

ORTHROS ON SUNDAY, MARCH 08, 2026; TONE 6 / EOTHINON 6**SECOND SUNDAY OF GREAT LENT****COMMEMORATION OF GREGORY PALAMAS, ARCHBISHOP OF THESSALONICA**

THEOPHYLACT THE CONFESSOR, BISHOP OF NICOMEDIA; APOSTLE HERMAS OF THE SEVENTY

Priest: Blessed is our God, always, now and ever, and unto the ages of ages.	الكاهن: تَبَارَكَ اللهُ إِلَهُنَا كُلَّ حِينٍ، الْآنَ وَكُلَّ أَوَانٍ وإلى دَهْرِ الدَّاهِرِينَ.
Choir: Amen.	الجوقة: آمين.
Priest: Glory to Thee, our God, glory to Thee. O heavenly King, the Comforter, Spirit of Truth, Who art in all places, and fillest all things, Treasury of good things, and Giver of life, come, and dwell in us, and cleanse us from every stain; and save our souls, O good One.	الكاهن: المَجْدُ لَكَ يَا إِلَهَنَا المَجْدُ لَكَ. أَيُّهَا المَلِكُ السَّمَاوِيِّ، المَعَزِّي، رُوحُ الحَقِّ، الحَاضِرُ فِي كُلِّ مَكَانٍ وَالمَالِي الكُلِّ، كَنْزُ الصَّالِحَاتِ، وَرَارِيقُ الحَيَاةِ، هَلُمَّ وَاسْكُنْ فِينَا وَطَهِّرْنَا مِنْ كُلِّ دَنَسٍ، وَخَلِّصْ أَيُّهَا الصَّالِحِ نَفُوسَنَا.
Reader: Holy God, Holy Mighty, Holy Immortal: have mercy on us. <i>(thrice)</i>	القارئ: قُدُّوسُ اللهُ، قُدُّوسُ القَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ، ارْحَمْنَا. (ثَلَاثًا)
Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.	المَجْدُ لِلآبِ وَالمَبْنِيِّ وَالرُّوحِ القُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وإلى دَهْرِ الدَّاهِرِينَ. آمين.
All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for Thy Name's sake.	أَيُّهَا الثَّلَاوِثُ القُدُّوسُ ارْحَمْنَا، يَا رَبُّ اغْفِرْ خَطَايَانَا، يَا سَيِّدُ تَجَاوَزْ عَن سَيِّئَاتِنَا، يَا قُدُّوسُ اطَّلِعْ وَاشْفِ أَمْرَاضَنَا، مِنْ أَجْلِ اسْمِكَ.
Lord, have mercy. <i>(thrice)</i>	يَا رَبُّ ارْحَمْنَا. (ثَلَاثًا)
Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.	المَجْدُ لِلآبِ وَالمَبْنِيِّ وَالرُّوحِ القُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وإلى دَهْرِ الدَّاهِرِينَ. آمين.
Our Father, Who art in heaven, hallowed be Thy Name. Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from the evil one.	أَبَانَا الَّذِي فِي السَّمَاوَاتِ، لِيَتَقَدَّسَ اسْمُكَ، لِيَأْتِ مَلَكُوتُكَ، لِتَكُنْ مَشِيئَتُكَ كَمَا فِي السَّمَاءِ كَذَلِكَ عَلَى الأَرْضِ، خُبِّزْنَا الجَوْهَرِيَّ اعْطِنَا اليَوْمَ، وَاتْرُكْ لَنَا مَا عَلَيْنَا كَمَا نَتْرُكُ نَحْنُ لِمَنْ لَنَا عَلَيْهِ، وَلَا تُدْخِلْنَا فِي التَّجْرِبَةِ، لَكِنْ نَجِّنَا مِنَ الشَّرِّيرِ.
Priest: For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.	الكاهن: لِأَنَّ لَكَ المُلْكُ وَالقُدْرَةُ وَالمَجْدُ، أَيُّهَا الآبُ وَالمَبْنِيُّ وَالرُّوحِ القُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.

<p>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.</p>	<p>القارئ: آمين. خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيراثَكَ، وَامْنَحْ عبيدَكَ الْمُؤْمِنِينَ العَلْبَةَ على الشَّرِيرِ، وَاحْفَظْ بِقُوَّةِ صَلَيبِكَ جَمِيعَ الْمُخْتَصِّينَ بِكَ.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.</p>	<p>المَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُسِ. يا مَنْ ارْتَفَعْتَ على الصَّلِيبِ مُخْتاراً، أَيُّهَا المَسِيحُ الإِلهُ، امْنَحْ رَأْفَتَكَ لِشَعْبِكَ الجَدِيدِ المُسَمَّى بِكَ، وَفَرِّحْ بِقُوَّتِكَ حُكَّامَنَا المُؤْمِنِينَ، مانِحاً إِيَّاهُمْ العَلْبَةَ على مُحارِبِيهِمْ. لَتَكُنْ لَهُمْ مَعُونَتُكَ سِلَاحاً لِلسَّلَامِ، وَظَفْراً غَيْرَ مَفْهُورٍ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> O fearsome champion, who cannot be put to confusion, despise not our petitions, O Good and All-praised Theotokos; establish the way of the Orthodox; save those who have been called upon to govern us, leading us to that victory which is from heaven, for thou art she who gavest birth to God, and alone art blessed.</p>	<p>الآنَ وَكُلَّ أوانٍ وإلى دَهْرِ الداهِرِينَ. آمين. أَيُّهَا الشَّفِيعَةُ الرَّهيبَةُ غَيْرُ المَخْذُولَةِ، يا وَالِدَةُ الإِلهِ الكَلِيَّةِ النَّسَبِيحِ، لا تُعْرِضِي يا صالِحَةُ عَن تَوْسِلاتِنَا، بَلْ وَطِّدِي سِيرةَ المُسْتَقِيمِي الرَّاىِ، وَخَلِّصِي الَّذِينَ أَمَرْتَ أَنْ يَتَمَلَّكُوا، وَامْنَحِيهِمُ العَلْبَةَ مِنَ السَّماءِ، بِما أَنَّكَ وُلِدْتَ الإِلهَ، أَيُّهَا المُبارَكَةُ وَحْدَكَ.</p>
<p>LITANY</p>	<p>الطَّلِبَةُ السَّلَامِيَّةُ</p>
<p>Priest: Have mercy on us, O God, according to Thy great mercy, we pray Thee, hearken and have mercy.</p>	<p>الكاهن: إِرحَمْنَا يا اللهُ بِعَظِيمِ رَحْمَتِكَ، نَطْلُبُ إِلَيْكَ فَاسْتَجِبْ وَارْحَمْ.</p>
<p>Choir: Lord, have mercy. (<i>thrice</i>) (use this response until noted below)</p>	<p>الجوقة: يا رَبُّ ارْحَمْ. (ثَلَاثاً) (تُعَادُ بَعْدَ كُلِّ طَلِبَةٍ)</p>
<p>Priest: Again we pray for all pious and Orthodox Christians.</p>	<p>الكاهن: وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ المَسِيحِيِّينَ الحَسَنِي العِبَادَةِ الأرثوذكسيِّينَ.</p>
<p>Priest: Again we pray for our father and metropolitan, N., (our bishop, N.,) and all our brotherhood in Christ.</p>	<p>الكاهن: وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ أبِينَا وَمِتروبوليتِنَا (فُلان) وَرئيسِ كَهَنَتِنَا (فُلان)، وَكُلِّ إِخْوَتِنَا في المَسِيحِ.</p>
<p>Priest: For thou art a merciful God and lovest mankind, and unto thee 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>الكاهن: لِأَنَّكَ إِلهٌ رَحِيمٌ وَمُحِبٌّ لِلبَشَرِ، وَلكَ نُرْسَلُ المَجْدَ أَيُّهَا الآبُ وَالابْنُ وَالرُّوحُ الْقُدُسُ، الآنَ وَكُلَّ أوانٍ وإلى دَهْرِ الداهِرِينَ.</p>

<p>Choir: Amen. Bless, Father, in the Name of the Lord.</p>	<p>الجوقة: آمين. بِاسْمِ الرَّبِّ بَارِكْ يَا أَب.</p>
<p>Priest: Glory to the holy, consubstantial, life-giving and undivided Trinity, always, now and ever, and unto ages of ages.</p>	<p>الكاهن: المَجْدُ لِلتَّالُوثِ الْقُدُوسِ، المُتَسَاوِي فِي الجَوْهَرِ، المُحْيِي، غَيْرِ المُنْقَسِمِ، كُلَّ حِينٍ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرٍ الدَّاهِرِينَ.</p>
<p>Choir: Amen.</p>	<p>الجوقة: آمين.</p>
<p>Reader: Glory to God in the highest, and on earth peace, goodwill among men. (<i>thrice</i>) O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. (<i>twice</i>)</p>	<p>القارئ: المَجْدُ لِلَّهِ فِي العُلَى، وَعَلَى الأَرْضِ السَّلَامُ، وَفِي النَّاسِ المَسْرَّة. (ثَلَاثًا) يَا رَبُّ افْتَحْ شَفَتِي فَيُحْبِرَ فَمِي بِتَسْبِيحَتِكَ. (مَرَّتَيْنِ)</p>
<p>PSALM 3</p>	<p>المزمور ٣</p>
<p>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.</p>	<p>يَا رَبُّ لِمَاذَا كَثُرَ الَّذِينَ يُحْزِنُونَنِي؟ كَثِيرُونَ قَامُوا عَلَيَّ. كَثِيرُونَ يَقُولُونَ لِنَفْسِي لَا خَلَاصَ لَهُ بِإِلَهِهِ. وَأَنْتَ يَا رَبُّ، نَاصِرِي وَمَجْدِي وَرَافِعُ رَأْسِي. بِصَوْتِي إِلَى الرَّبِّ صَرَخْتُ، فَأَجَابَنِي مِنْ جَبَلِ قُدْسِهِ. أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي. فَلَا أَخَافُ مِنْ رِبَوَاتِ الشَّعْبِ المُحِيطِينَ بِي، المُتَوَازِرِينَ عَلَيَّ. قُمْ يَا رَبُّ، خَلِّصْنِي يَا إِلَهِي، فَإِنَّكَ ضَرَبْتَ كُلَّ مَنْ يُعَادِينِي بِاطْلًا، وَسَحَقْتَ أَسْنَانَ الخَطَاةِ. لِلرَّبِّ الخَلَاصُ وَعَلَى شَعْبِكَ بَرَكَاتُكَ. أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي.</p>
<p>PSALM 37</p>	<p>المزمور ٣٧</p>
<p>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</p>	<p>يَا رَبُّ، لَا بَغْضَبِكَ تُؤَيِّخُنِي، وَلَا بِرَجْزِكَ تُؤَدِّبُنِي. فَإِنَّ سِهَامَكَ قَدْ نَشِبَتْ فِيَّ، وَمَكَّنْتَ عَلَيَّ يَدَكَ. لَيْسَ لِجَسَدِي شِفَاءً مِنْ وَجْهِ غَضَبِكَ، وَلَا سَلَامَةٌ فِي عِظَامِي مِنْ وَجْهِ خَطَايَايَ. لِأَنَّ آثَامِي قَدْ تَعَالَتْ فَوْقَ رَأْسِي، كَحِمْلٍ ثَقِيلٍ قَدْ ثَقَلَتْ عَلَيَّ. قَدْ أَنْتَبَتْ وَقَاحَتْ جِرَاحَاتِي مِنْ قَبْلِ جَهَالَتِي. شَقِيتُ وَأُنْحَنَيْتُ إِلَى الغَايَةِ، وَالنَّهَارَ كُلَّهُ مَشَيْتُ عَابِسًا. لِأَنَّ مَتْنِي</p>

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 craftinesses all the day long did they meditate. But as for me, like a deaf man I heard them not, and was as a speechless man that openeth not his mouth. And I became as a man that heareth not, and that hath in his mouth no reproofs. For in Thee have I hoped, O Lord; Thou wilt hearken unto me, O Lord my God. For I said: Let never mine enemies rejoice over me; yea, when my feet were shaken, those men spake boastful words against me. For I am ready for scourges, and my sorrow is continually before me. For I will declare mine iniquity, and I will take heed concerning my sin. But mine enemies live and are made stronger than I, and they that hated me unjustly are multiplied. They that render me evil for good slandered me, because I pursued goodness. Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

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

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

قَدْ اَمْتَلَا مَهَازِيْ وَلَيْسَ لِجَسَدِيْ شِفَاءً . شَقِيْتُ
وَاتَّصَعْتُ جِدًّا ، وَكُنْتُ اَبْنٌ مِنْ تَتَهَّدُ قَلْبِي . يَا رَبُّ ،
اِنَّ بُغْيَتِيْ كُلُّهَا اَمَامَكَ ، وَتَتَهَّدِيْ لَمْ يَخْفَ عَنكَ . قَدْ
اضْطَرَبَ قَلْبِيْ وَفَارَقْتَنِيْ قُوَّتِيْ ، وَنُورُ عَيْنِيْ اَيْضًا
لَمْ يَبْقَ مَعِي . اَصْدِقَائِيْ وَاَقْرِبَائِيْ دَنَوْا مِنِّيْ وَوَقَفُوا
لَدَيَّ ، وَجِنْسِيْ وَقَفَ مِنِّيْ بَعِيْدًا . وَاجْهَدَنِيْ الَّذِيْنَ
يَطْلُبُوْنَ نَفْسِيْ ، وَالْمُلْتَمِسُوْنَ لِيْ الشَّرَّ تَكَلَّمُوا
بِالْبَاطِلِ ، وَغَشُوْشًا طُوْلَ النَّهَارِ دَرَسُوا . اَمَّا اَنَا
فَكَأَصَمٌ لَا يَسْمَعُ ، وَكَأَحْرَسٌ لَا يَفْتَحُ فَاهًا . وَصِرْتُ
كَانْسَانٍ لَا يَسْمَعُ وَلَا فِيْ فَمِهِ تَبْكِيْتُ . لِأَنِّيْ عَلَيْنِكَ ،
يَا رَبُّ ، تَوَكَّلْتُ ، أَنْتَ تَسْتَجِيبُ لِيْ يَا رَبِّيْ وَإِلَهِيْ .
لِأَنِّيْ قُلْتُ لَا يَشْمَتُ بِيْ أَعْدَائِيْ ، وَعِنْدَمَا زَلْتُ قَدَمَائِيْ
عَظَّمُوا عَلَيَّ الْكَلَامَ . لِأَنِّيْ اَنَا لِلضَّرْبِ مُسْتَعِدٌّ ،
وَوَجَعِيْ لَدَيَّ فِيْ كُلِّ حِيْنٍ . لِأَنِّيْ اَنَا أُخْبِرُ بِإِثْمِيْ ،
وَأَهْنَمُ مِنْ أَجْلِ خَطِيئَتِيْ . اَمَّا أَعْدَائِيْ فَأَحْيَاءُ ، وَهُمْ
أَشَدُّ مِنِّيْ ، وَقَدْ كَثُرَ الَّذِيْنَ يُبْغِضُوْنَنيْ ظُلْمًا ، الَّذِيْنَ
جَازَوْنِيْ بَدَلَ الْخَيْرِ شَرًّا ، مَحَلُّوْا بَنِيْ لِأَجْلِ اِبْتِغَائِيِ
الصَّلَاحِ . فَلَا تُهْمَلْنِيْ يَا رَبِّيْ وَإِلَهِيْ وَلَا تَتَّبَاعِدْ عَنِّيْ .
أَسْرِعْ إِلَى مَعُوْنَتِيْ يَا رَبُّ خَلَاصِيْ .

فَلَا تُهْمَلْنِيْ يَا رَبِّيْ وَإِلَهِيْ وَلَا تَتَّبَاعِدْ عَنِّيْ . أَسْرِعْ
إِلَى مَعُوْنَتِيْ يَا رَبُّ خَلَاصِيْ .

المزمور ٦٢

يَا اَللّٰهُ اِلَهِيْ اِلَيْكَ اَبْتَكِر . عَطِشْتُ اِلَيْكَ نَفْسِيْ ،
وَاشْتَقَقْتُ اِلَيْكَ جَسَدِيْ ، فِيْ اَرْضٍ بَرِّيَّةٍ وَغَيْرِ مَسْلُوْكَةٍ
وَعاِدِمَةِ الْمَاءِ . هَكَذَا ظَهَرْتُ لَكَ فِي الْقُدْسِ لِأَعْيُنِ
قُوَّتِكَ وَمَجْدِكَ . لِأَنَّ رَحْمَتَكَ أَفْضَلُ مِنَ الْحَيَاةِ ،
وَشَفَتِيْ تَسْبِحَانِكَ . هَكَذَا اُبَارِكُكَ فِي حَيَاتِيْ وَبِاسْمِكَ

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.

PSALM 87

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

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

أَرْفَعُ يَدَيَّ، فَتَمَتَّلَى نَفْسِي كَمَا مِنْ شَحْمٍ وَدَسَمٍ،
وَبَشِيفَاهِ الْإِبْتِهَاجِ يُسَبِّحُكَ فَمِي. إِذَا ذَكَرْتُكَ عَلَى
فِرَاشِي، هَدَدْتُ بِكَ فِي الْأَسْحَارِ، لِأَنَّكَ صِرْتَ لِي
عَوْنًا وَبِظِلِّ جَنَاحَيْكَ أَسْتَتِرُ. الْتَصَقْتُ نَفْسِي بِكَ،
وَإِيَّايَ عَضَدْتَ يَمِينِكَ. أَمَّا الَّذِينَ يَطْلُبُونَ نَفْسِي
بِاطِلًا، فَسَيَدْخُلُونَ فِي أَسَافِلِ الْأَرْضِ، وَيُدْفَعُونَ
إِلَى أَيْدِي السُّيُوفِ، وَيَكُونُونَ أَنْصَبَةً لِلثَّعَالِبِ. أَمَّا
الْمَلِكُ فَيُفَسِّرُ بِاللَّهِ، وَيُمْتَدِّحُ كُلُّ مَنْ يَحْلِفُ بِهِ، لِأَنَّهُ
قَدْ سَدَّتْ أَفْوَاهُ الْمُتَكَلِّمِينَ بِالظُّلْمِ.

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

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

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

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ.

المزمور ٨٧

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

يَا رَبُّ إِلَهَ خَلَاصِي، فِي النَّهَارِ صَرَخْتُ وَفِي اللَّيْلِ
أَمَامَكَ، فَلْتَدْخُلْ قُدَّامَكَ صَلَاتِي، أَمَلْتُ أَدُنْكَ إِلَيَّ
طَلِبْتِي، فَقَدْ اِمْتَلَأْتُ مِنَ الشُّرُورِ نَفْسِي، وَدَنْتُ مِنَ
الْجَحِيمِ حَيَاتِي. حُسِبْتُ مَعَ الْمُتَحَدِّرِينَ فِي الْجُبِّ،
صِرْتُ مِثْلَ إِنْسَانٍ لَيْسَ لَهُ مُعِينٌ، مَطْرُوحًا بَيْنَ
الْأَمْوَاتِ مِثْلَ الْقَتْلَى الرَّاقِدِينَ فِي الْقُبُورِ، الَّذِينَ لَا
تَذْكُرُهُمْ أَيْضًا، وَهُمْ مِنْ يَدِكَ مَقْصُونٌ. جَعَلُونِي فِي
جُبِّ أَسْفَلِ السَّافِلِينَ، فِي ظُلُمَاتِ الْمَوْتِ وَظِلَالِهِ.

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

عَلَيَّ اسْتَقَرَّ غَضَبُكَ، وَجَمِيعُ أَهْوَالِكَ أَجَزَّتْهَا عَلَيَّ. أَبْعَدْتَ عَنِّي مَعَارِفِي، جَعَلُونِي لَهُمْ رَجَاسَةً. قَدْ أَسْلَمْتُ وَمَا خَرَجْتُ، وَعَيْنَايَ ضَعُفَتْ مِنَ الْمَسْكَنَةِ. صَرَخْتُ إِلَيْكَ، يَا رَبُّ، النَّهَارَ كُلَّهُ وَإِلَيْكَ بَسَطْتُ يَدَيَّ. أَلْعَلَّكَ لِلْأَمْوَاتِ تَصْنَعُ الْعَجَائِبَ؟ أَمْ الْأَطِبَّاءُ يُقِيمُونَهُمْ، فَيَعْتَرِفُونَ لَكَ؟ هَلْ يُحَدِّثُ أَحَدٌ فِي الْقَبْرِ بِرَحْمَتِكَ، وَفِي الْهَلَاكِ بِحَقِّكَ؟ هَلْ تُعْرِفُ فِي الظُّلْمَةِ عَجَائِبُكَ، وَعَدْلُكَ فِي أَرْضٍ مَنْسِيَّةٍ؟ وَأَنَا إِلَيْكَ، يَا رَبُّ، صَرَخْتُ فَتَبَلَّغْكَ فِي الْعِدَاةِ صَلَاتِي. لِمَآذَا، يَا رَبُّ، تُقْصِي نَفْسِي وَتَصْرِفُ وَجْهَكَ عَنِّي؟ فَقِيرٌ أَنَا، وَفِي الشَّقَاءِ مُنْذُ شَبَابِي، وَحِينَ ارْتَفَعْتُ اتَّضَعْتُ وَتَحَيَّرْتُ. عَلَيَّ جَازَ رِجْزُكَ، وَمُفْرَعَاتُكَ أَرْعَجْتَنِي. أَحَاطَتْ بِي كَالْمَاءِ، وَالنَّهَارَ كُلَّهُ اكْتَنَفْتَنِي مَعًا. أَبْعَدْتَ عَنِّي الصَّدِيقَ وَالْقَرِيبَ وَمَعَارِفِي مِنَ الشَّقَاءِ. يَا رَبُّ إِلَهَ خَلَاصِي، فِي النَّهَارِ صَرَخْتُ وَفِي اللَّيْلِ أَمَامَكَ، فَلْتَدْخُلْ قُدَّامَكَ صَلَاتِي، أَمَلٌ أُذُنُكَ إِلَى طَلِبَتِي.

المزمور ١٠٢

بَارِكِي يَا نَفْسِي الرَّبَّ، وَيَا جَمِيعَ مَا فِي دَاخِلِي اسْمَهُ الْقُدُّوسِ. بَارِكِي يَا نَفْسِي الرَّبَّ، وَلَا تَنْسِي جَمِيعَ مُكَافَاتِهِ. الَّذِي يَغْفِرُ جَمِيعَ آثَامِكَ، الَّذِي يَشْفِي جَمِيعَ أَمْرَاضِكَ، الَّذِي يُنَجِّي مِنَ الْفَسَادِ حَيَاتِكَ، الَّذِي يُكَلِّلُكَ بِالرَّحْمَةِ وَالرَّأْفَةِ، الَّذِي يُشْبِعُ بِالْخَيْرَاتِ شَهَوَاتِكَ، فَيَتَجَدَّدُ كَالنَّسْرِ شَبَابُكَ. الرَّبُّ صَانِعُ

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.

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

الرَّحْمَاتِ وَالْقَضَاءِ لِجَمِيعِ الْمَظْلُومِينَ. عَرَفَ مُوسَى طُرْقَهُ، وَبَنِي إِسْرَائِيلَ مَشِيئَاتِهِ. الرَّبُّ رَحِيمٌ وَرَوْوْفٌ، طَوِيلُ الْأَنَاءِ وَكَثِيرُ الرَّحْمَةِ، لَيْسَ إِلَى الْإِنْقِضَاءِ يَسْخَطُ، وَلَا إِلَى الدَّهْرِ يَحْقِدُ. لَا عَلَى حَسَبِ آثَامِنَا صَنَعَ مَعَنَا، وَلَا عَلَى حَسَبِ خَطَايَانَا جَازَانَا. لِأَنَّهُ بِمِقْدَارِ ارْتِفَاعِ السَّمَاءِ عَنِ الْأَرْضِ، قَوَى الرَّبُّ رَحْمَتَهُ عَلَى الَّذِينَ يَتَّقُونَهُ، وَبِمِقْدَارِ بُعْدِ الْمَشْرِقِ مِنَ الْمَغْرِبِ أَبْعَدَ عَنَّا سَيِّئَاتِنَا. كَمَا يَتَرَأَّفُ الْأَبُ بِالْبَنِينَ، يَتَرَأَّفُ الرَّبُّ بِخَائِفِيهِ، لِأَنَّهُ عَرَفَ جَبَلَتَنَا وَذَكَرَ أَنَّنَا تُرَابٌ نَحْنُ. الْإِنْسَانُ كَالْعُشْبِ أَيَّامُهُ وَكَزَهْرِ الْحَقْلِ كَذَلِكَ يُزْهَرُ، لِأَنَّهُ إِذَا هَبَّتْ فِيهِ الرِّيحُ لَيْسَ يَثْبُتُ وَلَا يُعْرَفُ أَيْضًا مَوْضِعُهُ. أَمَّا رَحْمَةُ الرَّبِّ فَهِيَ مُنْذُ الدَّهْرِ، وَإِلَى الدَّهْرِ عَلَى الَّذِينَ يَتَّقُونَهُ، وَعَدْلُهُ عَلَى أَبْنَاءِ الْبَنِينَ الْحَافِظِينَ عَهْدَهُ وَالذَّاكِرِينَ وَصَايَاهُ لِيَصْنَعُوهَا. الرَّبُّ هَيَّا عَرْشَهُ فِي السَّمَاءِ، وَمَمْلَكَتَهُ تَسُودُ عَلَى الْجَمِيعِ. بَارِكُوا الرَّبَّ يَا جَمِيعَ مَلَائِكَتِهِ، الْمُقْتَدِرِينَ بِقُوَّةٍ، الْعَامِلِينَ بِكَلِمَتِهِ عِنْدَ سَمَاعِ صَوْتِ كَلَامِهِ. بَارِكُوا الرَّبَّ يَا جَمِيعَ قُوَّاتِهِ، يَا خُدَّامَهُ الْعَامِلِينَ إِرَادَتَهُ. بَارِكُوا الرَّبَّ يَا جَمِيعَ أَعْمَالِهِ، فِي كُلِّ مَوْضِعٍ سِيَادَتِهِ. بَارِكِي يَا نَفْسِي الرَّبَّ. فِي كُلِّ مَوْضِعٍ سِيَادَتِهِ. بَارِكِي يَا نَفْسِي الرَّبَّ.

المزمور ١٤٢

يَا رَبُّ اسْتَمِعْ صَلَاتِي، وَأَنْصِتْ بِحَقِّكَ إِلَى طَلِبَتِي. اسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعَ عَبْدِكَ، فَإِنَّهُ لَنْ يَتْرَكَ أَمَامَكَ أَيُّ حَيٍّ. لِأَنَّ الْعَدُوَّ قَدْ اضْطَهَدَ نَفْسِي، وَأَذَلَّ إِلَى الْأَرْضِ حَيَاتِي، وَأَجْلَسَنِي فِي الظُّلُمَاتِ مِثْلَ الْمَوْتَى مُنْذُ الدَّهْرِ،

<p>within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.</p>	<p>فَضَّجِرَتْ رُوحِي وَاضْطَرَبَ قَلْبِي فِي دَاخِلِي. تَذَكَّرْتُ الْأَيَّامَ الْقَدِيمَةَ. هَدَدْتُ فِي كُلِّ أَعْمَالِكَ، وَتَأَمَّلْتُ فِي صَنَائِعِ يَدَيْكَ. بَسَطْتُ يَدَيَّ إِلَيْكَ وَنَفْسِي لَكَ كَأَرْضٍ لَا تُمْطَرُ. أَسْرِعْ فَاسْتَجِبْ لِي يَا رَبِّ، فَقَدْ فَنَيْتُ رُوحِي. لَا تَصْرِفْ وَجْهَكَ عَنِّي، فَأَشَابَهُ الْهَابِطِينَ فِي الْجُبِّ. اجْعَلْنِي فِي الْعِدَاةِ مُسْتَمِعًا رَحْمَتِكَ، فَإِنِّي عَلَيْكَ تَوَكَّلْتُ. عَرَّفْنِي يَا رَبُّ الطَّرِيقَ الَّذِي أَسْأَلُكَ فِيهِ، فَإِنِّي إِلَيْكَ رَفَعْتُ نَفْسِي. أَنْقِذْنِي مِنْ أَعْدَائِي يَا رَبُّ، فَإِنِّي قَدْ لَجَأْتُ إِلَيْكَ. عَلَّمْنِي أَنْ أَعْمَلَ مَرْضَاتِكَ، لِأَنَّكَ أَنْتَ إِلَهِي. رُوحَكَ الصَّالِحَ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ. مِنْ أَجْلِ اسْمِكَ، يَا رَبُّ، تُحْيِينِي. بَعْدَلِكَ تُخْرِجُ مِنَ الْحُزَنِ نَفْسِي، وَبِرَحْمَتِكَ تَسْتَأْصِلُ أَعْدَائِي، وَتَهْلِكُ جَمِيعَ الَّذِينَ يُحْزِنُونَ نَفْسِي لِأَنِّي أَنَا عَبْدُكَ.</p>
<p>Hearken unto me, O Lord, in Thy righteousness and enter not into judgment with Thy servant. (twice)</p> <p>Thy good Spirit shall lead me in the land of uprightness.</p>	<p>إِسْتَجِبْ لِي بَعْدَلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعَ عَبْدِكَ. (مَرَّتَيْنِ)</p> <p>رُوحَكَ الصَّالِحَ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ.</p>
<p>Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.</p> <p>Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (thrice)</p> <p>O our God and our Hope, glory to Thee!</p>	<p>الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.</p> <p>هَلِّلُوِيَا، هَلِّلُوِيَا، هَلِّلُوِيَا، الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا)</p> <p>يَا إِلَهَنَا وَرَجَاءَنَا الْمَجْدُ لَكَ.</p>
<p>THE GREAT LITANY</p>	<p>الطَّلِبَةُ السَّلَامِيَّةُ الْكُبْرَى</p>
<p>Priest: In peace, let us pray to the Lord.</p>	<p>الكَاهِن: بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.</p>
<p>Choir: Lord, have mercy. (use this response until noted below)</p>	<p>الجَوْقَةُ: يَا رَبُّ ارْحَمِ. (تُعَادُ بَعْدَ كُلِّ طَّلِبَةٍ)</p>
<p>Priest: For the peace from above and the salvation of our souls, let us pray to the Lord.</p>	<p>الكَاهِن: مِنْ أَجْلِ السَّلَامِ الَّذِي مِنَ الْعُلَى وَخَلَاصِ نَفُوسِنَا، إِلَى الرَّبِّ نَطْلُبُ.</p>
<p>Priest: For the peace of the whole world, the good estate of the holy churches of God and the</p>	<p>الكَاهِن: مِنْ أَجْلِ سَلَامِ كُلِّ الْعَالَمِ، وَحُسْنِ ثَبَاتِ</p>

union of all, let us pray to the Lord.	كَنَائِسِ اللَّهِ الْمُقَدَّسَةِ، وَاتِّحَادِ الْجَمِيعِ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For this holy house and those who with faith, reverence and fear of God enter therein, let us pray to the Lord.	الكَاهِنُ: مِنْ أَجْلِ هَذَا الْبَيْتِ الْمُقَدَّسِ، وَالَّذِينَ يَدْخُلُونَ إِلَيْهِ بِإِيمَانٍ وَوَرَعٍ وَخَوْفِ اللَّهِ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For our father and metropolitan, N., (our bishop, N.) the honorable presbytery, the diaconate in Christ, all the clergy and the people, let us pray to the Lord.	الكَاهِنُ: مِنْ أَجْلِ آبِينَا وَمِتْرُوبُولِيْتِنَا (فَلَان) وَرَثِيْسِ كَهَنَتِنَا (فَلَان)، وَالْكَهَنَةَ الْمُكْرَمِينَ، وَالشَّامِسَةَ، خُدَامِ الْمَسِيحِ، وَجَمِيعِ الْإِكْلِيْرُوسِ وَالشَّعْبِ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For our country, its president (or appropriate head of state), civil authorities and armed forces, let us pray to the Lord.	الكَاهِنُ: مِنْ أَجْلِ حُكَّامِ هَذَا الْبَلَدِ وَمُؤَارَرْتِهِمْ فِي كُلِّ عَمَلٍ صَالِحٍ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For this city and every city and countryside and the faithful who dwell therein, let us pray to the Lord.	الكَاهِنُ: مِنْ أَجْلِ هَذِهِ الْمَدِينَةِ، وَجَمِيعِ الْمُدُنِ وَالْقُرَى، وَالْمُؤْمِنِينَ السَّاكِنِينَ فِيهَا، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For healthful seasons, abundance of the fruits of the earth and peaceful times, let us pray to the Lord.	الكَاهِنُ: مِنْ أَجْلِ اعْتِدَالِ الْأَهْوِيَّةِ، وَخَصْبِ ثِمَارِ الْأَرْضِ وَأَوْقَاتِ سَلَامِيَّةٍ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For travelers by sea, by land and by air, the sick, the suffering, the captive, and for their salvation, let us pray to the Lord.	الكَاهِنُ: مِنْ أَجْلِ الْمُسَافِرِينَ فِي الْبَحْرِ وَالْبَرِّ وَالْجَوِّ، وَالْمَرْضَى وَالْمُتَأَلِّمِينَ وَالْأَسْرَى، وَخَلَاصِهِمْ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For our deliverance from all tribulation, wrath, danger and necessity, let us pray to the Lord.	الكَاهِنُ: مِنْ أَجْلِ نَجَاتِنَا مِنْ كُلِّ ضَيْقٍ وَغَضَبٍ وَخَطَرٍ وَشِدَّةٍ إِلَى الرَّبِّ نَطْلُبُ.
Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.	الكَاهِنُ: أَعْضُدْ وَخَلِّصْ وَارْحَمْ وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ.
Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God.	الكَاهِنُ: بَعْدَ ذِكْرِنَا الْكُلِّيَّةَ الْقَدَّاسَةَ الطَّاهِرَةَ الْفَائِقَةَ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ، مَعَ جَمِيعِ الْقَدِيْسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.
Choir: To Thee, O Lord.	الْجَوْقَةُ: لَكَ يَا رَبِّ.
Priest: For unto thee are due all glory, honor and worship, to the Father and to the Son and to the	الكَاهِنُ: لِأَنَّهُ يَنْبَغِي لَكَ كُلُّ تَمَجِيدٍ وَإِكْرَامٍ وَسُجُودٍ، أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوْحُ الْقُدُّسُ، الْآنَ وَكُلَّ أَوَانٍ

Holy Spirit, now and ever, and unto ages of ages.	وَالِي دَهْرِ الدَّاهِرِينَ.
Choir: Amen.	الجوقة: آمين.
“GOD IS THE LORD” IN TONE SIX	"الله الرَّبُّ" بِاللَّحْنِ السَّادِسِ
Choir: God is the Lord and hath appeared unto us. Blessed is He that cometh in the Name of the Lord. (<i>Repeat after verses</i>)	الجوق: اللهُ الرَّبُّ ظَهَرَ لَنَا، مُبَارَكٌ الْآتِي بِاسْمِ الرَّبِّ. (تَعَادُ بَعْدَ الْإِسْتِيخُونَاتِ)
1. O give thanks unto the Lord, and call upon His holy Name.	١. اعْتَرِفُوا لِلرَّبِّ وَاذْعُوا بِاسْمِهِ الْقُدُّوسِ.
2. All nations compassed me about, but in the Name of the Lord will I destroy them.	٢. كُلُّ الْأُمَمِ أَحَاطُوا بِي وَبِاسْمِ الرَّبِّ قَهَرْتُهُمْ.
3. This is the Lord's doing; it is marvelous in our eyes.	٣. مِنْ قَبْلِ الرَّبِّ كَانَتْ هَذِهِ وَهِيَ عَجِيبَةٌ فِي أَعْيُنِنَا.
RESURRECTIONAL APOLYTIKION IN TONE SIX	أَبُولِيْتِيْكَوْنِ الْقِيَامَةِ بِاللَّحْنِ السَّادِسِ
When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.	إِنَّ الْقُوَاتِ الْمَلَائِكِيَّةَ ظَهَرُوا عَلَى قَبْرِكَ الْمُوقَّرِ، وَالْحُرَّاسَ صَارُوا كَالْأَمْوَاتِ، وَمَرِيْمَ وَقَعَتْ عِنْدَ الْقَبْرِ طَالِبَةً جَسَدَكَ الطَّاهِرَ، فَسَبَيْتَ الْجَحِيمَ وَلَمْ تُجْرَبْ مِنْهَا، وَصَادَقْتَ الْبَتُولَ مَانِحاً الْحَيَاةَ. فَيَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، يَا رَبُّ الْمَجْدُ لَكَ.
APOLYTIKION FOR ST. GREGORY PALAMAS IN TONE EIGHT	أَبُولِيْتِيْكَوْنِ لِلْقَدِّيسِ غَرِيغُورِيُوسِ بِالْأَمَاسِ بِاللَّحْنِ الثَّامِنِ
<i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonderworker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.	الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ. يَا كَوْكَبَ الرَّأْيِ الْقَوِيمِ، وَثَبَاتِ الْكَنِيسَةِ وَمُعَلِّمَهَا، وَجَمَالَ الْمُتَوَجِّدِينَ، وَمُنَاضِلاً عَنِ الْمُتَكَلِّمِينَ بِاللَّاهُوتِ الَّذِي لَا يُحَارَبُ، غَرِيغُورِيُوسَ الْفَاعِلِ الْمُعْجَزَاتِ، فَخَرَّ تِسَالُونِيكِيَّةً وَكَارُوزَ النِّعْمَةِ، لَا تَنْفَكَ مُتَشَفِّعاً فِي خَلَاصِ نَفُوسِنَا.
RESURRECTIONAL THEOTOKION IN TONE EIGHT	ثِيُوطُوكِيَّةُ الْقِيَامَةِ بِاللَّحْنِ الثَّامِنِ
<i>Both now and ever, and unto ages of ages. Amen.</i> 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	الْآنَ وَكُلَّ أَوَانٍ وَالِي دَهْرِ الدَّاهِرِينَ. آمِينَ. يَا مَنْ وُلِدَ مِنَ الْبَتُولِ مِنْ أَجْلِنَا، وَكَابَدَ الصَّلْبَ، أَيُّهَا الصَّالِحُ، يَا مَنْ سَبَى الْمَوْتَ بِمَوْتِهِ، وَأَرَى

<p>whom Thou hast created with Thine own hand, show forth Thy love for mankind, O merciful One. Accept the intercessions of Thy mother, the Theotokos, for us, and save Thy despairing people, O our Savior.</p>	<p>الْقِيَامَةَ بِمَا أَنَّهُ إِلَهٌ. لَا تُعْرِضْ عَنِ الَّذِينَ جَبَلْتَهُمْ بِيَدَيْكَ، بَلْ أَظْهِرْ تَعَطُّفَكَ عَلَى النَّاسِ أَيُّهَا الرَّحِيمُ. وَتَقَبَّلْ وَالِدَتَكَ، وَالِدَةَ الْإِلَهِ، مُتَشَقِّعَةً مِنْ أَجْلِنَا، وَخَلِّصْ يَا مُخَلِّصَنَا شَعْباً يَائِساً.</p>
<p>THE LITTLE LITANY</p>	<p>الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى</p>
<p>Priest: Again and again, in peace, let us pray to the Lord. Choir: Lord, have mercy. Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace. Choir: Lord, have mercy. Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the 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 might, 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.</p>	<p>الكاهن: أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمْنَا. الكاهن: أَعْضُدْ وَخَلِّصْ وَارْحَمْنَا وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمْنَا. الكاهن: بَعْدَ ذِكْرِنَا الْكُلِّيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ. الجوق: لَكَ يَا رَبُّ. الكاهن: لِأَنَّ لَكَ الْعِزَّةَ وَلَكَ الْمُلْكَ وَالْقُوَّةَ وَالْمَجْدَ أَيُّهَا الْأَبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. الجوق: آمِينَ.</p>
<p>SIXTH TONE RESURRECTIONAL KATHISMATA HYMNS (Plain Reading)</p>	<p>ترانيم كاتسماطات القيامة للحن السادس (قراءة)</p>
<p>First Kathisma</p>	<p>الكاتسما الأولى</p>
<p>When the tomb was shown to be open and Hades wailing, Mary cried unto the cowering Apostles, saying: Come out, ye laborers of the vineyard, and proclaim the words of the Resurrection; for the Lord is risen, granting the world Great Mercy.</p>	<p>لَقَدْ صَرَخَتْ مَرْيَمُ، لَمَّا ظَهَرَ الْقَبْرُ مَفْتُوحاً وَالْجَحِيمُ مُنْتَحِبَةً، نَحْوَ الرُّسُلِ الْمُخْتَفِينَ قَائِلَةً: اخْرُجُوا يَا فَعْلَةَ الْكُرْمِ وَبَشِّرُوا بِكَلَامِ الْقِيَامَةِ، لِأَنَّ الرَّبَّ قَدْ قَامَ، مَا نِحاً الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Mary Magdalene, O Lord, did stand by Thy tomb and cry, weeping. And when she thought Thou wast the gardener, she said: Where hast</p>	<p>الْمَجْدُ لِلْأَبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ. أَيُّهَا الرَّبُّ، إِنَّ مَرْيَمَ الْمَجْدَلِيَّةَ قَدْ وَقَفَتْ عِنْدَ قَبْرِكَ وَصَرَخَتْ بَاكِئَةً. وَإِذْ ظَنَنْتَ أَنَّكَ الْبُسْتَانِيُّ قَالَتْ: أَيْنَ أَخْفَيْتَ الْحَيَاةَ الدَّهْرِيَّةَ؟ أَيْنَ وَضَعْتَ الْجَالِسَ عَلَى</p>

<p>Thou hidden the everlasting Life? Where hast Thou placed Him Who sitteth on the cherubic throne? And when she saw the guards who kept Him, appearing from fear like dead, she cried unto them: Give me my Lord; or else cry with me saying: O Thou Who was numbered among the dead, and Who didst raise the dead, O Lord, glory to Thee.</p>	<p>كُرْسِيِّ الشَّارُوبِيمِ؟ وَلَمَّا رَأَتْ الحُرَّاسَ الَّذِينَ حَفَظُواكَ قَدْ أَمْسُوا كالأَمْوَاتِ مِنَ الخَوْفِ، صَاحَتْ بِهِمْ هَاتِفَةً: إِمَّا أَعْطُونِي رَبِّي، أَوْ اهْتَفُوا مَعِي قَائِلِينَ: يَا مَنْ حُسِبْتَ بَيْنَ الأَمْوَاتِ وَأَقَمْتَ المَائِتِينَ، يَا رَبُّ، المَجْدُ لَكَ.</p>
<p>(Theotokion of the Resurrectional Apolytikion)</p>	<p>(ثيوطوكية أبوليتيكيون للقيامة)</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> Thou Who didst call Thy Mother blessed of Thine own good will and didst come to Thy passion shining radiantly upon the Cross, desiring to recall Adam and saying unto the angels: Rejoice with me; for I have found the piece of silver which was lost. O our God, Who with wisdom hast ordered all things, glory to Thee.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. يَا مَنْ دَعَوْتَ أُمَّكَ مُبَارَكَةً، لَقَدْ أَقْبَلْتَ إِلَى الآلَامِ طَوْعاً باخْتِيَارِكَ، وَأَشْرَقْتَ عَلَى الصَّلِيبِ مُرِيداً أَنْ تُعِيدَ دَعْوَةَ آدَمَ، قَائِلاً لِلْمَلَائِكَةِ: افْرَحُوا مَعِيَ لِوُجُودِي الدِّرْهَمِ الضَّائِعِ. فَيَا مَنْ دَبَّرْتَ كُلَّ شَيْءٍ بِحِكْمَةٍ المَجْدُ لَكَ.</p>
<p>Second Kathisma</p>	<p>الكاسِما الثانية</p>
<p>Verily, Life was placed in the grave, and the seals were applied to the stone. And the soldiers guarded Christ as they would a sleeping king. But the Lord rose, smiting His enemies in an invisible way.</p>	<p>إِنَّ الحَيَاةَ قَدْ وُضِعَ فِي قَبْرِ، وَجُعِلَ عَلَى الحَجَرِ خُتُومٌ، وَحَرَسَ الجُنْدُ المَسِيحَ كَمَلِكٍ رَاقِدٍ. وَلَكِنَّ الرَّبَّ قَدْ قَامَ ضَارِباً أَعْدَاءَهُ بِحَالٍ لَا يُرَى.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Verily, Jonah did come before and made a sign of Thy tomb; and Simeon did interpret Thy divine Resurrection, O deathless Lord; for Thou didst descend into the grave as one who is dead, O Thou Who didst invade the gates of Hades, and didst rise free of corruption for the salvation of the world, being the Master, O Christ our God, and didst light those who are in darkness.</p>	<p>المَجْدُ لِلآبِ وَالإِبْنِ وَالرُّوحِ القُدُّوسِ. لَقَدْ تَقَدَّمَ يُونَانُ فَرَسَمَ قَبْرَكَ، وَسَمِعَانُ فَسَّرَ قِيَامَتَكَ الإِلَهِيَّةَ أَيُّهَا الرَّبُّ العَادِمِ المَوْتِ، لِأَنَّكَ نَزَلْتَ إِلَى اللَحْدِ مَيِّتاً يَا مَنْ حَلَلْتَ أَبْوَابَ الجَحِيمِ، وَقُمْتَ مُنْزَهاً عَنِ الفَسَادِ لِخِلاصِ العَالَمِ، بِمَا أَنَّكَ السَّيِّدُ أَيُّهَا المَسِيحُ إِلهُنَا، وَأَنْزَلْتَ الَّذِينَ فِي الظُّلَامِ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> Pray, O Virgin Theotokos to thy son Christ our God, Who was willingly nailed upon the Cross and did rise from the dead, that He might save our souls.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. يَا وَالِدَةَ الإِلَهِ العَذْرَاءِ، تَوَسَّلِي إِلَى ابْنِكَ المَسِيحِ إِلَهِنَا، الَّذِي سُمِّرَ عَلَى الصَّلِيبِ طَوْعاً، وَقَامَ مِنْ بَيْنِ الأَمْوَاتِ لِكَي يُخَلِّصَ نُفُوسَنَا.</p>

<p style="text-align: center;">EVLOGETARIA (BENEDICTIONS) IN TONE FIVE</p>	<p style="text-align: center;">إفلوجيطاريات باللحن الخامس</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, destroying the power of death, with Thee raising up Adam and releasing all men from hades.</p>	<p>مُبَارِكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. جَمْعُ الْمَلَائِكَةِ انْدَهَلَ مُتَحَيِّرًا، عِنْدَ مُشَاهَدَتِهِمْ إِيَّاكَ مَحْسُوبًا بَيْنَ الْأَمْوَاتِ أَيُّهَا الْمُخْلِصُ، وَدَاحِضًا قُوَّةَ الْمَوْتِ، وَمُنْهَضًا آدَمَ مَعَكَ، وَمُعْتَقًا إِيَّانَا مِنَ الْجَحِيمِ كَافَةً.</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>مُبَارِكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. الْمَلَائِكَةُ اللَّامِعَةُ عِنْدَ الْقَبْرِ تَقْوَةً نَحْوَ حَامِلَاتِ الطَّيِّبِ قَائِلًا: لِمَ تَمَزُجْنَ الطُّيُوبَ بِالذَّمُوعِ، بِنَثْرَتِ يَا تَلْمِيزَاتِ؟ أَنْظُرْنَ اللَّحْدَ وَأَفْرَحْنَ، لِأَنَّ الْمُخْلِصَ 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>مُبَارِكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. إِنَّ حَامِلَاتِ الطَّيِّبِ سَحَرًا جِدًّا، سَارَعْنَ إِلَى قَبْرِكَ نَائِحَاتٍ. إِلَّا أَنَّ الْمَلَائِكَةَ وَقَفَ بِهِنَّ، وَقَالَ لَهُنَّ: زَمَانُ النَّوْحِ قَدْ كَفَّ وَبَطَلَ 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>مُبَارِكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. إِنَّ النِّسْوَةَ حَامِلَاتِ الطَّيِّبِ، وَاقِفِينَ بِالْحَنُوطِ إِلَى قَبْرِكَ أَيُّهَا الْمُخْلِصُ. فَسَمِعْنَ مَلَكَاً مُتَنَعِّمًا نَحْوَهُنَّ قَائِلًا: لِمَ تَحْسِبْنَ الْحَيِّ مَعَ الْمَوْتَى؟ فَبِمَا أَنَّهُ إِلَهُ، قَدْ قَامَ مِنَ الْقَبْرِ نَاهِضًا.</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 الْقُدُّوسِ. نَسْجُدُ لِلآبِ وَلابْنِهِ وَلِرُوحِ قُدُّوسِهِ، ثَالِوثًا قُدُّوسًا 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</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. أَيُّهَا الْعَذْرَاءُ، لَقَدْ وُلِدْتَ مُعْطِيَةَ الْحَيَاةِ، وَأَنْقَذْتَ آدَمَ مِنَ الْخَطِيئَةِ، وَمَنْحْتَ حَوَاءَ الْفَرْحَ عِوَضَ</p>

who was incarnate of thee, both God and man, hath restored to life those who had fallen therefrom.	الْحُزْنَ، لَكِنَّ الإِلَهَ وَالإِنْسَانَ الْمُتَجَسِّدَ مِنْكَ، أَرْشَدَهُمَا إِلَى الْحَيَاةِ الَّتِي قَدْ تَهَوَّرَا مِنْهَا.
Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (<i>thrice</i>) O our God and our Hope, glory to Thee.	هَلِّلُوِيَا، هَلِّلُوِيَا، هَلِّلُوِيَا الْمَجْدُ لَكَ يَا اللهُ. (ثَلَاثًا) يَا إِلَهَنَا وَرَجَاءَنَا لَكَ الْمَجْدُ.
THE LITTLE LITANY	الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى
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, the 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.	الكاهن: أَيْضًا وَأَيْضًا بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمْنَا. الكاهن: أَعْضُدْ وَخَلِّصْ وَارْحَمْ وَاحْفَظْنَا يَا اللهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمْنَا. الكاهن: بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الإِلَهِيِّ. الجوق: لَكَ يَا رَبُّ. الكاهن: لِأَنَّ اسْمَكَ مُبَارَكٌ وَمُلْكُكَ مُمَجَّدٌ أَيُّهَا الآبُ وَالإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. الجوق: آمِينَ.
SIXTH TONE RESURRECTIONAL HYPAKOE (Plain Reading)	إِيَّاكُوي الْقِيَامَةِ لِلْحَنِ السَّادِسِ (قِرَاءَةٌ)
By Thy willing yet life giving Death, O Christ, Thou hast crushed the gates of Hades, because Thou art God, and hast opened the old paradise; and having risen from the dead, Thou hast redeemed our life from corruption.	بِمَوْتِكَ الْمُحْيِي الطَّوْعِيِّ أَيُّهَا الْمَسِيحُ، حَطَمْتَ أَبْوَابَ الْجَحِيمِ بِمَا أَنْكَ إِلَهُ، وَفَتَحْتَ لَنَا الْفِرْدَوْسَ الْقَدِيمَ، وَقَمَمْتَ نَاهِضًا مِنْ بَيْنِ الْأَمْوَاتِ، وَخَلَّصْتَ مِنْ الْفَسَادِ نَفُوسَنَا.
SIXTH TONE RESURRECTIONAL ANABATHMOI (Plain Reading)	أَنَابَثْمِيَاتِ الْقِيَامَةِ لِلْحَنِ السَّادِسِ (قِرَاءَةٌ)
First Antiphony	الْأَنْتِيْفُونَا الْأُولَى
+ To the heavens do I lift mine eyes, O Word of God. Have mercy upon me that I may live by Thee.	+ إِلَى السَّمَاءِ أَرْفَعُ عَيْنَيَّ نَحْوَكَ يَا كَلِمَةَ اللهِ، فَتَرَأْفْ عَلَيَّ لِكَيْ أَحْيَا بِكَ.

<p>+ O Word, have mercy upon us who are despised, and make us good and chosen vessels.</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 is the cause of salvation for all; for when He bloweth on one worthily, He doth raise him speedily from earthly things, doth wing him and cause him to grow, and doth rank him in the heavenly places.</p>	<p>+ أَيُّهَا الْكَلِمَةُ ارْحَمْنَا نَحْنُ الْمُهَانَيْنِ، وَأَعِدِدْنَا لَكَ أَوَانِي صَالِحَةً مُخْتَارَةً.</p> <p>+ الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَالِي دَهْرِ الدَّاهِرِينَ، آمِينَ.</p> <p>+ إِنَّ بِالرُّوحِ الْقُدُسِ سَبَبَ خَلَاصِ الْكُلِّ، لِأَنَّهُ إِذَا هَبَّ فِي إِنْسَانٍ بِحَسَبِ الْإِسْتِحْقَاقِ، يَرْفَعُهُ سَرِيعاً مِنَ الْأَرْضِيَّاتِ، وَيَجْنَحُهُ وَيُنْمِيهِ وَيُرْتَبِّهُ فِي الْعُلُويَّاتِ.</p>
<p>Second Antiphony</p>	<p>الْأَنْتِيفُونَا الثَّانِيَّةُ</p>
<p>+ Were not the Lord in our midst it would not be possible for any of us to stand firm in his wrestling with the enemy; for only thereby do the victors attain the exaltation of victory.</p> <p>+ Woe to me, how shall I escape the enemies while I am a lover of sin. Wherefore, deliver not my soul, O Word, like a bird, to their teeth.</p> <p>+ <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 is everyone made divine; and in Him is pleasure, understanding, safety, and blessing; for He is equal to the Father and the Word together.</p>	<p>+ لَوْ لَمْ يَكُنِ الرَّبُّ فِينَا فَمَا كَانَ أَحَدٌ يَسْتَطِيعُ مُنَاصَبَةَ الْعَدُوِّ وَصِرَاعَهُ، لِأَنَّ الظَّافِرِينَ مِنْ هُنَا يَتَعَالَوْنَ.</p> <p>+ وَيُحْيِي كَيْفَ أَقْدِرُ أَنْ أَنْجُوَ مِنَ الْأَعْدَاءِ وَأَنَا مُحِبُّ لِلْخَطِيئَةِ. فَيَا أَيُّهَا الْكَلِمَةُ لَا تَدْفَعْ نَفْسِي كَالْعُصْفُورِ لِأَسْنَانِهِمْ.</p> <p>+ الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَالِي دَهْرِ الدَّاهِرِينَ، آمِينَ.</p> <p>+ إِنَّ بِالرُّوحِ الْقُدُسِ كُلًّا يَتَّأَلَّهُ، وَبِهِ الْمَسْرَةُ وَالْفَهْمُ وَالسَّلَامَةُ وَالْبَرَكَاتُ، لِأَنَّهُ مُسَاوٍ لِلآبِ وَالْكَلِمَةِ مَعاً.</p>
<p>Third Antiphony</p>	<p>الْأَنْتِيفُونَا الثَّالِثَةُ</p>
<p>+ They who trust in the Lord are feared by their enemies and are wondered at by all; for their sight is very high.</p> <p>+ The party of the righteous hath secured Thee as its succor, O Savior, and therefore shall not reach out its hands to iniquities.</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 hath might over all; for Him do all the heavenly hosts worship, and every breath below.</p>	<p>+ إِنَّ الْمُتَوَكِّلِينَ عَلَى الرَّبِّ مَرْهُوبُونَ لَدَى الْأَعْدَاءِ وَمُسْتَعْجَبُونَ مِنَ الْكُلِّ، لِأَنَّ نَظْرَهُمْ مُرْتَفِعٌ جِداً.</p> <p>+ أَيُّهَا الْمُخَلِّصُ، إِنَّ حَظَّ الصِّدِّيقِينَ لَا يَمُدُّ يَدَيْهِ إِلَى الْمَآثِمِ، لِأَنَّهُ قَدْ أَحْرَزَكَ مُعِيناً.</p> <p>+ الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَالِي دَهْرِ الدَّاهِرِينَ، آمِينَ.</p> <p>+ إِنَّ لِلرُّوحِ الْقُدُسِ الْعِزَّةَ عَلَى الْكُلِّ، لِأَنَّ لَهُ تَسْجُدُ كُلِّ الْأَجْنَادِ الْعُلُويَّةِ مَعَ كُلِّ نَسَمَةٍ سُفْلِيَّةٍ.</p>

<p style="text-align: center;">PROKEIMENON FOR THE RESURRECTION IN TONE SIX</p>	<p style="text-align: center;">بروكيمنن للقيامة بالحن السادس</p>
<p>O Lord, arouse Thy strength, and come to our salvation. (<i>twice</i>)</p> <p>Stichos: Harken, O Shepherd of Israel.</p> <p>O Lord, arouse Thy strength, and come to our salvation.</p>	<p>يا رَبُّ أَيْقِظْ قُوَّتَكَ وَهَلِّمْ لِحَلَاصِنَا. (مرتين)</p> <p>ستِيخِن: يا راعي إِسْرَائِيلَ أَنْصِتْ.</p> <p>يا رَبُّ أَيْقِظْ قُوَّتَكَ وَهَلِّمْ لِحَلَاصِنَا.</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 restest in the Holies, and unto Thee do we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.</p>	<p>الشماس: إلى الرَّبِّ نَطْلُبُ.</p> <p>المرتل: يا رَبُّ ارْحَمِ.</p> <p>الكاهن: لَأَنَّكَ قُدُّوسٌ أَنْتَ يَا إِلَهَنَا، وَفِي الْقَدِيسِينَ نَسْتَقَرُّ وَنَسْتَرِيحُ، وَلَكَ نُرْسِلُ الْمَجْدَ أَيُّهَا الْآبُ وَالابْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ.</p>
<p>Choir: Amen.</p> <p>Let everything that hath breath praise the Lord. (<i>twice</i>)</p> <p>Praise ye God in His saints; praise Him in the firm foundation of His power.</p> <p>Let everything that hath breath praise the Lord.</p>	<p>الجوق: آمين.</p> <p>كُلُّ نَسَمَةٍ، فَلْتَسَبِّحِ الرَّبَّ. (مرتين)</p> <p>سَبِّحُوا اللَّهَ فِي قَدِيسِيهِ، سَبِّحُوهُ فِي فَلَكِ قُوَّتِهِ.</p> <p>فَلْتَسَبِّحِ الرَّبَّ، كُلُّ نَسَمَةٍ.</p>
<p style="text-align: center;">THE SIXTH EOTHINON GOSPEL</p>	<p style="text-align: center;">إنجيل الإيوثينا السادسة</p>
<p>Deacon: And that we may be accounted worthy to hear the Holy Gospel, let us beseech the Lord our God.</p> <p>Choir: Lord, have mercy. (<i>thrice</i>)</p> <p>Deacon: Wisdom! Stand upright! Let us hear the Holy Gospel.</p> <p>Priest: Peace be to all.</p> <p>Choir: And to thy spirit.</p> <p>Priest: The Reading from the Holy Gospel according to Saint Luke. (24:36-53)</p> <p>Choir: Glory to Thee, O Lord, glory to Thee.</p> <p>Deacon: Let us attend!</p>	<p>الشماس: مِنْ أَجْلِ أَنْ نَكُونَ مُسْتَحَقِّينَ لِسَمَاعِ الْإِنْجِيلِ الْمُقَدَّسِ، إِلَى الرَّبِّ إِلَهِنَا نَطْلُبُ.</p> <p>المرتل: يا رَبُّ ارْحَمِ. (ثلاثاً)</p> <p>الشماس: الْحِكْمَةَ. فَلْنَسْتَقِمْ وَلْنَسْمَعْ الْإِنْجِيلَ الْمُقَدَّسَ.</p> <p>الكاهن: السَّلَامُ لِجَمِيعِكُمْ.</p> <p>المرتل: وَلِرُوحِكَ.</p> <p>الكاهن: فَضَّلْ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ لُوقَا الْإِنْجِيلِيَّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ. (٢٤:٣٦-٥٣)</p> <p>المرتل: الْمَجْدُ لَكَ يَا رَبُّ، الْمَجْدُ لَكَ.</p> <p>الشماس: لِنُصْغِ!</p>
<p>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</p>	<p>الكاهن: فِي ذَلِكَ الزَّمَانِ، قَامَ يَسُوعُ مِنْ بَيْنِ الْأَمْوَاتِ، وَوَقَفَ فِي وَسْطِ التَّلَامِيزِ وَقَالَ لَهُمْ:</p>

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. 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.

"السَّلَامُ لَكُمْ"، فَارْتَاعُوا وَخَافُوا وَظَنُّوا أَنَّهُمْ يَرَوْنَ رُوحًا، فَقَالَ لَهُمْ: "مَا بِالْكُمْ مُضْطَرِبِينَ، وَلِمَاذَا تَخْطُرُ أَفْكَارٌ فِي قُلُوبِكُمْ؟ انظُرُوا يَدَيَّ وَرِجْلَيَّ، إِنِّي أَنَا هُوَ، جُسُونِي وَانظُرُوا، لِأَنَّ الرُّوحَ لَا لَحْمَ لَهُ وَلَا عَظْمَ كَمَا تَرَوْنَ لِي." وَحِينَ قَالَ هَذَا، أَرَاهُمْ يَدَيْهِ وَرِجْلَيْهِ. وَإِذْ كَانُوا هُمْ غَيْرَ مُصَدِّقِينَ بَعْدَ مِنَ الْفَرَحِ، وَمُتَعَجِّبِينَ، قَالَ لَهُمْ: "أَعِنْدَكُمْ هَهُنَا طَعَامٌ؟" فَتَأَوَّلُوهُ قِطْعَةً مِنْ سَمَكٍ مَشْوِيٍّ وَشَيْئًا مِنْ شَهْدِ عَسَلٍ. فَأَخَذَ وَأَكَلَ أَمَامَهُمْ، وَقَالَ لَهُمْ: "هَذَا هُوَ الْكَلَامُ الَّذِي كَلَّمْتُكُمْ بِهِ وَأَنَا بَعْدُ مَعَكُمْ، إِنَّهُ يَنْبَغِي أَنْ يَتِمَّ جَمِيعُ مَا هُوَ مَكْتُوبٌ عَنِّي فِي نَامُوسِ مُوسَى وَالْأَنْبِيَاءِ وَالْمَزَامِيرِ." حِينَئِذٍ فَتَحَ أَذْهَانَهُمْ لِيَفْهَمُوا الْكُتُبَ وَقَالَ لَهُمْ: "هَكَذَا هُوَ مَكْتُوبٌ، وَهَكَذَا كَانَ يَنْبَغِي لِلْمَسِيحِ أَنْ يَتَأَلَّمَ وَيَقُومَ مِنْ بَيْنِ الْأَمْوَاتِ فِي الْيَوْمِ الثَّالِثِ، وَأَنْ يُكْرَزَ بِاسْمِهِ بِالتَّوْبَةِ وَمَغْفِرَةِ الْخَطَايَا فِي جَمِيعِ الْأُمَمِ، ابْتِدَاءً مِنْ أُورُشَلِيمَ، وَأَنْتُمْ شُهُودٌ لِذَلِكَ. وَأَنَا أُرْسِلُ إِلَيْكُمْ مَوْعِدَ أَبِي، فَأَمْكُنُوا أَنْتُمْ فِي مَدِينَةِ أُورُشَلِيمَ إِلَى أَنْ تَلْبَسُوا قُوَّةَ مِنَ الْعَلَاءِ." ثُمَّ خَرَجَ بِهِمْ خَارِجًا حَتَّى بَيْتِ عَنِيَا، وَفَتَحَ يَدَيْهِ وَبَارَكَهُمْ. وَفِيمَا هُوَ يُبَارِكُهُمْ، انْفَرَدَ عَنْهُمْ وَصَعِدَ إِلَى السَّمَاءِ. وَأَمَّا هُمْ فَسَجَدُوا لَهُ، وَرَجَعُوا إِلَى أُورُشَلِيمَ بِفَرَحٍ عَظِيمٍ، وَكَانُوا كُلَّ حِينٍ فِي الْهَيْكَلِ يُسَبِّحُونَ اللَّهَ وَيُبَارِكُونَهُ. آمِينَ.

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

المرتل: المَجْدُ لَكَ يَا رَبُّ المَجْدُ لَكَ.

Reader: In that we have beheld the resurrection of Christ, let us worship 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

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

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.	العالم. لِنُبَارِكِ الرَّبَّ فِي كُلِّ حِينٍ وَنُسَبِّحُ قِيَامَتَهُ، لِأَنَّهُ إِذِ اخْتَمَلَ الصَّلْبَ مِنْ أَجْلِنَا، الْمَوْتَ بِالْمَوْتِ حَطَّمَ.
PSALM 50	المزمور ٥٠
Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression.	إِرْحَمْنِي يَا اللَّهُ بِعَظِيمِ رَحْمَتِكَ، وَكَمَثَلِ كَثْرَةِ رَأْفَتِكَ اِمْحُ مَاثِمِي.
Wash me thoroughly from mine iniquity, and cleanse me from my sin.	إِغْسِلْنِي كَثِيرًا مِنْ إِثْمِي، وَمِنْ خَطِيئَتِي طَهِّرْنِي.
For I know mine iniquity, and my sin is ever before me.	لَأْتِي أَنَا عَارِفٌ بِإِثْمِي، وَخَطِيئَتِي أَمَامِي فِي كُلِّ حِينٍ.
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.	إِلَيْكَ وَحْدَكَ أَخْطَأْتُ، وَالشَّرُّ قُدَّامَكَ صَنَعْتُ، لَكَي تَصُدُقَ فِي أَقْوَالِكَ وَتَغْلِبَ فِي مُحَاكَمَتِكَ.
For behold, I was conceived in iniquities, and in sins did my mother bear me.	هَاءَ نَذَا بِالْآثَامِ حُبِلَ بِي، وَبِالْخَطَايَا وُلِدْتَنِي أُمِّي.
For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me.	لَأَنَّكَ قَدْ أَحْبَبْتَ الْحَقَّ، وَأَوْضَحْتَ لِي غَوَامِضَ حِكْمَتِكَ وَمَسْتَوْرَاتِهَا.
Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow.	تَنْضَحْنِي بِالزُّوفَى فَأَطْهُرُ، تَغْسِلْنِي فَأَبْيَضُ أَكْثَرَ مِنَ الثَّلْجِ.
Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice.	تُسْمِعُنِي بِهَجَّةٍ وَسُرُورًا، فَتَبْتَهِّجُ عِظَامِي الدَّلِيلَةَ.
Turn Thy face away from my sins, and blot out all mine iniquities.	إِصْرِفْ وَجْهَكَ عَنِ خَطَايَايَ، وَامْحُ كُلَّ مَاثِمِي.
Create in me a clean heart, O God, and renew a right spirit within me.	قَلْبًا نَقِيًّا أَخْلُقْ فِيَّ يَا اللَّهُ، وَرُوحًا مُسْتَقِيمًا جَدِّدْ فِي أَحْشَائِي.
Cast me not away from Thy presence, and take not Thy Holy Spirit from me.	لَا تَطْرَحْنِي مِنْ أَمَامِ وَجْهِكَ، وَرُوحَكَ الْقُدُّوسُ لَا تَنْزِعْهُ مِنِّي.
Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me.	إِمْنَحْنِي بِهَجَّةٍ خَلَاصِكَ، وَبِرُوحِ رِئَاسِيٍّ اِعْضُدْنِي.
I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee.	فَأَعْلِمُ الْأَثَمَةَ طُرُقَكَ، وَالْكَفْرَةَ إِلَيْكَ يَرْجِعُونَ.
Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in	أُنْقِذْنِي مِنَ الدِّمَاءِ يَا اللَّهُ إِلَهَ خَلَاصِي، فَيَبْتَهِّجَ

Thy righteousness.	لِسَانِي بِعَدْلِكَ.
O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.	يَا رَبُّ افْتَحْ شَفَتَيَّ، فَيُخْبِرَ فَمِي بِتَسْبِيحَتِكَ.
For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased.	لَأَنَّكَ لَوْ آثَرْتَ الذَّبِيحَةَ، لَكُنْتُ الْآنَ أُعْطِي، لَكِنَّكَ لَا تُسَرُّ بِالْمُحْرَقَاتِ.
A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise.	فَالذَّبِيحَةُ لِلَّهِ رُوحٌ مُنْسَجِقٌ، الْقَلْبُ الْمُتَخَشِّعُ وَالْمُتَوَاضِعُ لَا يَزُدُّهُ اللَّهُ.
Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up.	أُصْلِحْ يَا رَبُّ بِمَسَرَّتِكَ صِهْيُونَ وَلِئْتَبْنَ أَسْوَارُ أُورُشَلِيمَ.
Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings.	حِينَئِذٍ تُسَرُّ بِذَّبِيحَةِ الْعَدْلِ قُرْبَاناً وَمُحْرَقَاتِ.
Then shall they offer bullocks upon Thine altar.	حِينَئِذٍ يُقَرَّبُونَ عَلَيَّ مَذْبَحَكَ الْعُجُولَ.
LENTEN TROPARIA AFTER PSALM 50 IN TONE EIGHT	طُوبَايَاتِ الصَّوْمِ بَعْدَ الْمَزْمُورِ ٥٠ بِاللَّحْنِ الثَّامِنِ
<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 وَالِابْنِ وَالرُّوحِ الْقُدْسِ. إِفْتَحْ لِي أَبْوَابَ التَّوْبَةِ يَا وَاهِبَ الْحَيَاةِ، لِأَنَّ رُوحِي تَبْتَكِرُ إِلَى هَيْكَلِ قُدْسِكَ، آتِياً بِهَيْكَلِ جَسَدِي مُدْنَساً بِجُمْلَتِهِ. لَكِنْ، بِمَا أَنَّكَ مُتَعَطِّفٌ، نَقِّنِي بِتَحَنُّنِ مَرَاحِمِكَ.
<i>Both now and ever, and unto ages of ages. Amen.</i> Prepare for me the way of salvation, O Theotokos; for I have profaned myself with coarse sins, and consumed my whole life with procrastination. But by thine intercessions purify thou me from all abomination.	الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. سَهِّلِي لِي مَنَاهَجَ الْخَلَاصِ يَا وَالِدَةَ الْإِلَهِ، فَإِنِّي قَدْ دَنَسْتُ نَفْسِي بِخَطَايَا سَمَجَةٍ، وَأَفْنَيْتُ عُمْرِي كُلَّهُ بِالتَّوَانِي. لَكِنْ بِشَفَاعَاتِكَ، نَقِّنِي مِنْ كُلِّ رَجَاسَةٍ.
(TONE SIX) <i>Have mercy upon me, O God, according to Thy lovingkindness; according to the multitude of Thy tender mercies blot out my transgressions.</i> 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	(بِاللَّحْنِ السَّادِسِ) يَا رَحِيمُ، ارْحَمْنِي يَا اللَّهُ كَعَظِيمِ رَحْمَتِكَ، وَكَمَثَلِ كَثْرَةِ رَأْفَاتِكَ امْحُ مَاثِمِي. إِذَا تَصَوَّرْتُ كَثْرَةَ أَفْعَالِي الرَّدِيئَةِ أَنَا الشَّقِي، فَإِنِّي أُرْتَعِدُ مِنْ يَوْمِ الدِّينُونَةِ الرَّهيبِ. لَكِنِّي إِذْ أَنَا وَاثِقٌ بِتَحَنُّنِكَ، أَهْتَفُ إِلَيْكَ مِثْلَ دَاوُدَ: ارْحَمْنِي يَا اللَّهُ،

mercy upon me, O God, according to Thy Great Mercy.	بِحَسَبِ عَظِيمِ رَحْمَتِكَ.
THE INTERCESSION	طَلِبَةُ الشَّفَاعَةِ
<p>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, the 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 and foremost of the 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; Athanasios, Cyril and John the Merciful, patriarchs of Alexandria; Nicholas of Myra in Lycia, Spyridon of Trimythous and Nektarios of Pentapolis, the wonder-workers; 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-streaming, Theodore the Soldier, Theodore the General and Menas the Wonder-worker; of the hieromartyrs Ignatius the God-bearer of Antioch, Charalampos and Eleutherios; of the holy, glorious and great women martyrs Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photini, Marina, Paraskeva and Irene; of the holy glorious and 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 father among the saints Gregory Palamas, archbishop of Thessalonica, whose memory we celebrate today, and of all Thy saints, we beseech Thee, O most merciful Lord,</p>	<p>الشماس: خَلِّصْ يَا اللَّهُ شَعْبَكَ، وبارِكْ ميراثك، وافْتَقِدْ عَالَمَكَ بِالرَّحْمَةِ وَالرَّافَاتِ، وَاذْفَعْ شَأْنَ الْمَسِيحِيِّينَ الْأَرْثُوذُكْسِيِّينَ، وَأَسْبِغْ عَلَيْنَا مَرَاجِمَكَ الْغَنِيَّةِ، بِشَفَاعَاتِ سَيِّدَتِنَا وَالِدَةِ الْإِلَهِ الْكَلِيَّةِ الطَّهَارَةِ وَالِدَائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ؛ وَبِقُوَّةِ الصَّلِيبِ الْكَرِيمِ الْمُحْيِي؛ وَبِطَلَبَاتِ الْقُوَّاتِ السَّمَاوِيَّةِ الْمُكْرَمَةِ الْعَادِمَةِ الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا الْمَعْمَدَانَ؛ وَالْقَدِيسِينَ الْمُشْرَفَيْنِ الرَّسُولَيْنِ بُطْرُسَ وَبُولَسَ، وَسَائِرِ الرُّسُلِ الْمُشْرَفِينَ الْجَدِيرِينَ بِكُلِّ مَدِيحٍ؛ وَأَبَائِنَا الْقَدِيسِينَ مُعَلِّمِي الْمَسْكُونَةِ، رُؤَسَاءِ الْكَهَنَةِ الْمُعْظَمِينَ بِاسِيلْيُوسَ الْكَبِيرِ، وَغْرِغُورِيُوسَ اللَّاهُوتِي، وَيُوْحَنَّا الذَّهَبِيِّ الْقَمِّ؛ وَأَبَائِنَا الْقَدِيسِينَ أَنْتَاسِيُوسَ وَكِيرْلُسَ وَيُوْحَنَّا الرَّحِيمِ بَطَارِكَةَ الْإِسْكَنْدَرِيَّةِ؛ وَأَبِينَا الْقَدِيسِ نِيْقُولَاوَسَ رَئِيسِ أَسَاقِفَةِ مِيرَا اللَّيْكِئَةِ، وَأَسْبِيرِيدُونَ أَسْقَفِ ثَرِيمِيثُوسَ، وَنِكْتَارِيُوسَ أَسْقَفِ الْمُدُنِ الْخَمْسِ الْعَجَائِبِيِّينَ، وَأَبِينَا الْقَدِيسِ تِيخُونَ بَطْرِيْرِكِ مُوسَكَو، وَالْقَدِيسِ رَافَائِيلِ أَسْقَفِ بَرُوكْلِينَ؛ وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْعُظْمَاءِ جَاورْجِيُوسَ اللَّابِسِ الظَّفْرِ، وَدِيمِيْتْرِيُوسَ الْمُفِيضِ الطَّيْبِ، وَثِيُودُورَسَ التَّيْرُونِي، وَثِيُودُورَسَ قَائِدِ الْجَيْشِ، وَمِينَاسَ الصَّانِعِ الْعَجَائِبِ؛ وَالْقَدِيسِينَ الشُّهَدَاءِ إِغْنَاطِيُوسَ الْمُتَوَشَّحِ بِاللَّهِ، خَرَامْبُوسَ وَالْفَثِيرِيُوسَ؛ وَالشُّهَدَاتِ الْعَظِيمَاتِ ثَقْلَا، بِرَبَاةِ، أَنْسَطَاسِيَا، كَاثْرِينَا، كِيرِيَاكِي، فُوتِينِي، مَارِينَا، بَارَاسَكِيْفَا، وَأَيْرِينَ؛ وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْمُتَأَلِّقِينَ بِالظَّفْرِ؛ وَأَبَائِنَا الْأَبْرَارِ الْمُتَوَشَّحِينَ بِاللَّهِ؛ وَالْقَدِيسِ (فَلَان) شَفِيعِ هَذِهِ الْكَنِيسَةِ الْمُقَدَّسَةِ؛ وَالْقَدِيسِينَ الصَّدِيقَيْنِ جَدِّي الْمَسِيحِ الْإِلَهِيِّ يُوَاكِيمَ وَحَنَّةَ، وَأَبِينَا الْجَلِيلِ فِي الْقَدِيسِينَ غْرِغُورِيُوسَ بَالَامَاسَ</p>

<p>hearken unto the petitions of us sinners who make our supplications unto Thee, and have mercy upon us.</p>	<p>رئيس أساقفة تسالونيكية، الذي نُقيم تذكاره اليوم، وجميع قديسيك، نتضرع إليك أيها الربّ الجليل الرحمة، فاستجب لنا نحن الخطاة الطالبين إليك وارحمنا.</p>
<p>Choir: Lord, have mercy. <i>(twelve times)</i></p>	<p>المرتل: يا ربّ ارحم. (١٢ مرّة)</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.</p>	<p>الكاهن: برحمة ورأفات ابنك الوحيد ومحبتته للإنسان، الذي أنت مبارك معه ومع روحك الكلي قدسه الصالح والمحيي، الآن وكلّ أوانٍ وإلى دهر الدهرين.</p>
<p>Choir: Amen.</p>	<p>المرتل: آمين.</p>
<p>SIXTH TONE RESURRECTIONAL KONTAKION AND OIKOS (Plain Reading)</p>	<p>القنداق والبيت للقيامة للحن السادس (قراءة)</p>
<p>Having raised up all the dead out of the dark abysses by His life-bestowing hand, Christ God, the Giver of Life, hath bestowed the Resurrection upon mortal nature; for He is the Savior and Resurrection and Life of all, and the God of all.</p>	<p>إنّ المسيح الإله الواهب الحياة، قد وهب القيامة للجبلّة البشريّة، مُقيماً بيده المحيية جميع الأموات من الكهوف المظلمة. فإنه مُخلص الجميع وقيامتهم وحياتهم وإله الكلّ.</p>
<p>We the faithful praise and worship Thy Cross and burial, O Giver of life, for Thou hast bound Hades, O immortal One, as God omnipotent, and Thou hast raised up the dead with Thyself, and broken the gates of Hades, and destroyed the dominion of death, since Thou art God. Wherefore, we the earthborn glorify Thee with longing, Who art risen, and hast destroyed the dominion of the all-destroying enemy. Thou hast raised up all who believe in Thee, and has rescued the world from the darts of the serpent, and hast delivered us from the error of the enemy, O almighty One. Hence, we reverently praise Thy Resurrection, whereby Thou hast saved us, since Thou art the God of all.</p>	<p>أيها المسيح مُعطي الحياة، إنّنا نحن المؤمنين نُنشد ونسجد لصليبك ودفنك. لأنك، يا مَنْ لا يموت، قيدت الجحيم بما أنّك الإله القدير، وسحقت أبوابها، وأقمت الأموات، ونقضت عزة الموت كاله. لذلك نمجّدك نحن الأرضيين بحرارة، يا مَنْ قام مُبيداً عزة العدو المميت، وأقام معه جميع المؤمنين به، وافتدى العالم من سهام الحيّة، ونجانا من ضلالة العدو بما أنه المُفتدّر وحده. ولذا نُسبح بحسن عبادة قيامتك التي بها خلّصتنا، بما أنّك إله الكلّ.</p>

THE SYNAXARION (Plain Reading)	السِّنْكَسَار (قراءة)
<p>On March 8 in the Holy Orthodox Church, we commemorate Theophylact the Confessor, bishop of Nicomedia; and Apostle Hermas of the Seventy.</p>	
<p>On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, Gregory Palamas, archbishop of Thessalonica.</p>	
<p style="text-align: center;"><i>Verses</i></p> <p style="text-align: center;">The Spring of Light now leadeth to light unwaning The Light's own truly great and resplendent herald.</p>	
<p>This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the palace and gave himself to asceticism on Mount Athos. He eventually moved to Thessalonica to seek cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy, tending to his people in an Apostolic fashion for 13 years. He is glorified as an ascetic, a hierarch, a theologian who defeated the heretics of his era, and a miracle-worker who forsook a prominent, secular lifestyle to take up his cross and follow Christ. The Most-Holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and angels of God appeared to him at different times.</p>	
<p style="text-align: center;">Through his intercessions, O Lord Jesus Christ our God, have mercy upon us. Amen.</p>	
<p style="text-align: center;">KATAVASIAE OF THE THEOTOKOS CANON IN TONE FOUR</p>	<p style="text-align: center;">كَطَاوَسِيَاةِ السَّيِّدَةِ بِاللَّحْنِ الرَّابِعِ</p>
<p>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.</p>	<p>(الأولى) أَفْتَحُ فَمِي فَيَمْتَلِئُ رَوْحاً، وَأُبْدِي قَوْلًا فَائِضًا نَحْوَ الْأُمِّ الْمَلِكَةِ، وَأُظْهِرُ مُعَيِّدًا لِلْمَوْسِمِ بَابْتِهَاجٍ، وَأَتَرْتَمُ بِعَجَائِبِهَا مَسْرُورًا.</p>
<p>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.</p>	<p>(الثالثة) يَا وَالِدَةَ الْإِلَهِ، بِمَا أَتَّكِ الْيَنْبُوعَ الْحَيِّ الْمُتَدَفِّقُ بِسَخَاءٍ، وَطَدِينَا نَحْنُ الْمُنْشِدِينَ تَسَابِيحِكَ، الْمُلْتَمِّمِينَ مَخْفِلًا رَوْحِيًّا، وَفِي مَجْدِكَ الْإِلَهِيِّ أَهْلِينَا لَأَكَالِيلِ الْمَجْدِ وَالشَّرَفِ.</p>
<p>Ode 4. <i>When the Prophet Habakkuk, O Thou Most High, learned of the divine and untraceable counsel of Thy pure incarnation from the womb of the blest Virgin, he cried out: Glory to Thy power, O Lord my God.</i>¹</p>	<p>(الرابعة) إِنَّ حَبَقُوقَ النَّبِيِّ، لَمَّا عَرَفَ إِرَادَتَكَ الْإِلَهِيَّةَ، غَيْرَ الْمُدْرَكَةِ أَيُّهَا الْعَلِيِّ، الَّتِي هِيَ تَجَسَّدُكَ مِنَ الْبَتُولِ، هَتَفَ صَارِحًا: الْمَجْدُ لِقُدْرَتِكَ يَا رَبِّ.</p>
<p>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</p>	<p>(الخامسة) أَيُّهَا الْبَتُولُ الَّتِي لَمْ تَعْرِفْ زَوْاجًا، إِنَّ الْبَرَايَا بِأَسْرِهَا قَدْ انْدَهَلَتْ مِنْ مَجْدِكَ الْإِلَهِيِّ، لِأَنَّكَ</p>

¹ This is the correct katavasia for the fourth ode of the Theotokos Canon.

<p>Son, who rewards with salvation all those who hymn thy praises.</p>	<p>حَمَلَتْ فِي حَشَاكِ إِلَهَ الْكُلِّ، وَوَلَدَتْ الْإِبْنَ غَيْرَ الْمَحْدُودِ فِي زَمَنِ، وَمَنْحَتِ الْخَلَاصَ لِكُلِّ الَّذِينَ يُسَبِّحُونَكَ.</p>
<p>Ode 6. As we the Godly minded, celebrate this sacred and all-honorable feast of the Mother of God: come, let us clap our hands together and glorify the God whom she bore.</p>	<p>(السادسة) هَلُمُّوا أَيُّهَا الْمُتَأَلِّهُو الْعُقُولِ، لِنُصَقِّقْ بِالْأَيْدِي مُقِيمِينَ هَذَا الْعِيدَ الْإِلَهِيِّ الْكَلِيِّ الْإِكْرَامِ، الَّذِي لَوَالِدَةِ الْإِلَهِ، وَنُمَجِّدِ الْإِلَهَ الَّذِي وُلِدَ مِنْهَا.</p>
<p>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.</p>	<p>(السابعة) إِنْ الْفَتْيَةَ الْمُتَأَلِّهُي الْعُقُولِ، لَمْ يَعْبُدُوا الْخَلِيقَةَ دُونَ الْخَالِقِ، بَلْ وَطِنُوا وَعِيدَ النَّارِ بِشَجَاعَةٍ، فَرَتَّلُوا فَرِحِينَ: أَيُّهَا الْفَائِقُ التَّسْبِيحِ، مُبَارِكٌ أَنْتَ يَا إِلَهَ آبَائِنَا.</p>
<p><i>We praise, we bless, and we worship the Lord.</i> Ode 8. 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.’</p>	<p>نُسَبِّحُ وَنُبَارِكُ وَنَسُجُدُ لِلرَّبِّ. (الثامنة) إِنْ مَوْلِدَ وَالِدَةِ الْإِلَهِ قَدْ حَفِظَ الْفِتْيَةَ الْأَطْهَارَ فِي الْأَتُونِ سَالِمِينَ، إِذْ كَانَ حِينِيذٍ مَرْسُومًا وَأَمَّا الْآنَ فَقَدْ حَصَلَ مَفْعُولًا، فَهُوَ يُنْهَضُ الْمَسْكُونَةَ بِأَسْرِهَا إِلَى التَّرْتِيلِ هَاتِفَةً: يَا جَمِيعَ أَعْمَالِ الرَّبِّ سَبِّحُوا الرَّبَّ، وَزِيدُوهُ رِفْعَةً عَلَى مَدَى الْأَدْهَارِ.</p>
<p>Deacon: The Theotokos and Mother of the Light let us honor and magnify in song.</p>	<p>الشَّمْسُ: لَوَالِدَةِ الْإِلَهِ وَامَّ النُّورِ بِالتَّسَابِيحِ نَكْرِمُ مُعْظَمِينَ.</p>
<p>MAGNIFICATIONS IN TONE FOUR</p>	<p>تَعْظِيمَاتٌ بِاللَّحْنِ الرَّابِعِ</p>
<p>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 didst bear God the Word, and art truly Theotokos, we magnify thee.</p>	<p>تُعْظِمُ نَفْسِي الرَّبِّ، وَتَبْتَهِجُ رُوحِي بِاللَّهِ مُخَلِّصِي. الْلازِمَةُ: يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ مَجْدًا بِغَيْرِ قِيَاسٍ مِنَ السَّارَافِيمِ، الَّتِي مِنْ دُونِ فَسَادٍ وَوَلَدَتْ كَلِمَةَ اللَّهِ، حَقًّا أَنْكَ وَالِدَةُ الْإِلَهِ إِيَّاكَ نُعْظِمُ.</p>
<p>For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. (Refrain)</p>	<p>لَأَنَّهُ نَظَرَ إِلَى تَوَاضُعِ أُمَّتِهِ، فَهَا مُنْذُ الْآنَ تُطَوِّبُنِي جَمِيعُ الْأَجْيَالِ. (اللازمة)</p>
<p>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)</p>	<p>لَأَنَّ الْقَدِيرَ صَنَعَ بِي عَظَائِمَ وَقُدُّوسَ اسْمُهُ، وَرَحْمَتُهُ إِلَى جِيلٍ فَجِيلٍ لِلَّذِينَ يَتَّقُونَهُ. (اللازمة)</p>

<p>He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. <i>(Refrain)</i></p>	<p>صَنَّعَ عِزًّا بِسَاعِدِهِ، وَشَتَّتَ الْمُتَكَبِّرِينَ بِذَهْنِ قُلُوبِهِمْ. (اللازمة)</p>
<p>He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the empty with good things, and the rich hath He sent empty away. <i>(Refrain)</i></p>	<p>حَطَّ الْمُقْتَدِرِينَ عَنِ الْكَرَاسِيِّ وَرَفَعَ الْمُتَوَاضِعِينَ، مَلَأَ الْجِياعَ مِنَ الْخَيْرَاتِ، وَالْأَغْنِيَاءَ أَرْسَلَهُمْ فَارِغِينَ. (اللازمة)</p>
<p>He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. <i>(Refrain)</i></p>	<p>عَضَدَ إِسْرَائِيلَ فَتَاهُ لِيَذْكُرَ رَحْمَتَهُ، كَمَا قَالَ لِآبَائِنَا إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الْأَبَدِ. (اللازمة)</p>
<p>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, and ever-virgin Theotokos!’</p>	<p>(التاسعة) كُلُّ الْأَرْضِيِّينَ فَلْيَبْتَهِجُوا بِالرُّوحِ حَامِلِينَ الْمَصَابِيحَ، وَطَبِيعَةُ الْعَقْلِيِّينَ غَيْرِ الْهَيُولِيِّينَ فَلْتَحْتَقِلْ مَعًا، مُعَيَّدَةً لِمَوْسِمِ أُمِّ الْإِلَهِ الشَّرِيفِ وَهَاتِفَةً: إِفْرَحِي يَا وَالِدَةَ الْإِلَهِ النَّقِيَّةَ، الدَّائِمَةَ الْبَتُولِيَّةَ، وَالْكَلْبِيَّةَ الطُّوبَى.</p>
<p>THE LITTLE LITANY</p>	<p>الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى</p>
<p>Deacon: Again and again, in peace, let us pray to the Lord. Choir: Lord, have mercy. Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace. Choir: Lord, have mercy. Deacon: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the 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.</p>	<p>الشماس: أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمْ. الشماس: أَعْضُدْ وَخَلِّصْ وَارْحَمْ وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمْ. الشماس: بَعْدَ ذِكْرِنَا الْكَلْبِيَّةَ الْقَدَّاسَةَ، الطَّاهِرَةَ، الْفَائِقَةَ الْبَرَكَاتِ الْمَجِيدَةَ، سَيِّدَتَنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةَ مَرِيَمَ مَعَ جَمِيعِ الْقَدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ. الجوق: لَكَ يَا رَبُّ. الكاهن: لِأَنَّهُ إِيَّاكَ تُسَبِّحُ كُلُّ قُوَاتِ السَّمَاوَاتِ، وَلَكَ يُزْسِلُونَ الْمَجْدَ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. الجوق: آمِينَ.</p>
<p>Holy is the Lord our God. <i>(thrice)</i> Exalt ye the Lord our God, and worship at His footstool, for He is holy.</p>	<p>قُدُّوسٌ هُوَ الرَّبُّ إِلَهُنَا. (ثلاثاً) إِرْفَعُوا الرَّبَّ إِلَهُنَا، وَاسْجُدُوا لِمَوْطِي قَدَمَيْهِ، لِأَنَّ الرَّبَّ إِلَهُنَا قُدُّوسٌ هُوَ.</p>

<p style="text-align: center;">THE SIXTH EOTHINON EXAPOSTEILARION IN TONE TWO (*Upon that mount in Galilee*)</p>	<p style="text-align: center;">إكسابوستيلاري الإيوثينا السادسة بالحن الثاني *وزن لِنَقِفْ مع التلاميذ*</p>
<p>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.</p>	<p>أَيُّهَا الْمُخَلِّصُ، لَمَّا قُمْتَ مِنَ الْقَبْرِ، أَوْضَحْتَ ذَاتَكَ إِنْسَانًا بِالطَّبْعِ، لَمَّا انْتَصَبْتَ فِي وَسْطِ التَّلَامِيذِ، ثُمَّ آكَلْتَهُمْ، وَعَلَّمْتَهُمْ مَعْمُودِيَّةَ التَّوْبَةِ، وَلِلْحِينِ صَعِدْتَ نَحْوَ أَبِيكَ السَّمَاوِيِّ، وَوَعَدْتَهُمْ بِإِرْسَالِ الْمُعَزِّي لَهُمْ، فِي أَيُّهَا الْفَائِقُ اللاهوتِ، الإلهُ الْمُتَأَنِّسُ، الْمَجْدُ لِانْبِعَاتِكَ.</p>
<p style="text-align: center;">EXAPOSTEILIARION & THEOTOKION FOR ST. GREGORY PALAMAS IN TONE TWO (*Upon that mount in Galilee*)</p>	<p style="text-align: center;">إكسابوستيلاري وثيوطوكية للقديس غريغوريوس بالاماس بالحن الثاني (*لِنَقِفْ مع التلاميذ*)</p>
<p>Rejoice, boast of the Fathers' choir, * thou mouth of theologians, * abode of stillness rapt in God; * rejoice, O house of wisdom, * thou highest summit of teachers, * sea of the word unfathomed, * instrument of activity, * height of true divine vision, * thou who dost heal * men's uncured diseases; rejoice, O father, * thou who art both in life and death * the Spirit's sanctuary.</p>	<p>إفْرَحْ يَا فخرًا لِلآبَاءِ، وَفَمَا لِلأهوتيين. إفْرَحْ يَا مَسْكَنَ الهُدوءِ، وَيَا بَيْتًا لِلْحِكْمَةِ، وَزَعِيمَ الْمُعَلِّمِينَ، مَنْ هُوَ لُجَّةُ الصَّلَاحِ. إفْرَحْ يَا آلهَ العَمَلِ، وَكَمَالِ التَّأْوِرِيَا، الشَّافِي الأَمْرَاضِ البَشَرِيَّةِ. إفْرَحْ أَيُّهَا الأبُّ خِزَانَةَ الرُّوحِ فِي الحَيَاةِ وَبَعْدَ المَوْتِ أَيْضًا.</p>
<p>O sovereign Lady, Queen of all, * anticipate our perils, * anticipate our every woe, * be with us when we need thee * upon that awesome and last day, * lest Hades or perdition * or Satan take us in that hour; * but may we all stand guiltless * before thy Son * at His dread tribunal, O all-pure Virgin; * for all thou willest, thou canst do, * as God's all-holy Mother.</p>	<p>مَلِكَةَ الكُلِّ السَيِّدَةِ، فِي الحُزْنِ أَدْرِكِينَا، وَمِنْ شَدَائِدِ اليَوْمِ الأَخِيرِ كُونِي مَعَنَا كَي لا يَسُودَنَا الشَّيَاطِينُ، وَلَا الجَحِيمِ وَالهَلَاكِ. وَخَوَّلِينَا أَنْ نَقِفَ أَمَامَ مِنْبَرِ ابْنِكَ الرَّهيبِ غَيْرَ مُذْنِبِينَ، بِشَفَاعَاتِكَ أَيُّهَا السَيِّدَةُ، أُمُّ الإلهِ العَذْرَاءِ.</p>
<p style="text-align: center;">AINOI (PRAISES) IN TONE SIX</p>	<p style="text-align: center;">الإينوس بالحن السادس</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 فَلتَسْبِحِ الرَّبَّ. سَبِّحُوا الرَّبَّ مِنَ السَّمَاوَاتِ، سَبِّحُوهُ فِي الأَعَالِي، لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللهُ.</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 ملائِكَتِهِ، سَبِّحُوهُ يَا سَائِرَ قُوَّاتِهِ، لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللهُ.</p>

For the Resurrection in Tone Six	للقيامَة باللحن السادس
<p><i>Verse 1. This glory shall be to all His saints.</i> The Cross, O Lord, is Life and Resurrection to Thy people, and in it we do trust. Wherefore, Thee do we praise, O our risen Lord; have mercy upon us.</p>	<p>استيخن ١ . هذا المجد يكون لجميع أبراره . يا رب، إن صليبك لهو حياة وقيامَة لشعبك، وعليه اتكالنا، فنسبحك يا إلهنا الناهض فازحمنا .</p>
<p><i>Verse 2. Praise God in His sanctuary; praise Him in the firmament of His power.</i> Thy burial, O Master, has opened paradise for mankind. Wherefore, as we escape corruption, we praise Thee, O our risen God; have mercy on us.</p>	<p>استيخن ٢ . سبحوا الله في قدسيه، سبحوه في قلك قوته . إن دفنك أيها السيد قد فتح الفردوس لجنس البشر . فاذ قد نجونا من الفساد، نسبحك يا إلهنا الناهض فازحمنا .</p>
<p><i>Verse 3. Praise Him for His mighty acts; praise Him according to His excellent greatness.</i> With the Father and the Spirit, let us praise Christ risen from the dead. Let us cry to Him, Thou art our Life and Resurrection; have mercy on us.</p>	<p>استيخن ٣ . سبحوه على مقدرته، سبحوه نظير كثرة عظمته . لنسبح مع الأب والروح المسيح الناهض من بين الأموات، ونصرخ إليه: أنت هو حياتنا وقيامتنا فازحمنا .</p>
<p><i>Verse 4. Praise Him with the sound of the trumpet; praise Him with the psaltery and harp.</i> Thou hast risen from the tomb in three days, as it was written, O Christ, and hast raised with Thee our ancestors. Wherefore, mankind doth glorify Thee and praise Thy Resurrection.</p>	<p>استيخن ٤ . سبحوه بلحن البوق، سبحوه بالمزمار والقيثارة . لقد قمت من القبر لثلاثة أيام كما كتب أيها المسيح، وأقمت معك أجدادنا، لذلك جنس البشر يُمددك ويسبح قيامتك .</p>
<p>For St. Gregory Palamas in Tone One (*Thou art the joy*)</p>	<p>للقدّيس غريغوريوس بالاماس باللحن الأوّل (* جند السماء جميعاً *)</p>
<p><i>Verse 5. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.</i> Having completed thy blessed life led here in this world, * thou now rejoicest gladly with the blessed assemblies; * being meek, thou dwellest in the land of the meek, * O divine Hierarch Gregory, * made rich by God with the grace to work miracles, * which thou grantest to those honoring thee.</p>	<p>استيخن ٥ . سبحوه بالطبل والمصاف، سبحوه بالأوتار وآلة الطرب . لقد جرت في الحياة حياة مغبوبة، والآن أنت تفرح مع محافل المغبوطين، فتسكن يا غريغوريوس كوديع أرض الودعاء، مستغنياً بالعجائب من الله، تمنحها لمكرميك .</p>
<p><i>Verse 6. Praise Him upon the loud cymbals; praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord.</i></p>	<p>استيخن ٦ . سبحوه بنغمات الصنوج، سبحوه</p>

<p>Having completed thy blessed life led here in this world ... (repeat above)</p>	<p>بِصُنُوجِ التَّهْلِيلِ، كُلُّ نَسَمَةٍ فَلْتَسْبِحِ الرَّبَّ. لَقَدْ جُرَّتْ فِي الْحَيَاةِ حَيَاةً مَغْبُوطَةً ... (تَعَاد)</p>
<p><i>Verse 7. The mouth of the righteous shall meditate on wisdom, and his tongue shall speak of judgment.</i> Planting the doctrines of Orthodoxy, O blessed man, * thou didst cut down the brambles of heretical doctrines, * increasing well the seed of the Orthodox Faith * with thy showers of saving words, * as a good husbandman offering unto God * sheaves of wheat brought forth a hundredfold.</p>	<p>اسْتِيخْنَ ٧. فَمُ الصِّدِّيقِ يَنْطِقُ دَائِمًا بِالْحِكْمَةِ، وَيَتَقَوَّهُ بِكَلَامِ الْحَقِّ. إِذْ قَدْ عَرَسْتَ عَقَائِدَ الرَّأْيِ الْمُسْتَقِيمِ، مُسْتَأْصِلًا يَا مَغْبُوطُ شَوْكَ الرَّأْيِ الْوَحِيمِ. أَنْمَيْتَ بَعِيْثِ أَقْوَالِكَ زَرْعَ الْإِيمَانِ حَسَنًا، وَكَفَّلَاحٍ لِلَّهِ أَعْطَيْتَهُ عَوْضَ السُّنْبُلِ مِائَةَ ضِعْفٍ.</p>
<p><i>Verse 8. Thy priests, O Lord, shall be clothed in righteousness, and Thy saints shall rejoice.</i> All the assemblies of angels and men were sore amazed * at the far-shining splendor of thy life, O blest father, * who wast an ascetic and also didst prove * a staunch athlete in will and choice, * a worthy hierarch and minister of the Lord, * and a true and guileless friend of God.</p>	<p>اسْتِيخْنَ ٨. لِيَرْتَدِ كَهَنَتُكَ الْبِرَّ ثَوْبًا، وَلِيَهْتَفَ أَتَقِيَاؤُكَ فَرَحًا. أَدْهَشَ الْأَمْلاَكُ وَالنَّاسُ حُسْنَ سَيْرَتِكَ الَّتِي لَا تُمْسُ، يَا مَغْبُوطُ، بَعِيْبٍ. إِذْ ظَهَرْتَ فِي الْجِهَادِ الصَّنْدِيدِ، وَالنُّسْكَ رَأْسَ كَهَنَةٍ، وَخَادِمًا لِلَّهِ عَنِ اسْتِحْقَاقٍ، وَصَفِيًّا خَصِيصًا لَهُ.</p>
<p>DOXASTICON FOR THE SECOND SUNDAY OF LENT IN TONE SIX</p>	<p>دُكُصًا لِلأَحَدِ الثَّانِي مِنَ الصَّوْمِ بِاللَّحْنِ السَّادِسِ</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Thou didst shine forth, O Christ, a Light to those who dwell in the darkness of sin, in the season of abstinence. Show us, therefore, the glorious day of Thy passion, that we may cry to Thee aloud: Arise, O God, and have mercy upon us.</p>	<p>الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّسِ. أَيُّهَا الْمَسِيحُ، يَا مَنْ أَشْرَقَ نُورًا لِلْسَّاكِنِينَ فِي دَيْجُورِ الْخَطَايَا فِي حِينِ الْإِمْسَاكِ، أَرِنَا يَوْمَ آلامِكَ الْجَلِيلِ، لِنَهْتَفَ إِلَيْكَ: فَمُ يَا اللَّهُ وَارْحَمْنَا.</p>
<p>THEOTOKION IN TONE SIX</p>	<p>ثِيُوطُوكِيَّةٌ بِاللَّحْنِ السَّادِسِ</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> 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. أَنْتِ هِيَ الْفَائِزَةُ عَلَى كُلِّ الْبَرَكَاتِ، يَا وَالِدَةَ الْإِلَهِ الْعَذْرَاءَ، لِأَنَّ الْجَحِيمَ قَدْ سُبِّبَتْ بِوَاسِطَةِ الْمُتَجَسِّدِ مِنْكَ، وَآدَمَ دُعِيَ ثَانِيَةً، وَاللَّعْنَةُ بَادَتْ، وَحَوَاءَ انْعَثَقَتْ، وَالْمَوْتَ أُمِيتَ، وَنَحْنُ قَدْ حَيِينَا. فَلِذَلِكَ نُسَبِّحُ هَاتِقِينَ: مُبَارَكٌ أَنْتِ أَيُّهَا الْمَسِيحُ إِلَهُنَا، يَا مَنْ هَكَذَا سُرَّ، الْمَجْدُ لَكَ.</p>

THE GREAT DOXOLOGY IN TONE SIX	الدوكصولوجيا الكبرى باللحن السادس
Glory to Thee, Who hast shown forth the light. Glory to God in the highest, and on earth peace, good will among men.	المَجْدُ لَكَ يَا مُظْهِرَ النُّورِ، المَجْدُ لِلَّهِ فِي العَلَاءِ، وَعَلَى الأَرْضِ السَّلَامُ، وَفِي النَّاسِ المَسْرَّةُ.
We hymn Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks unto Thee for Thy great glory.	نُسَبِّحُكَ نُبَارِكُكَ، نَسْجُدُ لَكَ نُمَجِّدُكَ، نَشْكُرُكَ مِنْ أَجْلِ عَظِيمِ جَلَالِ مَجْدِكَ.
O Lord King, heavenly God, Father almighty; O Lord, the only-begotten Son, Jesus Christ; and O Holy Spirit.	أَيُّهَا الرَّبُّ المَلِكُ، السَّمَاوِيُّ، الإِلَهُ، الأبُّ الضَّابِطُ الكُلِّ. أَيُّهَا الرَّبُّ الإِبْنُ الوَحِيدُ، يَا يَسُوعَ المَسِيحُ، وَيَا أَيُّهَا الرُّوحُ القُدُسُ.
O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy on us, thou that takest away the sins of the world.	أَيُّهَا الرَّبُّ الإِلَهُ، يَا حَمَلَ اللهِ يَا ابْنَ الأبِّ، يَا رَافِعَ خَطِيئَةِ العَالَمِ ارْحَمْنَا، يَا رَافِعَ خَطَايَا العَالَمِ.
Receive our prayer, Thou that sittest at the right hand of the Father, and have mercy on us.	تَقَبَّلْ تَضَرُّعَنَا أَيُّهَا الجَالِسُ عَنِ يَمِينِ الأبِّ وارْحَمْنَا.
For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the glory of God the Father. Amen.	لَأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ، أَنْتَ وَحْدَكَ الرَّبُّ يَسُوعُ المَسِيحُ، فِي مَجْدِ اللهِ الأبِّ، آمِينَ.
Every day will I bless Thee, and I will praise Thy name forever, yea forever and ever.	فِي كُلِّ يَوْمٍ أَبَارِكُكَ، وَأَسْبِّحُ اسْمَكَ إِلَى الأَبَدِ، وَإِلَى أَبَدِ الأَبَدِ.
Vouchsafe, O Lord, to keep us this day without sin.	أَهْلِنَا يَا رَبُّ أَنْ نَحْفَظَ فِي هَذَا اليَوْمِ بِغَيْرِ خَطِيئَةٍ.
Blessed art Thou, O Lord, the God of our Fathers, and praised and glorified is Thy name forever. Amen.	مُبَارَكٌ أَنْتَ يَا رَبُّ إِلَهَ آبَائِنَا، وَمُسَبَّحٌ وَمُمَجَّدٌ اسْمُكَ إِلَى الأَبَدِ، آمِينَ.
Let Thy mercy be upon us, O Lord, even as we have set our hope on thee.	لِتَكُنْ يَا رَبُّ رَحْمَتُكَ عَلَيْنَا، كَمَا تَكُنْ اتِّكَانُنَا عَلَيْكَ.
Blessed art Thou, O Lord; teach me Thy statutes. (thrice)	مُبَارَكٌ أَنْتَ يَا رَبُّ عَلِّمْنِي حُقُوقَكَ. (ثلاثاً)
Lord, thou hast been our refuge from generation to generation. I said: Lord, be merciful unto me; heal my soul, for I have sinned against Thee.	يَا رَبُّ مَلْجَأُ كُنْتُمْ لَنَا فِي جِيلٍ وَجِيلٍ، أَنَا قُلْتُ يَا رَبُّ ارْحَمْنِي وَاشْفِ نَفْسِي لِأَنَّي 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.	لِأَنَّ مِنْ قِبَلِكَ عَيْنَ الحَيَاةِ، وَبِنُورِكَ نَعَايُنُ النُّورَ.
O continue Thy mercy unto them that know	فَابْسِطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ.

<p>Thee. Holy God, Holy Mighty, Holy Immortal: have mercy on us. (<i>thrice</i>)</p>	<p>قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا. (ثَلَاثًا)</p>
<p>Glory to the Father, and to the Son, and to the Holy Spirit.</p>	<p>الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ.</p>
<p>Both now and ever, and unto ages of ages. Amen.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.</p>
<p>Holy Immortal, have mercy on us.</p>	<p>قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا.</p>
<p>Holy God, Holy Mighty, Holy Immortal: have mercy on us.</p>	<p>قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا.</p>
<p>TROPARION IN TONE EIGHT</p>	<p>طَرُوبَارِيَّةٌ بِاللَّحْنِ الثَّامِنِ</p>
<p>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.</p>	<p>إِذْ قُمْتَ يَا رَبُّ مِنَ الْقَبْرِ، وَقَطَعْتَ رِبَاطَاتِ الْجَحِيمِ، غَلَبْتَ حُكُومَةَ الْمَوْتِ، وَأَنْقَذْتَ الْكُلَّ مِنْ فِخَاخِ الْعَدُوِّ، وَلَمَّا أَظْهَرْتَ ذَاتَكَ لِرُسُلِكَ أَرْسَلْتَهُمْ إِلَى الْكِرَازَةِ، وَمَنْحْتَ بِهِمْ سَلَامَكَ لِلْمَسْكُونَةِ يَا جَزِيلَ الرَّحْمَةِ وَحَدَّكَ.</p>
<p><i>These texts have been prepared by Department of Liturgics of the Antiochian Archdiocese</i></p> <p>Portions of the Archdiocesan Service Texts include texts from <i>The Menaion</i>, <i>The Great Horologion</i>, <i>The Pentecostarion</i>, <i>The Octoechos</i>, <i>The Triodion-Holy Week</i>, and <i>The Psalter of the Seventy</i>, which are Copyright © Holy Transfiguration Monastery, Brookline, Massachusetts, and are used with permission. All rights reserved. These works may not be further reproduced, beyond printing out a single copy for personal non-commercial use, without the prior written authorization of Holy Transfiguration Monastery.</p>	