

ORTHROS ON SUNDAY, MARCH 18, 2018; TONE 8 / EOTHINON 8**FOURTH SUNDAY OF GREAT LENT****COMMEMORATION OF JOHN CLIMACUS, AUTHOR OF "THE LADDER"**

CYRIL, PATRIARCH OF JERUSALEM; MARTYRS TROPHYMOS AND EUKARPOS OF NICOMEDIA AND THOSE WITH THEM;
NIKOLAI (VELIMIROVIC), BISHOP OF ZHICHA WHO LABORED IN AMERICA

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

"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)

الْمُرْتَل: اللهُ الرَّبُّ ظَهَرَ لَنَا، مُبَارَكٌ الْآتِي بِاسْمِ الرَّبِّ. (تَعَادُ بَعْدُ
الِإِسْتِيخُونَاتِ)

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 مَتَحْنِنٌ، وَقَبِلْتَ الدَّفْنَ ذَا الثَّلَاثَةِ الْأَيَّامِ، لِكَيْ
نُثَقِّنَا مِنَ الْآلَامِ، يَا حَيَاتِنَا وَقِيَامَتَنَا، يَا رَبُّ الْمَجْدُ لَكَ.

APOLYTIKION OF ST. JOHN CLIMACUS IN TONE EIGHT

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

The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father John Climacus, intercede with Christ God to save our souls.

الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُّوسِ.

لِلْبَرِّيَّةِ غَيْرِ الْمُثْمِرَةِ بِمَجَارِي دُمُوعِكَ أَمْرَعْتُ، وَبِالْتَّهْدَاتِ الَّتِي
مِنْ الْأَعْمَاقِ أَثْمَرْتُ بِأَتْعَابِكَ إِلَى مِئَةِ ضِعْفٍ، فَصُرْتُ كَوْكَبًا
لِلْمَسْكُونَةِ مُتَلَأِّلًا بِالْعَجَائِبِ، يَا أَبَانَا الْبَارَّ يوحنا، فَتَشَفَّعْ إِلَى
الْمَسِيحِ الْإِلَهِ أَنْ يُخَلِّصَ نَفُوسَنَا.

RESURRECTIONAL THEOTOKION IN TONE EIGHT

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.

الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.

يَا مَنْ وُلِدَ مِنَ الْبَتُولِ مِنْ أَجْلِنَا وَكَابَدَ الصَّلْبَ أَيُّهَا الصَّالِحُ، يَا
مَنْ سَبَى الْمَوْتَ بِمَوْتِهِ، وَارَى الْقِيَامَةَ بِمَا أَنَّهُ إِلَهٌ، لَا تُعْرِضْ عَنِ
الَّذِينَ جَبَلْتَهُمْ بِبَيْدِكَ، بَلْ أَظْهَرِ تَعَطُّفَكَ عَلَى النَّاسِ أَيُّهَا الرَّحِيمُ،
وَتَقَبَّلْ وَالِدَتَكَ الْإِلَهِ مُتَشَفِّعَةً مِنْ أَجْلِنَا، وَخَلِّصْ يَا مُخَلِّصَنَا
شُعْبًا يَا نَاسًا.

THE LITTLE LITANY

Deacon:	Again and again, in peace, let us pray to the Lord.	أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.	الشماس:
Choir:	Lord, have mercy.	يا ربُّ ارْحَمْ.	الجوق:
Deacon:	Help us; save us; have mercy on us; and keep us, O God, by Thy grace.	أَعِزُّدْ وَخَلِّصْ وَارْحَمْ واحْفَظْنَا يا الله بِنِعْمَتِكَ.	الشماس:
Choir:	Lord, have mercy.	يا ربُّ ارْحَمْ.	الجوق:
Deacon:	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.	بَعْدَ ذِكْرِنَا الْكَلِيَّةَ الْقِدَاسَةَ الطَّاهِرَةَ، الْفَائِقَةَ الْبَرَكَاتِ، الْمَجِيدَةَ، سَيِّدَتَنَا وَالِدَةَ الإِلهِ الدَّائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِّيسِينَ، لِنُودِعْ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الإِلهِ.	الشماس:
Choir:	To Thee, O Lord.	لَكَ يا رب.	الجوق:
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.	لَأَنَّ لَكَ الْعِزَّةَ وَلَكَ الْمُلْكُ وَالْقُوَّةُ وَالْمَجْدُ أَيُّهَا الآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.	الكاهن:
Choir:	Amen.	آمين.	الجوق:

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.

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 saved us all, O our Savior, Who still remainest in truth the Radiance of the Father.

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

Let us glorify her who is the tabernacle and the heavenly gate, the most holy mountain, the shining cloud, the heavenly ladder, the paradise, endowed with speech, the deliverer of Eve, the precious and great

لَقَدْ قُمْتَ مِنَ بَيْنِ الْأَمْوَاتِ يَا حَيَاةَ الْكُلِّ، وَمَلَاكَ مُنِيرٌ هَتَفَ نَحْوَ النِّسْوَةِ: اكْفُفْنَ مِنَ الدُّمُوعِ وَبَشِّرْنَ الرُّسُلَ وَاهْتِفْنَ مُسَبِّحَاتٍ، بِأَنَّ قَدْ قَامَ الْمَسِيحُ الرَّبُّ الَّذِي سَرَّ، بِمَا أَنَّهُ إلهٌ، أَنْ يُخَلِّصَ جِنْسَ الْبَشَرِ.

المَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُّسِ.

حَقًّا قَدْ قُمْتَ مِنَ الْقَبْرِ، وَأَمَرْتَ النِّسْوَةَ الْبَارَاتِ أَنْ يُعْلِنَ انْتِعَاثَكَ كَمَا كُتِبَ. فَجَاءَ بَطْرُسُ إِلَى الْقَبْرِ رَاكِضاً، وَرَأَى النُّورَ فِي الصَّرِيحِ فَذَهَلَ، ثُمَّ عَايَنَ أَيْضاً الْأَكْفَانَ وَخَذَهَا مَوْضُوعَةً عَلَى جِدَةٍ بِدُونِ الْجَسَدِ الْإِلَهِيِّ، فَآمَنَ وَهَتَفَ: الْمَجْدُ لَكَ أَيُّهَا الْمَسِيحُ الإِلهُ، لِأَنَّكَ تُخَلِّصُ الْجَمِيعَ يَا مُخَلِّصَنَا، فَإِنَّكَ أَنْتَ شَاعُ الْآبِ.

الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.

لِنُسَبِّحِ الَّتِي هِيَ التَّابُوتُ وَالْبَابُ السَّمَاوِيُّ، الْجَبَلُ الْفَائِقُ الْقِدَاسَةُ، السَّحَابَةُ الْمُنِيرَةُ، السُّلَّمُ السَّمَاوِيَّةُ، الْفِرْدَوْسُ النَّاطِقُ،

<p>treasure of the universe; for by her did salvation come to the world, and the forgiveness of ancient sins. Wherefore, do we cry to her: Intercede to thy Son and God to grant forgiveness of sins to those who bow in true worship to thy most holy birth-giving.</p>	<p>مُنْقَذَةُ حَوَاءَ، فَرِيدَةُ الْمَسْكُونَةِ الْعَظِيمَةِ، لِأَنَّ بِهَا صَارَ الْخَلَاصُ لِلْعَالَمِ وَغُفْرَانُ الزَّلَّاتِ الْقَدِيمَةِ. لِذَلِكَ نَهْتَفُ نَحْوَهَا: تَشْفَعِي إِلَى ابْنِكَ وَإِلَهِكَ أَنْ يَهَبَ صَفْحَ الْجَرَائِمِ لِلْسَاجِدِينَ بِحُسْنِ عِبَادَةِ لِمَوْلَدِكَ الْكَلِيِّ الْقُدْسِ.</p>
<p align="center">Second Kathisma</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 قُمْتَ يَا حَيَاةَ الْكُلِّ وَخَلَلْتَ قُبُورَ 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>المَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدْسِ. إِنَّ النِّسْوَةَ لَمَّا وَافَيْنَ بِطُيُوبِ الدَّفْنِ، سَمِعْنَ مِنَ الْقَبْرِ صَوْتًا مَلَائِكِيًّا قَائِلًا: اكْفُفْنَ الدُّمُوعَ وَأَقْبِلْنَ الْفَرْحَ عَوَضَ 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>الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. بِكَ تَفْرَحُ الْخَلِيقَةُ كُلُّهَا، مَصَافُ الْمَلَائِكَةِ وَجِنْسُ الْبَشَرِ، يَا جَبَلًا مُقَدَّسًا، وَفِرْدَوْسًا نَاطِقًا، وَفَخْرَ الْبَكَارَةِ، أُيْتُهَا الْعِذْرَاءُ الْمُنْعَمُ عَلَيْهَا، الَّتِي مِنْهَا تَجَسَّدَ اللَّهُ، إِلَهُنَا الَّذِي قَبْلَ الدُّهُورِ، وَصَارَ طِفْلًا. فَإِنَّهُ صَنَعَ مُسْتَوْدَعَكَ عَرْشًا، وَجَعَلَ بَطْنَكَ أَرْحَبَ مِنَ السَّمَاوَاتِ. فَبِكَ تَفْرَحُ الْخَلِيقَةُ كُلُّهَا أُيْتُهَا الْمُنْعَمُ عَلَيْهَا، فَالْمَجْدُ لَكَ.</p>
<p align="center">EVLOGETARIA (BENEDICTIONS) IN TONE FIVE</p>	
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> 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>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلِّمْنِي حُقُوقَكَ. جَمْعُ الْمَلَائِكَةِ انْدَهَلَ مُتَحِيرًا، عِنْدَ مُشَاهَدَتِهِمْ إِيَّاكَ مَحْسُوبًا بَيْنَ الْأَمْوَاتِ أَيُّهَا الْمُخَلِّصُ، وَدَاحِضًا قُوَّةَ الْمَوْتِ، وَمُنْهَضًا آدَمَ مَعَكَ، وَمُعْتِقًا إِيَّانَا مِنَ الْجَحِيمِ كَافَّةً.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> 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>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلِّمْنِي حُقُوقَكَ. الْمَلَائِكَةُ اللَّامِعَةُ عِنْدَ الْقَبْرِ نَقَّوْهُ نَحْوَ حَامِلَاتِ الطَّيِّبِ قَائِلًا: لِمَ تَمُرُّجْنَ الطُّيُوبَ بِالْأُذْمُوعِ، بِتَرْتِ يَا تَلْمِيذَاتِ؟ أَنْظُرْنَ اللَّحْدَ وَافْرَحْنَ، لِأَنَّ الْمُخَلِّصَ قَدْ قَامَ مِنَ الْقَبْرِ.</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 رَبُّ عَلَّمَنِي حُقُوقَكَ. إِنَّ حَامِلَاتِ الطِّيبِ سَحَرًا جِدًّا، سَارَعْنَ إِلَى قَبْرِكَ نَائِحَاتٍ. إِلَّا أَنَّ الْمَلَائِكَةَ وَقَفَتْ بِهِنَّ، وَقَالَ لَهُنَّ: زَمَانُ النُّوحِ 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 رَبُّ عَلَّمَنِي حُقُوقَكَ. إِنَّ النِّسْوَةَ حَامِلَاتِ الطِّيبِ، وَاقِفِينَ بِالْحَنُوطِ إِلَى قَبْرِكَ أَيُّهَا الْمَخْلَصُ. فَسَمِعْنَ مَلَكَاً مُتَنَغِّماً 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 الْقُدُسِ. نَسْجُدُ لِلآبِ، وَلِلابْنِ، وَلِلرُّوحِ الْقُدُسِ، ثَالِثُتاً قُدُّوساً فِي جَوْهَرٍ وَاحِدٍ، هَاتِفِينَ مَعَ السَّرَافِيمِ: قُدُّوسٌ، قُدُّوسٌ، قُدُّوسٌ أَنْتَ يَا رَبُّ.</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. أَيُّهَا الْعَذْرَاءُ، لَقَدْ وَلَدْتَ مُعْطِيَ الْحَيَاةِ، وَأَنْقَذْتَ آدَمَ مِنَ الْخَطِيئَةِ، وَمَنْحَتِ حَوَاءَ الْفَرْحِ عَوَضَ 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>هَلَلُوِيَا، هَلَلُوِيَا، هَلَلُوِيَا الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا) يَا إِلَهَنَا وَرَجَاءَنَا لَكَ الْمَجْدُ.</p>
<p>THE LITTLE LITANY</p>	
<p>Deacon: Again and again, in peace, let us pray to the Lord.</p>	<p>الشَّمْسَاسُ: أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.</p>
<p>Choir: Lord, have mercy.</p>	<p>الجَوَقُ: يَا رَبُّ ارْحَمْ.</p>
<p>Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.</p>	<p>الشَّمْسَاسُ: أَعِزُّدْ وَخَلِّصْ وَارْحَمْ وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ.</p>
<p>Choir: Lord, have mercy.</p>	<p>الجَوَقُ: يَا رَبُّ ارْحَمْ.</p>
<p>Deacon: 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>الشَّمْسَاسُ: بَعْدَ ذِكْرِنَا الْكَلِيَّةَ الْقِدَاسَةِ، الطَّاهِرَةَ، الْفَائِقَةَ الْبَرَكَاتِ، الْمَجِيدَةَ، سَيِّدَتَنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِّيسِينَ، لِنُودِعْ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.</p>
<p>Choir: To Thee, O Lord.</p>	<p>الجَوَقُ: لَكَ يَا رَبُّ.</p>
<p>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.</p>	<p>الكَاهِنُ: لِأَنَّ اسْمَكَ مُبَارَكٌ وَمُلْكُكَ مُمَجَّدٌ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُسُ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>

Choir: Amen.	الجوق: آمين.
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.	إِنَّ حَامِلَاتِ الطِّيبِ حَضَرْنَ إِلَى قَبْرِ الْوَاهِبِ الْحَيَاةِ، طَالِبَاتٍ فِي الْأَمْوَاتِ السَّيِّدَ غَيْرَ الْمَائِتِ. وَإِذْ قَبِلْنَ بَشَائِرَ الْفَرَحِ مِنَ الْمَلَائِكَةِ، بَشَّرْنَ الرُّسُلَ بِأَنَّ الرَّبَّ قَدْ قَامَ، مَانِحاً الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.
EIGHTH TONE RESURRECTIONAL ANABATHMOI (Plain Reading)	
First Antiphony	
<p>+ 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.</p> <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 الْعَدُوَّ مِنْذُ شَبَابِي يُجَرِّبُنِي وَبِاللَّذَاتِ يُلْهَبُنِي، وَأَنَا بِاتِّكَالِي عَلَيْكَ يَا رَبُّ أَفْهَرُهُ مُخْزِياً إِيَّاهُ.</p> <p>+ إِنَّ الَّذِينَ يُبَغِضُونَ صِهْيُونَ يَصِيرُونَ نَظِيرَ الْعُشْبِ قَبْلَ أَنْ يُقْلَعَ، لِأَنَّ الْمَسِيحَ سَيَقْطَعُ بِمِفْصَلِ الْعَذَابِ أَعْنَاقَهُمْ.</p> <p>+ <i>المجدُ للآبِ، ولِلابْنِ، ولِلرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. إِنَّهُ بِالرُّوحِ الْقُدُسِ يَحْيَا الْكُلُّ، وَهُوَ نُورٌ مِنْ نُورٍ، إِلَهٌ عَظِيمٌ، فَلْنُسَبِّحْهُ مَعَ الْآبِ وَالْكَلِمَةِ.</i></p>
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>+ لَيْسَتَتِرْ قَلْبِي الْمُتَضَعُ بِخَوْفِكَ لِيَلَّا يَرْتَفَعَ فَتُخَفِّضُهُ يَا كُلِّي الرَّأْفَةِ.</p> <p>+ إِنَّ الْوَاضِعَ اتِّكَالُهُ عَلَى الرَّبِّ لَا يَخْشَى عِنْدَمَا يَدِينُ اللَّهُ الْكُلَّ بِالنَّارِ مُعَذِّباً.</p> <p>+ <i>المجدُ للآبِ، ولِلابْنِ، ولِلرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. إِنَّهُ بِالرُّوحِ الْقُدُسِ كُلُّ إِلَهِيَّ يَنْظُرُ وَيَنْطِقُ بِالْمُقْبِلَاتِ، وَيَصْنَعُ آيَاتٍ عُلُويَّةً، فَإِنَّهُ يُرَتِّلُ لِلَّهِ وَاحِدٍ فِي ثَلَاثَةٍ، لِأَنَّ اللَّاهُوتَ وَإِنْ كَانَ ذَا ثَلَاثَةِ أَنْوَارٍ، إِلَّا أَنَّهُ مُوَحَّدُ الرَّئَاسَةِ.</i></p>
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</p>	<p>+ إِلَيْكَ صَرَخْتُ يَا رَبُّ فَأَصْغِ، وَأَمِلْ أُذُنَيْكَ نَحْوِي عِنْدَمَا أَهْتِفُ إِلَيْكَ، طَهِّرْنِي قَبْلَ أَنْ تَنْقُلَنِي مِنْ هُنَا.</p> <p>+ كُلُّ وَاحِدٍ يَرْجِعُ مُخْتَفِياً إِلَى أُمِّهِ الَّتِي هِيَ الْأَرْضُ، فَيَنْحَلُّ</p>

<p>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 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>حَالاً لِيَأْخُذَ إِمَّا كَرَامَاتٍ وَإِمَّا عُقُوبَاتٍ جَزَاءً عَمَّا صَنَعَهُ فِي حَيَاتِهِ.</p> <p>+ المَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. إِنَّهُ بِالرُّوحِ الْقُدُسِ التَّكَلَّمَ فِي اللاهوتِ الْوَاحِدِ الْمُثَلَّثِ الْقُدُّوسِ، لِأَنَّ الْآبَ، الَّذِي هُوَ غَيْرُ مُبْتَدِيٍّ، صَدَرَ مِنْهُ الْإِبْنُ مُنْذُ الْأَزَلِ، وَالرُّوحُ الْمُعَادِلُ لَهُمَا فِي الصُّورَةِ وَالْجُلُوسَةِ قَدْ أَشْرَقَ مِنَ الْآبِ مَعاً.</p>
<p style="text-align: center;">Fourth Antiphony</p>	
<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 جَمِيعاً، لِأَنْ يَهَذَا وَعَدَ الرَّبُّ بِحَيَاةٍ أَبَدِيَّةٍ.</p> <p>+ إِنَّ الْمَجْمَلَ أَزْهَرَ الْحَقْلِ يَأْمُرُ بِأَنَّهُ يَجِبُ أَلَّا يَهْتَمَّ أَحَدٌ بِلِبَاسِهِ.</p> <p>+ المَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. إِنَّ الرُّوحَ الْقُدُسَ هُوَ الْعِلَّةُ الْوَحِيدَةُ لانتظام الخليفة كُلِّهَا وفوزها بالسلام، فَإِنَّهُ إِلَهٌ مُساوٍ لِلآبِ، وَحَاوٍ بِذَاتِهِ انتِلافَ السَّلامَةِ، بِمَا أَنَّهُ مُساوٍ لِلآبِ وَالْإِبْنِ فِي الْجَوْهَرِ حَقّاً.</p>
<p style="text-align: center;">PROKEIMENON FOR THE RESURRECTION IN TONE EIGHT</p>	
<p>The Lord shall reign forever; Thy God O Zion, from generation to generation. (<i>Twice</i>)</p> <p><i>Praise the Lord, O my soul. The Lord shall reign forever; Thy God O Zion, from generation to generation.</i></p>	<p>يَمْلِكُ الرَّبُّ إِلَى الْأَبَدِ، إِلَهُكَ يَا صِهْيُونُ إِلَى جِيلٍ بَعْدَ جِيلٍ. (مَرَّتَيْنِ)</p> <p>سَبِّحِي يَا نَفْسِي الرَّبَّ. يَمْلِكُ الرَّبُّ إِلَى الْأَبَدِ، إِلَهُكَ يَا صِهْيُونُ إِلَى جِيلٍ بَعْدَ جِيلٍ.</p>
<p>Deacon: Let us pray to the Lord.</p> <p>Choir: Lord, have mercy.</p> <p>Priest: For Holy art Thou, O our God, Who retest 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>الشَّمَّاسُ: إِلَى الرَّبِّ نَطْلُبُ.</p> <p>الْمُرْتَلُ: يَا رَبُّ ارْحَمِ.</p> <p>الكَاهِنُ: لِأَنَّكَ قُدُّوسٌ أَنْتَ يَا إِلَهَنَا، وَفِي الْقِدِّيسِينَ تَسْتَقَرُّ وَتَسْتَرِيحُ، وَلَكَ نُرْسِلُ الْمَجْدَ أَيُّهَا الْآبُ، وَالْإِبْنُ، وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>
<p>Chanter: Amen. Let everything that hath breath praise the Lord. (<i>Twice</i>)</p> <p><i>Praise ye God in His saints; praise Him in the firm foundation of His power.</i></p> <p>Let everything that hath breath praise the Lord.</p>	<p>الْمُرْتَلُ: آمِينَ. كُلُّ نَسَمَةٍ، فَلْتُسَبِّحِ الرَّبَّ. (مَرَّتَيْنِ)</p> <p>سَبِّحُوا اللَّهَ فِي قِدِّيسِيهِ، سَبِّحُوهُ فِي فَلَكَ قُوَّتِهِ.</p> <p>كُلُّ نَسَمَةٍ، فَلْتُسَبِّحِ الرَّبَّ.</p>

THE EIGHTH EOTHINON GOSPEL

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

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 Thou hast carried Him away, tell me where Thou hast laid Him, and I will take Him away." Jesus said to her, "Mary." She turned and said to Him in Hebrew, "Rabboni!" (which means "Teacher"). Jesus said to her, "Do not hold Me, for I have not yet ascended to the Father; but go to my brethren 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.

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

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

الشماس: مِنْ أَجْلِ أَنْ نَكُونَ مُسْتَحَقِّينَ لِسَمَاعِ الْإِنْجِيلِ الْمُقَدَّسِ، إِلَى الرَّبِّ إِلَهُنَا نَطْلُبُ.

المرتل: يَا رَبِّ ارْحَمْ (ثَلَاثًا)

الشماس: الْحِكْمَةُ، فَلْنَسْتَقِمْ وَلْنَسْمَعْ الْإِنْجِيلَ الْمُقَدَّسَ،

الكاهن: السَّلَامُ لِجَمِيعِكُمْ.

المرتل: وَلِرُوحِكَ.

الكاهن: فَضْلٌ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِّيسِ يُوْحَنَّا الْإِنْجِيلِيِّ الْبَشِيرِ.

المرتل: الْمَجْدُ لَكَ يَا رَبُّ الْمَجْدُ لَكَ.

الشماس: لِنُصْغِ!

الكاهن: فِي ذَلِكَ الزَّمَانِ، كَانَتْ مَرْيَمُ وَاقِفَةً عِنْدَ الْقَبْرِ خَارِجًا تَبْكِي. وَفِيمَا هِيَ تَبْكِي انْحَنَّتْ إِلَى الْقَبْرِ * فَرَأَتْ مَلَائِكَيْنِ بِيْشَابٍ 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 وَاقِفًا وَلَمْ تَعْلَمْ أَنَّ يَسُوعَ * فَقَالَ لَهَا يَسُوعُ: "يَا امْرَأَةُ لِمَ تَبْكِينَ؟ مَنْ تَطْلُبِينَ؟" فَظَنَّتْ أَنَّهَا الْبِسْتَانِي 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 مُعَلِّمُ * قَالَ لَهَا يَسُوعُ: "لَا تَلْمُسِينِي لِأَنِّي لَمْ أَصْعَدْ بَعْدُ إِلَى أَبِي. بَلْ امْضِي إِلَى إِخْوَتِي وَقُولِي لَهُمْ إِنِّي صَاعِدٌ إِلَى أَبِي وَأَبِيكُمْ وَإِلَهِي وَإِلَهُكُمْ." * فَجَاءَتْ مَرْيَمُ الْمَجْدَلِيَّةُ وَأَخْبَرَتْ التَّلَامِيذَ أَنَّهَا رَأَتْ الرَّبَّ، وَأَنَّهُ قَالَ لَهَا هَذَا.

المرتل: الْمَجْدُ لَكَ يَا رَبُّ الْمَجْدُ لَكَ.

القارئ: إِذْ قَدْ رَأَيْنَا قِيَامَةَ الْمَسِيحِ، فَلْنَسْجُدْ لِلرَّبِّ الْقُدُّوسِ، يَسُوعَ الْمَعْصُومِ مِنَ الْخَطَا وَحْدَهُ. لِصَلِيبِكَ أَيُّهَا الْمَسِيحُ نَسْجُدُ وَلِقِيَامَتِكَ الْمُقَدَّسَةِ نُسَبِّحُ وَنُحَمِّدُ، لِأَنَّكَ أَنْتَ هُوَ إِلَهُنَا وَآخِرَ سَوَاكَ لَا نَعْرِفُ وَبِاسْمِكَ نُسَمِّي. هَلُمَّ يَا مَعْشَرَ الْمُؤْمِنِينَ نَسْجُدُ لِقِيَامَةِ الْمَسِيحِ الْمُقَدَّسَةِ، لِأَنَّ هَذَا بِالصَّلِيبِ قَدْ أَتَى الْفَرَحُ لِكُلِّ الْعَالَمِ.

endured the Cross for us, He hath destroyed death by death.	لِنُبَارِكِ الرَّبَّ فِي كُلِّ حِينٍ وَنُسَبِّحَ قِيَامَتَهُ، لِأَنَّهُ إِذِ احْتَمَلَ الصَّلْبَ مِنْ أَجْلِنَا، الْمَوْتَ بِالْمَوْتِ حَطَّمَ.
PSALM 50	
Have mercy upon me, O God, according to Thy great mercy; according to the multitude of Thy tender mercies, blot out mine iniquity.	إِرْحَمْنِي يَا اللَّهُ كِعَظِيمِ رَحْمَتِكَ، وَكَمَثَلِ كَثْرَةِ رَأْفَتِكَ اَمْحُ مَاثِمِي.
Wash me thoroughly from mine iniquity, and cleanse me from my sin.	إِغْسِلْنِي كَثِيراً مِنْ إِثْمِي، وَمِنْ خَطِيئَتِي طَهِّرْنِي.
For I acknowledge mine iniquity, and my sin is ever before me.	لَأَنِّي أَنَا عَارِفٌ بِإِثْمِي، وَخَطِيئَتِي أَمَامِي فِي كُلِّ حِينٍ.
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.	إِلَيْكَ وَحْدَكَ أَخْطَأْتُ، وَالشَّرَّ قُدَّامَكَ صَنَعْتُ، لَكِي تَصْدُقَ فِي أَقْوَالِكَ وَتَغْلِبَ فِي مُحَاكَمَتِكَ.
For behold, I was shapen in iniquity, and in sins did my mother conceive me.	هَاءِنَذَا بِالْآثَامِ حُبْلٌ بِي، وَبِالْخَطَايَا وَلَدَتْنِي أُمِّي.
For behold, Thou hast loved truth; the unclear and hidden things of Thy wisdom Thou hast made clear to me.	لَأَنَّكَ قَدْ أَحْبَبْتَ الْحَقَّ، وَأَوْضَحْتَ لِي غَيَومِضَ حِكْمَتِكَ وَمَسْتَوْرَاتِهَا.
Thou shalt sprinkle me with hyssop, and I shall be clean; Thou shalt wash me, and I shall be whiter than snow.	تَنْضَحُنِي بِالزَّوْفَى فَأَطْهُرُ، تَغْسِلُنِي فَأَبْيَضُ أَكْثَرَ مِنَ الثَّلَجِ.
Thou shalt make me to hear joy and gladness; the bones which Thou hast broken shall rejoice.	تُسْمِعُنِي بِهَجَّةٍ وَسُرُوراً، فَتَبْتَهِجُ عِظَامِي الذَّلِيلَةَ.
Turn away Thy face from my sins, and blot out all my iniquities.	إِصْرِفْ وَجْهَكَ عَنْ خَطَايَايَ، وَاَمْحُ كُلَّ مَاثِمِي.
Create in me a clean heart, O God, and renew a right spirit within me.	قَلْباً نَقِيّاً اخْلُقْ فِيَّ يَا اللَّهُ، وَرُوحاً مُسَبِّحاً تَقِيماً جَدِّدْ فِي أَحْشَائِي.
Cast me not away from Thy presence and take not Thy Holy Spirit from me.	لَا تَطْرَحْنِي مِنْ أَمَامِ وَجْهِكَ، وَرُوحُكَ الْقُدُّوسُ لَا تَنْزِعْهُ مِنِّي.
Restore unto me the joy of Thy salvation and steady me with a guiding spirit.	إِمْنَحْنِي بِهَجَّةٍ خَلَاصِكَ، وَبِرُوحٍ رَاسِيٍّ اعْضُدْنِي.
Then will I teach transgressors Thy ways, and the impious shall be converted unto Thee.	فَأَعْلِمُ الْآثِمَةَ طُرُقَكَ، وَالْكَافِرَةَ إِلَيْكَ يَرْجِعُونَ.
Deliver me from bloodguiltiness, O God, Thou God of my salvation, and my tongue shall sing aloud of Thy righteousness.	أَنْقِذْنِي مِنَ الدِّمَاءِ يَا اللَّهُ إِلَهَ خَلَاصِي، فَيَذْهَبَ لِسَانِي بِعَدْلِكَ.
O Lord, open Thou my lips and my mouth shall declare Thy praise.	يَا رَبُّ افْتَحْ شَفَتَيَّ، فَيُخَبِّرَ فَمِي بِتَسْبِيحَتِكَ.
For hadst Thou desired sacrifice, I would have given it Thee; Thou delightest not in burnt offerings.	لَأَنَّكَ لَوْ آثَرْتَ الذَّبِيحَةَ، لَكُنْتُ الْآنَ أُعْطِي، لَكِنَّكَ لَا تُسَبِّرُ بِالْمُحْرَقَاتِ.
Sacrifices to God are a contrite spirit; a contrite and humble heart, O God, Thou wilt not despise.	الذَّبِيحَةُ لِلَّهِ رُوحٌ مُنْسَبِّحٌ، الْقَلْبُ الْمُتَخَشِّعُ وَالْمُتَوَاضِعُ لَا يَزْدُلُّهُ اللَّهُ.

Do good, O Lord, in Thy good will unto Zion, that the walls of Jerusalem may be built up.	أَصْلِحْ يَا رَبُّ بِمَسَرَّتِكَ صِهْيُونَ وَلْتُبْنَ أَسْوَارُ أُورُشَلِيمَ.
Then shalt Thou be pleased with the sacrifice of righteousness, with burnt offerings and whole burnt offerings.	حِينَئِذٍ تُسَرُّ بِذَبِيحَةِ الْعَدْلِ قُزْبَاناً وَمُخْرَقَاتٍ.
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 الْقُدُسِ. إِفْتَحْ لِي أَبْوَابَ التَّوْبَةِ يَا وَاهِبَ الْحَيَاةِ، لِأَنَّ رُوحِي تَبْتَكَرُ إِلَى هَيْكَلِ قُدْسِكَ، آتِياً بِهِيْكَلِ جَسَدِي مُدْنِساً بِجُحْمَلَتِهِ. لَكِنْ، بِمَا أَنَّكَ مُنْعَطِفٌ، نَقْنِي بِتَحْنِنِ 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.	الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. سَهِّلِي لِي مَنَاهِجَ الْخَلَاصِ يَا وَالِدَةَ الْإِلَهِ، فَإِنِّي قَدْ دَنَسْتُ نَفْسِي بِخَطَايَا سَمِجَةٍ، وَأَفْنَيْتُ عُمْرِي كُلَّهُ بِالتَّوَانِي. لَكِنْ بِشَفَاعَاتِكَ، نَقْنِي مِنْ كُلِّ رَجَاسَةٍ.
(TONE SIX) Have mercy upon me, O God, according to Thy loving-kindness: according to 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.	(بِالْحَنِّ السَّادِسِ) يَا رَحِيمُ، ارْحَمْنِي يَا اللَّهُ كَعَظِيمِ رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَاتِكَ امْحُ مَاثِمِي. إِذَا تَصَوَّرْتُ كَثْرَةَ أَفْعَالِي الرَّدِيئَةِ أَنَا الشَّقِيّ، فَإِنِّي أَرْتَعِدُ مِنْ يَوْمِ الدِّينُونَةِ 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,	الشَّمْسُ: خَلِّصْ يَا اللَّهُ شَعْبَكَ، وَبَارِكْ مِيرَاثَكَ، وَافْتَقِدْ عَالَمَكَ بِالرَّحْمَةِ وَالرَّافَاتِ، وَارْفَعْ شَأْنَ الْمَسِيحِيِّينَ الْأَرْثُوْدُكْسِيِّينَ، وَأَسْبِغْ عَلَيْنَا مَرَامِكَ الْغَنِيَّةِ، بِشَفَاعَاتِ سَيِّدَتِنَا وَالِدَةِ الْإِلَهِ الْكَلِيَّةِ الطَّهَارَةِ وَالِدَائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ، وَبِقُوَّةِ الصَّلِيبِ الْكَرِيمِ الْمُخْيِي، وَبِطَلْبَاتِ الْقَوَاتِ السَّمَاوِيَّةِ الْمُكْرَمَةِ الْعَادِمَةِ الْأَجْسَادِ، وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا الْمَعْمَدَانِ، وَالْقَدِيسَيْنِ الْمَشْرِفَيْنِ الرَّسُولَيْنِ بُطْرُسَ وَبُولُسَ وَسَائِرِ الرُّسُلِ الْمَشْرِفَيْنِ الْجَدِيرَيْنِ بِكُلِّ مَدِيحٍ، وَأَبَائِنَا الْقَدِيسِينَ مُعَلِّمِي الْمَسْكُونَةِ رُؤَسَاءِ الْكَهَنَةِ الْمُعَظَّمِينَ بَاسِيلْيُوسَ الْكَبِيرِ، وَغَرِيغُورْيُوسَ الْبَلَاهُوتِي، وَيُوْحَنَّا الدَّهْبِيَّ الْقَمَّ؛ وَأَبَائِنَا الْقَدِيسِينَ أَنْتَاسْيُوسَ وَكِيرْلُسَ وَيُوْحَنَّا الرَّحِيمِ بَطَارِكَةَ الْإِسْكَنْدَرِيَّةِ،

<p>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 <i>Saint N., the patron and protector of this holy community</i>; of the holy and righteous ancestors of God, Joachim and Anna; of our venerable and God-bearing Father John (Climacus) of Sinai, author of 'The Ladder;' of our father among the saints Cyril, patriarch of Jerusalem; Martyrs Trophymos and Eukarpos of Nicomedia and those with them; Nikolai (Velimirovic), bishop of Zhicha who labored in America, 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.</p>	<p>وأبينا القديس نيقولاوس رئيس أساقفة ميرا الليكّيّة، واسبيريدون أسقف تريميثوس، ونكتاريوس أسقف المُدن الخمس العجائبيّن، وأبانا القديس تيخون بطريرك موسكو، والقديس رافائيل أسقف بروكلين؛ والقديسين المجيدين الشهداء العظماء جاورجيوس اللابس الظفر، وديميتريوس المفيض الطيب، وثيودورس التيروني، وثيودورس قائد الجيش، وميناس الصانع العجائب؛ والقديسين الشهداء إغناطيوس المتوشّح بالله، خرمبوس والوثيريوس؛ والشهيدات العظيمات ثقلا، بزبارة، أنسطاسيا، كاترينا، كيرياكي، فوتيني، مارينا، باراسكيافا، وآيرين؛ والقديسين المجيدين الشهداء المتألّقين بالظفر، وأبائنا الأبرار المتوشّحين بالله، والقديس (فلان) شفيع هذه الكنيسة المقدّسة، والقديسين الصديقين جدّي المسيح الإله، يواكيم وحنّة، والقديس البار يوحنا كلايماكوس السيناوي كاتب كتاب سلم الفضائل، وأبانا في القديسين كيرلس بطريرك الإسكندرية، والشهداء تروفيموس ويوكاربوس من نقوميديّة، نيقولاوس أسقف زيكّا الذين نُقيم تذكّارهم اليوم، وجميع قديسيك. ننصّرعُ إليك أيّها الربّ الجزيل الرحمة، فاستجب لنا نحن الخطاة الطالِبين إليك وارحمنا.</p>
<p>Chanter: Lord, have mercy. Lord, have mercy. Lord, have mercy. <i>(Repeat 4 times)</i></p>	<p>المرتل: يا ربّ ارحم، يا ربّ ارحم، يا ربّ ارحم. (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: بِرَحْمَةٍ ورَأْفَاتِ ابْنِكَ الْوَحِيدِ وَمَحَبَّتِهِ لِلْبَشَرِ، الَّذِي أَنْتَ مُبَارَكٌ مَعَهُ وَمَعَ رُوحِكَ الْكَلِيمِ قُدْسُهُ الصَّالِحِ وَالْمُخْيِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. المرتل: آمين.</p>
<p>EIGHTH TONE RESURRECTIONAL KONTAKION AND OIKOS (Plain Reading)</p>	
<p>Rising from the tomb, Thou didst raise the dead and resurrect Adam. Eve rejoices in Thy Resurrection; and the ends of the earth rejoice in Thy rising from the dead, O merciful One.</p>	<p>لَقَدْ قُمْتَ مِنَ الْقَبْرِ فَبَعَثْتَ الْأَمْوَاتَ، وَأَقَمْتَ آدَمَ، وَحَوَاءَ فَرِحَتْ بِقِيَامَتِكَ، وَأَقْطَارُ الْعَالَمِ تَحْتَفِلُ بِعِيدِ قِيَامَتِكَ مِنْ بَيْنِ الْأَمْوَاتِ يَا جَزِيلَ الرَّحْمَةِ.</p>
<p>Thou didst despoil the kingdom of Hades, O compassionate One, and raise the dead. Thou didst go before the myrrh-bearers and bring them joy instead of sorrow. Thou didst reveal the signs of victory to Thine Apostles, O my Savior and source of life. Thou didst enlighten all creation, O loving God. Therefore, the world rejoices at Thy rising from the dead, O merciful One.</p>	<p>لَقَدْ سَبَيْتَ مَمَالِكَ الْجَحِيمِ يَا مُخْلِصِي الْمَانِحِ الْحَيَاةَ، الْخَلِيمَ، الْمُحِبَّ الْبَشَرَ، وَبَعَثْتَ الْأَمْوَاتَ، وَصَادَقْتَ النِّسْوَةَ حَامِلَاتِ الطَّيِّبِ، فَاهْدَيْنَهُنَّ الْفَرَحَ عَوْضَ الْحُزْنِ، وَأَخْبَرْتَ رُسُلَكَ بِشَارَاتِ الظَّفَرِ، وَأَنْرْتَ الْخَلِيقَةَ كُلَّهَا. فَلِذَلِكَ يَفْرَحُ الْعَالَمُ كُلُّهُ بِقِيَامَتِكَ مِنْ بَيْنِ الْأَمْوَاتِ يَا جَزِيلَ الرَّحْمَةِ.</p>

THE SYNAXARION (Plain Reading)

On March 18 in the Holy Orthodox Church, we commemorate our father among the saints Cyril, patriarch of Jerusalem; Martyrs Trophymos and Eukarpos of Nicomedia and those with them; Nikolai (Velimirovic), bishop of Zhicha who labored in America.

On this same day, the Fourth Sunday of Great Lent, we make remembrance of our godly father, John, the author of *The Ladder of Divine Ascent* (or Climacus).

Verses

John, dead in the flesh and also living,
Liveth eternally, even though appearing dead and without breath.
Leaving letters, a ladder for the journey upwards,
He showeth forth his pursuit of the journey upwards.

The celebration of his feast on this day arose from the custom prevalent in the honorable monasteries of starting Great Lent with the reading of his lessons. John describes the method of elevating the soul to God as ascending a ladder. He teaches those who seek salvation how to lay a firm foundation for struggles, how to detect and fight every passion, how to avoid demonic snares, and how to rise from the rudimental virtues to the heights of Godlike love and humility. John of the Ladder came to Mount Sinai at age 16 and remained there, first as a novice under obedience, then as a recluse, and finally as abbot until his eightieth year. One time, his disciple, Moses, fell asleep under the shade of a large stone. John, in prayer in his cell, saw that his disciple was in danger and prayed to God for him. Later, when Moses returned, he fell on his knees and gave thanks to his spiritual father for saving him from certain death. He related how, in a dream, he heard John calling him and he jumped up and, at that moment, the stone tumbled. Had he not jumped, the stone would have crushed him. John Climacus died on March 30, 606.

Through his intercessions, O Christ God, have mercy upon us. Amen.

KATAVASIAS OF THE AKATHIST CANON IN TONE FOUR

Ode 1. I shall open my mouth and it will be filled with the Spirit; and I shall speak forth to the Queen and Mother. I shall be seen joyfully singing her praises, and I shall delight to sing of her wonders.

(الأولى) أَفْتَحُ فَمِي فَيَمْتَلِئُ رَوْحاً، وَأُبْدِي قَوْلًا فَائِضًا نَحْوَ الْأُمِّ الْمَلِكَةِ، وَأُظْهِرُ مُعَيِّدًا لِلْمَوْسِمِ بَابْتِهَاجٍ، وَأَتَرْتُمُ بَعْجَائِبِهَا مَسْرُورًا.

Ode 3. As a living and copious fountain, O Theotokos, do thou strengthen those who hymn thy praises, and are joined together in spiritual company for thy service; and in thy divine glory make them worthy of crowns of glory.

(الثالثة) يَا وَالِدَةَ الْإِلَهِ، بِمَا أَنَّكَ الْيَنْبُوعُ الْحَيُّ الْمُتَدَفِّقُ بِسَخَاءٍ، وَطَدِينَا نَحْنُ الْمُتَشَدِّينَ تَسَابِيحِكَ، الْمُتَلْتِمِينَ مَخْفِلًا رَوْحِيًّا، وَفِي مَجْدِكَ الْإِلَهِيِّ، أَهْلِينَا لِأَكَالِيلِ الْمَجْدِ وَالشَّرَفِ.

Ode 4. He who sits in clouds of glory upon the throne of Godhead, Jesus the Most High God, came with mighty hand and saved those who cried out unto Him: 'Glory to Thy power, O Christ.'

(الرابعة) إِنَّ يَسُوعَ الْفَائِقَ التَّأْلَهُ، الْجَالِسَ بِمَجْدٍ عَلَى سُدَّةِ اللاهوتِ، قَدْ وَرَدَ عَلَى سَحَابَةٍ خَفِيفَةٍ، وَخَلَّصَ بِقُبْضَتِهِ الْغَيْرِ الْفَاسِدَةِ الصَّارِخِينَ نَحْوَهُ: الْمَجْدُ لِقُدْرَتِكَ أَيُّهَا الْمَسِيحُ.

Ode 5. All creation was amazed at thy divine glory, for thou, O unwedded Virgin, didst hold in thee the God of all, and didst bear the Eternal Son, who rewards with salvation all those who hymn thy praises.

(الخامسة) أَيَّتُهَا الْبَتُولُ الَّتِي لَمْ تَعْرِفْ زَوْجًا، إِنَّ الْبَرَايَا بِأَسْرِهَا قَدْ انْدَهَلَتْ مِنْ مَجْدِكَ الْإِلَهِيِّ، لِأَنَّكَ حَمَلْتِ فِي حَشَاكِ إِلَهَ الْكُلِّ، وَوَلَدْتَ الْإِبْنَ الْغَيْرَ الْمَحْدُودِ فِي زَمَنِ، وَمَنْحَتِ الْخَلَاصَ لِكُلِّ الَّذِينَ يُسَبِّحُونَكَ.

Ode 6. As we the Godly minded, celebrate this

(السادسة) هَلُمُّوا أَيُّهَا الْمُتَأَلِّهُو الْعُقُولِ، لِنُصَفِّقَ بِالْأَيْدِي مُقِيمِينَ

sacred and all-honorable feast of the Mother of God: come, let us clap our hands together and glorify the God whom she bore.	هذا العيدَ الإلهيَّ الكليَّ الإكرام، الذي لوالدةِ الإله، ونُمجِّد الإله الذي وُلِدَ مِنْهَا.
Ode 7. The godly-minded children worshipped not the creature rather than the Creator, but trampling upon the threat of fire in manly fashion, they rejoiced and sang: ‘O All-praised Lord and God of our Fathers, blessed art Thou.’	(السابعة) إِنَّ الْفَتِيَّةَ الْمُتَأَلِّهِي الْعُقُولِ لَمْ يَغْبُدُوا الْخَلِيقَةَ دُونَ الْخَالِقِ، بَلْ وَطِئُوا وَعِيدَ النَّارِ بِشَجَاعَةٍ، فَتَرْتَّلُوا فَرَحِينَ: أَيُّهَا الْفَائِقُ النَّسْبِيحِ مُبَارَكُ أَنْتَ يَا إِلَهَ آبَائِنَا.
Ode 8. <i>We praise, we bless, and we worship the Lord.</i> The three holy children in the furnace the Child of the Theotokos saved; then was the type, now is its fulfillment, and the whole world gathers to sing: ‘All ye works praise the Lord and magnify Him unto all ages.’	(الثامنة) نُسَبِّحُ وَنُبَارِكُ وَنَسْجُدُ لِلرَّبِّ: إِنَّ مَوْلِدَ وَالِدَةِ الْإِلَهِ قَدْ حَفِظَ الْفَتِيَّةَ الْأَطْهَارَ فِي الْأَتُونِ سَالِمِينَ، إِذْ كَانَ حِينَئِذٍ مَرْسُومًا وَأَمَّا الْآنَ فَقَدْ حَصَلَ مَفْعُولًا، فَهُوَ يُنْهَضُ الْمَسْكُونَةَ بِأَسْرِهَا إِلَى التَّرْتِيلِ هَاتِفَةً: يَا جَمِيعَ أَعْمَالِ الرَّبِّ سَبِّحُوا الرَّبَّ، وَزِيدُوهُ رِفْعَةً عَلَى مَدَى الدَّهُورِ.
Deacon: The Theotokos and Mother of the Light, let us honor and magnify in song.	الشماس: لوالدةِ الإله وأُمِ النورِ بالتسابيح نكرمُ مُعْظَمِينَ.
MAGNIFICATIONS IN TONE FOUR	
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 corruption barest God the Word, and art truly Theotokos, we magnify thee.	تُعْظِمُ نَفْسِي لِلرَّبِّ، وَتَبْتَهِجُ رُوحِي بِاللَّهِ مُخْلِصِي. يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ مَجْدًا بِلا قِيَاسٍ مِنَ السَّارَافِيمِ، يَا مَنْ بَدُونَ فَسَادٍ وَلَدْتَ كَلِمَةَ اللَّهِ، حَقًّا أَنْكَ وَالِدَةُ الْإِلَهِ إِيَّاكَ نُعْظِمُ.
For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. (Refrain)	لَأَنَّهُ نَظَرَ إِلَى تَوَاضُعِ أَمْتِهِ، فَهَا مُنْذُ الْآنَ تُطَوِّبُنِي جَمِيعُ الْأَحْيَالِ.
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)	لَأَنَّ الْقَدِيرَ صَنَعَ بِي عَظَائِمَ وَقُدُّوسَ اسْمُهُ، وَرَحْمَتُهُ إِلَى جِيلٍ فَجِيلٍ لِلَّذِينَ يَتَّقُونَهُ.
He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. (Refrain)	صَنَعَ عِزًّا بِسَاعِدِهِ، وَشَتَّتَ الْمُتَكَبِّرِينَ بِذُهُنِ قُلُوبِهِمْ.
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 الْكَرَاسِيِّ وَرَفَعَ الْمُتَوَاضِعِينَ، مَلَأَ الْجِياعَ مِنَ الْخَيْرَاتِ، وَالْأَغْنِيَاءَ أَرْسَلَهُمْ فَارِغِينَ.
He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. (Refrain)	عَضَدَ إِسْرَائِيلَ فَتَاهُ لِيَذْكُرَ رَحْمَتَهُ، كَمَا قَالَ لِآبَائِنَا إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الْأَبَدِ.
Ode 9. Let all the earth-born mortals rejoice in the Spirit, bearing their lamps. And let the nature of Bodiless Minds celebrate with honor the holy festival of the Mother of God, and cry out: ‘Hail! All-blessed, pure,	(التاسعة) كُلُّ الْأَرْضِيِّينَ فَلْيَبْتَهِجُوا بِالرُّوحِ حَامِلِينَ الْمَصَابِيحِ، وَطَبِيعَةُ الْعَقْلِيِّينَ الْغَيْرِ الْهَيُولِيِّينَ فَلْتَحْتَفِلْ مَعًا، مُعَيِّدَةً لِمَوْسِمِ أُمِّ

and ever-virgin Theotokos!'	الإله الشَّريف وهاتِفَةٌ: إفْرَحِي يا والدَةَ الإلهِ النقيَّة، الدائمة البتولية، والكلية الطوبى.
THE LITTLE LITANY	
<p>Deacon: Again and again, in peace, let us pray to the Lord.</p> <p>Choir: Lord, have mercy.</p> <p>Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.</p> <p>Choir: Lord, have mercy.</p> <p>Deacon: 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: أيضاً وأيضاً بِسْلامٍ إلى الرَّبِّ نَطْلُبُ.</p> <p>الجوق: يا رَبُّ ارْحَمْ.</p> <p>الشماس: أَعُذْ وَخَلِّصْ وارْحَمْ واحْفَظْنا يا اللهُ بِنِعْمَتِكَ.</p> <p>الجوق: يا رَبُّ ارْحَمْ.</p> <p>الشماس: بَعْدَ ذِكْرِنَا الكَلِيَّةِ القُدَّاسَةِ الطَّاهِرَةِ الفائِقَةِ البركاتِ المَجيدة، سَيِّدَتِنَا والدَةَ الإلهِ الدائمة البتولية مَرْيَمَ مَعَ جميعِ القَدَّيسين، لِنُودِعْ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا للمسيحِ الإلهِ.</p> <p>الجوق: لَكَ يا رَب.</p> <p>الكاهن: لِأَنَّهُ إِيَّاكَ تُسَبِّحُ كُلُّ قُوَّاتِ السَّمَاوَاتِ، وَلَكَ يُرْسِلُونَ المَجْدَ أَيُّهَا الآبُ والإِبْنُ والرُّوحُ القُدُّسُ، الآنَ وَكُلَّ أَوَانٍ وإلى دَهْرِ الداهرين.</p> <p>الجوق: آمين.</p>
<p>Holy is the Lord our God. (<i>THRICE</i>)</p> <p>Exalt ye the Lord our God, and worship at His footstool, for He is holy.</p>	<p>قُدُّوسٌ هُوَ الرَّبُّ إِلَهُنَا. (ثَلَاثًا)</p> <p>إِرْفَعُوا الرَّبَّ إِلَهُنَا، واسْجُدُوا لِمَوْطِي قَدَمَيْهِ، لِأَنَّ الرَّبَّ إِلَهُنَا قُدُّوسٌ هُوَ.</p>
THE EIGHTH EOTHINON EXAPOSTEILARION IN TONE TWO	
<p>Verily, when Mary saw two angels inside the grave she was taken by surprise. And when she, knowing not Christ, but thinking Him the gardener, said to Him, Sir, where hast Thou placed the body of Jesus? She knew from His voice that He was the Savior, and she obeyed Him when He said: Touch Me not; for I am going to My Father. Tell this to My brethren.</p>	<p>إِنَّ مَرْيَمَ لَمَّا أَبْصَرَتْ مَلَائِكَيْنِ دَاخِلِ القَبْرِ انْذَهَلَتْ، وَلَمَّا جَهَلَتْ المَسيحَ، سَأَلَتْهُ ظانَّةً أَنَّهُ البُسْتَانِي، وَقَالَتْ: يَا سَيِّدِي، أَيْنَ وَضَعْتَ جَسَدَ يَسُوعَ؟ فَمِنْ دَعْوَتِهِ عَرَفَتْ أَنَّهُ المُخَلِّصُ وَسَمِعَتْ مِنْهُ: لَا تَقْرَبِينِي، لِأَنِّي ماضٍ إلى أَبِي، فَقُولِي ذَلِكَ لِإِخْوَتِي.</p>
EXAPOSTEILARION & THEOTOKION FOR ST. JOHN CLIMACUS IN TONE TWO (*Hearken, ye women*)	
<p>O righteous John of perpetual memory, thou didst turn aside from worldly luxury because it is loathsome; and, emaciating thy body with abstinence, thou didst renew the power of thy soul, and enriched it with heavenly glory. Wherefore, thou ceasest not to intercede for our sakes.</p>	<p>أَيُّهَا البارُّ يوحنا الدائم الذِّكْرِ، لَقَدْ عَرَفْتَ عَنِ التَّعَمُّمِ الدُّنْيَوِيِّ لِأَنَّهُ مَمْقُوتٌ، وَأَذَوَيْتَ الجَسَدَ بالإِمْسَاكِ، فَجَدَّدْتَ قُوَّةَ النَفْسِ، وَأَغْنَيْتَهَا بِالمَجْدِ السَّمَاوِيِّ، فَلَا تَرَلْ مُتَشَفِّعاً مِنْ أَجْلِنَا.</p>

<p>Saved through thee, O Lady, we acknowledge thee to be in truth the Theotokos; for in ways past speech thou hast borne God, who hast destroyed death by the Cross and called to Himself the assemblies of the saints. With them we praise thee, O Virgin.</p>	<p>أَيُّهَا السَيِّدَةُ، نَحْنُ الْمُخَلَّصِينَ بِكَ، نَعْتَرِفُ أَنَّكَ أُمُّ الْإِلَهِ، لِأَنَّكَ وَلَدْتَ بِحَالٍ لَا يَوْصَفُ، الْإِلَهَ الَّذِي حَلَّ الْمَوْتَ بِصَلِيبِهِ، وَاجْتَدَبَ إِلَيْهِ مُحَافِلَ الْأَبْرَارِ، الَّذِينَ مَعَهُمْ نُسَبِّحُكَ أَيُّهَا الْبَتُولُ.</p>
<p align="center">AINOI (PRAISES) IN TONE EIGHT</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 قُوَّاتِهِ، لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللَّهُ.</p>
<p align="center">For the Resurrection in Tone Eight</p>	
<p><i>1. This glory shall be to all His saints.</i> 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.</p>	<p>1- هذا المجد يكون لجميع أبراره. يا رَبُّ، وَإِنْ كُنْتُ قَدْ وَقَفْتُ فِي الْحُكْمِ مُدَانًا مِنْ بِيلاطسَ، إِلَّا أَنَّكَ لَمْ تَخُلْ مِنَ الْكُرْسِيِّ جَالِسًا مَعَ الْآبِ. وَقُمْتَ مِنْ بَيْنِ الْأَمْوَاتِ، وَأَعْتَقْتَ الْعَالَمَ مِنْ عُبُودِيَّةِ الْغَرِيبِ، بِمَا أَنَّكَ رَؤُوفٌ وَمُحِبٌّ لِلْبَشَرِ.</p>
<p><i>2. Praise God in His sanctuary: praise Him in the firmament of His power.</i> 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.</p>	<p>2- سَبِّحُوا اللَّهَ فِي قَدِيسِيهِ، سَبِّحُوهُ فِي فَالِكِ قُوَّتِهِ. يا رَبُّ، وَإِنْ كَانَ الْيَهُودُ قَدْ وَضَعُوكَ فِي قَبْرِ كَمَانِيَّةٍ، إِلَّا أَنَّ الْجُنْدَ كَانُوا يَحْرُسُونَكَ كَمَلِكٍ رَاقِدٍ، وَمِثْلَ كَنْزٍ حَيَاةٍ خَتَمُوا عَلَيْكَ بِخَتْمٍ. إِلَّا أَنَّكَ قُمْتَ وَمَنْحَتَ عَدَمَ الْبَلَى لِنَفُوسِنَا.</p>
<p><i>3. Praise Him for His mighty acts: praise Him according to His excellent greatness.</i> 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.</p>	<p>3- سَبِّحُوهُ عَلَى مَقْدَرَتِهِ، سَبِّحُوهُ نَظِيرَ كَثْرَةِ عَظَمَتِهِ. يا رَبُّ، لَقَدْ أَعْطَيْنَا صَلِيبَكَ سِلَاحًا عَلَى الْمَحَالِ، لِأَنَّهُ يَرْهَبُ وَيَرْتَعِدُ إِذْ لَا يَحْتَمِلُ أَنْ يَرَى قُوَّتَهُ، لِأَنَّهُ يَقِيمُ الْمَوْتَى وَقَدْ عَطَلَ الْمَوْتُونَ. لِذَلِكَ نَسْجُدُ لِدِفْنِكَ وَقِيَامَتِكَ.</p>
<p><i>4. Praise Him with the sound of the trumpet. Praise Him with the psalter and harp.</i> 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.</p>	<p>4- سَبِّحُوهُ بِلَحْنِ الْبُوقِ، سَبِّحُوهُ بِالْمِزْمَارِ وَالْقِيثَارَةِ. يا رَبُّ، إِنَّ الْمَلَائِكَةَ الْمُنَادِيَةِ بِقِيَامَتِكَ، أَمَّا لِلْحُرَاسِ فَأَرْهَبَ، وَأَمَّا لِلنِّسَاءِ فَهَتَفَ قَائِلًا: لِمَ تَطْلُبْنَ الْحَيَّ مَعَ الْمَوْتَى؟ قَدْ قَامَ بِمَا أَنَّهُ إِلَهٌ، وَمَنْحَ الْحَيَاةَ لِلْمَسْكُونَةِ.</p>

For St. John Climacus in Tone Eight (O strange wonder**)**

<p>Verse 5. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs. Righteous Father John, in very truth, * thou hadst the high praise of God * in thy throat every day and hour; * and with active diligence * thou didst earnestly meditate * on the divinely inspired oracles * and wast made rich in the grace that they pour forth; * through this, O man most wise, * thou becamest blessed and didst utterly * overturn the counsels of all base and godless men.</p>	<p>5- سَبِّحُوهُ بِالطَّبَلِ وَالْمَصَافِي، سَبِّحُوهُ بِالْأُوتَارِ وَاللَّهْ الطَّرْب. أَيُّهَا الْأَبُّ الْبَارُّ يُوَحِّنَا الْكَامِلَ الْحِكْمَةَ، لَقَدْ حَمَلْتَ دَائِمًا مَرَاقِي إِلَهِهِ فِي فَمِكَ، دَارِسًا عَمَلِيًّا الْأَقْوَالَ الْمُلهِمَةَ، وَمِنْ ثَمَّ غَزَرْتَ لَكَ النِّعْمَةَ، وَغَدَوْتَ مُغَبَّطًا، وَمُحْبِطًا مَوَامِرَاتِ الْكُفْرَةِ بِأَسْرِهِمْ.</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. Righteous Father John, in very truth, * thou hadst the high praise of God * in thy throat every day and hour; * and with active diligence * thou didst earnestly meditate * on the divinely inspired oracles * and wast made rich in the grace that they pour forth; * through this, O man most wise, * thou becamest blessed and didst utterly * overturn the counsels of all base and godless men.</p>	<p>6- سَبِّحُوهُ بِنِعْمَاتِ الصُّنُوجِ، سَبِّحُوهُ بِصُنُوجِ التَّهْلِيلِ، كُلُّ نَسَمَةٍ قُلْتُسَبِّحِ الرَّبَّ. أَيُّهَا الْأَبُّ الْبَارُّ يُوَحِّنَا الْكَامِلَ الْحِكْمَةَ، لَقَدْ حَمَلْتَ دَائِمًا مَرَاقِي إِلَهِهِ فِي فَمِكَ، دَارِسًا عَمَلِيًّا الْأَقْوَالَ الْمُلهِمَةَ، وَمِنْ ثَمَّ غَزَرْتَ لَكَ النِّعْمَةَ، وَغَدَوْتَ مُغَبَّطًا، وَمُحْبِطًا مَوَامِرَاتِ الْكُفْرَةِ بِأَسْرِهِمْ.</p>
<p>Verse 7. Blessed is the man that feareth the Lord; in His commandments shall he greatly delight. Righteous Father John most glorious, * with streaming fountains of tears, * thou didst wash thy soul clean of stain; * standing all the night in prayer, * thou becamest a friend of God; * and thou didst soar as on wings unto His love * and His divine beauty, which thou worthily * now dost enjoy on high * with thy fellow athletes evermore in joy, * O most blest and godly-minded Saint and man of prayer.</p>	<p>7- طُوبَى لِلرَّجُلِ الَّذِي يَخَافُ اللَّهَ. أَيُّهَا الْأَبُّ يُوَحِّنَا الْمَجِيدُ الْبَارُّ، لَقَدْ طَهَّرْتَ نَفْسَكَ بَيْنَابِيعِ الدُّمُوعِ، وَالْوُقُوفِ طَوَّلِ اللَّيَالِي مُسْتَعِظًا اللَّهَ، وَمِنْ ثَمَّ طُرْتَ، أَيُّهَا الْمَغْبُوطُ الْمُتَالِي الْعِزِّ، نَحْوَ مَحَبَّتِهِ وَجَمَالِهِ، الَّذِينَ نَلْتَهُمَا الْآنَ بِفَرَحٍ وَاسْتِحْقَاقٍ إِلَى الْأَبَدِ مَعَ الْمُجَاهِدِينَ مَعَكَ.</p>
<p>Verse 8. Precious in the sight of the Lord is the death of His saints. Righteous Father John most glorious, * since thou hadst given thy mind * wings to soar up to God by faith, * thou didst hate the turbulence * and impermanence of the world. * For thou didst take up thy cross with ardent zeal * to follow after Him that beholdeth all; * and thou didst subjugate * the reluctant body to thy sovereign mind * by ascetic labors through the Holy Spirit's might.</p>	<p>8- كَرِيمٌ فِي عَيْنَيِ الرَّبِّ مَوْتُ أَبْرَارِهِ. أَيُّهَا الْأَبُّ الْبَارُّ يُوَحِّنَا الْمَجِيدُ، لَقَدْ سَمَوْتَ بِالْعَقْلِ نَحْوَ اللَّهِ بِوَسِطَةِ الْإِيمَانِ، وَتَجَافَيْتَ عَنِ الْإِضْطِرَابِ الْعَالَمِيِّ الْعَادِمِ الثَّبَاتِ، وَحَمَلْتَ صَلَيبَكَ تَابِعًا نَاطِرَ الْكُلِّ، مُحْضِعًا الْجَسَدَ لِلْعَقْلِ بِرُودَعِ النَّسْكِ، وَبِمَعُونَةِ الرُّوحِ الْإِلَهِيِّ.</p>

THE DOXASTICON FOR FOURTH SUNDAY OF LENT IN TONE ONE

<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i></p> <p>Come, let us labor in the mystical field, working therein fruits of repentance. Let us not spend ourselves in food and drink, but reap virtues with fasting and prayer; for these doth the Master of labor accept, and for them He giveth us the pence through which He redeems our souls from the death of sin; for He alone is most compassionate.</p>	<p>المَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُسِ.</p> <p>هَلِّمُوا نَعْمَلْ فِي الْكَرَمِ السَّرِيِّ، صَانِعِينَ فِيهِ أَثْمَارَ التَّوْبَةِ. وَلَا نَتَعَبُ بِالْأَطْعَمَةِ وَالْأَشْرَبَةِ، بَلْ لِنَجْتَنِ الْفَضَائِلَ بِالصَّلَوَاتِ وَالْأَصْوَامِ، فَبِهَذِهِ يَرْتَضِي رَبُّ الْعَمَلِ، وَيَهْبُنَا الدِّينَارَ، الَّذِي بِهِ يَفْتَدِي النَّفْسَ مِنْ دَيْنِ الْخَطِيئَةِ، بِمَا أَنَّهُ الْجَزِيلُ الرَّحِمَةِ وَحْدَهُ.</p>
<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>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.</p> <p>أَنْتِ هِيَ الْفَائِزَةُ عَلَى كُلِّ الْبَرَكَاتِ، يَا وَلِدَةُ الْإِلَهِ الْعَذْرَاءُ، لِأَنَّ الْجَحِيمَ قَدْ سُبِيتَ بِوَاسِطَةِ الْمُتَجَبِّدِ مِنْكَ، وَأَدَمَ دُعِيَ ثَانِيَةً، وَاللَّعْنَةُ بَادَتْ، وَحَوَاءَ انْعَقَتْ، وَالْمَوْتُ أُمِيتَ، وَنَحْنُ قَدْ حَيِينَا. فَلِذَلِكَ نُسَبِّحُ هَاتِفِينَ: مُبَارَكٌ أَنْتَ أَيُّهَا الْمَسِيحُ إِلَهُنَا، يَا مَنْ هَكَذَا سُرَّ، الْمَجْدُ لَكَ.</p>
<h3 style="text-align: center;">THE GREAT DOXOLOGY IN TONE ONE</h3>	
<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>المَجْدُ لَكَ يَا مُظْهِرَ النُّورِ، الْمَجْدُ لِلَّهِ فِي الْعِلَآءِ، وَعَلَى الْأَرْضِ السَّلَامُ، وَفِي النَّاسِ الْمَسْرَّةُ.</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>نُسَبِّحُكَ نُبَارِكُكَ، نَسْجُدُ لَكَ نُمَجِّدُكَ، نَشْكُرُكَ مِنْ أَجْلِ عَظِيمِ جَلَالِ 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>أَيُّهَا الرَّبُّ الْمَلِكُ، السَّمَائِيُّ، الْإِلَهُ، الْآبُ الصَّابِطُ الْكُلُّ. أَيُّهَا الرَّبُّ الْإِبْنُ الْوَحِيدُ، يَا يَسُوعَ الْمَسِيحُ، وَيَا أَيُّهَا الرُّوحُ الْقُدُسُ.</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>أَيُّهَا الرَّبُّ الْإِلَهُ، يَا حَمَلَ اللَّهِ يَا ابْنَ الْآبِ، يَا رَافِعَ خَطِيئَةِ الْعَالَمِ ارْحَمْنَا، يَا رَافِعَ خَطَايَا الْعَالَمِ.</p>
<p>Receive our prayer, Thou that sittest at the right hand of the Father, and have mercy on us.</p>	<p>تَقَبَّلْ تَضَرُّعَنَا أَيُّهَا الْجَالِسُ عَنْ يَمِينِ الْآبِ وَارْحَمْنَا.</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>لَأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ، أَنْتَ وَحْدَكَ الرَّبُّ يَسُوعَ الْمَسِيحُ، فِي مَجْدِ اللَّهِ الْآبِ، آمِينَ.</p>
<p>Every day will I bless Thee, and I will praise Thy Name forever; yea, forever and ever.</p>	<p>فِي كُلِّ يَوْمٍ أُبَارِكُكَ، وَأُسَبِّحُ اسْمَكَ إِلَى الْأَبَدِ، وَإِلَى أَبَدِ الْأَبَدِ.</p>

Vouchsafe, O Lord, to keep us this day without sin.	أَهْلُنَا يَا رَبُّ أَنْ نُحَفَظَ 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 إِلَهَ آبَائِنَا، وَمُسَبَّحٌ 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 نَلْتَكِلُ اتِّكَالَنا عَلَيْكَ.
Blessed art Thou, O Lord: teach me Thy statutes. (Thrice)	مُبَارَكُ أَنْتَ يَا رَبُّ عَلِّمْنِي حُقُوقَكَ. (ثلاثاً)
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 كُنْتُ لَنَا فِي جِيلٍ وَجِيلٍ، أَنَا قُلْتُ يَا رَبُّ ارْحَمْنِي وَاشْفِ نَفْسِي لِأَنَّنِي 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 نَعَايُنُ النُّورَ.
O continue Thy loving kindness unto them that know Thee. Holy God, Holy Mighty, Holy Immortal: have mercy on us. (Thrice)	فَانْبَسِطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ. قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا. (ثلاثاً)
Glory to the Father, and to the Son, and to the Holy Spirit.	الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ.
Both now and ever, and unto ages of ages. Amen.	الْآنَ 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.
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، وَمَنْحَتَ بِهِمْ سَلَامَكَ لِلْمَسْكُونَةِ، يَا جَزِيلَ الرَّحْمَةِ وَحْدَكَ.

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