجْلِ نَفْسِهِ كَمَا يُقَرَّبُ لِأَجْلِ الشَّعْبِ* وَلَيْسَ أَحَدٌ يَأْخُذُ لِنَفْسِهِ الْكِرَامَةَ بَلْ مَنْ دَعَا اللَّهُ كَمَا دَعَا هَارُونَ* كَذَلِكَ الْمَسِيحُ لَمْ يُمَجِّدْ نَفْسَهُ لِيَصِيرَ رَئِيسَ كَهَنَةٍ بَلِ الَّذِي قَالَ لَهُ أَنْتَ ابْنِي وَأَنَا الْيَوْمَ وَلَدْتُكَ. كَمَا يَقُولُ فِي مَوْضِعٍ آخَرَ أَنْتَ كَاهِنٌ إِلَى الْأَبَدِ عَلَى رِتْبَةِ مَلِكِيصَادِق.

THE GOSPEL

(For the Third Sunday of Great Lent)

The Reading from the Holy Gospel according to St. Mark. (8:34-9:1)	فصل شريف من بشارة القديس مرفس الإنجيلي البشير والتلميذ الطاهر
	قال الربُّ مَنْ أَرَادَ أَنْ يَتَّبِعَنِي فَلْيَكْفُرْ بِنَفْسِهِ وَيَحْمِلْ صَلِيبَهُ وَيَتَّبِعَنِي

<p>The Lord said, “If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel’s will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels.” And Jesus said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power.”</p>	<p>لَأَنَّ مَنْ أَرَادَ أَنْ يُخَلِّصَ نَفْسَهُ يُهْلِكُهَا وَمَنْ أَهْلَكَ نَفْسَهُ مِنْ أَجْلِ وَمِنْ أَجْلِ الْإِنْجِيلِ يُخَلِّصُهَا* فَإِنَّهُ مَاذَا يَنْتَفِعُ الْإِنْسَانُ لَوْ رَبِحَ الْعَالَمَ كُلَّهُ وَخَسِرَ نَفْسَهُ* أَمْ مَاذَا يُعْطَى الْإِنْسَانُ فِدَاءً عَنِ نَفْسِهِ* لِأَنَّ مَنْ يَسْتَحْيِي بِي وَبِكَلَامِي فِي هَذَا الْجِيلِ الْفَاسِقِ الْخَاطِئِ* يَسْتَحْيِي بِهِ ابْنُ الْبَشَرِ مَتَى أَتَى فِي مَجْدِ أَبِيهِ مَعَ الْمَلَائِكَةِ الْقَدِيسِينَ* وَقَالَ لَهُمْ الْحَقُّ أَقُولُ لَكُمْ إِنَّ قَوْمًا مِنْ الْقَائِمِينَ هَهُنَا لَا يَذُوقُونَ الْمَوْتَ حَتَّى يَرَوْا مَلَكُوتَ اللَّهِ قَدْ أَتَى بِقُوَّةٍ.</p>
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St. Basil Liturgy Megalynarion

<p>In thee, O full of grace, all creation rejoiceth: the angelic hosts, and the race of men, O hallowed Temple and super-sensual paradise, glory of Virgins, of whom God was incarnate and became a little child, even our God Who is before all the ages; for He made thy womb a throne, and thy body He made more spacious than the heavens. In thee, O full of grace, all creation rejoiceth; and glorifieth thee.</p>	<p>إِنَّ الْبِرَايَا بِأَسْرِهَا تَفْرَحُ بِكَ يَا مَمْتَلَنَةٌ نِعْمَةً، مُحَاقِلَ الْمَلَائِكَةِ وَأَجْنَاسَ الْبَشَرِ، أَيَّتُهَا الْهَيْكَلُ الْمُتَقَدِّسُ وَالْفَرْدُوسُ الْنَاطِقُ، فَخَرُّ الْبَتُولِيَّةِ مَرْيَمَ الَّتِي مِنْهَا تَجَسَّدَ الْإِلَهُ وَصَارَ طِفْلاً وَهُوَ الْإِلَهُ الَّذِي قَبْلَ الدَّهْرِ، لِأَنَّهُ صَنَعَ مُسْتَوْدَعَكَ عَرْشاً وَجَعَلَ بَطْنَكَ أَرْحَبَ مِنْ السَّمَاوَاتِ، لِذَلِكَ يَا مَمْتَلَنَةٌ نِعْمَةً تَفْرَحُ بِكَ كُلُّ الْبِرَايَا وَتُجَدِّدُكَ.</p>
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