

**ORTHROS ON SUNDAY, MARCH 22, 2026; TONE 8 / EOTHINON 8**

**FOURTH SUNDAY OF GREAT LENT**

**COMMEMORATION OF JOHN CLIMACUS, AUTHOR OF "THE LADDER"**

HIEROMARTYR BASIL OF ANCYRA; MARTYR KALLINIKA OF ROME

<b>Priest:</b> Blessed is our God, always, now and ever, and unto the ages of ages.	الكاهن: تَبَارَكَ اللهُ إِلَهُنَا كُلَّ حِينٍ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
<b>Choir:</b> Amen.	الجوقة: آمين.
<b>Priest:</b> 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، وَرَازِقُ الحَيَاةِ، هَلُمَّ وَاسْكُنْ فِينَا وَطَهِّرْنَا مِنْ كُلِّ دَنَسٍ، وَخَلِّصْ أَيُّهَا الصَّالِحِ نَفُوسَنَا.
<b>Reader:</b> Holy God, Holy Mighty, Holy Immortal: have mercy on us. (thrice)	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 وَإِلَى 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 امْرَأَتَنَا، مِنْ أَجْلِ اسْمِكَ.
Lord, have mercy. (thrice)	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 وَإِلَى 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 لِمَنْ لَنَا عَلَيْهِ، وَلَا تُدْخِلْنَا فِي التَّجْرِبَةِ، لَكِنْ نَجِّنَا مِنَ الشَّرِّيرِ.
<b>Priest:</b> 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><b>Reader:</b> 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، وَظَفراً غَيْرَ مَقْهُورٍ.</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 دهرِ الداهرينِ. آمين. أَيُّهَا الشَّفِيعَةُ الرَّهيبَةُ غَيْرُ المَخْذُولَةِ، يا وَالِدَةَ الإِلهِ الكَلِيَّةِ النَّسَبِيحِ، لا تُعْرِضِي يا صالِحَةَ عَن تَوْسَلاتِنَا، بَلْ وَطِّدِي سِيرةَ المُسْتَقِيمي الرَّاى، وَخَلِّصِي الَّذِينَ أَمَرْتِ أَنْ يَتَمَلَّكُوا، وَامْنَحِيهِمُ العَلْبَةَ مِنَ السَّماءِ، بما أَنَّكَ وُلِدْتِ الإِلهَ، أَيُّهَا المُبارَكَةُ وَحْدَكَ.</p>
<p><b>LITANY</b></p>	<p>الطَّلِبَةُ السَّلَامِيَّةُ</p>
<p><b>Priest:</b> 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><b>Choir:</b> Lord, have mercy. (<i>thrice</i>) (use this response until noted below)</p>	<p>الجوقة: يا رَبُّ ارْحَمْ. (ثلاثاً) (تُعادُ بعدَ كُلِّ طَلِبَةٍ)</p>
<p><b>Priest:</b> Again we pray for all pious and Orthodox Christians.</p>	<p>الكاهن: وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ المَسِيحِيِّينَ الحَسَنِي العِبادةِ الأَرثوذكسيِّينَ.</p>
<p><b>Priest:</b> 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 إِخوتِنَا في المَسِيحِ.</p>
<p><b>Priest:</b> 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 دهرِ الداهرينِ.</p>

<p><b>Choir:</b> Amen. Bless, Father, in the Name of the Lord.</p>	<p><b>الجوقة:</b> آمين. بِاسْمِ الرَّبِّ بَارِكْ يَا أَب.</p>
<p><b>Priest:</b> Glory to the holy, consubstantial, life-giving and undivided Trinity, always, now and ever, and unto ages of ages.</p>	<p><b>الكاهن:</b> المَجْدُ لِلتَّالُوثِ القُدُّوسِ، المُتَسَاوِي فِي الجَوْهَرِ، المُحْيِي، غَيْرِ المُنْقَسِمِ، كُلَّ حِينٍ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>
<p><b>Choir:</b> Amen.</p>	<p><b>الجوقة:</b> آمين.</p>
<p><b>Reader:</b> 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><b>القارئ:</b> المَجْدُ لِلَّهِ فِي العُلَى، وَعَلَى الأَرْضِ السَّلَامُ، وَفِي النَّاسِ المَسْرَّة. (ثَلَاثًا) يَا رَبُّ افْتَحْ شَفَتِي فَيُخْبِرَ فَمِي بِتَسْبِيحَتِكَ. (مَرَّتَيْنِ)</p>
<p><b>PSALM 3</b></p>	<p><b>المزمور ٣</b></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 رَبِّ لِمَاذَا كَثُرَ الَّذِينَ يُخْزِنُونِي؟ 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 بَرَكَتُكَ. أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي.</p>
<p><b>PSALM 37</b></p>	<p><b>المزمور ٣٧</b></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 رَبِّ، لَا بَغْضَبِكَ تُؤَبِّخْنِي، وَلَا بِرِجْزِكَ تُؤَدِّبْنِي. فَإِنَّ سِهَامَكَ قَدْ نَشَبَتْ فِيَّ، وَمَكَّنْتَ عَلَيَّ يَدَكَ. لَيْسَ لِجَسَدِي شِفَاءٌ مِنْ وَجْهِ غَضَبِكَ، وَلَا سَلَامَةٌ فِي عِظَامِي مِنْ وَجْهِ خَطَايَايَ. لِأَنَّ آثَامِي قَدْ تَعَالَتْ فَوْقَ رَأْسِي، كَحِمْلٍ ثَقِيلٍ قَدْ ثَقَلَتْ عَلَيَّ. قَدْ أَنْتَنَتْ وَقَاحَتْ جِرَاحَاتِي مِنْ قِبَلِ جَهَالَتِي. شَقِيتُ وَأَنْحَنَيْتُ إِلَى الغَايَةِ، وَالنَّهَارَ كُلَّهُ مَسْتَبِثٌ 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.

قَدْ اَمْتَلَا مَهَازِيْ وَلَيْسَ لِجَسَدِيْ شِفَاءً . شَقِيْتُ  
وَاتَّصَعْتُ جِدًّا ، وَكُنْتُ اَبْنُ مِنْ تَنَهَّدَ قَلْبِي . يَا رَبُّ ،  
اِنَّ بُغْيَتِيْ كُلُّهَا اَمَامَكَ ، وَتَنَهَّدِيْ لَمْ يَخْفَ عَنكَ . قَدْ  
اَضْطَرَبَ قَلْبِيْ وَفَارَقْتَنِيْ قُوَّتِيْ ، وَنُورُ عَيْنِيْ اَيْضًا  
لَمْ يَبْقَ مَعِي . اَصْدِقَائِيْ وَاَقْرَبَائِيْ 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 ، وَكَأَخْرَسٌ لَا يَفْتَحُ فَاهًا . وَصِرْتُ  
كَانْسَانٍ لَا يَسْمَعُ وَلَا فِيْ فَمِهِ تَنَكِيْتُ . لِأَنِّيْ عَلَيْنِكَ ،  
يَا رَبُّ ، تَوَكَّلْتُ ، أَنْتَ تَسْتَجِيْبُ 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 .

### PSALM 62

### المزمور ٦٢

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

يَا اَللّٰهُ اِلَهِيْ اِلَيْكَ اَبْتَكِر . عَطِشْتُ اِلَيْكَ نَفْسِيْ ،  
وَاشْتَقَ اِلَيْكَ جَسَدِيْ ، فِيْ اَرْضٍ بَرِّيَّةٍ وَغَيْرِ مَسْلُوْكَةٍ  
وَعاِدِمَةِ الْمَاءِ . هَكَذَا ظَهَرْتُ لَكَ فِي الْقُدْسِ لِأَعْيُنِ  
قُوَّتِكَ وَمَجْدِكَ . لِأَنَّ رَحْمَتَكَ أَفْضَلُ مِنَ الْحَيَاةِ ،  
وَشَفَّتِيْ تُسَبِّحَانِكَ . 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، فَتَمَتَّلِي نَفْسِي كَمَا مِنْ شَحْمٍ وَدَسَمٍ،  
وَبَشِيفَاهِ الْإِبْتِهَاجِ يُسَبِّحُكَ فَمِي. إِذَا ذَكَرْتُكَ عَلَى  
فِرَاشِي، هَدَدْتُ بِكَ فِي الْأَسْحَارِ، لِأَنَّكَ صِرْتَ لِي  
عَوْنًا وَبِظِلِّ جَنَاحَيْكَ أَسْتَتِرُ. ائْتَصَقْتُ نَفْسِي بِكَ،  
وَإِيَّايَ عَضَدْتُ 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. ائْتَصَقْتُ نَفْسِي بِكَ، وَإِيَّايَ  
عَضَدْتُ 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 أَدُنُّكَ إِلَيَّ  
طَلِبْتِي، فَقَدْ ائْتَلَأْتُ 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 مَقْصُونُونَ. 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 مَنَسِيَّةٍ؟ وَأَنَا إِلَيْكَ، يَا رَبُّ، صَرَخْتُ فَتَبَلَّغْكَ فِي الْغَدَاةِ صَلَاتِي. لِمَآذَا، يَا رَبُّ، تُقْصِي نَفْسِي وَتَصْرِفُ وَجْهَكَ عَنِّي؟ فَقِيرٌ أَنَا، وَفِي الشَّقَاءِ مُنْذُ شَبَابِي، وَحِينَ ارْتَفَعْتُ اتَّضَعْتُ وَتَحَيَّرْتُ. عَلَيَّ جَازَ رَجْزُكَ، 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، أَمِلْ أُذُنَكَ إِلَيَّ طَلِبْتِي.

### المزمور ١٠٢

بَارِكِي يَا نَفْسِي الرَّبَّ، وَيَا جَمِيعَ مَا فِي دَاخِلِي اسْمَهُ الْقُدُّوسِ. بَارِكِي يَا نَفْسِي الرَّبَّ، وَلَا تَنْسِي جَمِيعَ مُكَافَأَاتِهِ. 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.

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 يُزْهِرُ، لِأَنَّهُ إِذَا هَبَّتْ فِيهِ الرِّيحُ لَيْسَ يَثْبُتُ وَلَا يُعْرَفُ أَيْضًا مَوْضِعُهُ. أَمَّا رَحْمَةُ الرَّبِّ فَهِيَ مُنْذُ الدَّهْرِ، وَإِلَى الدَّهْرِ عَلَى الَّذِينَ يَتَّقُونَهُ، وَعَدْلُهُ عَلَى أَبْنَاءِ الْبَنِينَ الْحَافِظِينَ عَهْدَهُ وَالذَّاكِرِينَ وَصَايَاهُ لِيَصْنَعُوهَا. الرَّبُّ هَيَّا عَرْشَهُ فِي السَّمَاءِ، 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.

### 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

### المزمور ١٤٢

يَا رَبُّ اسْتَمِعْ صَلَاتِي، وَأَنْصِتْ بِحَقِّكَ إِلَى طَلِبَتِي. اسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعَ عَبْدِكَ، فَإِنَّهُ لَنْ يَتْرَكَنِي 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>فَضَجَرَتْ 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><b>THE GREAT LITANY</b></p>	<p><b>الطَّلِبَةُ السَّلَامِيَّةُ الْكُبْرَى</b></p>
<p><b>Priest:</b> In peace, let us pray to the Lord.</p>	<p><b>الكَاهِن:</b> بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.</p>
<p><b>Choir:</b> Lord, have mercy. (use this response until noted below)</p>	<p><b>الجَوْقَةُ:</b> يَا رَبُّ ارْحَمِ. (تُعَادُ بَعْدَ كُلِّ طَّلِبَةٍ)</p>
<p><b>Priest:</b> For the peace from above and the salvation of our souls, let us pray to the Lord.</p>	<p><b>الكَاهِن:</b> مِنْ أَجْلِ السَّلَامِ الَّذِي مِنَ الْعُلَى وَخَلَاصِ نَفُوسِنَا، إِلَى الرَّبِّ نَطْلُبُ.</p>
<p><b>Priest:</b> For the peace of the whole world, the good estate of the holy churches of God and the</p>	<p><b>الكَاهِن:</b> 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.
<b>Priest:</b> 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.
<b>Priest:</b> 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 الْمُكْرَمِيْنَ، وَالشَّامِسَةَ، خُدَامِ الْمَسِيْحِ، وَجَمِيعِ الْإِكْلِيْرُوسِ وَالشَّعْبِ، إِلَى الرَّبِّ نَطْلُبُ.
<b>Priest:</b> 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 وَمُؤَارَرَتِهِمْ فِي كُلِّ عَمَلٍ صَالِحٍ، إِلَى الرَّبِّ نَطْلُبُ.
<b>Priest:</b> 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.
<b>Priest:</b> 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 ثَمَارِ الْأَرْضِ وَأَوْقَاتِ سَلَامِيَّةٍ، إِلَى الرَّبِّ نَطْلُبُ.
<b>Priest:</b> 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.
<b>Priest:</b> 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.
<b>Priest:</b> Help us; save us; have mercy on us; and keep us, O God, by Thy grace.	الكَاهِنُ: أَعْضُدْ وَخَلِّصْ وَارْحَمْ وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ.
<b>Priest:</b> 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 الْكُلِّيَّةِ الْقَدَّاسَةِ الطَّاهِرَةَ الْفَائِقَةَ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ، مَعَ جَمِيعِ الْقَدِيْسِيْنَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيْحِ الْإِلَهِ.
<b>Choir:</b> To Thee, O Lord.	الْجَوْقَةُ: لَكَ يَا رَبِّ.
<b>Priest:</b> 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.
<b>Choir:</b> Amen.	الجوقة: آمين.
<b>“GOD IS THE LORD” IN TONE EIGHT</b>	"الله الرَّبُّ" بِاللَّحْنِ الثَّامِنِ
<b>Choir:</b> 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 الْإِسْتِخُونَاتِ)
1. O give thanks unto the Lord, and call upon His holy Name.	١. اعْتَرِفُوا لِلرَّبِّ وادْعُوا 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 فَهَرَّتْهُمْ.
3. This is the Lord's doing; it is marvelous in our eyes.	٣. مِنْ قَبْلِ الرَّبِّ كَانَتْ هَذِهِ وَهِيَ عَجِيبَةٌ فِي أَعْيُنِنَا.
<b>RESURRECTIONAL APOLYTIKION IN TONE EIGHT</b>	أبوليتيكيون القيامة باللحن الثامن
From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.	انْحَدَرْتَ مِنَ الْعُلُوِّ يَا مُتَحَنِّنٌ، وَقَبِلْتَ الدَّفْنَ ذَا الثَّلَاثَةِ الْأَيَّامِ، لِكَيْ تُعْتِقَنَا مِنَ الْآلَامِ، فَيَا حَيَاتِنَا وَقِيَامَتَنَا، يَا رَبُّ الْمَجْدُ لَكَ.
<b>APOLYTIKION FOR ST. JOHN CLIMACUS IN TONE EIGHT</b>	أبوليتيكيون للقديس يوحنا السلمى باللحن الثامن
<i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father John Climacus, intercede with Christ God to save our souls.	الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُّوسِ. لِلْبَرِّيَّةِ غَيْرِ الْمُثْمَرَةِ بِمَجَارِي دُمُوعِكَ أَمْرَعْتَ، وَبِالْتَهْدَاتِ الَّتِي مِنَ الْأَعْمَاقِ أَثْمَرْتَ بِأَتْعَابِكَ إِلَى مِئَةِ ضِعْفٍ، فَصِرْتَ كَوْكَبًا لِلْمَسْكُونَةِ مُتَلَأَلِيًّا بِالْعَجَائِبِ، يَا أَبَانَا الْبَارَّ يوحنا، فَتَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهِ أَنْ يُخَلِّصَ نَفُوسَنَا.
<b>RESURRECTIONAL THEOTOKION IN TONE EIGHT</b>	ثيوطوكية القيامة باللحن الثامن
<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 whom Thou hast created with Thine own hand, show forth Thy love for mankind, O merciful	الآنَ وَكُلَّ أَوَانٍ وَالِي دَهْرِ الدَّاهِرِينَ. آمين. يَا مَنْ وُلِدَ مِنَ الْبَتُولِ مِنْ أَجْلِنَا، وَكَابَدَ الصَّلْبَ، أَيُّهَا الصَّالِحُ، يَا مَنْ سَبَى الْمَوْتَ بِمَوْتِهِ، وَأَرَى الْقِيَامَةَ بِمَا أَنَّهُ إِلَهٌ. لَا تُعْرِضْ عَنِ الَّذِينَ جَبَلْتَهُمْ

<p>One. Accept the intercessions of Thy mother, the Theotokos, for us, and save Thy despairing people, O our Savior.</p>	<p>بِيَدَيْكَ، بَلْ أَظْهَرَ تَعَطُّفَكَ عَلَى النَّاسِ أَيُّهَا الرَّحِيمِ. وَتَقَبَّلْ وَالِدَتَكَ، وَالِدَةَ الْإِلَهِ، مُتَشَقِّعَةً مِنْ أَجْلِنَا، وَحَلِّصْ يَا مُخَلِّصَنَا شَعْباً يَائِساً.</p>
<p><b>THE LITTLE LITANY</b></p>	<p><b>الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى</b></p>
<p><b>Priest:</b> Again and again, in peace, let us pray to the Lord. <b>Choir:</b> Lord, have mercy. <b>Priest:</b> Help us; save us; have mercy on us; and keep us, O God, by Thy grace. <b>Choir:</b> Lord, have mercy. <b>Priest:</b> Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, 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. <b>Choir:</b> To Thee, O Lord. <b>Priest:</b> 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. <b>Choir:</b> Amen.</p>	<p><b>الكاهن:</b> أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. <b>الجوق:</b> يَا رَبُّ ارْحَمْنَا. <b>الكاهن:</b> أَعْضُدْ وَحَلِّصْ وَارْحَمْنَا وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ. <b>الجوق:</b> يَا رَبُّ ارْحَمْنَا. <b>الكاهن:</b> بَعْدَ ذِكْرِنَا الْكَلِيَّةَ الْقَدَّاسَةَ، الطَّاهِرَةَ، الْفَائِقَةَ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةَ مَرْيَمَ مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ. <b>الجوق:</b> لَكَ يَا رَبُّ. <b>الكاهن:</b> لِأَنَّ لَكَ الْعِزَّةَ وَلَكَ الْمُلْكَ وَالْقُوَّةَ وَالْمَجْدَ أَيُّهَا الْأَبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. <b>الجوق:</b> آمِينَ.</p>
<p><b>EIGHTH TONE RESURRECTIONAL KATHISMATA HYMNS (Plain Reading)</b></p>	<p><b>ترانيم كاثيسماتات القيامة للحن الثامن (قراءة)</b></p>
<p><b>First Kathisma</b></p>	<p><b>الكاثيسما الأولى</b></p>
<p>Thou hast risen from the dead, O Life of all. And a resplendent angel shouted to the women: Dry your tears and proclaim to the Apostles, and cry out in praise, that Christ the Lord hath risen, He Who hath been pleased to save mankind, since He is God.</p>	<p>إِذْ قُمْتَ مِنْ بَيْنِ الْأَمْوَاتِ يَا حَيَاةَ الْكُلِّ، وَمَلَائِكَةُ مُنِيرَةٌ هَتَفَتْ نَحْوَ النِّسْوَةِ: أَكْفُفْنَ مِنَ الدُّمُوعِ، وَبَشِّرْنَ الرُّسُلَ، وَاهْتَفْنَ مُسَبِّحَاتٍ بِأَنْ قَدْ قَامَ الْمَسِيحُ الرَّبُّ الَّذِي سَرَّ، بِمَا أَنَّهُ إِلَهُ، أَنْ يُخَلِّصَ جِنْسَ الْبَشَرِ.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Thou hast verily risen from the tomb; and Thou didst command the righteous women to preach to the Apostles the Resurrection, as it was written. And as for Peter, he did hasten to the tomb; and when he saw the light in the grave, he was dazzled with surprise. Then he saw the linen</p>	<p>الْمَجْدُ لِلْأَبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ. حَقًّا قَدْ قُمْتَ مِنَ الْقَبْرِ، وَأَمَرْتَ النِّسْوَةَ الْبَارَاتِ أَنْ يُغْلِنَ انْبِعَاتِكَ كَمَا كُتِبَ. فَجَاءَ بُطْرُسُ إِلَى الْقَبْرِ رَاكِضاً، وَرَأَى النُّورَ فِي الضَّرِيحِ فَذَهَلَ، ثُمَّ عَايَنَ أَيْضاً الْأَكْفَانَ وَحَدَّهَا مَوْضُوعَةً عَلَى حِدَّةٍ بِدُونِ</p>

<p>clothes lying aside, where it was not possible to see them by night, and he believed, and cried out, Glory to Thee, O Christ God; for Thou hast saved us all, O our Savior, Who still remainest in truth the Radiance of the Father.</p>	<p>الجَسَدِ الإِلَهِيِّ، فَاَمَنْ وَهَتَفَ: المَجْدُ لَكَ أَيُّهَا المَسِيحُ الإِلَهِيُّ، لِأَنَّكَ تَخَلِّصُ الجَمِيعَ، يَا مُخَلِّصَنَا، فَإِنَّكَ أَنْتَ شِعَاعُ الآبِ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> Let us glorify her who is the tabernacle and the heavenly gate, the most holy mountain, the shining cloud, the heavenly ladder, the paradise, endowed with speech, the deliverer of Eve, the precious and great treasure of the universe; for by her did salvation come to the world, and the forgiveness of ancient sins. Wherefore, do we cry to her: Intercede to thy Son and God to grant forgiveness of sins to those who bow in true worship to thy most holy birth-giving.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. لِنُسَبِّحِ التِّي هِيَ التَّابُوتُ وَالبَابُ السَّمَاوِيُّ، الجَبَلُ الفَائِقُ القُدْسِ، السَّحَابَةُ المُنِيرَةُ، السَّلْمُ السَّمَاوِيَّةُ، الفِرْدَوْسُ النَّاظِقُ، مُنْقَذَةُ حَوَاءَ، الفَرِيدَةُ العَظِيمَةُ لِلْمَسْكُونَةِ بِأَسْرِهَا، لِأَنَّ بِهَا صَارَ الخَلَاصُ لِلْعَالَمِ وَغُفْرَانُ الزَّلَّاتِ القَدِيمَةِ، لِذَلِكَ نَهْتَفُ نَحْوَهَا: تَشْفَعِي إِلَى ابْنِكَ وَإِلَهَيْكَ أَنْ يَهَبَ صَفْحَ الجَرَائِمِ لِلسَّاجِدِينَ بِحُسْنِ عِبَادَةٍ لِمَوْلِدِكَ الكُلِّيِّ القُدْسِ.</p>
<p><b>Second Kathisma</b></p>	<p><b>الكَاثِسْمَا الثَّانِيَّةُ</b></p>
<p>Men did seal Thy tomb, O Savior, and the angels did roll the stone from off Thy grave; and the women witnessed Thy Resurrection from the dead. They proclaimed to Thy Disciples in Zion that Thou didst rise, O Life of all, and didst break asunder the bonds of death, O Lord, glory to Thee.</p>	<p>أَيُّهَا المَخْلُصُ، إِنَّ البَشَرَ خَتَمُوا قَبْرَكَ، وَالمَلَائِكَةُ دَخَرَجَ الحَجَرَ عَنِ بَابِ اللَّحْدِ، وَالنِّسْوَةُ عَايَنَ قِيَامَتَكَ مِنْ بَيْنِ الأَمْوَاتِ، وَبَشَّرَنَ تَلَامِيذَكَ فِي صِهْيُونَ بِأَنَّكَ قَدْ قُمْتَ يَا حَيَاةَ الكُلِّ وَحَلَلْتَ فُيُودَ المَوْتِ، يَا رَبُّ المَجْدُ لَكَ.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Verily, when the women came with burial ointment, they heard from the grave an angelic voice, saying: Cease your tears and receive joy instead of sorrow; and cry in praise that Christ the Lord is risen, Who being God was pleased to save mankind.</p>	<p>المَجْدُ لِلآبِ وَالإِبْنِ وَالرُّوحِ القُدْسِ. إِنَّ النِّسْوَةَ لَمَّا وَافِينَ بِطُيُوبِ الدَّفْنِ، سَمِعْنَ مِنَ القَبْرِ صَوْتًا مَلَائِكِيًّا قَائِلًا: اكفُفْنَ الدُّمُوعَ وَاقْبَلْنَ الفَرَحَ عِوَضَ الحُزْنِ، وَاهْتَفْنَ مُسَبِّحَاتٍ بِأَنَّ قَدْ قَامَ المَسِيحُ الرَّبُّ، الَّذِي سُرَّ بِمَا أَنَّهُ إِلَهُ، أَنْ يُخَلِّصَ جِنْسَ البَشَرِ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. إِنَّ البَرَايَا بِأَسْرِهَا تَفْرَحُ بِكَ يَا مُمْتَلِئَةٌ نِعْمَةً، مَحَافِلُ المَلَائِكَةِ وَأَجْنَاسُ البَشَرِ، أَيُّهَا الهَيْكَلُ المُتَقَدِّسُ وَالفِرْدَوْسُ النَّاظِقُ، فَخُرُ البَتُولِيَّةِ مَرِيَمُ التِّي مِنْهَا تَجَسَّدَ الإِلَهُ وَصَارَ طِفْلًا، وَهُوَ إِلَهُنَا قَبْلَ الدُّهُورِ. لِأَنَّهُ صَنَعَ مُسْتَوْدَعَكَ عَرْشًا، وَجَعَلَ بَطْنَكَ أَرْحَبَ</p>

grace. Glory to thee.	مِنَ السَّمَاوَاتِ. لِذَلِكَ يَا مُمْتَلِئَةً نِعْمَةً، تَفْرَحُ بِكَ كُلُّ الْبَرَايَا وَتَمَجِّدُكَ.
<b>EVLOGETARIA (BENEDICTIONS) IN TONE FIVE</b>	<b>إفلوجيطاريات باللحن الخامس</b>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i></p> <p>The company of the Angels was amazed when they beheld Thee numbered among the dead. Yet Thyself, O Savior, destroying the power of death, with Thee raising up Adam and releasing all men from hades.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.</p> <p>جَمَعَ الْمَلَائِكَةُ انْدَهَلَ مُتَحَيِّرًا، عِنْدَ مُشَاهَدَتِهِمْ إِيَّاكَ مَحْسُوبًا بَيْنَ الْأَمْوَاتِ أَيُّهَا الْمُخْلِصُ، وَدَاحِضًا قُوَّةَ الْمَوْتِ، وَمُنْهَضًا آدَمَ مَعَكَ، وَمُعْتِقًا إِيَّانَا مِنَ الْجَحِيمِ كَافَةً.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i></p> <p>Wherefore, O Women Disciples, do ye mingle sweet-smelling spices with your tears of pity? The radiant Angel within the sepulcher cried unto the Myrrh-bearing Women: Behold the grave, and understand, for the Savior is risen from the tomb.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.</p> <p>الْمَلَائِكَةُ اللَّامِعُ عِنْدَ الْقَبْرِ نَفْوَهُ نَحْوَ حَامِلَاتِ الطِّيبِ قَائِلًا: لِمَ تَمزُجْنَ الطُّيُوبَ بِالدَّمُوعِ، بِنَتْرَبِ يَا تَلْمِيزَاتِ؟ أَنْظُرْنَ اللَّحْدَ وَأَفْرَحْنَ، لِأَنَّ الْمُخْلِصَ قَدْ قَامَ مِنَ الْقَبْرِ.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i></p> <p>Very early in the morning, did the Myrrh-bearing Women run lamenting unto Thy tomb. But an Angel came toward them, saying: The time for lamentation is passed; weep not, but announce unto the Apostles the Resurrection.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.</p> <p>إِنَّ حَامِلَاتِ الطِّيبِ 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></p> <p>The Myrrh-bearing Women mourned, as bearing spices they drew near Thy tomb, O Savior. But the Angel spake unto them, saying: Why number ye the living among the dead? In that He is God He is risen from the grave.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.</p> <p>إِنَّ النِّسْوَةَ حَامِلَاتِ الطِّيبِ، 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></p> <p>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 وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ.</p> <p>نَسْجُدُ لِلآبِ وَلِابْنِهِ وَلِرُوحِ قُدُّوسِهِ، ثَالُوثًا قُدُّوسًا فِي جَوْهَرٍ وَاحِدٍ، هَانِفِينَ مَعَ السَّرَافِيمِ: قُدُّوسٌ، قُدُّوسٌ، قُدُّوسٌ أَنْتَ يَا رَبُّ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i></p>	<p>الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.</p> <p>أَيُّهَا الْعَدْرَاءُ، لَقَدْ وُلِدْتَ مُعْطِي الْحَيَاةِ، وَأَنْقَذْتَ</p>

<p>In that thou didst bear the Giver of Life, O Virgin, thou didst redeem Adam from sin, and didst give to Eve joy in place of sadness; and He who was incarnate of thee, both God and man, hath restored to life those who had fallen therefrom.</p>	<p>أَدَمَ مِنَ الْخَطِيئَةِ، وَمَنَحْتَ حَوَاءَ الْفَرْحَ عِوَضَ الْحُزْنِ، لَكِنَّ الإِلَهَ وَالإِنْسَانَ الْمُتَجَسِّدَ مِنْكَ، أَرَشَدَهُمَا إِلَى الْحَيَاةِ الَّتِي قَدْ تَهَوَّرَا مِنْهَا.</p>
<p>Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (<i>thrice</i>) O our God and our Hope, glory to Thee.</p>	<p>هَلْلُوِيَا، هَلْلُوِيَا، هَلْلُوِيَا الْمَجْدُ لَكَ يَا اللهُ. (ثَلَاثًا) يَا إِلَهَنَا وَرَجَاءَنَا لَكَ الْمَجْدُ.</p>
<p><b>THE LITTLE LITANY</b></p>	<p><b>الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى</b></p>
<p><b>Priest:</b> Again and again, in peace, let us pray to the Lord. <b>Choir:</b> Lord, have mercy. <b>Priest:</b> Help us; save us; have mercy on us; and keep us, O God, by Thy grace. <b>Choir:</b> Lord, have mercy. <b>Priest:</b> Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, 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. <b>Choir:</b> To Thee, O Lord. <b>Priest:</b> For blessed is Thy Name, and glorified is Thy kingdom: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages. <b>Choir:</b> Amen.</p>	<p><b>الكاهن:</b> أَيْضًا وَأَيْضًا بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. <b>الجوق:</b> يَا رَبُّ ارْحَمْنَا. <b>الكاهن:</b> أَعْضُدْ وَخَلِّصْ وَارْحَمْ وَاحْفَظْنَا يَا اللهُ بِنِعْمَتِكَ. <b>الجوق:</b> يَا رَبُّ ارْحَمْنَا. <b>الكاهن:</b> بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةِ الإِلَهِ الدَّائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الإِلَهِيِّ. <b>الجوق:</b> لَكَ يَا رَبُّ. <b>الكاهن:</b> لِأَنَّ اسْمَكَ مُبَارَكٌ وَمُلْكُكَ مُمَجَّدٌ أَيُّهَا الآبُ وَالإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. <b>الجوق:</b> آمِينَ.</p>
<p><b>EIGHTH TONE RESURRECTIONAL HYPAKOE (Plain Reading)</b></p>	<p><b>إِيَّاكُوي الْقِيَامَةِ لِلْحَنِ الثَّامِنِ (قِرَاءَةٌ)</b></p>
<p>The ointment-bearing women came to the tomb of the Life-giver, seeking among the dead the Lord Who is not dead; and when they received the glad tidings from the angels, they preached to the Apostles that the Lord hath risen, and granted the world the Great Mercy.</p>	<p>إِنَّ حَامِلَاتِ الطِّيبِ حَضَرْنَ إِلَى قَبْرِ الْوَاهِبِ الْحَيَاةِ، طَالِبَاتٍ فِي الْأَمْوَاتِ السَّيِّدِ غَيْرِ الْمَائِتِ. وَإِذْ قَبِلْنَ بَشَائِرَ الْفَرْحِ مِنَ الْمَلَائِكِ، بَشَّرْنَ الرُّسُلَ بِأَنَّ الرَّبَّ قَدْ قَامَ، مَانِحًا الْعَالَمَ الرَّحْمَةَ الْعَظْمَى.</p>

<b>EIGHTH TONE RESURRECTIONAL ANABATHMOI (Plain Reading)</b>	<b>أَنَابِثْمِيَاتِ الْقِيَامَةِ لِلْحَنِ الثَّامِنِ (قِرَاءَةٌ)</b>
<b>First Antiphony</b>	<b>الْأَنْتِيفُونَا الْأُولَى</b>
<p>+ From my youth the enemy hath tempted me and with temptations hath he beguiled me. But I, O Lord, trusting in Thee, have rejected him in shame.</p> <p>+ They who hate Zion shall become like grass before it is pulled up; for Christ shall cut down their necks with the scythe of torment.</p> <p>+ <i>Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.</i></p> <p>+ Verily in the Holy Spirit all shall live; for He is the Light of Light, a great God. Let us, therefore, praise Him with the Father and the Word.</p>	<p>+ إِنَّ الْعَدُوَّ مِنْذُ شَبَابِي يُجَرِّبُنِي وَبِاللَّذَاتِ يُلْهَبُنِي، وَأَنَا بِاتِّكَالِي عَلَيْكَ يَا رَبُّ أَقْهَرُهُ مُخْزِيًّا إِيَّاهُ.</p> <p>+ إِنَّ الَّذِينَ يُبَغِضُونَ صِهْيُونََ يَصِيرُونَ نَظِيرَ الْعُشْبِ قَبْلَ أَنْ يُقْلَعَ، لِأَنَّ الْمَسِيحَ سَيَقْطَعُ بِمِفْصَلِ الْعَذَابِ أَعْنَاقَهُمْ.</p> <p>+ الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.</p> <p>+ إِنَّهُ بِالرُّوحِ الْقُدُّوسِ يَحْيَا الْكُلَّ، وَهُوَ نُورٌ مِنْ نُورٍ، إِلَهٌ عَظِيمٌ، فَلْنُسَبِّحْهُ مَعَ الْآبِ وَالْكَلِمَةِ.</p>
<b>Second Antiphony</b>	<b>الْأَنْتِيفُونَا الثَّانِيَّةُ</b>
<p>+ Yea, let my humble heart be lighted by Thy fear, lest it rise and fall from Thee, O all-compassionate One.</p> <p>+ He that trusteth in the Lord shall not fear when God shall judge all with tormenting fire.</p> <p>+ <i>Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.</i></p> <p>+ Verily, by the Holy Spirit every divine one seeth and uttereth things to be, and performeth heavenly wonders; for he singeth to one God in three; for the Godhead, albeit of three Lights, is one in Leadership.</p>	<p>+ لَيْسَتَّزَّ قَلْبِي الْمُنْضَعُ بِخَوْفِكَ لِيَلَّا يَرْتَفِعَ فَتُخْفِضُهُ يَا كُلِّي الرَّأْفَةِ.</p> <p>+ إِنَّ الْوَاضِعَ اتِّكَالَهُ عَلَى الرَّبِّ لَا يَخْشَى عِنْدَمَا يَدِينُ اللَّهُ الْكُلَّ بِالنَّارِ مُعَذِّبًا.</p> <p>+ الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.</p> <p>+ إِنَّهُ بِالرُّوحِ الْقُدُّوسِ كُلُّ إِلَهِيٍّ يَنْظُرُ وَيَنْطِقُ بِالْمُقْبَلَاتِ، وَيَصْنَعُ آيَاتٍ عُلُويَّةً، فَإِنَّهُ يُرْتَلُّ لِإِلَهِ وَاحِدٍ فِي ثَلَاثَةٍ، لِأَنَّ اللَّاهُوتَ وَإِنْ كَانَ ذَا ثَلَاثَةِ أَنْوَارٍ، إِلَّا أَنَّهُ مُوَحَّدُ الرَّئَاسَةِ.</p>
<b>Third Antiphony</b>	<b>الْأَنْتِيفُونَا الثَّالِثَةُ</b>
<p>+ To Thee have I cried, O Lord. Listen and turn Thine ear towards me when I shout. Purify me before Thou raisest me from this place.</p> <p>+ Verily, everyone shall return and disappear in his mother the earth, and shall be dissolved at once, to receive either honors or punishments as reward for what he hath done in his lifetime.</p>	<p>+ إِلَيْكَ صَرَخْتُ يَا رَبُّ فَأَصْغِ، وَأَمِلْ أذُنَيْكَ نَحْوِي عِنْدَمَا أَهْتَفُ إِلَيْكَ. طَهِّرْنِي قَبْلَ أَنْ تَنْقُلَنِي مِنْ هُنَا.</p> <p>+ كُلُّ وَاحِدٍ يَرْجِعُ مُخْتَفِيًّا إِلَى أُمِّهِ الَّتِي هِيَ الْأَرْضُ، فَيَنْحَلُّ حَالًا لِيَأْخُذَ إِمَّا كَرَامَاتٍ وَإِمَّا عُقُوبَاتٍ جَزَاءً</p>

<p>+ <i>Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.</i></p> <p>+ Verily, through the Holy Spirit one speaketh of the Godhead, the One, the Thrice-Holy; for from the Father, Who is without beginning, the Son did proceed without time. And the Spirit, Who is Their equal in appearance and on the throne, hath shone forth from the Father likewise.</p>	<p>عَمَّا صَنَعَهُ فِي حَيَاتِهِ.  + الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ  وَالِي دَهْرِ الدَاهِرِينَ، آمِينَ.  + إِنَّهُ بِالرُّوحِ الْقُدُسِ التَّكَلَّمَ فِي اللاهوتِ الْوَاحِدِ  الْمُتَلَثِّ التَّقْدِيسِ، لِأَنَّ الْآبَ، الَّذِي هُوَ غَيْرُ  مُبْتَدِيٍّ، صَدَرَ مِنْهُ الْإِبْنُ مُنْذُ الْأَزْلِ، وَكَذَلِكَ  الرُّوحُ الْمُعَادِلُ لَهُمَا فِي الصُّورَةِ وَالْجَلْسَةِ قَدْ  أَشْرَقَ مِنَ الْآبِ.</p>
<p style="text-align: center;"><b>Fourth Antiphony</b></p>	<p style="text-align: center;"><b>الْأَنْتِيفُونَا الرَّابِعَةُ</b></p>
<p>+ Behold, how good and how beautiful for the brethren to live together; for of this did the Lord promise eternal life.</p> <p>+ Verily, He Who beautifieth the flowers of the field commandeth that no one take heed for his dress.</p> <p>+ <i>Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.</i></p> <p>+ Verily, the Holy Spirit is the cause of all, and containeth in Himself the harmony of safety; for He is truly equal to the Father and the Son in substance.</p>	<p>+ هُوَذَا مَا أَحْسَنَ وَمَا أَجْمَلَ أَنْ تَسْكُنَ الْإِخْوَةُ  جَمِيعاً، لِأَنَّ بِهِذَا وَعَدَ الرَّبُّ بِحَيَاةٍ أَبَدِيَّةٍ.  + إِنَّ الْمَجْمَلَ أَزْهَرَ الْحَقْلِ يَأْمُرُ بِأَنَّهُ يَجِبُ أَلَّا يَهْتَمَّ  أَحَدٌ بِلِبَاسِهِ.  + الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ  وَالِي دَهْرِ الدَاهِرِينَ، آمِينَ.  + إِنَّ الرُّوحَ الْقُدُسَ هُوَ الْعِلَّةُ الْوَحِيدَةُ لِانْتِظَامِ الْخَلِيقَةِ  كُلِّهَا وَفَوْزِهَا بِالسَّلَامِ، فَإِنَّهُ إِلَهٌ مُسَاوٍ لِلآبِ، وَحَاوٍ  بِذَاتِهِ ائْتِلَافَ السَّلَامَةِ، بِمَا أَنَّهُ مُسَاوٍ لِلآبِ وَالْإِبْنِ  فِي الْجَوْهَرِ حَقّاً.</p>
<p style="text-align: center;"><b>PROKEIMENON FOR THE RESURRECTION IN TONE EIGHT</b></p>	<p style="text-align: center;"><b>بروكيمنون للقيامة بالحن الثامن</b></p>
<p>The Lord shall reign forever, thy God, O Zion, from generation to generation. <i>(twice)</i></p> <p><b>Stichos:</b> Praise the Lord, O my soul.</p> <p>The Lord shall reign forever, thy God, O Zion, from generation to generation.</p>	<p>يَمْلِكُ الرَّبُّ إِلَى الْأَبَدِ، إِلَهُكَ يَا صِهْيُونُ إِلَى جِيلٍ  بَعْدَ جِيلٍ. (مرتين)  <b>ستينخون:</b> سبّحي يا نفسي الرَّبَّ.  يَمْلِكُ الرَّبُّ إِلَى الْأَبَدِ، إِلَهُكَ يَا صِهْيُونُ إِلَى جِيلٍ  بَعْدَ جِيلٍ.</p>
<p><b>Deacon:</b> Let us pray to the Lord.</p> <p><b>Choir:</b> Lord, have mercy.</p> <p><b>Priest:</b> For Holy art Thou, O our God, Who retest 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><b>الشماس:</b> إِلَى الرَّبِّ نَطْلُبُ.  <b>المرتل:</b> يَا رَبُّ ارْحَمِ.  <b>الكاهن:</b> لِأَنَّكَ قُدُّوسٌ أَنْتَ يَا إِلَهَنَا، وَفِي الْقَدِيسِينَ  تَسْتَقِرُّ وَتَسْتَرِيحُ، وَلَكَ نُرْسَلُ الْمَجْدَ أَيُّهَا الْآبُ  وَالْإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَالِي دَهْرِ  الدَاهِرِينَ.</p>

<p><b>Choir:</b> Amen. Let everything that hath breath praise the Lord. (<i>twice</i>) <b>Praise ye God in His saints; praise Him in the firm foundation of His power.</b> Let everything that hath breath praise the Lord.</p>	<p><b>الجوق:</b> آمين. كُلُّ نَسَمَةٍ، فَلْتَسَبِّحِ الرَّبَّ. (مرتين) سَبِّحُوا اللَّهَ فِي قَدَيْسِيهِ، سَبِّحُوهُ فِي فَلَكَ قُوَّتِهِ. فَلْتَسَبِّحِ الرَّبَّ، كُلُّ نَسَمَةٍ.</p>
<p><b>THE EIGHTH EOTHINON GOSPEL</b></p>	<p><b>إنجيل الإيوثينا الثامنة</b></p>
<p><b>Deacon:</b> And that we may be accounted worthy to hear the Holy Gospel, let us beseech the Lord our God. <b>Choir:</b> Lord, have mercy. (<i>thrice</i>) <b>Deacon:</b> Wisdom! Stand upright! Let us hear the Holy Gospel. <b>Priest:</b> Peace be to all. <b>Choir:</b> And to thy spirit. <b>Priest:</b> The Reading from the Holy Gospel according to Saint <b>John</b>. (20:11-18) <b>Choir:</b> Glory to Thee, O Lord, glory to Thee. <b>Deacon:</b> Let us attend!</p>	<p><b>الشماس:</b> مِنْ أَجْلِ أَنْ نَكُونَ مُسْتَحِقِّينَ لِسَمَاعِ الْإِنْجِيلِ الْمُقَدَّسِ، إِلَى الرَّبِّ إِلَيْنَا نَطْلُبُ. <b>المرتل:</b> يَا رَبُّ ارْحَمْنَا. (ثلاثاً) <b>الشماس:</b> الْحِكْمَةَ. فَلْنَسْتَقِمْ وَلْنَسْمَعْ الْإِنْجِيلِ الْمُقَدَّسِ. <b>الكاهن:</b> السَّلَامُ لِجَمِيعِكُمْ. <b>المرتل:</b> وَلِرُوحِكَ. <b>الكاهن:</b> فَضْلٌ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ يُوْحَنَّا الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ. (٢٠: ١١-١٨) <b>المرتل:</b> الْمَجْدُ لَكَ يَا رَبُّ، الْمَجْدُ لَكَ. <b>الشماس:</b> لِنُصْعِ!</p>
<p><b>Priest:</b> At that time, Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had lain, one at the head and one at the feet. They said to her, “Woman, why are you weeping?” She said to them, “Because they have taken away my Lord, and I do not know where they have laid Him.” Saying this, she turned round and saw Jesus standing, but she did not know that it was Jesus. Jesus said to her, “Woman, why are you weeping? Whom do you seek?” Supposing Him to be the gardener, she said to Him, “Sir, if you have carried Him away, tell me where you have laid Him, and I will take Him away.” Jesus said to her, “Mary.” She turned and said to Him, “Rabboni!” (which means Teacher). Jesus said to her, “Do not hold Me, for I have not yet ascended to My Father; but go to My brethren and say to them, I am ascending to My Father</p>	<p><b>الكاهن:</b> فِي ذَلِكَ الزَّمَانِ، كَانَتْ مَرْيَمُ وَاقِفَةً عِنْدَ الْقَبْرِ خَارِجًا تَبْكِي. وَفِيهَا هِيَ تَبْكِي انْحَنَّتْ إِلَى الْقَبْرِ فَرَأَتْ مَلَائِكَيْنِ بَثْيَابٍ بَيْضٍ جَالِسَيْنِ حَيْثُ وُضِعَ جَسَدُ يَسُوعَ، أَحَدُهُمَا عِنْدَ الرَّأْسِ وَالْآخَرُ عِنْدَ الرَّجْلَيْنِ فَقَالَا لَهَا: "يَا امْرَأَةَ لِمَ تَبْكِينَ؟" فَقَالَتْ لَهُمَا: "إِنَّهُمْ أَخَذُوا سَيِّدِي وَلَا أَعْلَمُ أَيْنَ وَضَعُوهُ." فَلَمَّا قَالَتْ هَذَا التَّقَتَّتْ إِلَى خَلْفِهَا فَرَأَتْ يَسُوعَ وَاقِفًا وَلَمْ تَعْلَمْ أَنَّهُ يَسُوعُ فَقَالَ لَهَا يَسُوعُ: "يَا امْرَأَةَ لِمَ تَبْكِينَ؟ مَنْ تَطْلُبِينَ؟" فَظَنَّتْ أَنَّهُ الْبِسْتَانِيُّ فَقَالَتْ لَهُ: "يَا سَيِّدِي إِنْ كُنْتُ أَنْتَ حَمَلْتَهُ، فَقُلْ لِي أَيْنَ وَضَعْتَهُ وَأَنَا آخُذُهُ." فَقَالَ لَهَا يَسُوعُ: "مَرْيَمُ." فَالتَّقَتَّتْ هِيَ وَقَالَتْ: "رَابُونِي"، الَّذِي تَفْسِيرُهُ يَا مُعَلِّمِ قَالَ لَهَا يَسُوعُ: "لَا تَلْمُسِينِي لِأَنِّي لَمْ أَصْعَدْ بَعْدُ إِلَى أَبِي. بَلْ امْضِي</p>

and your Father, to My God, and your God.” Mary Magdalene went and said to the disciples, “I have seen the Lord.” And she told them that He had said these things to her.	إِلَى إِخْوَتِي وَقَوْلِي لَهُمْ إِنِّي صَاعِدٌ إِلَى أَبِي وَأَبِيكُمْ وَالْهَي وَالْهَكْم. " فَجَاءَتْ مَرِيَمُ الْمَجْدَلِيَّةُ وَأَخْبَرَتْ التَّلَامِيذَ أَنَّهَا رَأَتْ الرَّبَّ، وَأَنَّهُ قَالَ لَهَا هَذَا.
<b>Choir:</b> Glory to Thee, O Lord, glory to Thee.	المرتل: المجد لك يا رب المجد لك.
<b>Reader:</b> 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 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.	القارئ: إذ قد رأينا قيامة المسيح، فلنسجد للرب القدوس، يسوع المعصوم من الخطأ وحده. لصليبك أيها المسيح نسجد ولقيامتك المقدسة نسبح ونمجد، لأنك أنت هو إلهاً وآخر سواك لا نعرف وباسمك نسمي. هلم يا معشر المؤمنين نسجد لقيامة المسيح المقدسة، لأن هودا بالصليب قد أتى الفرح لكل العالم. لنبارك الرب في كل حين ونسبح قيامته، لأنه إذ احتمل الصلب من أجلنا، الموت بالموت حطم.
<b>PSALM 50</b>	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.	إرحمني يا الله بعظيم رحمتك، وكمثل كثرة رأفتك امح مآثمي.
Wash me thoroughly from mine iniquity, and cleanse me from my sin.	اغسلني كثيراً من إثمي، ومن خطيئتي طهرني.
For I know mine iniquity, and my sin is ever before me.	لأني أنا عارف بإثمي، وخطيئتي أمامي في كل حين.
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.	إليك وحدك أخطأت، والشر قدماك صنعت، لكي تصدق في أقوالك وتغلب في محاكمتك.
For behold, I was conceived in iniquities, and in sins did my mother bear me.	هأنذا بالآثام حبل بي، وبالخطايا ولدتني أمي.
For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me.	لأنك قد أحببت الحق، وأوضحت لي غوامض حكمتك ومستوراتها.
Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow.	تنضحني بالزوفى فأطهر، تغسلني فأبيض أكثر من الثلج.
Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice.	تسمعني بهجة وسروراً، فتبتهج عظامي الذليلة.
Turn Thy face away from my sins, and blot out all mine iniquities.	إصرف وجهك عن خطاياي، وامح كل مآثمي.

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 الْقُدُّوسَ لَا تَنْزِعْهُ مِنِّي.
Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me.	إِمْنَحْنِي بِهَجَاةٍ خَلَاصِكَ، وَبِرُوحِ رِئَاسِيٍّ اعْضُدْنِي.
I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee.	فَأَعْلِمِ الْأَثَمَةَ طُرُقَكَ، وَالْكَفَرَةَ إِلَيْكَ يَرْجِعُونَ.
Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness.	أُنْقِذْنِي مِنَ الدِّمَاءِ يَا اللَّهُ إِلَهَ خَلَاصِي، فَيَبْتَهِجَ لِسَانِي بِعَدْلِكَ.
O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.	يَا رَبُّ افْتَحْ شَفْتَيَّ، 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 مُنْسَجِحٌ، الْقَلْبُ الْمُتَخَشِّعُ وَالْمُتَوَاضِعُ لَا يَرْذُلُهُ اللَّهُ.
Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up.	أُصْلِحْ يَا رَبُّ بِمَسَرَّتِكَ صِهْيُونََ وَلِئْتَبْنَ أَسْوَارُ أُورُشَلِيمَ.
Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings.	حِينَئِذٍ تُسَرُّ بِذَّبِيحَةِ الْعَدْلِ قُرْبَانًا وَمُحْرَقَاتِ.
Then shall they offer bullocks upon Thine altar.	حِينَئِذٍ يُقَرِّبُونَ عَلَى مَذْبَحِكَ الْعُجُولَ.
<b>LENTEN TROPARIA AFTER PSALM 50 IN TONE EIGHT</b>	<b>طَرُوبَارِيَّاتِ الصَّوْمِ بَعْدَ الْمَزْمُورِ ٥٠ بِاللَّحْنِ الثَّامِنِ</b>
<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 وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ. إِفْتَحْ لِي أَبْوَابَ التَّوْبَةِ يَا وَاهِبَ الْحَيَاةِ، لِأَنَّ رُوحِي تَبْتَكِرُ إِلَى هَيْكَلِ قُدْسِكَ، آتِيًّا بِهَيْكَلِ جَسَدِي مُدْنَسًا 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	الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

<p>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.</p>	<p>سَهِّلِي لِي مَنَاهِجَ الْخَلَاصِ يَا وَالِدَةَ الْإِلَهِ، فَإِنِّي قَدْ دَنَسْتُ نَفْسِي بِخَطَايَا سَمِجَةٍ، وَأَفْنَيْتُ عُمْرِي كُلَّهُ بِالتَّوَانِي. لَكِنْ بِشَفَاعَاتِكَ، نَقِّنِي مِنْ كُلِّ رَجَاسَةٍ.</p>
<p>(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 mercy upon me, O God, according to Thy Great Mercy.</p>	<p>(بِاللَّحْنِ السَّادِسِ) يَا رَحِيمُ، ارْحَمْنِي يَا اللَّهُ كَعَظِيمِ رَحْمَتِكَ، وَكَمَثَلِ كَثْرَةِ رَأْفَاتِكَ أَمْحُ مَآثِمِي. إِذَا تَصَوَّرْتُ كَثْرَةَ أَفْعَالِي الرَّدِيئَةِ أَنَا الشَّقِيّ، فَإِنِّي أُرْتَعِدُ مِنْ يَوْمِ الدَّيْنُونَةِ الرَّهيبِ. لَكِنِّي إِذْ أَنَا وَاثِقٌ بِتَحَنُّنِكَ، أَهْتَفُ إِلَيْكَ مِثْلَ دَاوُدَ: ارْحَمْنِي يَا اللَّهُ، بِحَسَبِ عَظِيمِ رَحْمَتِكَ.</p>
<p><b>THE INTERCESSION</b></p>	<p><b>طَلِبَةُ الشَّفَاعَةِ</b></p>
<p><b>Deacon:</b> 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,</p>	<p><b>الشماس:</b> خَلِّصْ يَا اللَّهُ شَعْبَكَ، وَبَارِكْ مِيرَاثَكَ، وَافْتَقِدْ عَالَمَكَ بِالرَّحْمَةِ وَالرَّأْفَاتِ، وَارْفَعْ شَأْنَ الْمَسِيحِيِّينَ الْأَرْثُوذُكْسِيِّينَ، وَأَسْبِغْ عَلَيْنَا مَرَاحِمَكَ الْغَنِيَّةَ، بِشَفَاعَاتِ سَيِّدَتِنَا وَالِدَةِ الْإِلَهِ الْكَلِيَّةِ الطَّهَارَةِ وَالِدَائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ؛ وَبِقُوَّةِ الصَّلِيبِ الْكَرِيمِ الْمُحْيِي؛ وَبِطَلِبَاتِ الْقُوَّاتِ السَّمَاوِيَّةِ الْمُكْرَّمَةِ الْعَادِمَةِ الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا الْمَعْمَدَانَ؛ وَالْقَدِيسِينَ الْمُشْرَفِينَ الرَّسُولَيْنِ بُطْرُسَ وَبُولَسَ، وَسَائِرِ الرُّسُلِ الْمُشْرَفِينَ الْجَدِيرِينَ بِكُلِّ مَدِيحٍ؛ وَأَبَائِنَا الْقَدِيسِينَ مُعَلِّمِي الْمَسْكُونَةِ، رُؤَسَاءِ الْكَهَنَةِ الْمُعْظَمِينَ بَاسِيلْيُوسَ الْكَبِيرِ، وَغَرِيغُورْيُوسَ الْلَاهُوتِي، وَيُوْحَنَّا الذَّهَبِيِّ الْقَمَّ؛ وَأَبَائِنَا الْقَدِيسِينَ أَنْثَاسْيُوسَ وَكَيْرْلُسَ وَيُوْحَنَّا الرَّحِيمِ بَطَارِكَةَ الْإِسْكََنْدَرِيَّةِ؛ وَأَبِينَا الْقَدِيسِ نِيْقُولَاوَسَ رَنْبِسِ أَسَاقِفَةِ مِيرَا الْلِيكِيَّةِ، وَأَسْبِيرِيدُونَ أَسْقَفِ تَرِيمِيثُوسَ، وَنِكْتَارْيُوسَ أَسْقَفِ الْمُدُنِ الْخَمْسِ الْعَجَائِبِيِّينَ، وَأَبِينَا الْقَدِيسِ تِيخُونَ بَطْرِيْرِكِ مُوسْكَو، وَالْقَدِيسِ رَافَائِيلِ أَسْقَفِ بَرُوكْلِينَ؛ وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْعُظْمَاءِ جَاورْجْيُوسَ الْلَابِسِ الظَّفْرِ، وَدِيمِيْتْرْيُوسَ الْمُفِيضِ الطَّيْبِ، وَثِيُودُورَسَ التَّيْرُونِي، وَثِيُودُورَسَ</p>

<p>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; <i>of Saint N., the patron and protector of this holy community</i>; of the holy and righteous ancestors of God, Joachim and Anna; <b>of our venerable and God-bearing Father John (Climacus) of Sinai, author of 'The Ladder,'</b> 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.</p>	<p>قَائِدِ الْجَيْشِ، وَمِينَسَ الصَّانِعِ الْعَجَائِبِ؛ وَالْقَدِيسِينَ الشُّهَدَاءِ إِغْنَاطِيوسَ الْمُتَوَشَّحِ بِاللَّهِ، خَرَامْبُوسَ وَالْفَثِيرِيوسَ؛ وَالشُّهَدَاتِ الْعَظِيمَاتِ ثَقْلَا، بَرَبَارَةَ، أَنْسَطَاسِيَا، كَاثَرِينَا، كِيرِيَاكِي، فُوتِينِي، مَارِينَا، بَارَاسَكِيفَا، وَأَيْرِينِ؛ وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْمُتَأَلِّقِينَ بِالظَّفَرِ؛ وَأَبَائِنَا الْأَبْرَارِ الْمُتَوَشَّحِينَ بِاللَّهِ؛ وَالْقَدِيسِ (فَلَان) شَفِيعِ هَذِهِ الْكَنِيسَةِ الْمُقَدَّسَةِ؛ وَالْقَدِيسِينَ الصِّدِّيقِينَ جَدِّي الْمَسِيحِ الْإِلَهِي يُوَاكِيمَ وَحَنَّةَ،؛ وَالْقَدِيسِ الْبَارِّ يُوْحَنَّا السِّينَايِّي كَاتِبِ "سُلَّمِ الْفَضَائِلِ"، الَّذِي نُقِيمُ تَذْكَارَهُ الْيَوْمَ، وَجَمِيعِ قَدِيسِيكَ، نَتَضَرَّعُ إِلَيْكَ أَيُّهَا الرَّبُّ الْجَزِيلُ الرَّحْمَةَ، فَاسْتَجِبْ لَنَا نَحْنُ الْخَطَاةَ الطَّالِبِينَ إِلَيْكَ وَارْحَمْنَا.</p>
<p><b>Choir:</b> Lord, have mercy. <i>(twelve times)</i></p>	<p>المرتل: يَا رَبُّ ارْحَمْنَا. (١٢ مَرَّةً)</p>
<p><b>Priest:</b> 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>الكَاهِنُ: بِرَحْمَةِ وَرَأْفَاتِ ابْنِكَ الْوَحِيدِ وَمَحَبَّتِهِ لِلْبَشَرِ، الَّذِي أَنْتَ مُبَارَكٌ مَعَهُ وَمَعَ رُوحِكَ الْكُلِّيِّ قُدْسُهُ الصَّالِحِ وَالْمُحْيِي، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>
<p><b>Choir:</b> Amen.</p>	<p>المرتل: آمين.</p>
<p><b>EIGHTH TONE RESURRECTIONAL KONTAKION AND OIKOS (Plain Reading)</b></p>	<p>القِنْدَاقُ وَالنَّبِيْتُ لِلْقِيَامَةِ لِلْحَنِّ الثَّامِنِ (قِرَاءَةٌ)</p>
<p>Arising from the tomb, O mighty Savior, Thou didst rouse the dead; Thou didst raise Adam; while Eve danceth in her new joy at Thy blest Resurrection, O Lord. And the world's farthest regions keep the festival on Thine arising from the dead with gladness and thanksgiving, O Thou Who art greatly merciful.</p>	<p>لَقَدْ قُمْتَ مِنَ الْقَبْرِ فَبَعَثْتَ الْأَمْوَاتَ، وَأَقَمْتَ آدَمَ، وَحَوَاءَ فَرِحَتْ بِقِيَامَتِكَ، وَأَقْطَارُ الْعَالَمِ تَحْتَلُّ بِعِيدِ قِيَامَتِكَ مِنْ بَيْنِ الْأَمْوَاتِ يَا جَزِيلَ الرَّحْمَةِ.</p>
<p>When Thou hadst despoiled the dominion of Hades and hadst raised the dead, O Long-suffering One, Thou didst meet the myrrh-bearing women, bringing them joy instead of sorrow. And unto Thine apostles, Thou madest known the symbols of victory, O my Savior, Giver of Life. Thou hast enlightened creation, O Lover of mankind. Wherefore, the world rejoiceth at Thine arising from the dead, O Thou Who art greatly merciful.</p>	<p>لَقَدْ سَبَيْتَ مَمَالِكَ الْجَحِيمِ يَا مُخَلِّصِي الْمَانِحِ الْحَيَاةَ، الْحَلِيمِ، الْمُحِبِّ الْبَشَرَ، وَبَعَثْتَ الْأَمْوَاتَ، وَصَادَقْتَ النِّسْوَةَ حَامِلَاتِ الطَّيِّبِ، فَأَهْدَيْتَهُنَّ الْفَرَحَ عِوَضَ الْحُزْنِ، وَأَخْبَرْتَ رُسُلَكَ بِشَارَاتِ الظَّفَرِ، وَأَنْزَرْتَ الْحَلِيقَةَ كُلَّهَا. فَلِذَلِكَ يَفْرَحُ الْعَالَمُ كُلُّهُ بِقِيَامَتِكَ مِنْ بَيْنِ الْأَمْوَاتِ يَا جَزِيلَ الرَّحْمَةِ.</p>

On March 22 in the Holy Orthodox Church, we commemorate Hieromartyr Basil of Ancyra; and Martyr Kallinika of Rome.

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

*Verses*

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

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

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

**KATAVASIAE OF THE THEOTOKOS  
CANON IN TONE FOUR**

**كَطَاوَسِيَاةِ السَّيِّدَةِ بِاللَّحْنِ الرَّابِعِ**

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

(الأولى) أَفْتَحُ فَمِي فَيَمْتَلِئُ رُوحًا، وَأُبْدِي قَوْلًا  
فَائِضًا نَحْوَ الْأُمِّ الْمَلِكَةِ، وَأُظْهِرُ مُعِيدًا لِلْمَوْسِمِ  
بَابْتِهَاجٍ، وَأَتَرَنِّمُ بِعَجَائِبِهَا مَسْرُورًا.

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

(الثالثة) يَا وَالِدَةَ الْإِلَهِ، بِمَا أَنَّكَ الْيَنْبُوعُ الْحَيُّ  
الْمُتَدَفِّقُ بِسَخَاءٍ، وَطَدِينَا نَحْنُ الْمُتَشِدِّينَ تَسَابِيحِكَ،  
الْمُلْتَمِّينَ مَخْفِلًا رُوحِيًّا، وَفِي مَجْدِكَ الْإِلَهِيِّ أَهْلِينَا  
لَأَكَالِيلِ الْمَجْدِ وَالشَّرَفِ.

**Ode 4.** *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:*

(الرابعة) إِنَّ حَبَقُوقَ النَّبِيِّ، لَمَّا عَرَفَ إِرَادَتَكَ  
الْإِلَهِيَّةَ، غَيْرَ الْمُدْرَكَةِ أَيُّهَا الْعَلِيِّ، الَّتِي هِيَ  
تَجَسُّدُكَ مِنَ الْبَتُولِ، هَتَفَ صَارِخًا: الْمَجْدُ لِقُدْرَتِكَ

<p><i>Glory to Thy power, O Lord my God.<sup>1</sup></i></p>	<p>يا رَبِّ.</p>
<p><b>Ode 5.</b> All creation was amazed at thy divine glory, for thou, O unwedded Virgin, didst hold in thee the God of all, and didst bear the Eternal Son, who rewards with salvation all those who hymn thy praises.</p>	<p>(الخامسة) أَيُّهَا الْبَتُولُ الَّتِي لَمْ تَعْرِفِ زَوْاجاً، إِنَّ الْبَرَايَا بِأَسْرِهَا قَدْ انْذَهَلَتْ مِنْ مَجْدِكَ الْإِلَهِيِّ، لِأَنَّكَ حَمَلْتِ فِي حَشَاكَ إِلَهَ الْكُلِّ، وَوَلَدْتِ الْإِبْنَ غَيْرَ الْمَحْدُودِ فِي زَمَنِ، وَمَنْحَتِ الْخَلَاصَ لِكُلِّ الَّذِينَ يُسَبِّحُونَكَ.</p>
<p><b>Ode 6.</b> 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><b>Ode 7.</b> 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 الْفَتِيَّةُ الْمُتَأَلِّهُي الْعُقُولِ، لَمْ يَعْبُدُوا الْخَلِيقَةَ دُونَ الْخَالِقِ، بَلْ وَطِنُوا وَعِيدَ النَّارِ بِشَجَاعَةٍ، فَرْتَلُوا فَرِحِينَ: أَيُّهَا الْفَائِقُ النَّسْبِيحِ، مُبَارِكٌ أَنْتَ يَا إِلَهَ آبَائِنَا.</p>
<p><i>We praise, we bless, and we worship the Lord.</i> <b>Ode 8.</b> 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) إِنَّ مَوْلِدَ وَالِدَةِ الْإِلَهِ قَدْ حَفِظَ الْفَتِيَّةَ الْأَطْهَارَ فِي الْأَتُونِ سَالِمِينَ، إِذْ كَانَ حِينِيذٍ مَرْسُوماً وَأَمَّا الْآنَ فَقَدْ حَصَلَ مَفْعُولاً، فَهُوَ يُنْهَضُ الْمَسْكُونَةَ بِأَسْرِهَا إِلَى التَّرْتِيلِ هَاتِفَةً: يَا جَمِيعَ أَعْمَالِ الرَّبِّ سَبِّحُوا الرَّبَّ، وَزِيدُوهُ رَفْعَةً عَلَى مَدَى الْأَدْهَارِ.</p>
<p><b>Deacon:</b> The Theotokos and Mother of the Light let us honor and magnify in song.</p>	<p>الشَّمْسِ: لَوَالِدَةِ الْإِلَهِ وَأَمِّ النُّورِ بِالتَّسَابِيحِ نَكْرَمَ مُعْظَمِينَ.</p>
<p><b>MAGNIFICATIONS IN TONE FOUR</b></p>	<p><b>تَعْظِيمَاتُ بِاللَّحْنِ الرَّابِعِ</b></p>
<p>My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior. <b>Refrain:</b> More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without corruption 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 مَجْداً بغيرِ قِيَاسٍ مِنَ السَّارَافِيمِ، الَّتِي مِنْ دُونِ فَسَادٍ وُلِدْتَ كَلِمَةَ اللَّهِ، حَقًّا أَنْكِ 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. <b>(Refrain)</b></p>	<p>لِأَنَّهَا نَظَرَ إِلَى تَوَاضُعِ أُمَّتِهِ، فَهَا مِنْذُ الْآنَ تُطَوِّبُنِي جَمِيعُ الْأَجْيَالِ. (اللازمة)</p>

<sup>1</sup> This is the correct katavasia for the fourth ode of the Theotokos Canon.

For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations. <i>(Refrain)</i>	لَأَنَّ الْقَدِيرَ صَنَعَ بِي عَظَائِمَ وَقُدُوسٌ اسْمُهُ، وَرَحْمَتُهُ إِلَى جِيلٍ فَجِيلٍ لِلَّذِينَ يَتَّقُونَهُ. <i>(اللازمة)</i>
He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. <i>(Refrain)</i>	صَنَعَ عِزًّا بِسَاعِدِهِ، وَشَتَّتَ الْمُتَكَبِّرِينَ بِذَهْنِ قُلُوبِهِمْ. <i>(اللازمة)</i>
He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the empty with good things, and the rich hath He sent empty away. <i>(Refrain)</i>	حَطَّ الْمُفْتَدِرِينَ عَنِ الْكِرَاسِيِّ وَرَفَعَ الْمُتَوَاضِعِينَ، مَلَأَ الْجِياعَ مِنَ الْخَيْرَاتِ، وَالْأَغْنِيَاءَ أَرْسَلَ لَهُمْ فَارِغِينَ. <i>(اللازمة)</i>
He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. <i>(Refrain)</i>	عَضَدَ إِسْرَائِيلَ فَتَاهُ لِيَذْكَرَ رَحْمَتَهُ، كَمَا قَالَ لِآبَائِنَا إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الْأَبَدِ. <i>(اللازمة)</i>
<b>Ode 9.</b> 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!’	<i>(التاسعة)</i> كُلُّ الْأَرْضِيِّينَ فَلْيَبْتَهِجُوا بِالرُّوحِ حَامِلِينَ الْمَصَابِيحَ، وَطَبِيعَةُ الْعَقْلِيِّينَ غَيْرِ الْهَيُولِيِّينَ فَلْنُحْتَفِلْ مَعاً، مُعَيَّدَةً لِمَوْسِمِ أُمِّ الْإِلَهِ الشَّرِيفِ وَهَاتِفَةً: اِفْرَحِي يَا وَالِدَةَ الْإِلَهِ النَّقِيَّةِ، الدَّائِمَةِ الْبَتُولِيَّةِ، وَالْكَلْبِيَّةِ الطُّوبَى.
<b>THE LITTLE LITANY</b>	<b>الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى</b>
<b>Deacon:</b> Again and again, in peace, let us pray to the Lord. <b>Choir:</b> Lord, have mercy. <b>Deacon:</b> Help us; save us; have mercy on us; and keep us, O God, by Thy grace. <b>Choir:</b> Lord, have mercy. <b>Deacon:</b> 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. <b>Choir:</b> To Thee, O Lord. <b>Priest:</b> For all the powers of Heaven praise Thee, and unto Thee do they ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. <b>Choir:</b> Amen.	<b>الشماس:</b> أيضاً وأيضاً بسلام إلى الرب نطلب. <b>الجوق:</b> يا رب ارحم. <b>الشماس:</b> أعضد وخلص وارحم واحفظنا يا الله بنعمتك. <b>الجوق:</b> يا رب ارحم. <b>الشماس:</b> بعد ذكرنا الكليَّة القداسة، الطاهرة، الفائقة البركات المجيدة، سيدتنا والدة الإله الدائمة البتولية مريم مع جميع القديسين، لنودع أنفسنا وبعضنا بعضاً وكل حياتنا للمسيح الإله. <b>الجوق:</b> لك يا رب. <b>الكاهن:</b> لأنه إياك تسبح كل قوَّات السماوات، ولك يُرسَلونَ المجد أيها الأب والإبن والروح القدس، الآن وكل أوان وإلى دهر الداهرين. <b>الجوق:</b> آمين.

<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>قُدُوسٌ هُوَ الرَّبُّ إِلَهُنَا. (ثَلَاثًا) إِرْفَعُوا الرَّبَّ إِلَهُنَا، وَاسْجُدُوا لِمَوْطِي قَدَمَيْهِ، لِأَنَّ الرَّبَّ إِلَهُنَا قُدُوسٌ هُوَ.</p>
<p><b>THE EIGHTH EOTHINON EXAPOSTEILARION IN TONE TWO</b> (*Upon that mount in Galilee *)</p>	<p><b>إِكْسَابُوسْتِيلَارِي الإِيوْثِينَا الثَامِنَةَ بِاللَّحْنِ الثَّانِي</b> <b>*وزن لِنَقْفٍ مع التلاميذ*</b></p>
<p>Seeing two angels in the tomb, * Mary was sore astonished; * and then not recognizing Christ, * she asked Him as the gard'ner: * Sir, where hast thou laid the body * of my longed-after Jesus? * But when she heard Him call her name, * then she verily knew Him, * that it was He, * and heard: Touch Me not, spoken by the Savior; * for to My Father I depart; * go thou and tell My brethren.</p>	<p>إِنَّ مَرْيَمَ لَمَّا أَبْصَرَتْ مَلَائِكِينَ دَاخِلَ الْقَبْرِ انْذَهَلَتْ، وَلَمَّا جَهَلَتْ الْمَسِيحَ، سَأَلَتْهُ ظَانَّةً أَنَّهُ الْبُسْتَانِي، وَقَالَتْ: يَا سَيِّدِي، أَيْنَ وَضَعْتَ جَسَدَ يَسُوعَ؟ فَمِنْ دَعْوَتِهِ عَرَفَتْ أَنَّهُ الْمُخَلَّصُ وَسَمِعَتْ مِنْهُ: لَا تَقْرَبِينِي، لِأَنِّي مَاضٍ إِلَى أَبِي، فَقُولِي ذَلِكَ لِإِخْوَتِي.</p>
<p><b>EXAPOSTEILIARION &amp; THEOTOKION FOR ST. JOHN CLIMACUS IN TONE TWO (**Hearken, ye women**)</b></p>	<p><b>إِكْسَابُوسْتِيلَارِي وَثِيُوطُوكِيَّةٌ لِلْقَدِيسِ يُوْحَنَّا السَّلْمِيِّ بِاللَّحْنِ الثَّانِي (**إِسْمَعِي أَيُّهَا النِّسَاءُ**)</b></p>
<p>The joy and comfort of the world * thou didst reject as wearisome * and with strict fasting didst wither * the flesh, while fully renewing * thy strength of soul, O righteous John, * and thou becamest very rich * in glory great and heavenly; * hence never cease interceding * for us, O far-famed ascetic.</p>	<p>أَيُّهَا الْبَارُّ يُوْحَنَّا الدَّائِمُ الذِّكْرِ، لَقَدْ عَرَفْتَ عَنِ التَّنَعُّمِ الدُّنْيَوِيِّ لِأَنَّهُ مَمْقُوتٌ، وَأَدْوَيْتَ الْجَسَدَ بِالْإِمْسَاكِ، فَجَدَدْتَ قُوَّةَ النَّفْسِ، وَأَغْنَيْتَهَا بِالْمَجْدِ السَّمَاوِيِّ، فَلَا تَزَلْ مُتَشَفِّعًا مِنْ أَجْلِنَا.</p>
<p>All we who have been saved through thee * confess thee verily to be * the Theotokos, O Lady; * for thou ineffably didst bear * our God, Who hath abolished death * by His divine and precious Cross, * and Who hath drawn unto Himself * the multitudes of the righteous, * with whom we laud thee, O Virgin.</p>	<p>أَيُّهَا السَّيِّدَةُ، نَحْنُ الْمُخَلَّصِينَ بِكَ، نَعْتَرِفُ أَنَّكَ أُمُّ الإِلَهِ، لِأَنَّكَ وُلِدْتِ بِحَالٍ لَا يُوَصِّفُ، الإِلَهِ الَّذِي حَلَّ الْمَوْتَ بِصَلِيبِهِ، وَاجْتَذَبَ إِلَيْهِ مَحَافِلَ الْأَبْرَارِ، الَّذِينَ مَعَهُمْ نُسَبِّحُكَ أَيُّهَا الْبَتُولُ.</p>
<p><b>AINOI (PRAISES) IN TONE EIGHT</b></p>	<p><b>الإِينُوسُ بِاللَّحْنِ الثَّامِنِ</b></p>
<p>Let everything that hath breath praise the Lord. Praise ye the Lord from the heavens; praise Him in the heights. To Thee, O God, is due our song.</p>	<p>كُلُّ نَسَمَةٍ فَلْتَسَبِّحِ الرَّبَّ. سَبِّحُوا الرَّبَّ مِنَ السَّمَاوَاتِ، سَبِّحُوهُ فِي الْأَعَالِي، لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللَّهُ.</p>
<p>Praise ye Him, all His angels; praise ye Him, all His hosts. To Thee, O God, is due our song.</p>	<p>سَبِّحُوهُ يَا جَمِيعَ مَلَائِكَتِهِ، سَبِّحُوهُ يَا سَائِرَ قُوَّاتِهِ، لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللَّهُ.</p>

For the Resurrection in Tone Eight	للقيامة باللحن الثامن
<p><i>Verse 1. This glory shall be to all His saints.</i> Though Thou didst stand in judgment, O Lord, condemned by Pilate, Thou didst not vacate Thy throne, sitting with the Father. Thou didst arise from the dead, releasing the world from the bondage of the stranger; for Thou art compassionate and the Lover of mankind.</p>	<p><b>استيخن ١ .</b> هذا المجد يكون لجميع أبراره . يا رب، وإن كنت قد وقفت في الحكم مُداناً من بيلاطس، إلا أنك لم تخل من الكرسي جالساً مع الأب. وقُمت من بين الأموات، وأعنت العالم من عبودية الغريب، بما أنك رؤوف ومحب للبشر .</p>
<p><i>Verse 2. Praise God in His sanctuary; praise Him in the firmament of His power.</i> Though, O Lord, the Jews placed Thee in a grave like dead, the soldiers guarded Thee as a slumbering King; and as a Treasure of life, they sealed Thee. But Thou didst rise and grant incorruptibility to our souls.</p>	<p><b>استيخن ٢ .</b> سبّحوا الله في قديسيه، سبّحوه في فلك قوته . يا رب، وإن كان اليهود قد وضعوك في قبر كمات، إلا أن الجند كانوا يخرسونك كمك راقد، ومثل كنز حياة ختموا عليك بختم. إلا أنك قُمت ومنحت عدم البلى لنفوسنا .</p>
<p><i>Verse 3. Praise Him for His mighty acts; praise Him according to His excellent greatness.</i> Thou didst give us Thy Cross, O Lord, as a weapon against Diabolus, who, unable to behold its power, doth fear and tremble; for it raiseth the dead and hath annulled death. Wherefore, do we worship Thy Burial and Resurrection.</p>	<p><b>استيخن ٣ .</b> سبّحوه على مقدّرتيه، سبّحوه نظير كثرة عظّمته . يا رب، لقد أعطيتنا صليبك سلاحاً على المحال، لأنه يرهّب ويرتعد إذ لا يحتمل أن يرى قوته، لأنه يُقيم الموتى وقد عطّل المنون. لذلك نسجد لدفنك وقيامتك .</p>
<p><i>Verse 4. Praise Him with the sound of the trumpet; praise Him with the psaltery and harp.</i> The angel proclaiming Thy Resurrection, O Lord, did frighten the guards; but to the women he cried out, saying: Why seek ye the Living among the dead? Verily, He hath risen, being God and hath granted life to the universe.</p>	<p><b>استيخن ٤ .</b> سبّحوه بلحن البوق، سبّحوه بالمزمار والقيثارة . يا رب، إن الملاك المُنادي بقيامتك، أما للحراس فأرهّب، وأما للنسوة فهتفت قائلاً: لم تطلبن الحي مع الموتى؟ قد قام بما أنه إله، ومنح الحياة للمسكونة .</p>
<p><b>For St. John Climacus in Tone Eight</b> <b>(**O strange wonder**)</b></p>	<p><b>للقديس يوحنا السلمّي باللحن الثامن</b> <b>(** يا له من عجب غريب **)</b></p>
<p><i>Verse 5. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.</i> Righteous Father John, in very truth, * thou hadst the high praise of God * in thy throat every day and hour; * and with active diligence * thou didst earnestly meditate * on the divinely</p>	<p><b>استيخن ٥ .</b> سبّحوه بالطبل والمصاف، سبّحوه بالأوتار وآلة الطرب . أيها الأب البار يوحنا الكامل الحكمة، لقد حملت دائماً مراقبي الإله في فمك، دارساً عملياً الأقوال</p>

<p>inspired oracles * and wast made rich in the grace that they pour forth; * through this, O man most wise, * thou becamest blessed and didst utterly * overturn the counsels of all base and godless men.</p>	<p>المُلهَمَة، وَمِنْ ثَمَّ غَزَرْتَ لَكَ النِّعْمَةُ، وَغَدَوْتَ مُغَبِّطاً، وَمُحْبِطاً مُؤَامِرَاتِ الكَفْرَةِ بِأَسْرِهِم.</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> Righteous Father John, in very truth, * thou hadst the high praise of God ... (repeat above)</p>	<p>استيخن ٦. سَبِّحُوهُ بِنِعْمَاتِ الصُّنُوجِ، سَبِّحُوهُ بِصُنُوجِ التَّهْلِيلِ، كُلُّ نَسَمَةٍ فَلْتُسَبِّحِ الرَّبَّ. أَيُّهَا الأبُّ البَارُّ يُوَحِّنَا الكَامِلُ الحِكْمَةَ ... (تعاَد)</p>
<p><i>Verse 7. Blessed is the man that feareth the Lord; in His commandments shall he greatly delight.</i> Righteous Father John most glorious, * with streaming fountains of tears, * thou didst wash thy soul clean of stain; * standing all the night in prayer, * thou becamest a friend of God; * and thou didst soar as on wings unto His love * and His divine beauty, which thou worthily * now dost enjoy on high* with thy fellow athletes evermore in joy, * O most blest and godly-minded Saint and man of prayer.</p>	<p>استيخن ٧. طُوبَى لِلرَّجُلِ الَّذِي يَخَافُ اللهَ، وَيُسْرِعِيتهَ يَبْتَهِجُ دَائِماً. أَيُّهَا الأبُّ يُوَحِّنَا المَجِيدُ البَارُّ، لَقَدْ طَهَّرْتَ نَفْسَكَ بِبَيَابِيعِ الدَّمُوعِ، وَالوُقُوفِ طَوَلَ اللَّيَالِي مُسْتَعْطِفاً اللهُ، وَمِنْ ثَمَّ طَرَّتْ، أَيُّهَا المَغْبُوطُ المُتَأَلِّهُ العِزْمِ، نَحْوَ مَحَبَّتِهِ وَجَمَالِهِ، الَّذِيْنَ نِلْتَهُمَا الآنَ بِفَرَحٍ وَاسْتِحْقَاقٍ إِلَى الأَبَدِ مَعَ المُجَاهِدِينَ مَعَكَ.</p>
<p><i>Verse 8. Precious in the sight of the Lord is the death of His saints.</i> Righteous Father John most glorious, * since thou hadst given thy mind * wings to soar up to God by faith, * thou didst hate the turbulence * and impermanence of the world. * For thou didst take up thy cross with ardent zeal * to follow after Him that beholdeth all; * and thou didst subjugate * the reluctant body to thy sovereign mind * by ascetic labors through the Holy Spirit's might.</p>	<p>استيخن ٨. كَرِيمٌ فِي عَيْنِي الرَّبِّ مَوْتُ أِبْرَارِهِ. أَيُّهَا الأبُّ البَارُّ يُوَحِّنَا المَجِيدُ، لَقَدْ سَمَوْتَ بِالعَقْلِ نَحْوَ اللهُ بِوَاسِطَةِ الإِيمَانِ، وَتَجَافَيْتَ عَنِ الإِضْطِرَابِ العَالَمِيِّ العَادِمِ الثَّبَاتِ، وَحَمَلْتَ صَلَيبَكَ تَابِعاً النَّاطِرَ الكُلَّ، مُخَضَّعاً الجَسَدَ لِلْعَقْلِ بِرُودِجِ النُّسْكِ، وَبِمَعُونَةِ الرُّوحِ الإِلَهِيِّ.</p>
<p><b>DOXASTICON FOR THE FOURTH SUNDAY OF LENT IN TONE ONE</b></p>	<p>ذُكْمَا لِلأَحَدِ الرَّابِعِ مِنَ الصَّوْمِ بِالْحَنِّ الأَوَّلِ</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Come, let us labor in the mystical field, working therein fruits of repentance. Let us not spend ourselves in food and drink, but reap virtues with fasting and prayer; for these doth the Master of labor accept, and for them He giveth us the pence through which He redeemeth our souls</p>	<p>المَجْدُ لِلأَبِ وَالإِبْنِ وَالرُّوحِ القُدُسِ. هَلِّمُوا نَعْمَلْ فِي الكَرَمِ السَّرِيِّ، صَانِعِينَ فِيهِ أَثْمَارَ التَّوْبَةِ. وَلَا نَتَعَبْ بِالأَطْعِمَةِ والأَشْرَبَةِ، بَلْ لِنَجْتَنِ القَضَائِلَ بِالصَّلَوَاتِ والأَصْوَامِ، فَبِهَذِهِ يَرْتَضِي رَبُّ العَمَلِ، وَيَهْبُنَا الدِّينَارَ، الَّذِي بِهِ يَفْتَدِي النُّفُوسَ مِنَ</p>

from the debt of sin; for He alone is most compassionate.	دَيْنِ الْخَطِيئَةِ، بِمَا أَنَّهُ الْجَزِيلُ الرَّحْمَةَ وَحَدَهُ.
<b>THEOTOKION IN TONE ONE</b>	<b>ثيوطوكية باللحن الأول</b>
<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.	الآنَ وَكَلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. آمِينَ. أَنْتِ هِيَ الْفَائِقَةُ عَلَى كُلِّ الْبَرَكَاتِ، يَا وَالِدَةَ الْإِلَهِ الْعَذْرَاءَ، لِأَنَّ الْجَحِيمَ قَدْ سُبِّبَتْ بِوَاسِطَةِ الْمُتَجَسِّدِ مِنْكَ، وَآدَمَ دُعِيَ ثَانِيَةً، وَاللَّعْنَةَ بَادَتْ، وَحَوَاءَ انْعَقَّتْ، وَالْمَوْتَ أُمِيتَ، وَنَحْنُ قَدْ حَيِينَا. فَلِذَلِكَ نُسَبِّحُ هَاتِعِينَ: مُبَارَكٌ أَنْتَ أَيُّهَا الْمَسِيحُ إِلَهُنَا، يَا مَنْ هَكَذَا سُرَّ، الْمَجْدُ لَكَ.
<b>THE GREAT DOXOLOGY IN TONE ONE</b>	<b>الذوكصولوجيا الكبرى باللحن الأول</b>
Glory to Thee, Who hast shown forth the light. Glory to God in the highest, and on earth peace, good will among men.	الْمَجْدُ لَكَ يَا مُظْهِرَ النُّورِ، الْمَجْدُ لِلَّهِ فِي الْعَلَاءِ، وَعَلَى الْأَرْضِ السَّلَامُ، وَفِي النَّاسِ الْمَسْرَّةُ.
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 الْمَلِكُ، السَّمَاوِيُّ، الْإِلَهُ، الْآبُ الضَّابِطُ الْكُلُّ. أَيُّهَا الرَّبُّ الْإِبْنُ الْوَحِيدُ، يَا يَسُوعُ الْمَسِيحُ، وَيَا أَيُّهَا الرُّوحُ الْقُدُّوسُ.
O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy on us, thou that takest away the sins of the world.	أَيُّهَا الرَّبُّ الْإِلَهُ، يَا حَمَلَ اللَّهِ يَا ابْنَ الْآبِ، يَا رَافِعَ خَطِيئَةَ الْعَالَمِ ارْحَمْنَا، يَا رَافِعَ خَطَايَا الْعَالَمِ.
Receive our prayer, Thou that sittest at the right hand of the Father, and have mercy on us.	تَقَبَّلْ تَضَرُّعَنَا أَيُّهَا الْجَالِسُ عَنْ يَمِينِ الْآبِ وَارْحَمْنَا.
For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the glory of God the Father. Amen.	لِأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ، أَنْتَ وَحْدَكَ الرَّبُّ يَسُوعُ الْمَسِيحُ، فِي مَجْدِ اللَّهِ الْآبِ، آمِينَ.
Every day will I bless Thee, and I will praise Thy name forever, yea forever and ever.	فِي كُلِّ يَوْمٍ أَبَارِكُكَ، وَأَسْبِّحُ اسْمَكَ إِلَى الْأَبَدِ، وَإِلَى أَبَدِ الْأَبَدِ.
Vouchsafe, O Lord, to keep us this day without sin.	أَهْلِنَا يَا رَبُّ أَنْ نَحْفَظَ فِي هَذَا الْيَوْمِ 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 الْأَبَدِ، آمِينَ.

Let Thy mercy be upon us, O Lord, even as we have set our hope on thee.	لِتَكُنْ يَا رَبُّ رَحْمَتَكَ عَلَيْنَا، كَمَا كُنَّا نَتَّكِلُ عَلَيْكَ.
Blessed art Thou, O Lord; teach me Thy statutes. (thrice)	مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمْنِي 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 مَلْجَأٌ كُنْتَ لَنَا فِي جِيلٍ وَجِيلٍ، أَنَا قُلْتُ يَا رَبُّ ارْحَمْنِي وَأَشْفِ نَفْسِي لِأَنِّي قَدْ خَطِئْتُ إِلَيْكَ.
Lord, I have fled unto Thee; teach me to do Thy will, for Thou art my God.	يَا رَبُّ إِلَيْكَ لَجَأْتُ فَعَلِّمْنِي أَنْ أَعْمَلَ رِضَاكَ، لِأَنَّكَ أَنْتَ هُوَ إِلَهِي.
For with Thee is the fountain of life; in Thy light shall we see light.	لَأَنَّ مِنْ قِبَلِكَ عَيْنَ الْحَيَاةِ، وَبِنُورِكَ نَعَايُنُ النُّورَ.
O continue Thy mercy unto them that know Thee. Holy God, Holy Mighty, Holy Immortal: have mercy on us. (thrice)	فَابْسُطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ. قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا. (ثلاثاً)
Glory to the Father, and to the Son, and to the Holy Spirit.	الْمَجْدُ لِلآبِ وَالِابْنِ وَالرُّوحِ الْقُدُّوسِ.
Both now and ever, and unto ages of ages. Amen.	الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.
Holy Immortal, have mercy on us.	قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا.
Holy God, Holy Mighty, Holy Immortal: have mercy on us.	قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا.
<b>TROPARION IN TONE EIGHT</b>	<b>طَرُوبَارِيَّةٌ بِاللَّحْنِ الثَّامِنِ</b>
Having risen from the tomb, and having burst the bonds of Hades, Thou didst loose the condemnation of death, O Lord, releasing all mankind from the snares of the enemy. Having manifested Thyself to Thine Apostles, Thou didst send them forth to proclaim Thee; and through them Thou hast granted Thy peace unto the civilized world, O Thou Who alone art plenteous in mercy.	إِذْ قُمْتَ يَا رَبُّ مِنَ الْقَبْرِ، وَقَطَعْتَ رِبَاطَاتِ الْجَحِيمِ، غَلَبْتَ حُكُومَةَ الْمَوْتِ، وَأَنْقَذْتَ الْكُلَّ مِنْ فِخَاخِ الْعَدُوِّ، وَلَمَّا أَظْهَرْتَ ذَاتَكَ لِرُسُلِكَ أَرْسَلْتَهُمْ إِلَى الْكِرَازَةِ، وَمَنْحَتَ بِهِمْ سَلَامَكَ لِلْمَسْكُونَةِ يَا جَزِيلَ الرَّحْمَةِ وَحَدَاكَ.
<i>These texts have been prepared by Department of Liturgics of the Antiochian Archdiocese</i>	
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