Orthros on Sunday, August 01, 2021; Tone 5 / Eothinon 6
The Procession of the Precious Cross
The Seven Holy Maccabees, their Teacher Eleazar and their Mother Solomone

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

Choir: Amen.

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

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

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

Lord, have mercy. (thrice)

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

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

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

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

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

Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by
Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

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

O Champion dread, who cannot be put to confusion, despise not our petitions, O Good and All-praised Theotokos; establish the way of the Orthodox; save those who have been called upon to govern us, leading us to that victory which is from heaven, for thou art she who gavest birth to God, and alone art blessed.

LITANY

Priest: Have mercy on us, O God, according to Thy great goodness, we pray Thee, hearken and have mercy.

Choir: Lord, have mercy. (thrice)

Priest: Again we pray for all pious and Orthodox Christians.

Choir: Lord, have mercy. (thrice)

Priest: Again we pray for our Father and Metropolitan ______, and for Bishop ______, and all our brethren in Christ.

Choir: Lord, have mercy. (thrice)

Priest: For Thou art a merciful God, and lovest mankind, and unto thee do we ascribe glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages.

Choir: Amen. Bless, Father, in the Name of the Lord.

Priest: Glory to the Holy, Consubstantial, Life-giving and Undivided Trinity, always, now and ever, and unto ages of ages.

Choir: Amen.
PSALM 3

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

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

PSALM 37

O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. For Thine arrows are fastened in me, and Thou hast laid Thy hand heavily upon me. There is no healing in my flesh in the face of Thy wrath; and there is no peace in my bones in the face of my sins. For mine iniquities are risen higher than my head; as a heavy burden have they pressed heavily upon me. My bruises are become noisome and corrupt in the face of my folly. I have been wretched and utterly bowed down until the end; all the day long I went with downcast face. For my loins are filled with mocking, and there is no healing in my flesh. I am afflicted and humbled exceedingly, I have roared from the groaning of my heart. O Lord, before Thee is all my desire, and my groaning is not hid from Thee. My heart is troubled, my strength hath failed me; and the light of mine eyes, even this is not with me. My friends and my neighbors drew nigh over against me and stood, and my nearest of kin stood afar off. And they that sought after my soul used
violence; and they that sought evils for me spake
vain things, and craftiness all the day long did
they meditate. But as for me, like a deaf man I
heard them not, and was as a speechless man that
openeth not his mouth. And I became as a man
that heareth not, and that hath in his mouth no
reproofs. For in Thee have I hoped, O Lord; Thou
wilt hearken unto me, O Lord my God. For I said:
Let never mine enemies rejoice over me; yea,
when my feet were shaken, those men spake
boastful words against me. For I am ready for
scourges, and my sorrow is continually before
me. For I will declare mine iniquity, and I will
take heed concerning my sin. But mine enemies
live and are made stronger than I, and they that
hated me unjustly are multiplied. They that
render me evil for good slandered me, because I
pursued goodness. Forsake me not, O Lord my
God, depart not from me. Be attentive unto my
help, O Lord of my salvation.
For I said: Let never mine enemies rejoice over me; yea,
when my feet were shaken, those men spake
boastful words against me. For I am ready for
scourges, and my sorrow is continually before
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help, O Lord of my salvation.

PSALM 62

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

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

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

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

Lord, have mercy. (THRICE)

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

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

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication, for filled with evils is my soul, and my life unto Hades hath drawn nigh. I am counted with them that go down into the pit; I am become as a man without help, free among the dead, like the bodies of the slain that sleep in the grave, whom Thou rememberest no more, and they are cut off from Thy hand. They laid me in the lowest pit, in darkness and in the shadow of death. Against me is Thine anger made strong, and all Thy billows hast Thou brought upon me. Thou hast removed my friends afar from me; they have made me an abomination unto themselves. I have been delivered up, and have not come forth; mine eyes are grown weak from poverty. I have cried unto Thee, O Lord, the whole day long; I have stretched out my hands unto Thee. Nay, for the dead wilt Thou work wonders? Or shall physicians raise them up that they may give thanks unto Thee? Nay, shall any in the grave tell of Thy mercy, and of Thy truth in that destruction? Nay, shall Thy wonders be known in that darkness, and Thy righteousness in
that land that is forgotten? But as for me, unto Thee, O Lord, have I cried; and in the morning shall my prayer come before Thee. Wherefore, O Lord, dost Thou cast off my soul and turnest Thy face away from me? A poor man am I, and in troubles from my youth; yea, having been exalted, I was humbled and brought to distress. Thy furies have passed upon me, and Thy terrors have sorely troubled me. They came round about me like water, all the day long they compassed me about together. Thou hast removed afar from me friend and neighbor, and mine acquaintances because of my misery.

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

PSALM 102

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

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy name’s sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou me.

PSALM 142

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy name’s sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou me.
Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.

O Lord, give ear unto my supplication and enter not into judgment with Thy servant. (TWICE) Thy good Spirit shall lead me in the land of uprightness.

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

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)
O our God and our Hope, glory to Thee!

THE GREAT LITANY

| Priest: In peace, let us pray to the Lord. | الكاهن: يسألك إلى الربّ نطلب. |
| Choir: Lord, have mercy. | الجوقة: يا ربّ ارحم. |

| Priest: For the peace from above, and for the salvation of our souls, let us pray to the Lord. | الكاهن: من أجل السلام الذي من العلي وخلاص نُوسنا، إلى الربّ نطلب. |
| Choir: Lord, have mercy. | الجوقة: يا ربّ ارحم. |

| Priest: For the peace of the whole world; for the good estate of the holy churches of God, and for the union of all men, let us pray to the Lord. | الكاهن: من أجل سلام كلّ العالم، وخمسة نبات كنائس الله المقدسة، واتحاد الجميع، إلى الربّ نطلب. |
| Choir: Lord, have mercy. | الجوقة: يا ربّ ارحم. |

| Priest: For this holy House, and for those who with faith, reverence, and fear of God enter therein, let us pray to the Lord. | الكاهن: من أجل هذا البيت المقدس، والذين يدخلون إليه بإيمان وزورع وخوف الله، إلى الربّ نطلب. |
| Choir: Lord, have mercy. | الجوقة: يا ربّ ارحم. |

<p>| Priest: For our father and Metropolitan N., (and for our Bishop N.), for the venerable Priesthood, the Deaconate in Christ, for all the clergy and the people, let us pray to the Lord. | الكاهن: من أجل أبينا ومتروبوليتنا (فلان) ورئيس كهنةتنا (فلان) والكهنة المكرمون، والشمامسة، خدّام المسيح، وجميع الإكليركيوس والشعب، إلى الربّ نطلب. |</p>
<table>
<thead>
<tr>
<th>Choir: Lord, have mercy.</th>
<th>الجوقة: يا رب أرحم.</th>
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</thead>
<tbody>
<tr>
<td>Priest: For Metropolitan PAUL, Archbishop JOHN, and for their quick release from captivity and safe return, let us pray to the Lord.</td>
<td>الكاهن: مَن أجل المَتروبوليت بولََس والمَطران بَوْحَنَة وَفَكَّ أَسْرَهَمَا وَعَفَوتَهُمَا سَالِمَيْنَى، إلى الزَّربَ نَطَّلَب.</td>
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<tr>
<td>Choir: Lord, have mercy.</td>
<td>الجوقة: يا رب أرحم.</td>
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<tr>
<td>(In the U.S.) Priest: For the President of the United States and all civil authorities and for our Armed Forces everywhere, let us pray to the Lord.</td>
<td>في أمريكا (الكاهن): من أجل حُكَام هذا البلد، وَمُؤَاذِرتَهُمْ في كل عمل صالح، إلى الزَّربَ نَطَّلَب.</td>
</tr>
<tr>
<td>Choir: Lord, have mercy.</td>
<td>الجوقة: يا رب أرحم.</td>
</tr>
<tr>
<td>(In Canada) Priest: For Her Majesty, the Queen, for the Prime Minister of Canada, and all civil authorities and for our Armed Forces everywhere, let us pray to the Lord.</td>
<td>في كندا (الكاهن): من أجل جَلالة الملكة وَرئيِّس وزراء كَندا وَسُلَطَانَاتها المُدنيَّة وَقوائِيها العَسْكَرِيَّة، إلى الزَّربَ نَطَّلَب.</td>
</tr>
<tr>
<td>Choir: Lord, have mercy.</td>
<td>الجوقة: يا رب أرحم.</td>
</tr>
<tr>
<td>Priest: For this city, and for every city and land, and for the faithful, who dwell therein; let us pray to the Lord.</td>
<td>الكاهن: من أجل هذه المدينة، وَجَمِيع المَدن والقرى، والمُؤْمِنِين الساَكِنين فيها، إلى الزَّربَ نَطَّلَب.</td>
</tr>
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<td>Choir: Lord, have mercy.</td>
<td>الجوقة: يا رب أرحم.</td>
</tr>
<tr>
<td>Priest: For healthful seasons, for abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.</td>
<td>الكاهن: من أجل اعتدال الأَهْوَىَة، وَخَصْبِ ثَمْرَة الأَرْض وأَوْقَات سَلَاهِيَة، إلى الزَّربَ نَطَّلَب.</td>
</tr>
<tr>
<td>Choir: Lord, have mercy.</td>
<td>الجوقة: يا رب أرحم.</td>
</tr>
<tr>
<td>Priest: For travelers by sea, by land, and by air; for the sick and the suffering; for captives and their salvation, let us pray to the Lord.</td>
<td>الكاهن: من أجل المسافرين في البحر والجَرَّ والجو، والمرضى والمُتَالِمِين والأَرْسَى، وَخَلاصِهم، إلى الزَّربَ نَطَّلَب.</td>
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<tr>
<td>Choir: Lord, have mercy.</td>
<td>الجوقة: يا رب أرحم.</td>
</tr>
<tr>
<td>Priest: For our deliverance from all tribulation, wrath, danger, and necessity, let us pray to the Lord.</td>
<td>الكاهن: من أجل نَجَاذَنَا مَن كل ضِيق وَغْضَب وَخَطْر وَشَدَة إلى الزَّربَ نَطَّلَب.</td>
</tr>
<tr>
<td>Choir: Lord, have mercy.</td>
<td>الجوقة: يا رب أرحم.</td>
</tr>
<tr>
<td>Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.</td>
<td>الكاهن: أعْصِدَ وَخُلِصَ وَازْرَحَمْ وَاحْفَظُنَا يا اللّه بِنَعْمَتِك.</td>
</tr>
<tr>
<td>Choir: Lord, have mercy.</td>
<td>الجوقة: يا رب أرحم.</td>
</tr>
<tr>
<td>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,</td>
<td>الكاهن: بَعْد ذَكَرِيَا الكَلِّيَةَ الْقَدِّاسَةَ الْفَاتِقَةَ البرَكَاتَ المَحِيّةَ، سَيُدِينَا وَالدَّةَ الْإِلَهَ الْذَّائِمَةَ البَنْعَوْلِيَّةَ</td>
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</tbody>
</table>
and all our life unto Christ our God.

**“GOD IS THE LORD” IN TONE FIVE**

<table>
<thead>
<tr>
<th><strong>Chanter:</strong> God is the Lord and hath appeared unto us. Blessed is He that cometh in the Name of the Lord. (Repeat after verses)</th>
<th><strong>الجزء:</strong> اللهُ الرَّبُُّظ َُه ر َلنا،َمُبار كٌَالآتيَباسْمَِ ََّللرَّبّ.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. O give thanks unto the Lord, and call upon His holy Name.</td>
<td>1- إعْت رِفواَلِلْرَّبَِّوادْعواَباسْمِهَِالقُدّوس.</td>
</tr>
<tr>
<td>2. All nations compassed me about, but in the Name of the Lord will I destroy them.</td>
<td>2- كَُّالأُم مَِأحاطواَبيَوباسْمَِالرَّبَِّق ه رْتُهُم.َ</td>
</tr>
<tr>
<td>3. This is the Lord’s doing; it is marvelous in our eyes.</td>
<td>3- مِنَْقِب لَِالرَّبَِّق ه رْتُهُم.َ</td>
</tr>
</tbody>
</table>

**RESURRECTIONAL APOLYTIKION IN TONE FIVE**

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

**RESURRECTIONAL APOLYTIKION IN TONE FIVE**

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**APOLYTIKION OF THE HOLY CROSS IN TONE ONE**

Both now and ever, and unto ages of ages. Amen. O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross
preserving Thy commonwealth.

THE LITTLE LITANY

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

Choir: Lord, have mercy.

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

Choir: Lord, have mercy.

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

Choir: To Thee, O Lord.

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

Choir: Amen.

FIFTH TONE RESURRECTIONAL KATHISMATA (Plain Reading)

First Kathisma

Let us laud the honored Cross of the Lord; let us honor with song His holy Burial; let us glorify His divine Resurrection; for He hath raised the dead from the graves, since He is God, and hath led captive the might of death and the power of Diabolus, and hath shed light on those who are in Hades.

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

Thou hast been called dead, O Lord, Who hast caused death to die. And Thou wast placed in a grave, O Thou Who hast emptied the grave. Above, the soldiers guarded the tomb, but below, Thou didst raise the dead who were from eternity. Wherefore, O Lord Almighty, the Incomprehensible, glory to Thee.

Second Kathisma

After Thy third-day Resurrection and the worship of the Disciples, O Lord, Peter cried to Thee: The women made bold to Thee, but I cowered fearing; the thief did speak of Thy Divinity, and I denied Thee ungratefully. Wouldest Thou still, I wonder, call me Disciple, or make me a fisher of the deep? Nevertheless, O God, receive me, repentant, and save me.

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

The transgressors of the law, O merciful Lord, nailed Thee between two thieves and stabbed Thy side with a spear. And Thou didst submit to burial, O Thou Who didst invade the gates of Hades, and didst rise in three days. Wherefore, the women hastened to behold Thee, and told the good tidings of Thy Resurrection to the Apostles, O Savior transcendent in height, and praised of angels. Wherefore, O blessed Lord, glory to Thee.

(For the Holy Cross)

Both now and ever, and unto ages of ages. Amen. The procession of the Cross is the provider of exceeding joy today; for It doth sanctify our souls and mortal bodies by grace divine as we revere it and worship it faithfully.
**EVLOGETARIA (BENEDICTIONS) IN TONE FIVE**

<table>
<thead>
<tr>
<th>English</th>
<th>Arabic</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Blessed art Thou, O Lord; teach me Thy statutes.</strong></td>
<td>مبارک أنتم يا رب علمني حقوقك.</td>
</tr>
<tr>
<td>The company of the Angels was amazed when they beheld Thee numbered</td>
<td>جمع الملائكة اذهل متحيرًا، عند مشاهدتهم إياك.</td>
</tr>
<tr>
<td>among the dead. Yet Thyself, O Savior, destroyed the power of death,</td>
<td>محسوباً بين الأموات أنتم المخلص، وداحضاً قوة الموت، ومنهضاً آدم مغك، وفعماً إيانا من الجحيم</td>
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<tr>
<td>with Thee raising up Adam and releasing all men from Hell.</td>
<td>كافه.</td>
</tr>
<tr>
<td><strong>Blessed art Thou, O Lord; teach me Thy statutes.</strong></td>
<td>مبارک أنتم يا رب علمني حقوقك.</td>
</tr>
<tr>
<td>Wherefore, O Women Disciples, do ye mingle sweet-smelling spices with</td>
<td>الملاك اللامع عند الفجر تقوه نحو حمليات الطيب قائلًا: لم تمرح الطيب بدل المروع، بل تربو يا تلميذات؟</td>
</tr>
<tr>
<td>your tears of pity? The radiant Angel within the sepulcher cried unto</td>
<td>أنظرن اللعى وافرخن، لأن المخلص قد قام من الفئر.</td>
</tr>
<tr>
<td>the Myrrh-bearing Women: Behold the grave, and understand, for the</td>
<td></td>
</tr>
<tr>
<td>Savior is risen from the tomb.</td>
<td></td>
</tr>
<tr>
<td><strong>Blessed art Thou, O Lord; teach me Thy statutes.</strong></td>
<td>مبارک أنتم يا رب علمني حقوقك.</td>
</tr>
<tr>
<td>Very early in the morning, did the Myrrh-bearing Women run lamenting</td>
<td>إن حمليات الطيب سخراً جداً، سارعن إلى قبرك ناهيتين. إلا أن الملائك وقف هن، وقال لهن: رمان النوح قد كفت وبطل فلا تبكين، بل بشير الرسل بالقيامة.</td>
</tr>
<tr>
<td>unto Thy tomb. But an Angel came toward them, saying: The time for</td>
<td></td>
</tr>
<tr>
<td>lamentation is passed; weep not, but announce unto the Apostles the</td>
<td></td>
</tr>
<tr>
<td>Resurrection.</td>
<td></td>
</tr>
<tr>
<td><strong>Blessed art Thou, O Lord; teach me Thy statues.</strong></td>
<td>مبارک أنتم يا رب علمني حقوقك.</td>
</tr>
<tr>
<td>The Myrrh-bearing Women mourned, as bearing spices they drew near</td>
<td>إن النسوة حمليات الطيب، وافين بالحنمو إلى قبرك أنتما،هذا فسمعن ملاكًا.</td>
</tr>
<tr>
<td>Thy tomb, O Savior. But the Angel spake unto them, saying: Why number</td>
<td>لم تحسنن الحي مع المؤتي؟ فيما أنك إله، قد قام من الفئر ناهضاً.</td>
</tr>
<tr>
<td>ye the living among the dead? In that He is God He is risen from the</td>
<td></td>
</tr>
<tr>
<td>grave.</td>
<td></td>
</tr>
<tr>
<td><strong>Glory to the Father, and to the Son, and to the Holy Spirit.</strong></td>
<td>المجد للآب، والابن، والروح القدس.</td>
</tr>
<tr>
<td>We adore the Father, as also His Son, and the Holy Spirit, the Holy</td>
<td>نسجد للآب، ولابنه، ولروح القدس، ثالوثاً قدوساً في جوهور واحد، هايينين مع السارفين: قدوس، قدوس، قدوس أنت يا رب.</td>
</tr>
<tr>
<td>Trinity in one Essence, crying with the Seraphim: Holy, holy, holy art</td>
<td></td>
</tr>
<tr>
<td>Thou, O Lord.</td>
<td></td>
</tr>
<tr>
<td><strong>Both now and ever, and unto ages of ages. Amen.</strong></td>
<td>الآن وكالأوان على ذكر الداهرين. آمين.</td>
</tr>
<tr>
<td>In that thou didst bear the Giver of Life, O Virgin, thou didst</td>
<td>أيتها العذراء، لقد ولدت مغني الحياة، وأنفت آدم من الخطيئة، ومنبخش فحو الفرح عوض الخزنة،</td>
</tr>
<tr>
<td>redeem Adam from sin, and didst give to Eve joy in place of sadness;</td>
<td>لكن الإله والإنسان المتجزد مبك، أردنهم إلى</td>
</tr>
<tr>
<td>and He who was incarnate of thee, both God and man, hath restored to</td>
<td></td>
</tr>
<tr>
<td>life those who had fallen</td>
<td></td>
</tr>
</tbody>
</table>
therefrom.

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (thrice)  
O our God and our Hope, glory to Thee.

**THE LITTLE LITANY**

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

**Choir:** Lord, have mercy.

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

**Choir:** Lord, have mercy.

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

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

**Priest:** For 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.

**FIFTH TONE RESURRECTIONAL HYPAKOE (Plain Reading)**

The minds of the ointment-bearing women were dazzled by the angelic scene, and their souls with the divine Resurrection. Wherefore, they spoke to the Apostles, saying: Declare in the nations the Resurrection of the Lord, Who worketh wonders with you, who bestoweth on us the Great Mercy.

**FIFTH TONE RESURRECTIONAL ANABATHMOI (Plain Reading)**

**First Antiphony**

1. **+ O my Lord, I sing to Thee like David in my sorrow. Save my soul from the deceitful tongues.**

2. **+ Verily, the life of the dwellers in the wilderness is a very happy one; for by divine passion are they ever carried up.**

3. **+ Glory to the Father, and to the Son, and to the
**Second Antiphony**

- Except the Lord were in our midst, who could have been kept safe from the man-destroying enemy?
- Verily, my enemies roar like lions, O Savior. Deliver not Thy servant to their teeth.
- *Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*
- The Holy Spirit is the element of Life and honor; for as God He doth establish all creatures and preserve them in the Father and the Son.

**Third Antiphony**

- I have been filled with great joy by those who say to me: Let us go into the courts of the Lord. Verily, I have offered a constant prayer.
- In the house of David dread wonders take place; for there is a burning fire consuming every evil mind.
- *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 is the Element of life and its beginning; for through Him doth every living thing breathe; as is the Father and the Word.

**PROKEIMENON FOR THE RESURRECTION IN TONE FIVE**

Arise, O my Lord and my God, for Thou dost reign to the end of time. (TWICE)

*Stichos:* To Thee do I confess, O Lord, from my whole heart.

Arise, O my Lord and my God, for Thou dost reign to the end of time.
**THE SIXTH EOTHINON GOSPEL**

**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.

**Choir:** Amen.

Let everything that hath breath praise the Lord.

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

Let everything that hath breath praise the Lord.

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

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

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

**Priest:** Peace be to all.

**Choir:** And to thy spirit.

**Priest:** The Reading from the Holy Gospel according to Saint Luke. (24:36-53)

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

**Deacon:** Let us attend!

**Priest:** At that time, Jesus, risen from the dead, stood in the midst of His disciples and said to them, “Peace be to 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.” And when He had said this, He showed them His hands and His feet.
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 a honeycomb, 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 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 of Jerusalem, 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 was parted from them, and was carried up into heaven. And they worshipped Him, and returned to Jerusalem with great joy, and were continually in the temple praising and blessing God. Amen.

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 endured the Cross for us, He hath destroyed death by death.

PSALM 50

Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of
<table>
<thead>
<tr>
<th>English Text</th>
<th>Arabic Text</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thy compassions blot out my transgression.</td>
<td>إغسلني كثيرًا من إثمي، ومن خطيني طهريني.</td>
</tr>
<tr>
<td>Wash me thoroughly from mine iniquity, and cleanse me from my sin.</td>
<td>لأتني أنا عارف بابشمي، وخطيني إمامي في كل حين.</td>
</tr>
<tr>
<td>For I know mine iniquity, and my sin is ever before me.</td>
<td>ثلاثك وذتكم أخطأت، والشر فدامك صنع، لك تصدق في أفولك وتقلب في محاكمتك.</td>
</tr>
<tr>
<td>Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged.</td>
<td>هاءندًا بالآثام حبل بي، وبالخطايا ولدتني أمي.</td>
</tr>
<tr>
<td>For behold, I was conceived in iniquities, and in sins did my mother bear me.</td>
<td>لذلك قد أخطيت الحق، وأوضحت لي غوامس حكمتك ومستراتها.</td>
</tr>
<tr>
<td>For I know mine iniquity, and my sin is ever before me.</td>
<td>لأتني أعرف بابشمي، وخطيني إمامي في كل حين.</td>
</tr>
<tr>
<td>Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow.</td>
<td>تنتضحي بالزوفى فأطهر، تغسلني فأبيض أكثر من الثلج.</td>
</tr>
<tr>
<td>Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice.</td>
<td>إشمغني بهجة وسراً، فتبتتهج عظامي الذيلية.</td>
</tr>
<tr>
<td>Turn Thy face away from my sins, and blot out all mine iniquities.</td>
<td>إضرغ وجهك عن خطاي، وامتح كل مأثمي.</td>
</tr>
<tr>
<td>Create in me a clean heart, O God, and renew a right spirit within me.</td>
<td>قلياً نقيًا اختلق في يا الله، وروحاً مستقيماً جيدًا في أحمائي.</td>
</tr>
<tr>
<td>Cast me not away from Thy presence, and take not Thy Holy Spirit from me.</td>
<td>لا تطرخني من أمام وجهك، وروحك القدس لا تنزع منه.</td>
</tr>
<tr>
<td>Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me.</td>
<td>إمتحني بهجة خلاصك، وبروح رئيسي أعضدني.</td>
</tr>
<tr>
<td>I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee.</td>
<td>فأعلم الأئمة طرقل، والكفرة إليك يرجعون.</td>
</tr>
<tr>
<td>Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness.</td>
<td>أنقيتي من الدماه يا الله إله خاصي، فبتتهج لساني بعذلك.</td>
</tr>
<tr>
<td>O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.</td>
<td>يا رب افتح شفتي، فيخيير فمي بيشيتلك.</td>
</tr>
<tr>
<td>For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased.</td>
<td>لألك لو أثرت الذبيحة، لكونت الآن أعطي، لك تسير بالمخرقات لا.</td>
</tr>
<tr>
<td>A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise.</td>
<td>الذبيحة الله روح مسحوق، القلب المتخشغ والموقت لا يرزده الله.</td>
</tr>
</tbody>
</table>
Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up.

Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings.

Then shall they offer bullocks upon Thine altar.

**TROPARIA AFTER PSALM 50 IN TONE TWO**

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

Through the intercessions of the Apostles, O Thou Who art merciful, blot out the multitude of our transgressions.

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

Through the intercessions of the Theotokos, O Thou Who art merciful, blot out the multitude of our transgressions.

*Have mercy upon me, O God, according to Thy lovingkindness; according to the multitude of Thy tender mercies blot out my transgressions.*

Jesus, having risen from the grave as He foretold, hath given unto us life eternal and Great Mercy.

**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—as we now celebrate its Procession—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

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1 Saints of particular local veneration may be included among the Saints of their same classification at the discretion of the pastor.
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, Photoini, Marina, Paraskeva and Irene; 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 Seven Holy Maccabees, their Teacher Eleazar and their Mother Solomone, whose memory we celebrate today, and of all Thy 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.

Choir: Lord, have mercy. (twelve times)

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.

FIFTH TONE RESURRECTIONAL KONTAKION AND OIKOS (Plain Reading)

In Thy condescension, Thou didst descend into Hades, O my Savior, and having broken the gates since Thou art omnipotent, as Creator Thou didst raise up the dead together with Thyself. And
Thou didst break the sting of death, O Christ, and didst deliver Adam from the curse, O Lover of mankind. Wherefore, we all cry unto Thee: Save us, O Lord.

When the women heard the angel’s words, they cast off their lamentation and were filled with joy, and while trembling they beheld the Resurrection. And behold, Christ drew nigh to them, saying: Rejoice. Be of good cheer; I have overcome the world and have rescued them that were in bonds. Hasten, therefore, to the disciples, and tell them that I go My way before you into Galilee to preach. Wherefore, we all cry unto Thee: Save us, O Lord.

The Synaxarion (Plain Reading)

On August 1 in the Holy Orthodox Church, we celebrate the Procession of the honored and life-giving Cross.

Verses

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

This multi-dimensional feast was established as a memorial of the simultaneous victories of the Russians over the Bulgars and the Greeks over the Saracens. In both battles, the soldiers carried crosses from which a heavenly radiance shone forth. A memorial was therefore instituted that, on August 1, the true Precious Cross be carried from the Church of Saint Sophia in Constantinople, first around the interior of the church and then through the streets to allow the people to venerate it. The Precious Cross consecrated the earth and the air, and protected against sicknesses. Finally, on August 14, the eve of the Dormition of the Theotokos, it was taken back to the church in the imperial palace. In the Russian Church, this feast is also combined with the remembrance of the Baptism of Rus on August 1, 988.

On this day, we also commemorate the holy Seven Martyrs, the Maccabees: Abim, Anthony, Guria, Eleazar, Eusebona, Achim and Marcellus; their mother Solomone and Eleazar their teacher. By the intercessions of Thy Saints, O Christ God, have mercy upon us. Amen.

The Katabasiae of the Holy Cross Canon in Tone Eight

Ode 1. A cross did Moses inscribe, when with an upright stroke of his rod he divided the Red Sea for Israel, who went on foot; then he turned and smote the sea, once again uniting it o’er Pharaoh’s chariots, with transverse stroke portraying the invincible weapon. Wherefore, let us praise in song Christ our God; for He truly is glorified.
Ode 3. The rod is perceived as a figure of the Mystery, for by its blossoming it showed who was chosen to be priest. And for the Church that formerly was barren hath the Wood of the Cross now blossomed forth unto strength and steadfastness.

Ode 4. I have hearkened and heard, O Lord, of Thy dispensation’s most awesome mystery; and I came to knowledge of Thy works, and I sang the praise of Thy Divinity.

Ode 5. O Tree divine and thrice-blessed, whereon Christ God was outstretched, though He is King and Lord of all: He who once had through the tree wrought wicked beguilement, fell himself because of thee, ensnared when God was nailed unto thee in our mortal flesh, He Who granteth peace unto our souls.

Ode 6. When Jonah, who was in the belly of the sea monster, stretched forth his hands in the form of a cross, he prefigured the saving Passion manifestly. Hence also, when he came forth on the third day, he indicated the supernal Resurrection of Christ God, Who was crucified in the flesh and enlightened the world by His Arising on the third day.

Ode 7. The ungodly tyrant’s most insensate decree affrighted common folk, breathing forth with threats and wicked mouthing of blasphemy. But the Three Children were not struck with fear by rage wild and bestial, nor by roaring fire; but in an echoing and dew-besprinkling breeze, they stood amidst the fire and sang: O Thou supremely praised God of our Fathers and our God, forever art Thou blessed.

We praise, we bless, and we worship the Lord.

Ode 8. O ye Children, equal in number to the Trinity, bless ye God the Father and Creator; praise ye the Word, Who descended and changed the fire into dew; and supremely exalt the All-holy Spirit, Who granteth life unto all forever.
**Deacon:** The Theotokos and Mother of the Light, let us honor and magnify in song.

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<thead>
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<th>Arabic</th>
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<tbody>
<tr>
<td>The Theotokos and Mother of the Light, let us honor and magnify in song.</td>
<td>الشماس: لوالدة الإله ولمَّا النور بالتسابيح نكرُمَ مُعظِمَين.</td>
</tr>
</tbody>
</table>

### MAGNIFICATIONS IN TONE EIGHT

<table>
<thead>
<tr>
<th>English</th>
<th>Arabic</th>
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</thead>
<tbody>
<tr>
<td>My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior.</td>
<td>نُعْظَمُ نفسي الرَّبَّ، وَبَبَتَحُ روحِي بِاللَّه مُخلِصٍ</td>
</tr>
<tr>
<td>Refrain: More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without corruption bearest God the Word, and art truly Theotokos, we magnify thee.</td>
<td>اللالة: لَأَنَّهُ نَظَرَ إِلَى تَواضع أميَّة، فَهَا مَنْذُ الآنّ تُطَوَّبُي</td>
</tr>
<tr>
<td>For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. (Refrain)</td>
<td>لَأَنَّهُ نَظَرَ إِلَى تَواضع أميَّة، فَهَا مَنْذُ الآنّ تُطَوَّبُي جُمُعَ أَجَيْلَ. (اللالة)</td>
</tr>
<tr>
<td>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)</td>
<td>لَأَنَّ الْقَدِيرَ صَنِعَ بِعَظَامَ وَقَدْوَعَ أَسْمَاهُ، وَرَحْمَتُهُ إِلَى جَيْلَ فَجْيَلِ اللَّذِينَ بَتْقُونَهُ. (اللالة)</td>
</tr>
<tr>
<td>He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. (Refrain)</td>
<td>صَنِعَ عُزَّاً بِساعِدِهِ، وَشَتَّى الْمُتَكَبِّرِينَ بِذَٰلِكَ قُلُوبِهِم. (اللالة)</td>
</tr>
<tr>
<td>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)</td>
<td>حَطَّ الْمُقْتَدِرِينَ عَنِ الْكَرَاسِي وَرَفَعَ الْمُتّْوَاضِعِينَ، مَلَأَ الْجِيَاعَ مِنَ الْخَيْرَاتِ، وَالْأَغْنِيَاءَ أَرْسَلَهُمُ فَارْغِينَ. (اللالة)</td>
</tr>
<tr>
<td>He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. (Refrain)</td>
<td>عَضَدَ إِسْرَائِيلَ فَتَاةً لَيِذْكَرْ رَحْمَتُهُ، كَمَا قَالَ لآبائِنا إِبْراهِيمَ وَنَسِلِهَ إِلَى الأَبَد. (اللالة)</td>
</tr>
<tr>
<td>Ode 9. O Theotokos, thou art a mystical paradise, which being untilled hath blossomed forth Christ, by Whom the life-bearing Tree of the Cross was planted in the earth. In worshipping Him now through its elevation, thee do we magnify.</td>
<td>(التاسعة) ياَ وَالْدَّةُ الإِلَهِ، أَنْتَ الْفَرْزُوْسُ السِّرَّيُ، إِنْذَا أَنْتَ أَنْبِيَتَ السُّيِّدِ الْمَسِيحِ بِغَيْرِ فَلاحةٍ، أَنْذَا مَنَّهُ نَصِبَتْ فِي الأَرْضِ شَجُرَةُ الصَّلِيبِ الحَامِلَةُ الْحَيَاةِ. فَالآنْ إِذْ نُسْجُدُ لَهُ مُزْفَعًا، لِكَ نُعْظَمُ.</td>
</tr>
</tbody>
</table>

### THE LITTLE LITANY

<table>
<thead>
<tr>
<th>English</th>
<th>Arabic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deacon: Again and again, in peace, let us pray to the Lord.</td>
<td>الشماس: أَيْضاً وَأَيْضاً بِسَلامٍ إِلَى الْرَّبِّ نَطْلُبَ.</td>
</tr>
<tr>
<td>Choir: Lord, have mercy.</td>
<td>الجوق: يا ربِ ارْحَمَ.</td>
</tr>
<tr>
<td>Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.</td>
<td>الشماس: أَعْضَدَ وَخَلَصَ وَارْحَمَ وَأَحْفَظْناً يا الله بِنُغْمَتِكَ.</td>
</tr>
<tr>
<td>Choir: Lord, have mercy.</td>
<td>الجوق: يا ربِ ارْحَمَ.</td>
</tr>
</tbody>
</table>
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.

Choir: To Thee, O Lord.

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.

Choir: Amen.

Holy is the Lord our God. (*thrice*)

Exalt ye the Lord our God, and worship at His footstool, for He is holy.

THE SIXTH EOTHINON EXAPOSTEILARION IN TONE TWO
(*Upon that mount in Galilee*)

O Savior, clearly showing all * that Thou art man by nature, * when Thou wast risen from the tomb, * Thou didst take food and didst eat; * ’midst Thy disciples, Thou taughtest * that they must preach repentance, * then straightway Thou wast taken up * to Thy heavenly Father, * promising them * to send down Thy Comforter soon thereafter. * Transcendent God, both God and man, * glory to Thine Arising.

EXAPOSTEILARION FOR THE HOLY CROSS IN TONE TWO
(*While Thy disciples looked on Thee*)

The Cross is the guardian of the whole world; * the Cross is the support and staff of the faithful; * the Cross is the beauty of the Church of Christ; * the Cross is the mighty strength of kings; * the Cross is the glory of Angels; * it is the wounding of demons.

AINOI (PRAISES) IN TONE FIVE

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.

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

For the Resurrection in Tone Five

**Verse 1.** This glory shall be to all His saints.  
The grave, O Lord, having been sealed by the transgressors of the law, Thou didst emerge from within like as Thou wast born of the Theotokos; for the incorporeal angels did not know how Thou wert incarnate. Likewise, the guardian soldiers were not aware when Thou didst rise; for these two matters were concealed from all seekers. But the wonders appeared to those who worshipped the mystery in faith. Therefore, grant us, who offer praise, joy and Great Mercy.

**Verse 2.** Praise God in His sanctuary; praise Him in the firmament of His power.  
O Lord, Thou hast demolished the everlasting gates and broken asunder the chains. Thou didst rise from the tomb, leaving behind Thy wrappings and ointments in the grave, in testimony of Thy true three-day Burial, and didst go before into Galilee, O Thou Who wert kept in a cave. Great, therefore, are Thy mercies, O ineffable Savior; have mercy upon us.

**Verse 3.** Praise Him for His mighty acts; praise Him according to His excellent greatness.  
The women did hasten to Thy tomb to behold Thee, O Lord, Who didst suffer for us. And when they arrived, advancing, they saw an angel sitting on the stone rolled back from fear. And he shouted to them, saying: The Lord hath risen. Go and tell the Disciples that the Savior of our souls is risen from the dead.

**Verse 4.** Praise Him with the sound of the trumpet; praise Him with the psaltery and harp.  
O Lord Savior, Thou didst enter unto Thy Disciples, the doors being closed, as Thou didst come out of the sealed tomb, showing the sufferings of the flesh which Thou didst accept in long-suffering; for Thou didst submit to pains patiently since Thou art the seed of David. But

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For the Resurrection in Tone Five

1- هذا المجدد نبكون لجميع أنبراءك أيها الزرب، إن الزرب لما كان مختومًا من عارب الناموس، برزت منا كأولدت من والده إلاه. وكما ملائكتك غير المتخمين لم يغلموا كيف تجسدت، هكذا الأجداد الحارسون إياك، لم يشعروا متي فتمت ناهضاً. لأن هذين الأمنيين قد أغلقا عن الباحثين. إلا أن العجائب ظهرت للساجدين ليمر بايمان. فامتخينا نحن المسبحين له الإبتهال والرحمة العظمى.

2- ستيحوا الله في قديسية، ستيحوا في ذلك قبره. أيها الرَّبِّ، لقد سحفت الأقفال الذهريَّة، ومرقت السلاسل وقطعتها، وقمت من القبر مبتعدًا، وغادرت الحنوط والأنفان في اللح، شهادة لذلك الحقيقية ذي الثلاثة الأيام، وسبقت متقدما إلى الجليل، يا من في مغارة خفظت. فعظيمة هي مرحمته، أيها المخلص المختار إدراكًا إشكنا.

3- ستيحوا على مقتارته، ستيحوا نظير كثرة عظمتها. أيها المسيح الذي تألم عنا، إن اليسوى قد أسرع إلى قبرك ليشاهدك. ولم وافين متقربين، أبصرن ملاكا جالسا على الحجر المتصدخ من الحروف، فهتف نحونه قائلاً: إن الزرب قد قام فاذهين وأعلمن التلاميذ، بأنه قد نهض من بين الآموات مخلص نفوسنا.

4- ستيحوا بلحن اليوم، ستيحوا بالمرمز والقنائرة. أيها الرَّبِّ المخلص، لقد ولدَ على تاميمك والأفواه مبلغة، كما خرجت من القبر وهو مختوم، مظهراً آلام الجسد التي قلبها يطول أناباتك، إذ قد امتحنت الأوصاب صابرًا بما ألت من زرع داود.
since Thou art the Son of God, Thou didst liberate the world. Great therefore, are Thy mercies, O incomprehensible Savior. Have mercy upon us.

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

Let us shout with exultant voice, * let us sing joyous songs of praise, * let us kiss the ven'rable Cross with faith and love; * and let us lift up our voice and cry: O all-blessed Cross of Christ, * bless and sanctify our souls * and our bodies by thy great might; * and preserve unharmed * from all kinds of affliction by our adversaries us who now with gladness * offer thee worship in piety.

**Verse 6. Praise Him upon the loud cymbals: praise Him upon the high-sounding cymbals.**

Let us shout with exultant voice, * let us sing joyous songs of praise, * let us kiss the ven'rable Cross with faith and love; * and let us lift up our voice and cry: O all-blessed Cross of Christ, * bless and sanctify our souls * and our bodies by thy great might; * and preserve unharmed * from all kinds of affliction by our adversaries us who now with gladness * offer thee worship in piety.

**Verse 7. Exalt ye the Lord our God, and worship at His footstool, for He is holy.**

Come draw forth as though from a spring * the unfailing and mighty streams * pouring from the grace of the Cross of Jesus Christ. * For lo, the holy and precious Wood is set forth for all to see, * as the fountainhead of gifts, * which is watered by the divine * Water and the Blood * of the Master of all, Who of His own will was exalted on it freely * and so exalted all mortal men.
Verse 8. God is our King before the ages; He has worked salvation in the midst of the earth. The foundation of holy Church, * the adornment and gem of monks, * and the boast and joy and salvation of God's priests * art thou, O all-honored Cross. And for this cause, as we worship thee, * we this day in heart and soul * are enlightened by the divine * grace of Him that once * was affixed unto thee and hath destroyed the might and rule of the deceiver * and hath abolished the ancient curse.

THE SIXTH EOTHINON DOXASTICON IN TONE SIX

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

Since Thou art the true peace of God to man, O Christ, Thou didst give Thy peace to Thy Disciples after Thy Resurrection. Thou didst show them frightened when they thought that they were beholding a spirit. But Thou didst remove the anxiety of their souls when Thou didst show them Thy hands and feet; and yet they were in doubt. But when Thou didst take food with them, reminding them of Thy preaching, Thou didst open their minds to understand the books. And Thou didst make with them the eternal covenant, blessed them, and rose, ascending into heaven. Wherefore, with them, do we worship Thee; O Lord, glory to Thee.

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

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.

THE GREAT DOXOLOGY IN TONE SIX

Glory to Thee, who has shown us the Light. Glory to God in the highest, and on earth peace, good will among men.
We praise thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks unto Thee for Thy great glory.

O Lord, heavenly King, God the Father Almighty; O Lord, the only begotten Son, Jesus Christ; and the Holy Spirit.

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.

Receive our prayer, Thou that sittest at the right hand of the Father, and have mercy on us.

For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the Glory of God the Father. Amen.

Every day will I bless Thee, and I will praise Thy Name forever; yea, forever and ever.

Vouchsafe, O Lord, to keep us this day without sin.

Blessed art Thou, O Lord God of our Fathers, and praised and glorified be Thy Name forever. Amen.

Let Thy mercy, O Lord, be upon us, as we do put our hope in thee.

Blessed art Thou, O Lord: teach me Thy statutes. (thrice)

Lord, Thou hast been our refuge in all generations. I said: Be merciful unto me; heal my soul, for I have sinned against Thee.

Lord, I have fled unto Thee: teach me to do Thy will, for Thou art my God.

For with Thee is the fountain of life; in Thy light shall we see light.

O continue Thy lovingkindness unto them that know Thee.

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

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

Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal: have mercy on us.

### Procession of the Holy Cross

**As done on August 01**

(See the separate file, which is based on the Liturgikon, P. 428-30)

- If the procession is begun as the Great Doxology concludes in Orthros, the final "Holy God, Holy Mighty" is slowly chanted (traditionally, if possible, in the “Agia” style of Tone Four). The Service of the Procession concludes with the troparion below.

- If the procession follows “Blessed be the Name of the Lord” in Divine Liturgy, it starts with “Holy God, Holy Mighty” and is chanted in the same style as above, if possible.

### 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.

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These texts have been prepared by the Department of Liturgics of the Antiochian Archdiocese

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