

ORTHROS ON SUNDAY, MARCH 23, 2025; TONE 6 / EOTHINON 6

THIRD SUNDAY OF GREAT LENT

VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS

VENERABLE-MARTYR NIKON OF SICILY AND WITH HIM 199 DISCIPLES

Priest: 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.
Choir: Amen.	الجوقة: آمين.
Priest: Glory to Thee, our God, glory to Thee. O heavenly King, the Comforter, Spirit of Truth, Who art in all places, and fillest all things, Treasury of good things, and Giver of life, come, and dwell in us, and cleanse us from every stain; and save our souls, O good One.	الكاهن: الْمَجْدُ لَكَ يَا إِلَهُنَا الْمَجْدُ لَكَ. أَيُّهَا الْمَلِكُ السَّمَاوِيِّ الْمُعَزِّي، رُوحَ الْحَقِّ، الْحَاضِرُ فِي كُلِّ مَكَانٍ وَالْمَالِيُ الْكُلِّ، كَنْزُ الصَّالِحَاتِ وَرَازِقُ الْحَيَاةِ، هَلِّمْ وَاسْكُنْ فِيْنَا، وَطَهِّرْنَا مِنْ كُلِّ دَنَسٍ، وَخَلِّصْ أَيُّهَا الصَّالِحُ نَفُوسَنَا.
Reader: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (<i>thrice</i>)	القارئ: قُدُّوسُ اللهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ، اِرْحَمْنَا. (ثَلَاثًا)
Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.	الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُّوسِ، 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 الثَّلَاوُثُ الْقُدُّوسُ اِرْحَمْنَا، يَا رَبُّ اغْفُرْ خَطَايَانَا، يَا سَيِّدُ تَجَاوَزْ عَن سَيِّئَاتِنَا، يَا قُدُّوسُ اطَّلِعْ وَاشْفِ أَمْرَاضَنَا، مِنْ أَجْلِ اسْمِكَ.
Lord, have mercy. (<i>thrice</i>)	يَا رَبُّ اِرْحَمْنَا. (ثَلَاثًا)
Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.	الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُّوسِ، 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 الْأَرْضِ، خُبِّزْنَا الْجَوْهَرِيَّ اعْطِنَا الْيَوْمَ، وَاتْرُكْ لَنَا مَا عَلَيْنَا كَمَا نَتْرُكُ نَحْنُ لِمَنْ لَنَا عَلَيْهِ، وَلَا تُدْخِلْنَا فِي التَّجْرِبَةِ، لَكِنْ نَجِّنَا مِنَ الشَّرِّيرِ.
Priest: For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.	الكاهن: لِأَنَّ لَكَ الْمُلْكَ وَالْقُدْرَةَ وَالْمَجْدَ، أَيُّهَا الْآبُ وَالابْنُ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.

<p>Reader: Amen. O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.</p>	<p>القارئ: آمين. خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيراثَكَ، وَامْنَحْ عبيدَكَ الْمُؤْمِنِينَ العَلْبَةَ على الشَّرِيرِ، وَاحْفَظْ بِقُوَّةِ صَلَيبِكَ جَمِيعَ الْمُخْتَصِّينَ بِكَ.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.</p>	<p>المَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُسِ. يَا مَنْ ارْتَفَعْتَ على الصَّلِيبِ مُخْتَاراً، أَيُّهَا المَسِيحُ الإِلهُ، امْنَحْ رَأْفَتَكَ لِشَعْبِكَ الجَدِيدِ المُسَمَّى بِكَ، وَفَرِّحْ بِقُوَّتِكَ حُكَّامَنَا المُؤْمِنِينَ، مانِحاً إِيَّاهُمْ العَلْبَةَ على مُحَارِبِيهِمْ. لَتَكُنْ لَهُمْ مَعُونَتَكَ سِلَاحاً لِلسَّلَامِ، وَظَفَراً 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 أَوَانٍ وَالى دَهْرِ الداهِرِينَ. آمين. أَيُّهَا الشَّفِيعَةُ الرَّهيبَةُ غَيْرُ المَحْدُولَةِ، يا وَالِدَةُ الإِلهِ الكُلِّيَّةِ التَّسْبِيحِ، لا تُعْرِضِي يا صالِحَةَ عَنْ تَوْسَلَاتِنَا، بَلْ وَطِّدِي سِيرةَ المُسْتَقِيمِي الرَّأْيِ، وَخَلِّصِي الَّذِينَ أَمَرْتِ أَنْ يَتَمَلَّكُوا، وَامْنَحِيهِمُ العَلْبَةَ مِنَ السَّمَاءِ، بِمَا أَنَّكَ وَلَدْتِ الإِلهَ، أَيُّهَا المُبارَكَةُ وَحْدَكَ.</p>
<p>LITANY</p>	<p>الطَّلِبَةُ السَّلَامِيَّةُ</p>
<p>Priest: Have mercy on us, O God, according to Thy great mercy, we pray Thee, hearken and have mercy.</p>	<p>الكاهن: إِرحَمْنَا يا اللهُ بِعَظِيمِ رَحْمَتِكَ، نَطْلُبُ إِلَيْكَ فَاسْتَجِبْ وَارْحَم.</p>
<p>Choir: Lord, have mercy. (<i>thrice</i>) (use this response until noted below)</p>	<p>الجوقة: يا رَبُّ ارْحَم. (ثلاثاً) (تُعَادُ بَعْدَ كُلِّ طَلِبَةٍ)</p>
<p>Priest: Again we pray for all pious and Orthodox Christians.</p>	<p>الكاهن: وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ المَسِيحِيِّينَ الحَسَنِي العِبَادَةِ الأرثوذكسيين.</p>
<p>Priest: Again we pray for our father and metropolitan, N., (our bishop, N.,) and all our brotherhood in Christ.</p>	<p>الكاهن: وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ أبِينَا وَمِتْرُوبُولِيَّتِنَا (فُلان) وَرئيسِ كَهَنَتِنَا (فُلان)، وَكُلِّ إِخْوَتِنَا في المَسِيحِ.</p>
<p>Priest: For thou art a merciful God and lovest mankind, and unto thee we ascribe glory, to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.</p>	<p>الكاهن: لِأَنَّكَ إِلهٌ رَحِيمٌ وَمُحِبٌّ لِلبَشَرِ، وَلَكَ نُرْسَلُ المَجْدَ أَيُّهَا الآبُ وَالابْنُ وَالرُّوحُ الْقُدُسُ، الآنَ وَكُلَّ أَوَانٍ وَالى دَهْرِ الداهِرِينَ.</p>

Choir: Amen. Bless, Father, in the Name of the Lord.	الجوقة: آمين. بِاسْمِ الرَّبِّ بَارِكْ يَا أَب.
Priest: Glory to the holy, consubstantial, life-giving and undivided Trinity, always, now and ever, and unto ages of ages.	الكاهن: المَجْدُ لِلتَّالُوثِ القُدُّوسِ، المُتساوي في الجَوْهَرِ، المُحيي، غَيْرِ المُنْقَسِمِ، كُلَّ حِينٍ، الآنَ وَكُلَّ أوانٍ وَإلى دَهْرِ الدَّاهِرِينَ.
Choir: Amen.	الجوقة: آمين.
Reader: Glory to God in the highest, and on earth peace, goodwill among men. (<i>thrice</i>) O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. (<i>twice</i>)	القارئ: المَجْدُ لله في العُلى، وَعَلى الأَرْضِ السَّلَامُ، وَفي النَّاسِ المَسْرَّة. (ثَلَاثًا) يا رَبِّ افْتَحْ شَفَتِي فَيُخْبِرَ فَمِي بِتَسْبِحَتِكَ. (مَرَّتَيْنِ)
PSALM 3	المزمور ٣
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.	يا رَبِّ لِمَذا كَثُرَ الذين يُخزِنُونِي؟ كَثيرونَ قاموا عَلَيَّ. كَثيرونَ يَقولونَ لِنَفْسِي لا خِلاصَ لَهُ بِإِلهِهِ. وَأَنْتَ يا رَبِّ، ناصِرِي وَمَجدي وَرافِعُ رَأسي. بِصَوْتِي إلى الرَّبِّ صرَحْتُ، فَأجابني مِنْ جَبَلِ قُدْسِهِ. أنا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنصُرُنِي. فَلَا أَخافُ مِنْ رِبواتِ الشَّعبِ المُحيطينَ بي، المُتوازيينَ عَلَيَّ. قُمْ يا رَبِّ، خَلِّصْني يا إلهي، فَإِنَّكَ ضَرَبْتَ كُلَّ مَنْ يُعاديني باطلاً، وَسَحَقْتَ أَسنانَ الخِطاة. لِلرَّبِّ الخِلاصُ وَعَلى شَعْبِكَ بَرَكَتُكَ. أنا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنصُرُنِي.
PSALM 37	المزمور ٣٧
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;	يا رَبِّ، لا بَعْضَبِكَ تُوبِخْني، ولا بِرِجْزِكَ تُؤدِّبْني. فَإِنَّ سِهامَكَ قد نَشَبَتْ فيَّ، وَمَكَّنْتَ عَلَيَّ يَدَكَ. لَيْسَ لِجَسَدِي شِفاءٌ مِنْ وَجْهِ غَضَبِكَ، ولا سِلامَةٌ في عِظامي مِنْ وَجْهِ خِطايي. لِأَنَّ آثامِي قَدْ تَعالَتْ فَوْقَ رَأسي، كَحِمْلِ ثَقيلٍ قَدْ ثَقَلَتْ عَلَيَّ. قَدْ أَنْتَنَتْ وَقاحَتْ جِراحاتي مِنْ قِبَلِ جِهالتي. شَقِيئٌ وَأَنْحَنِيئٌ إلى الغايَةِ، والنَّهارَ كُلَّهُ مَشِيئٌ عابِسا.

all the day long I went with downcast face. For my loins are filled with mocking, and there is no healing in my flesh. I am afflicted and humbled exceedingly, I have roared from the groaning of my heart. O Lord, before Thee is all my desire, and my groaning is not hid from Thee. My heart is troubled, my strength hath failed me; and the light of mine eyes, even this is not with me. My friends and my neighbors drew nigh over against me and stood, and my nearest of kin stood afar off. And they that sought after my soul used violence; and they that sought evils for me spake vain things, and craftinesses all the day long did they meditate. But as for me, like a deaf man I heard them not, and was as a speechless man that openeth not his mouth. And I became as a man that heareth not, and that hath in his mouth no reproofs. For in Thee have I hoped, O Lord; Thou wilt hearken unto me, O Lord my God. For I said: Let never mine enemies rejoice over me; yea, when my feet were shaken, those men spake boastful words against me. For I am ready for scourges, and my sorrow is continually before me. For I will declare mine iniquity, and I will take heed concerning my sin. But mine enemies live and are made stronger than I, and they that hated me unjustly are multiplied. They that render me evil for good slandered me, because I pursued goodness. Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

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

PSALM 62

O God, my God, unto Thee I rise early at dawn. My soul hath thirsted for Thee; how often hath my flesh longed after Thee in a land barren and untrodden and unwatered. So in the sanctuary have I appeared before Thee to see Thy power and Thy glory. For Thy mercy is better than lives; my lips shall praise Thee. So shall I bless

لَأَنَّ مَتْنِي قَدْ امْتَلَأَ مَهَازِيٍّ وَلَيْسَ لِجَسَدِي شِفَاءً. شَقِيئٌ وَانْتَصَعْتُ جِدًّا، وَكُنْتُ أَيْنٌ مِنْ تَتَهَّدُ قَلْبِي. يَا رَبُّ، إِنَّ بُغْيَتِي كُلُّهَا أَمَامَكَ، وَتَتَهَّدِي لَمْ يَخْفَ عَنْكَ. قَدْ اضْطَرَبَ قَلْبِي وَفَارَقْتَنِي قُوَّتِي، وَنُورُ عَيْنِي أَيْضًا لَمْ يَبْقَ مَعِي. أَصْدِقَائِي وَأَقْرِبَائِي دَنَوْا مِنِّي وَوَقَفُوا لَدَيَّ، وَجِنْسِي وَقَفَ مِنِّي بَعِيدًا. وَأَجْهَدَنِي الَّذِينَ يَطْلُبُونَ نَفْسِي، وَالْمُلْتَمِسُونَ لِي الشَّرَّ تَكَلَّمُوا بِالْبَاطِلِ، وَغَشُوشًا طَوَّلَ النَّهَارِ دَرَسُوا. أَمَا أَنَا فَكَأَصَمٌ لَا يَسْمَعُ، وَكَأَخْرَسٌ لَا يَفْتَحُ فَاهَهُ. وَصِرْتُ كإنْسَانٍ لَا يَسْمَعُ وَلَا فِي فَمِهِ تَبْكِيَةٌ. لِأَيِّ عَلَيْكَ، يَا رَبُّ، تَوَكَّلْتُ، أَنْتَ تَسْتَجِيبُ لِي يَا رَبِّي وَاللَّهِ. لِأَيِّ قُلْتُ لَا يَشْمَتُ بِي أَعْدَائِي، وَعِنْدَمَا زَلْتُ قَدَمَائِي عَظَّمُوا عَلَيَّ الْكَلَامَ. لِأَيِّ أَنَا لِلضَّرْبِ مُسْتَعِدٌّ، وَوَجَعِي لَدَيَّ فِي كُلِّ حِينٍ. لِأَيِّ أَنَا أُخْبِرُ بِإِثْمِي، وَأَهْتَمُّ مِنْ أَجْلِ خَطِيئَتِي. أَمَا أَعْدَائِي فَأَحْيَاءُ، وَهُمْ أَشَدُّ مِنِّي، وَقَدْ كَثُرَ الَّذِينَ يُبْغِضُونَنِي ظُلْمًا، الَّذِينَ جَارُونِي بَدَلَ الْخَيْرِ شَرًّا، مَحَلُّوا بِي لِأَجْلِ ابْتِغَائِي الصَّلَاحِ. فَلَا تُهْمَلْنِي يَا رَبِّي وَاللَّهِ وَلَا تَتْبَاعِدْ عَنِّي. أَسْرِعْ إِلَيَّ مَعُونَتِي يَا رَبَّ خَلَاصِي.

فَلَا تُهْمَلْنِي يَا رَبِّي وَاللَّهِ وَلَا تَتْبَاعِدْ عَنِّي. أَسْرِعْ إِلَيَّ مَعُونَتِي يَا رَبَّ خَلَاصِي.

المزمور ٦٢

يَا اللَّهُ إِلَهِي إِلَيْكَ أَبْتَكِرُ. عَطِشْتُ إِلَيْكَ نَفْسِي، وَاشْتَأَقْتُ إِلَيْكَ جَسَدِي، فِي أَرْضٍ بَرِيَّةٍ وَغَيْرِ مَسْلُوكَةٍ وَعَايِمَةِ الْمَاءِ. هَكَذَا ظَهَرْتُ لَكَ فِي الْقُدْسِ لِأَعْيُنِ قُوَّتِكَ وَمَجْدِكَ. لِأَنَّ رَحْمَتَكَ أَفْضَلُ

<p>Thee in my life, and in Thy name will I lift up my hands. As with marrow and fatness let my soul be filled, and with lips rejoicing shall my mouth praise Thee. If I remembered Thee on my bed, at the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me. But as for these, in vain have they sought after my soul; they shall go into the nethermost parts of the earth, they shall be surrendered unto the edge of the sword; portions for foxes shall they be. But the king shall be glad in God, everyone shall be praised that sweareth by Him; for the mouth of them is stopped that speak unjust things.</p> <p>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.</p>	<p>مِنَ الْحَيَاةِ، وَشَفَقَتِي تُسَبِّحَانِكَ. هَكَذَا أُبَارِكُكَ فِي حَيَاتِي وَبِاسْمِكَ أَرْفَعُ يَدَيَّ، فَتَمْتَلِي نَفْسِي كَمَا مِنْ شَحْمٍ وَدَسَمٍ، وَبِشِفَاهِ الْإِبْتِهَاجِ يُسَبِّحُكَ فَمِي. إِذَا ذَكَرْتُكَ عَلَى فِرَاشِي، هَدَدْتُ بِكَ فِي الْأَسْحَارِ، لِأَنَّكَ صِرْتَ لِي عَوْنًا وَبِظِلِّ جَنَاحَيْكَ أَسْتَتِرُ. اِلْتَصَقْتُ نَفْسِي بِكَ، وَإِيَّايَ عَضَدْتَ يَمِينِكَ. أَمَّا الَّذِينَ يَطْلُبُونَ نَفْسِي بَاطِلًا، فَسَيَدْخُلُونَ فِي أَسْفَلِ الْأَرْضِ، وَيُدْفَعُونَ إِلَى أَيْدِي السُّيُوفِ، وَيَكُونُونَ أَنْصِبَةً لِلتَّعَالِبِ. أَمَّا الْمَلِكُ فَيَسْرُ بِاللَّهِ، وَيُمْتَدِّحُ كُلُّ مَنْ يَخْلِفُ بِهِ، لِأَنَّهُ قَدْ سُدَّتْ أَفْوَاهُ الْمُتَكَلِّمِينَ بِالظُّلْمِ.</p> <p>هَدَدْتُ بِكَ فِي الْأَسْحَارِ لِأَنَّكَ صِرْتَ لِي عَوْنًا، وَبِظِلِّ جَنَاحَيْكَ أَسْتَتِرُ. اِلْتَصَقْتُ نَفْسِي بِكَ، وَإِيَّايَ عَضَدْتَ يَمِينِكَ.</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. (<i>thrice</i>)</p> <p>Lord, have mercy. (<i>thrice</i>)</p> <p>Glory to the Father, and to the Son, and to the Holy Spirit.</p>	<p>الْمَجْدُ لِلآبِ وَالِابْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.</p> <p>هَلِّلُوِيَا، هَلِّلُوِيَا، هَلِّلُوِيَا، الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا)</p> <p>يَا رَبِّ ارْحَمْنَا. (ثَلَاثًا)</p> <p>الْمَجْدُ لِلآبِ وَالِابْنِ وَالرُّوحِ الْقُدُّوسِ.</p>
<p>PSALM 87</p>	<p>المزمور ٨٧</p>
<p>Both now and ever, and unto ages of ages. Amen.</p> <p>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</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.</p> <p>يَا رَبُّ إِلَهَ خَلَاصِي، فِي النَّهَارِ صَرَخْتُ وَفِي اللَّيْلِ أَمَامَكَ، فَلْتَدْخُلْ قُدَّامَكَ صَلَاتِي، أَمِلْ أُذُنَكَ إِلَى طَلِبَتِي، فَقَدْ امْتَلَأْتُ مِنَ الشُّرُورِ نَفْسِي، وَدَنَنْتُ مِنَ الْجَحِيمِ حَيَاتِي. حُسِبْتُ مَعَ الْمُنْحَدِرِينَ فِي الْجُبِّ، صِرْتُ مِثْلَ إِنْسَانٍ لَيْسَ لَهُ مُعِينٌ، مَطْرُوحًا بَيْنَ الْأَمْوَاتِ مِثْلَ الْقَتْلَى الرَّاقِدِينَ فِي الْقُبُورِ، الَّذِينَ</p>

laid me in the lowest pit, in darkness and in the shadow of death. Against me is Thine anger made strong, and all Thy billows hast Thou brought upon me. Thou hast removed my friends afar from me; they have made me an abomination unto themselves. I have been delivered up, and have not come forth; mine eyes are grown weak from poverty. I have cried unto Thee, O Lord, the whole day long; I have stretched out my hands unto Thee. Nay, for the dead wilt Thou work wonders? Or shall physicians raise them up that they may give thanks unto Thee? Nay, shall any in the grave tell of Thy mercy, and of Thy truth in that destruction? Nay, shall Thy wonders be known in that darkness, and Thy righteousness in that land that is forgotten? But as for me, unto Thee, O Lord, have I cried; and in the morning shall my prayer come before Thee. Wherefore, O Lord, dost Thou cast off my soul and turnest Thy face away from me? A poor man am I, and in troubles from my youth; yea, having been exalted, I was humbled and brought to distress. Thy furies have passed upon me, and Thy terrors have sorely troubled me. They came round about me like water, all the day long they compassed me about together. Thou hast removed afar from me friend and neighbor, and mine acquaintances because of my misery.

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

PSALM 102

Bless the Lord, O my soul, and all that is within me bless His holy name. Bless the Lord, O my soul, and forget not all that He hath done for thee, Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord

لا تَذْكُرُهُمْ أَيضًا، وَهُمْ مِنْ يَدِكَ مُقْصُونَ. جَعَلُونِي فِي جُبِّ أَسْفَلِ السَّافِلِينَ، فِي ظُلُمَاتِ الْمَوْتِ وَظِلَالِهِ. عَلَيَّ اسْتَقَرَّ غَضَبُكَ، وَجَمِيعُ أَهْوَالِكَ أَجَزَّتْهَا عَلَيَّ. أَبْعَدْتَ عَنِّي مَعَارِفِي، جَعَلُونِي لَهُمْ رَجَاسَةً. قَدْ أَسْلِمْتُ وَمَا خَرَجْتُ، وَعَيْنَايَ ضَعُفَتْ مِنَ الْمَسْكَنَةِ. صَرَخْتُ إِلَيْكَ، يَا رَبُّ، النَّهَارَ كُلَّهُ وَإِلَيْكَ بَسَطْتُ يَدَيَّ. أَلَعَلَّكَ لِلْأَمْوَاتِ تَصْنَعُ الْعَجَائِبَ؟ أَمْ الْأَطِبَّاءُ يُقِيمُونَهُمْ، فَيَعْتَرِفُونَ لَكَ؟ هَلْ يُحَدِّثُ أَحَدٌ فِي الْقَبْرِ بِرَحْمَتِكَ، وَفِي الْهَلَاكِ بِحَقِّكَ؟ هَلْ تُعْرِفُ فِي الظُّلْمَةِ عَجَائِبُكَ، وَعَدْلُكَ فِي أَرْضٍ مَنْسِيَّةٍ؟ وَأَنَا إِلَيْكَ، يَا رَبُّ، صَرَخْتُ فَتَبَلُّغِكَ فِي الْغَدَاةِ صَلَاتِي. لِمَآذَا، يَا رَبُّ، تُقْصِي نَفْسِي وَتَصْرِفُ وَجْهَكَ عَنِّي؟ فَقِيرٌ أَنَا، وَفِي الشَّقَاءِ مُنْذُ شَبَابِي، وَحِينَ ارْتَفَعْتُ اتَّضَعْتُ وَتَحَيَّرْتُ. عَلَيَّ جَازَ رِجْرُوكَ، وَمُفْرِعَاتُكَ 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 أُنْذُكَ إِلَى طَلِبَتِي.

المزمور ١٠٢

بَارِكِي يَا نَفْسِي الرَّبَّ، وَيَا جَمِيعَ مَا فِي دَاخِلِي اسْمَهُ الْقُدُّوسِ. بَارِكِي يَا نَفْسِي الرَّبَّ، وَلَا تَنْسِي جَمِيعَ مُكَافَأَتِهِ. الَّذِي يَغْفِرُ جَمِيعَ آثَامِكَ، الَّذِي يَشْفِي جَمِيعَ أَمْرَاضِكَ، الَّذِي يُنَجِّي مِنَ الْفَسَادِ حَيَاتِكَ، الَّذِي يُكَلِّلُكَ بِالرَّحْمَةِ وَالرَّأْفَةِ، الَّذِي يُشْبِعُ

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

In every place of His dominion, bless the Lord, O my soul.

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

بِالْخَيْرَاتِ شَهَوَاتِكَ، فَيَتَجَدَّدُ كَالنَّسْرِ شَبَابُكَ. الرَّبُّ صَانِعُ الرَّحْمَاتِ وَالْقَضَاءِ لِجَمِيعِ الْمَظْلُومِينَ. عَرَفَ مُوسَى طُرُقَهُ، وَبَنِي إِسْرَائِيلَ مَشِيئَاتِهِ. الرَّبُّ رَحِيمٌ وَرَوْوْفٌ، طَوِيلُ الْأَنَاءِ وَكَثِيرُ الرَّحْمَةِ، لَيْسَ إِلَى الْإِنْقِضَاءِ يَسْخَطُ، وَلَا إِلَى الدَّهْرِ يَخْقَدُ. 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 وَكَزْهَرِ الْحَقْلِ كَذَلِكَ يُزْهَرُ، لِأَنَّهُ إِذَا هَبَّتْ فِيهِ الرِّيحُ لَيْسَ يَثْبُتُ وَلَا يُعْرَفُ أَيْضًا مَوْضِعُهُ. أَمَّا رَحْمَةُ الرَّبِّ فَهِيَ مُنْذُ الدَّهْرِ، وَإِلَى الدَّهْرِ عَلَى الَّذِينَ يَتَّقُونَهُ، وَعَدْلُهُ عَلَى أَبْنَاءِ الْبَنِينَ الْحَافِظِينَ عَهْدَهُ وَالذَّاكِرِينَ وَصَايَاهُ لِيَصْنَعُوهَا. الرَّبُّ هَيَّا عَرْشَهُ فِي السَّمَاءِ، وَمَمْلَكَتُهُ تَسْوَدُ عَلَى الْجَمِيعِ. بَارِكُوا الرَّبَّ يَا جَمِيعَ مَلَائِكَتِهِ، الْمُقْتَدِرِينَ بِقُوَّةٍ، الْعَامِلِينَ بِكَلِمَتِهِ عِنْدَ سَمَاعِ صَوْتِ كَلَامِهِ. بَارِكُوا الرَّبَّ يَا جَمِيعَ قُوَاتِهِ، يَا خُدَّامَهُ الْعَامِلِينَ إِرَادَتَهُ. بَارِكُوا الرَّبَّ يَا جَمِيعَ أَعْمَالِهِ، فِي كُلِّ مَوْضِعٍ سَيَادَتِهِ. بَارِكِي يَا نَفْسِي الرَّبَّ.

فِي كُلِّ مَوْضِعٍ سَيَادَتِهِ. بَارِكِي يَا نَفْسِي الرَّبَّ.

المزمور ١٤٢

يَا رَبُّ اسْتَمِعْ صَلَاتِي، وَأَنْصِتْ بِحَقِّكَ إِلَيَّ طَلِبَتِي. اسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي

<p>living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou 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>المُحَاكِمَةَ مَعَ عَبْدِكَ، فَإِنَّهُ لَنْ يَتَزَكَّى أَمَامَكَ أَيُّ حَيٍّ. لِأَنَّ الْعَدُوَّ قَدْ اضْطَهَدَ نَفْسِي، وَأَذَلَّ إِلَى الْأَرْضِ حَيَاتِي، وَأَجْلَسَنِي فِي الظُّلُمَاتِ مِثْلَ الْمَوْتَى مُنْذُ الدَّهْرِ، فَضَجِرْتُ رُوحِي وَاضْطَرَبَ قَلْبِي فِي دَاخِلِي. تَذَكَّرْتُ الْأَيَّامَ الْقَدِيمَةَ. هَذَا فِي كُلِّ أَعْمَالِكَ، وَتَأَمَّلْتُ فِي صَنَائِعِ يَدَيْكَ. بَسَطْتُ يَدَيَّ إِلَيْكَ وَنَفْسِي لَكَ كَأَرْضٍ لَا تُمَطَّرُ. أَسْرِعْ فَاسْتَجِبْ لِي يَا رَبُّ، فَقَدْ فَنَيْتُ رُوحِي. لَا تَصْرِفْ وَجْهَكَ عَنِّي، فَأَشَابَهُ الْهَابِطِينَ فِي الْجُبِّ. اجْعَلْنِي فِي الْغَدَاةِ مُسْتَمِعًا رَحْمَتِكَ، فَإِنِّي عَلَيْكَ تَوَكَّلْتُ. عَرَّفْنِي يَا رَبُّ الطَّرِيقَ الَّذِي أَسْلُكُ فِيهِ، فَإِنِّي إِلَيْكَ رَفَعْتُ نَفْسِي. أَنْقِذْنِي مِنْ أَعْدَائِي يَا رَبُّ، فَإِنِّي قَدْ لَجَأْتُ إِلَيْكَ. عَلِّمْنِي أَنْ أَعْمَلَ مَرْضَاتِكَ، لِأَنَّكَ أَنْتَ إِلَهِي. رُوحُكَ الصَّالِحُ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ. مِنْ أَجْلِ اسْمِكَ، يَا رَبُّ، تُحْيِينِي. بَعْدَ ذَلِكَ تُخْرِجُ مِنَ الْحُزْنِ نَفْسِي، وَبِرَحْمَتِكَ تَسْتَأْصِلُ أَعْدَائِي، وَتُهْلِكُ 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) Thy good Spirit shall lead me in the land of uprightness.</p>	<p>إِسْتَجِبْ لِي بَعْدَ ذَلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكِمَةِ مَعَ عَبْدِكَ. (مَرَّتَيْنِ) رُوحُكَ الصَّالِحُ 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. Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (thrice) O our God and our Hope, glory to Thee!</p>	<p>الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. هَلِّلُوبِيَا، هَلِّلُوبِيَا، هَلِّلُوبِيَا، الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا) يَا إِلَهَنَا وَرَجَاءَنَا الْمَجْدُ لَكَ.</p>
<p>THE GREAT LITANY</p>	<p>الطَّلِبَةُ السَّلَامِيَّةُ الْكُبْرَى</p>
<p>Priest: In peace, let us pray to the Lord.</p>	<p>الكاهن: بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.</p>
<p>Choir: Lord, have mercy. (use this response until noted below)</p>	<p>الجوقة: يَا رَبُّ ارْحَمِ. (تُعَادُ بَعْدَ كُلِّ طَّلِبَةٍ)</p>

Priest: For the peace from above and the salvation of our souls, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ السَّلَامِ الَّذِي مِنَ الْعُلَى وَخَلَاصِ نُفُوسِنَا، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For the peace of the whole world, the good estate of the holy churches of God and the union of all, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ سَلَامِ كُلِّ الْعَالَمِ، وَحُسْنِ ثَبَاتِ كَنَائِسِ اللَّهِ الْمُقَدَّسَةِ، وَاتِّحَادِ الْجَمِيعِ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For this holy house and those who with faith, reverence and fear of God enter therein, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ هَذَا الْبَيْتِ الْمُقَدَّسِ، وَالَّذِينَ يَدْخُلُونَ إِلَيْهِ بِإِيمَانٍ وَوَرَعٍ وَخَوْفِ اللَّهِ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For our father and metropolitan, N., (our bishop, N.,) the honorable presbytery, the diaconate in Christ, all the clergy and the people, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ آبِينَا وَمِتْرُوبُولِينَا (فَلَان) وَرَبِّيسِ كَهَنَتِنَا (فَلَان)، وَالْكَهَنَةَ الْمُكْرَمِينَ، وَالشَّامِسَةَ، خُدَّامِ الْمَسِيحِ، وَجَمِيعِ الْإِكْلِيروسِ وَالشَّعْبِ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For our country, its president (or appropriate head of state), civil authorities and armed forces, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ حُكَّامِ هَذَا الْبَلَدِ وَمُؤَارِزَتِهِمْ فِي كُلِّ عَمَلٍ صَالِحٍ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For this city and every city and countryside and the faithful who dwell therein, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ هَذِهِ الْمَدِينَةِ، وَجَمِيعِ الْمُدُنِ وَالْقُرَى، وَالْمُؤْمِنِينَ السَّاكِنِينَ فِيهَا، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For healthful seasons, abundance of the fruits of the earth and peaceful times, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ اعْتِدَالِ الْأَهْوِيَةِ، وَخَضْبِ ثَمَارِ الْأَرْضِ وَأَوْقَاتِ سَلَامِيَّةٍ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For travelers by sea, by land and by air, the sick, the suffering, the captive, and for their salvation, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ الْمُسَافِرِينَ فِي الْبَحْرِ وَالْبَرِّ وَالْجَوِّ، وَالْمَرْضَى وَالْمُتَأَلِّمِينَ وَالْأَسْرَى، وَخَلَاصِهِمْ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For our deliverance from all tribulation, wrath, danger and necessity, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ نَجَاتِنَا مِنْ كُلِّ ضَيْقٍ وَغَضَبٍ وَخَطَرٍ وَشِدَّةٍ إِلَى الرَّبِّ نَطْلُبُ.
Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.	الكاهن: أَعِضُدْ وَخَلِّصْ وَارْحَمْ واحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ.
Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God.	الكاهن: بَعْدَ ذِكْرِنَا الْكُلِّيَّةَ الْقَدَّاسَةَ الطَّاهِرَةَ الْفَائِقَةَ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتَنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَثُولِيَّةِ مَرْيَمَ، مَعَ جَمِيعِ الْقَدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.

Choir: To Thee, O Lord.	الجوقة: لَكَ يَا رَبِّ.
Priest: For unto thee are due all glory, honor and worship, to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.	الكاهن: لِأَنَّهُ يَنْبَغِي لَكَ كُلُّ تَمَجِيدٍ وَإِكْرَامٍ وَسُجُودٍ، أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
Choir: Amen.	الجوقة: آمين.
“GOD IS THE LORD” IN TONE SIX	"الله الرَّبُّ" بِاللَّحْنِ السَّادِسِ
Choir: God is the Lord and hath appeared unto us. Blessed is He that cometh in the Name of the Lord. (<i>Repeat after verses</i>)	الجوق: اللهُ الرَّبُّ ظَهَرَ لَنَا، مُبَارَكٌ الْآتِي بِاسْمِ الرَّبِّ. (تَعَادُ بَعْدَ الْإِسْتِيخُونَاتِ)
1. O give thanks unto the Lord, and call upon His holy Name.	١. اِعْتَرِفُوا لِلرَّبِّ وَاذْعُوا بِاسْمِهِ الْقُدُّوسِ.
2. All nations compassed me about, but in the Name of the Lord will I destroy them.	٢. كُلُّ الْأُمَمِ أَحَاطُوا بِي وَبِاسْمِ الرَّبِّ قَهَرْتُهُمْ.
3. This is the Lord's doing; it is marvelous in our eyes.	٣. مِنْ قَبْلِ الرَّبِّ كَانَتْ هَذِهِ وَهِيَ عَجِيبَةٌ فِي أَعْيُنِنَا.
RESURRECTIONAL APOLYTIKION IN TONE SIX	أبوليتيكيون القيامة باللحن السادس
When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.	إِنَّ الْقَوَاتِ الْمَلَائِكِيَّةَ ظَهَرُوا عَلَى قَبْرِكَ الْمُوقَّرِ، وَالْحُرَّاسَ صَارُوا كَالْأَمْوَاتِ، وَمَرِيْمَ وَقَعَتْ عِنْدَ الْقَبْرِ طَالِبَةً جَسَدَكَ الطَّاهِرَ، فَسَبَيْتَ الْجَحِيمَ وَلَمْ تُجَرَّبْ مِنْهَا، وَصَادَفْتَ الْبَتُولَ مَانِحاً الْحَيَاةَ. فَيَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، يَا رَبُّ الْمَجْدُ لَكَ.
APOLYTIKION OF THE HOLY CROSS IN TONE ONE	أبوليتيكيون الصليب المقدس باللحن الأول
<i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> 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.	الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ. خَلِّصْ يَا رَبُّ شَعْبَكَ، وَبَارِكْ مِيرَاثَكَ، وَامْنَحْ عِبِيدَكَ الْمُؤْمِنِينَ الْعَلْبَةَ عَلَى الشَّرِيرِ، وَاحْفَظْ بِقُوَّةِ صَلِيبِكَ جَمِيعَ الْمُخْتَصِّينَ بِكَ.
RESURRECTIONAL THEOTOKION IN TONE ONE	وَالِدِيَّةُ الْقِيَامَةِ بِاللَّحْنِ الْأَوَّلِ
<i>Both now and ever and unto ages of ages. Amen.</i> As Gabriel cried unto thee, “Hail, O Virgin,”	الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمين. إِنَّ جِبْرَائِيلَ لَمَّا تَقَوَّةَ نَحْوِكَ أَيُّهَا الْعَذْرَاءُ بِالسَّلَامِ،

<p>with that cry did the Lord of all become incarnate in thee, O holy ark, as spake the righteous David; and Thou wast revealed as more spacious than the heavens, in that thou bore thy Creator. Wherefore, glory to Him Who abode in thee; glory to Him Who came from thee; glory to Him, Who through thy birth-giving hath set us free.</p>	<p>فَمَعَ الصَّوْتِ تَجَسَّدَ سَيِّدُ الْكُلِّ فِيكَ، أَيُّهَا السَّفِينَةُ الْمُقَدَّسَةُ، كَمَا قَالَ دَاوُدُ الصِّدِّيقُ. وَظَهَرْتَ أَرْحَبَ مِنَ السَّمَاوَاتِ حَامِلَةً خَالِقِكَ. فَالْمَجْدُ لِلَّذِي حَلَّ فِيكَ، الْمَجْدُ لِلَّذِي أَتَى مِنْكَ، الْمَجْدُ لِلَّذِي أَعْتَقَنَا بِوِلَادَتِهِ مِنْكَ.</p>
<p>THE LITTLE LITANY</p>	<p>الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى</p>
<p>Priest: Again and again, in peace, let us pray to the Lord. Choir: Lord, have mercy. Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace. Choir: Lord, have mercy. Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God. Choir: To Thee, O Lord. Priest: For Thine is the might, and Thine is the kingdom, and the power and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages. Choir: Amen.</p>	<p>الكاهن: أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمْنَا. الكاهن: أَعْضُدْ وَخَلِّصْ وَارْحَمْنَا يَا اللَّهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمْنَا. الكاهن: بَعْدَ ذِكْرِنَا الْكُلِّيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ. الجوق: لَكَ يَا رَبُّ. الكاهن: لِأَنَّ لَكَ الْعِزَّةَ وَلَكَ الْمُلْكَ وَالْقُوَّةَ وَالْمَجْدَ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. الجوق: آمِينَ.</p>
<p>SIXTH TONE RESURRECTIONAL KATHISMATA (Plain Reading)</p>	<p>كَاثِسْمَاتَاتُ الْقِيَامَةِ لِلْحَنِ السَّادِسِ (قِرَاءَةٌ)</p>
<p>First Kathisma</p>	<p>الكَاثِسْمَا الْأُولَى</p>
<p>When the tomb was shown to be open and Hades wailing, Mary cried unto the cowering Apostles, saying: Come out, ye laborers of the vineyard, and proclaim the words of the Resurrection; for the Lord is risen, granting the world Great Mercy.</p>	<p>لَقَدْ صَرَخَتْ مَرْيَمُ، لَمَّا ظَهَرَ الْقَبْرُ مَفْتُوحاً وَالْجَحِيمُ مُنْتَحِبَةً، نَحْوَ الرُّسُلِ الْمُخْتَفِينَ قَائِلَةً: اخْرُجُوا يَا فَعْلَةَ الْكَرَمِ وَبَشِّرُوا بِكَلَامِ الْقِيَامَةِ، لِأَنَّ الرَّبَّ قَدْ قَامَ، مَانِحاً الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Mary Magdalene, O Lord, did stand by Thy tomb and cry, weeping. And when she thought</p>	<p>الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّسِ. أَيُّهَا الرَّبُّ، إِنَّ مَرْيَمَ الْمَجْدَلِيَّةَ قَدْ وَقَفَتْ عِنْدَ قَبْرِكَ وَصَرَخَتْ بَاكِئَةً. وَإِذْ ظَنَنْتُ أَنَّكَ الْبُسْتَانِي قَالَتْ:</p>

<p>Thou wast the gardener, she said: Where hast Thou hidden the everlasting Life? Where hast Thou placed Him Who sitteth on the cherubic throne? And when she saw the guards who kept Him, appearing from fear like dead, she cried unto them: Give me my Lord; or else cry with me saying: O Thou Who was numbered among the dead, and Who didst raise the dead, O Lord, glory to Thee.</p>	<p>أَيْنَ أَحْفَيْتَ الْحَيَاةَ الدَّهْرِيَّةَ؟ أَيْنَ وَضَعْتَ الْجَالِسَ عَلَى كُرْسِيِّ الشَّارُوبِيمِ؟ وَلَمَّا رَأَتْ الْحُرَّاسَ الَّذِينَ حَفَظُواكَ قَدْ أَمْسُوا كَالْأَمْوَاتِ مِنَ الْخَوْفِ، صَاحَتْ بِهِمْ هَاتِفَةً: إِمَّا أَعْطُونِي رَبِّي، أَوْ اهْتَفُوا مَعِي قَائِلِينَ: يَا مَنْ حُسِبْتَ بَيْنَ الْأَمْوَاتِ وَأَقَمْتَ الْمَائِتِينَ، يَا رَبُّ، الْمَجْدُ لَكَ.</p>
<p>(Theotokion of the Resurrectional Apolytikion)</p>	<p>(والديَّة للقيامة)</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> Thou Who didst call Thy Mother blessed of Thine own good will and didst come to Thy passion shining radiantly upon the Cross, desiring to recall Adam and saying unto the angels: Rejoice with me; for I have found the piece of silver which was lost. O our God, Who with wisdom hast ordered all things, glory to Thee.</p>	<p>الآنَ وَكَلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. يَا مَنْ دَعَوْتَ أُمَّكَ مُبَارَكَةً، لَقَدْ أَقْبَلْتَ إِلَى الْأَلَامِ طَوْعاً بِاخْتِيَارِكَ، وَأَشْرَقْتَ عَلَى الصَّلِيبِ مُرِيداً أَنْ تُعِيدَ دَعْوَةَ آدَمَ، قَائِلاً لِلْمَلَائِكَةِ: افْرَحُوا مَعِي لَوْجُودِي الدِّرْهَمَ الضَّائِعِ. فَيَا مَنْ دَبَّرْتَ كُلَّ شَيْءٍ بِحِكْمَةٍ الْمَجْدُ لَكَ.</p>
<p>Second Kathisma</p>	<p>الكاشِما الثانية</p>
<p>Verily, Life was placed in the grave, and the seals were applied to the stone. And the soldiers guarded Christ as they would a sleeping king. But the Lord rose, smiting His enemies in an invisible way.</p>	<p>إِنَّ الْحَيَاةَ قَدْ وُضِعَ فِي قَبْرِ، وَجُعِلَ عَلَى الْحَجَرِ خُتُومٌ، وَحَرَسَ الْجُنْدُ الْمَسِيحَ كَمَا كَمَلِكٍ رَاقِدٍ. وَلَكِنَّ الرَّبَّ قَدْ قَامَ ضَارِباً أَعْدَاءَهُ بِحَالٍ لَا يُرَى.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Verily, Jonah did come before and made a sign of Thy tomb; and Simeon did interpret Thy divine Resurrection, O deathless Lord; for Thou didst descend into the grave as one who is dead, O Thou Who didst invade the gates of Hades, and didst rise free of corruption for the salvation of the world, being the Master, O Christ our God, and didst light those who are in darkness.</p>	<p>الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ. لَقَدْ تَقَدَّمَ يُونَانُ فَرَسَمَ قَبْرَكَ، وَسَمِعَانُ فَسَّرَ قِيَامَتَكَ الْإِلَهِيَّةَ أَيُّهَا الرَّبُّ الْعَادِمُ الْمَوْتِ، لِأَنَّكَ نَزَلْتَ إِلَى اللَّحْدِ مَيِّتاً يَا مَنْ حَلَلْتَ أَبْوَابَ الْجَحِيمِ، وَقُمْتَ مُنْزَهاً عَنِ الْفَسَادِ لِخَلَاصِ الْعَالَمِ، بِمَا أَنَّكَ السَّيِّدُ أَيُّهَا الْمَسِيحُ إِلَهُنَا، وَأَنْزَرْتَ الَّذِينَ فِي الظَّلَامِ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> Pray, O Virgin Theotokos to thy son Christ our God, Who was willingly nailed upon the Cross and did rise from the dead, that He might save our souls.</p>	<p>الآنَ وَكَلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. يَا وَالِدَةَ الْإِلَهِ الْعَذْرَاءَ، تَوَسَّلِي إِلَى ابْنِكَ الْمَسِيحِ إِلَهُنَا، الَّذِي سَمَّرَ عَلَى الصَّلِيبِ طَوْعاً، وَقَامَ مِنْ بَيْنِ الْأَمْوَاتِ لِكَيْ يُخَلِّصَ نَفُوسَنَا.</p>

Third Kathisma for the Holy Cross	الكاثيسما الثالثة للصليب المقدس
<p>In Paradise of old the tree stripped me bare; for by giving me its fruit to eat, the enemy brought in death. But now the Tree of the Cross that clothes men with the garment of life has been set up on earth, and the whole world is filled with boundless joy. Beholding it venerated, O ye people, let us with one accord raise in faith our cry to God: His house is full of glory.</p>	<p>إِنَّ الْعَدُوَّ فِي الْفِرْدَوْسِ قَدِيمًا عَرَى آدَمَ بِوَأَسِطَةِ الْعُودِ، وَجَلَبَ الْمَوْتَ لِأَجْلِ الْمَذَاقَةِ، وَأَمَّا عَوْدُ الصَّلِيبِ فَانْعَرَسَ عَلَى الْأَرْضِ آتِيًا لِلْبَشْرِ بِلِبَاسِ الْحَيَاةِ، وَاسْتَوَعَبَ الْعَالَمَ بِأَسْرِهِ كُلِّ فَرْحٍ. فَلُنْشَاهِدُهُ أَيُّهَا الشُّعُوبُ مَسْجُودًا لَهُ، وَنَصْرُخُ لِلَّهِ بِإِيمَانٍ وَنِعْمَاتٍ مُؤْتَلِفَةً أَنْ بَيْتَهُ مَمْلُوءٌ مَجْدًا.</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> In Paradise of old the tree stripped me bare ... (repeat above)</p>	<p>الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدْسِ؛ الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. إِنَّ الْعَدُوَّ فِي الْفِرْدَوْسِ قَدِيمًا عَرَى آدَمَ ... (تعاد)</p>
<p>EVLOGETARIA (BENEDICTIONS) IN TONE FIVE</p>	<p>إفلوجيطاريات باللحن الخامس</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> The company of the Angels was amazed when they beheld Thee numbered among the dead. Yet Thyself, O Savior, destroying the power of death, with Thee raising up Adam and releasing all men from hades.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. جَمَعَ الْمَلَائِكَةُ أَنْذَهَلَ مُتَحَيِّرًا، عِنْدَ مُشَاهَدَتِهِمْ إِيَّاكَ مَحْسُوبًا بَيْنَ الْأَمْوَاتِ أَيُّهَا الْمُخَلِّصُ، وَدَاحِضًا قُوَّةَ الْمَوْتِ، وَمُنْهَضًا آدَمَ مَعَكَ، وَمُعْتِقًا إِيَّانَا مِنَ الْجَحِيمِ كَافَّةً.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> Wherefore, O Women Disciples, do ye mingle sweet-smelling spices with your tears of pity? The radiant Angel within the sepulcher cried unto the Myrrh-bearing Women: Behold the grave, and understand, for the Savior is risen from the tomb.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. الْمَلَائِكَةُ اللَّامِعُ عِنْدَ الْقَبْرِ نَقَّوَهُ نَحْوَ حَامِلَاتِ الطَّيِّبِ قَائِلًا: لِمَ تَمْرُجْنَ الطَّيِّبَ بِالدَّمُوعِ، بِنَثْرَتِ يَا تَلْمِيزَاتِ؟ أَنْظُرْنَ اللَّحْدَ وَافْرَحْنَ، لِأَنَّ الْمُخَلِّصَ قَدْ قَامَ مِنَ الْقَبْرِ.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> Very early in the morning, did the Myrrh-bearing Women run lamenting unto Thy tomb. But an Angel came toward them, saying: The time for lamentation is passed; weep not, but announce unto the Apostles the Resurrection.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. إِنَّ حَامِلَاتِ الطَّيِّبِ سَحَرًا جِدًّا، سَارَعْنَ إِلَى قَبْرِكَ نَائِحَاتٍ. إِلَّا أَنَّ الْمَلَائِكَةَ وَقَفَ بِهِنَّ، وَقَالَ لَهُنَّ: زَمَانُ النَّوْحِ قَدْ كَفَّ وَبَطَلَ فَلَا تَبْكِينَ، بَلْ بَشِّرْنَ الرُّسُلَ بِالْقِيَامَةِ.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> The Myrrh-bearing Women mourned, as</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. إِنَّ النِّسْوَةَ حَامِلَاتِ الطَّيِّبِ، وَاقِفِينَ بِالْحَنُوطِ إِلَى</p>

<p>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>قَبْرِكَ أَيُّهَا الْمُخَلِّصُ. فَسَمِعْنَ مَلَكَاً مُنْتَعِماً نَحْوَهُنَّ قَائِلاً: لِمَ تَحْسِبْنَ الْحَيِّ مَعَ الْمَوْتَى؟ فَبِمَا أَنَّهُ إِلَهُ، قَدْ قَامَ مِنَ الْقَبْرِ نَاهِضاً.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> We adore the Father, as also His Son, and the Holy Spirit, the Holy Trinity in one Essence, crying with the Seraphim: Holy, holy, holy art Thou, O Lord.</p>	<p>الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ. نَسْجُدُ لِلآبِ وَلِإِبْنِهِ وَلِرُوحِ قُدُّوسِهِ، ثَالِوثاً قُدُّوساً فِي جَوْهَرٍ وَاحِدٍ، هَاتِفِينَ مَعَ السَّرَافِيمِ: قُدُّوسٌ، قُدُّوسٌ، قُدُّوسٌ أَنْتَ يَا رَبِّ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> In that thou didst bear the Giver of Life, O Virgin, thou didst redeem Adam from sin, and didst give to Eve joy in place of sadness; and He who was incarnate of thee, both God and man, hath restored to life those who had fallen therefrom.</p>	<p>الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. آمِينَ. أَيُّهَا الْعَذْرَاءُ، لَقَدْ وُلِدْتَ مُعْطِيَةَ الْحَيَاةِ، وَأَنْقَذْتَ آدَمَ مِنَ الْخَطِيئَةِ، وَمَنْحْتَ حَوَاءَ الْفَرَحِ عَوْضَ الْحُزْنِ، لَكِنَّ الْإِلَهَ وَالْإِنْسَانَ الْمُتَجَسِّدَ مِنْكَ، أَرْشَدَهُمَا إِلَى الْحَيَاةِ الَّتِي قَدْ تَهَوَّرَا مِنْهَا.</p>
<p>Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (<i>thrice</i>) O our God and our Hope, glory to Thee.</p>	<p>هَلِّلُوِيَا، هَلِّلُوِيَا، هَلِّلُوِيَا الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا) يَا إِلَهَنَا وَرَجَاءَنَا لَكَ الْمَجْدُ.</p>
<p>THE LITTLE LITANY</p>	<p>الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى</p>
<p>Priest: Again and again, in peace, let us pray to the Lord. Choir: Lord, have mercy. Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace. Choir: Lord, have mercy. Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God. Choir: To Thee, O Lord. Priest: For blessed is Thy Name, and glorified is Thy kingdom: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages. Choir: Amen.</p>	<p>الكاهن: أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمِ. الكاهن: أَعْضُدْ وَخَلِّصْ وَارْحَمْ واحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمِ. الكاهن: بَعْدَ نِكْرِنَا الْكَلِيَّةِ الْقِدَاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتْنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقِدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ. الجوق: لَكَ يَا رَبِّ. الكاهن: لِأَنَّ اسْمَكَ مُبَارَكٌ وَمُلْكُكَ مُمَجَّدٌ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. الجوق: آمِينَ.</p>

<p align="center">SIXTH TONE RESURRECTIONAL HYPAKOE (Plain Reading)</p>	<p align="center">إيباكوي القيامة للحن السادس (قراءة)</p>
<p>By Thy willing yet life giving Death, O Christ, Thou hast crushed the gates of Hades, because Thou art God, and hast opened the old paradise; and having risen from the dead, Thou hast redeemed our life from corruption.</p>	<p>بِمَوْتِكَ الْمُحْيِي الطَّوْعِيَّ أَيُّهَا الْمَسِيحُ، حَطَّمْتَ أَبْوَابَ الْجَحِيمِ بِمَا أَنْتَ إِلَهٌ، وَفَتَحْتَ لَنَا الْفِرْدَوْسَ الْقَدِيمَ، وَقُمْتَ نَاهِضاً مِنْ بَيْنِ الْأَمْوَاتِ، وَخَلَّصْتَ مِنَ الْفَسَادِ نَفُوسَنَا.</p>
<p align="center">SIXTH TONE RESURRECTIONAL ANABATHMOI (Plain Reading)</p>	<p align="center">أنافثميات القيامة للحن السادس (قراءة)</p>
<p align="center">First Antiphony</p>	<p align="center">الأنثيفونا الأولى</p>
<p>+ To the heavens do I lift mine eyes, O Word of God. Have mercy upon me that I may live by Thee. + O Word, have mercy upon us who are despised, and make us good and chosen vessels. + <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> + Verily, in the Holy Spirit is the cause of salvation for all; for when He bloweth on one worthily, He doth raise him speedily from earthly things, doth wing him and cause him to grow, and doth rank him in the heavenly places.</p>	<p>+ إِلَى السَّمَاءِ أَرْفَعُ عَيْنَيَّ نَحْوَكَ يَا كَلِمَةَ اللَّهِ، فَتَرَأْفْ عَلَيَّ لِكِي أَحْيَا بِكَ. + أَيُّهَا الْكَلِمَةُ ارْحَمْنَا نَحْنُ الْمُهَانِينَ، وَأَعِدِدْنَا لَكَ أَوَانِي صَالِحَةً مُخْتَارَةً. + الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. + إِنَّ بِالرُّوحِ الْقُدُسِ سَبَبَ خَلَاصِ الْكُلِّ، لِأَنَّهُ إِذَا هَبَّ فِي إِنْسَانٍ بِحَسَبِ الْاسْتِحْقَاقِ، يَرْفَعُهُ سَرِيعاً مِنَ الْأَرْضِيَّاتِ، وَيَجْتَحُهُ وَيُنْمِيهِ وَيُرْتَبُهُ فِي الْعُلُويَّاتِ.</p>
<p align="center">Second Antiphony</p>	<p align="center">الأنثيفونا الثانية</p>
<p>+ Were not the Lord in our midst it would not be possible for any of us to stand firm in his wrestling with the enemy; for only thereby do the victors attain the exaltation of victory. + Woe to me, how shall I escape the enemies while I am a lover of sin. Wherefore, deliver not my soul, O Word, like a bird, to their teeth. + <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> + Verily, through the Holy Spirit is everyone made divine; and in Him is pleasure, understanding, safety, and blessing; for He is equal to the Father and the Word together.</p>	<p>+ لَوْ لَمْ يَكُنِ الرَّبُّ فِيْنَا فَمَا كَانَ أَحَدٌ يَسْتَطِيعُ مُنَاصَبَةَ الْعَدُوِّ وَصِرَاعَهُ، لِأَنَّ الظَّافِرِينَ مِنْ هُنَا يَتَعَالَوْنَ. + وَيَحْيِي كَيْفَ أَقْدِرُ أَنْ أَنْجُوَ مِنَ الْأَعْدَاءِ وَأَنَا مُحِبٌّ لِلْحَطِيئَةِ. فَيَا أَيُّهَا الْكَلِمَةُ لَا تَدْفَعْ نَفْسِي كَالْعُضْفُورِ لِأَسْنَانِهِمْ. + الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. + إِنَّ بِالرُّوحِ الْقُدُسِ كُلًّا يَتَأَلَّهُ، وَبِهِ الْمَسْرَّةُ وَالْفَهْمُ وَالسَّلَامَةُ وَالْبَرَكَاتُ، لِأَنَّهُ مُسَاوٍ لِلآبِ وَالْكَلِمَةِ مَعاً.</p>

Third Antiphony	الأنتيفونا الثالثة
<p>+ They who trust in the Lord are feared by their enemies and are wondered at by all; for their sight is very high.</p> <p>+ The party of the righteous hath secured Thee as its succor, O Savior, and therefore shall not reach out its hands to iniquities.</p> <p>+ <i>Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.</i></p> <p>+ Verily, the Holy Spirit hath might over all; for Him do all the heavenly hosts worship, and every breath below.</p>	<p>+ إِنَّ الْمُتَوَكِّلِينَ عَلَى الرَّبِّ مَرْهُوبُونَ لَدَى الْأَعْدَاءِ وَمُسْتَعْجَبُونَ مِنَ الْكُلِّ، لِأَنَّ نَظْرَهُمْ مُرْتَفِعٌ جَدًّا.</p> <p>+ أَيُّهَا الْمُخَلَّصُ، إِنَّ حَظَّ الصِّدِّيقِينَ لَا يَمُدُّ يَدَيْهِ إِلَى الْمَآثِمِ، لِأَنَّهُ قَدْ أَحْرَزَكَ مُعِينًا.</p> <p>+ الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.</p> <p>+ إِنَّ لِلرُّوحِ الْقُدُّوسِ الْعِزَّةَ عَلَى الْكُلِّ، لِأَنَّ لَهُ تَسْجُدُ كُلُّ الْأَجْنَادِ الْعُلُويَّةِ مَعَ كُلِّ نَسَمَةٍ سَفَلِيَّةٍ.</p>
<p>PROKEIMENON FOR THE RESURRECTION IN TONE SIX</p>	<p>بروكيمنن للقيامة باللحن السادس</p>
<p>O Lord, arouse Thy strength, and come to our salvation. (<i>twice</i>)</p> <p><i>Stichos:</i> Harken, O Shepherd of Israel.</p> <p>O Lord, arouse Thy strength, and come to our salvation.</p>	<p>يَا رَبُّ أَيْقِظْ قُوَّتَكَ وَهَلِّمْ لِحَلَاصِنَا. (مرتين)</p> <p>سْتِيخِن: يَا رَاعِي إِسْرَائِيلَ أَنْصِتْ.</p> <p>يَا رَبُّ أَيْقِظْ قُوَّتَكَ وَهَلِّمْ لِحَلَاصِنَا.</p>
<p>Deacon: Let us pray to the Lord.</p> <p>Choir: Lord, have mercy.</p> <p>Priest: For Holy art Thou, O our God, Who 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>الشماس: إِلَى الرَّبِّ نَطْلُبُ.</p> <p>المرتل: يَا رَبُّ ارْحَمْ.</p> <p>الكاهن: لِأَنَّكَ قُدُّوسٌ أَنْتَ يَا إِلَهَنَا، وَفِي الْقَدِيسِينَ تَسْتَقَرُّ وَتَسْتَرِيحُ، وَلَكَ نُرْسِلُ الْمَجْدَ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>
<p>Choir: Amen.</p> <p>Let everything that hath breath praise the Lord. (<i>twice</i>)</p> <p><i>Praise ye God in His saints; praise Him in the firm foundation of His power.</i></p> <p>Let everything that hath breath praise the Lord.</p>	<p>الجوق: آمِينَ.</p> <p>كُلُّ نَسَمَةٍ، فَلْتَسْبِحِ الرَّبَّ. (مرتين)</p> <p>سَبِّحُوا اللَّهَ فِي قَدِيسِيهِ، سَبِّحُوهُ فِي فَالِكِ قُوَّتِهِ.</p> <p>فَلْتَسْبِحِ الرَّبَّ، كُلُّ نَسَمَةٍ.</p>
<p>THE SIXTH EOTHINON GOSPEL</p>	<p>إنجيل الإيوثينا السادسة</p>
<p>Deacon: And that we may be accounted worthy to hear the Holy Gospel, let us beseech the Lord our God.</p> <p>Choir: Lord, have mercy. (<i>thrice</i>)</p>	<p>الشماس: مِنْ أَجْلِ أَنْ نَكُونَ مُسْتَحِقِّينَ لِسَمَاعِ الْإِنْجِيلِ الْمُقَدَّسِ، إِلَى الرَّبِّ إِلَهِنَا نَطْلُبُ.</p> <p>المرتل: يَا رَبُّ ارْحَمْ. (ثلاثاً)</p>

Deacon: Wisdom! Stand upright! Let us hear the Holy Gospel.

Priest: Peace be to all.

Choir: And to thy spirit.

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

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

Deacon: Let us attend!

الشَّماس: الْحِكْمَةُ، فَانْسَتَقِمِ وَلِنَسْمَعِ الْإِنْجِيلِ الْمُقَدَّسِ.

الكاهن: السَّلَامُ لِجَمِيعِكُمْ.

المرتل: ولِروحِكَ.

الكاهن: فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ لَوْقَا الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ. (٥٣-٣٦:٢٤)

المرتل: الْمَجْدُ لَكَ يَا رَبُّ، الْمَجْدُ لَكَ.

الشَّماس: لِنُصِغِ!

Priest: At that time, Jesus, risen from the dead, stood in the midst of His disciples and said to them, "Peace be to you." But they were startled and frightened, and supposed that they saw a spirit. And He said to them, "Why are you troubled, and why do questionings rise in your hearts? See My hands and My feet, that it is I Myself; handle Me, and see; for a spirit has not flesh and bones as you see that I have." And when He had said this, He showed them His hands and His feet. And while they still disbelieved for joy, and wondered, He said to them, "Have you anything here to eat?" They gave Him a piece of broiled fish and a honeycomb, and He took it and ate before them. Then He said to them, "These are My words which I spoke to you, while I was still with you, that everything written about Me in the law of Moses and the prophets and the psalms must be fulfilled." Then He opened their minds to understand the Scriptures, and said to them, "Thus it is written, that the Christ should suffer and on the third day rise from the dead, and that repentance and forgiveness of sins should be preached in His Name to all nations, beginning from Jerusalem. You are witnesses of these things. And behold, I send the promise of my Father upon you; but stay in the city of Jerusalem, until you are clothed with power from on high." Then, He led them out as far as Bethany, and lifting up His hands, He blessed them. While He blessed them, He was parted from them, and was carried up into

الكاهن: فِي ذَلِكَ الزَّمَانِ، قَامَ يَسُوعُ مِنْ بَيْنِ الْأَمْوَاتِ، وَوَقَّفَ فِي وَسْطِ التَّلَامِيزِ وَقَالَ لَهُمْ: "السَّلَامُ لَكُمْ"، فَارْتَاعُوا وَخَافُوا وَظَنُّوا أَنَّهُمْ يَرُونَ رُوحًا، فَقَالَ لَهُمْ: "مَا بِالْكُمْ مُضْطَرِبِينَ، وَلِمَاذَا تَخْطُرُ أَفْكَارٌ فِي قُلُوبِكُمْ؟ انظُرُوا يَدَيَّ وَرِجْلَيَّ، إِنِّي أَنَا هُوَ، جُسُونِي وَانظُرُوا، لِأَنَّ الرُّوحَ لَا لَحْمَ لَهُ وَلَا عَظْمَ كَمَا تَرَوْنَ لِي." وَحِينَ قَالَ هَذَا، أَرَاهُمْ يَدَيْهِ وَرِجْلَيْهِ. وَإِذْ كَانُوا هُمْ غَيْرَ مُصَدِّقِينَ بَعْدَ مِنَ الْفَرَحِ، وَمُتَعَجِّبِينَ، قَالَ لَهُمْ: "أَعِنْدَكُمْ هَهُنَا طَعَامٌ؟" فَتَنَاوَلُوهُ قِطْعَةً مِنْ سَمَكٍ مَشْوِيٍّ وَشَيْئًا مِنْ شَهْدٍ عَسَلٍ. فَأَخَذَ وَأَكَلَ أَمَامَهُمْ، وَقَالَ لَهُمْ: "هَذَا هُوَ الْكَلَامُ الَّذِي كَلَّمْتُكُمْ بِهِ وَأَنَا بَعْدَ مَعَكُمْ، إِنَّهُ يَنْبَغِي أَنْ يَتِمَّ جَمِيعُ مَا هُوَ مَكْتُوبٌ عَنِّي فِي نَامُوسِ مُوسَى وَالْأَنْبِيَاءِ وَالْمَزَامِيرِ." حِينَئِذٍ فَتَحَ أَذْهَانَهُمْ لِيَفْهَمُوا الْكُتُبَ وَقَالَ لَهُمْ: "هَكَذَا هُوَ مَكْتُوبٌ، وَهَكَذَا كَانَ يَنْبَغِي لِلْمَسِيحِ أَنْ يَتَأَلَّمَ وَيَقُومَ مِنْ بَيْنِ الْأَمْوَاتِ فِي الْيَوْمِ الثَّالِثِ، وَأَنْ يُكْرَرَ بِاسْمِهِ بِالتَّوْبَةِ وَمَغْفِرَةِ الْخَطَايَا فِي جَمِيعِ الْأُمَمِ، ابْتِدَاءً مِنْ أُورُشَلِيمَ، وَأَنْتُمْ شُهَدَاءٌ لِذَلِكَ. وَأَنَا أُرْسِلُ إِلَيْكُمْ مَوْعِدَ أَبِي، فَاْمَكْتُوْا أَنْتُمْ فِي مَدِينَةِ أُورُشَلِيمَ إِلَى أَنْ تَلْبَسُوا قُوَّةً مِنَ الْعَلَاءِ." ثُمَّ خَرَجَ بِهِمْ خَارِجًا حَتَّى بَيْتِ عَنْيَا، وَفَتَحَ يَدَيْهِ وَبَارَكَهُمْ. وَفِيمَا هُوَ يُبَارِكُهُمْ، انْفَرَدَ

heaven. And they worshipped Him, and returned to Jerusalem with great joy, and were continually in the temple praising and blessing God. Amen.	عَنْهُمْ وَصَعِدَ إِلَى السَّمَاءِ. وَأَمَّا هُمْ فَسَجَدُوا لَهُ، وَرَجَعُوا إِلَى أُورُشَلِيمَ بِفَرَحٍ عَظِيمٍ، وَكَانُوا كُلَّ حِينٍ فِي الْهَيْكَلِ يُسَبِّحُونَ اللَّهَ وَيُبَارِكُونَهُ. آمِينَ.
Choir: Glory to Thee, O Lord, glory to Thee.	المرتل: الْمَجْدُ لَكَ يَا رَبُّ الْمَجْدُ لَكَ.
Reader: In that we have beheld the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. Thy cross do we adore, O Christ, and Thy holy resurrection we praise and glorify; for Thou art our God, and we know none other beside Thee; we call upon Thy name. O come, all ye faithful, let us adore Christ's holy resurrection. For lo, through the cross is joy 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: إِذْ قَدْ رَأَيْنَا قِيَامَةَ الْمَسِيحِ، فَلْنَسْجُدْ لِلرَّبِّ الْقُدُّوسِ، يَسُوعَ الْمَعْصُومِ مِنَ الْخَطَا وَحْدَهُ. لِصَلِيبِكَ أَيُّهَا الْمَسِيحُ نَسْجُدُ وَلِقِيَامَتِكَ الْمُقَدَّسَةِ نُسَبِّحُ وَنُجَدِّدُ، لِأَنَّكَ أَنْتَ هُوَ إِلَهُنَا وَآخِرَ سِوَاكَ لَا نَعْرِفُ وَبِاسْمِكَ نُسَمِّي. هَلُمَّ يَا مَعْشَرَ الْمُؤْمِنِينَ نَسْجُدْ لِقِيَامَةِ الْمَسِيحِ الْمُقَدَّسَةِ، لِأَنَّ هَذَا بِالصَّلِيبِ قَدْ أَتَى الْفَرَحُ لِكُلِّ الْعَالَمِ. لِنُبَارِكِ الرَّبَّ فِي كُلِّ حِينٍ وَنُسَبِّحَ قِيَامَتَهُ، لِأَنَّهُ إِذْ اخْتَمَلَ الصَّلْبَ مِنْ أَجْلِنَا، الْمَوْتَ بِالْمَوْتِ حَطَّمَهُ.
PSALM 50	المزمور ٥٠
Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression.	إِرْحَمْنِي يَا اللَّهُ بِعَظِيمِ رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَتِكَ اَمْحُ مَاثِمِي.
Wash me thoroughly from mine iniquity, and cleanse me from my sin.	إِغْسِلْنِي كَثِيرًا مِنْ إِثْمِي، وَمِنْ خَطِيئَتِي طَهِّرْنِي.
For I know mine iniquity, and my sin is ever before me.	لَأَنِّي أَنَا عَارِفٌ بِإِثْمِي، وَخَطِيئَتِي أَمَامِي فِي كُلِّ حِينٍ.
Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged.	إِلَيْكَ وَحْدَكَ أَخْطَأْتُ، وَالشَّرَّ قُدَّامَكَ صَنَعْتُ، لَكَ تَصَدَّقَ فِي أَقْوَالِكَ وَتَغْلِبَ فِي مُحَاكَمَتِكَ.
For behold, I was conceived in iniquities, and in sins did my mother bear me.	هَاءَ نَذَا بِالْآثَامِ حُبِلَ بِي، وَبِالْخَطَايَا وَلَدَتْنِي أُمِّي.
For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me.	لَأَنَّكَ قَدْ أَحْبَبْتَ الْحَقَّ، وَأَوْضَحْتَ لِي غَوَامِضَ حِكْمَتِكَ وَمَسْتَوْرَاتِهَا.
Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow.	تَنْضَحُنِي بِالزُّوفِيِّ فَاطْهُرُنِي، تَغْسِلُنِي فَاَبْيَضُنِي أَكْثَرَ مِنَ الثَّلْجِ.
Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice.	تُسَمِّعُنِي بِهَجَّةٍ وَسُرُورًا، فَتَبْتَهِجُ عِظَامِي الدَّلِيلَةَ.

Turn Thy face away from my sins, and blot out all mine iniquities.	إِصْرِفْ وَجْهَكَ عَن خَطَايَايَ، وَامْحُ كُلَّ مَائِمِي.
Create in me a clean heart, O God, and renew a right spirit within me.	قَلْبًا نَقِيًّا أَخْلُقْ فِيَّ يَا اللَّهُ، وَرُوحًا مُسْتَقِيمًا جَدِّدْ فِي أَحْشَائِي.
Cast me not away from Thy presence, and take not Thy Holy Spirit from me.	لَا تَطْرَحْنِي مِنْ أَمَامِ وَجْهِكَ، وَرُوحَكَ الْقُدُّوسُ لَا تَنْزِعْهُ مِنِّي.
Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me.	إِمْنَحْنِي بِهَجَّةِ خَلَاصِكَ، وَبِرُوحِ رِئَاسِي اعْضُدْنِي.
I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee.	فَأَعْلِمَ 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 مُنْسَحِقٌ، 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.	أَصْلِحْ يَا رَبُّ بِمَسَرَّتِكَ صِهْيُونََ وَلْتُبْنَ 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.
LENTEN TROPARIA AFTER PSALM 50 IN TONE EIGHT	طُروبَارِيَاتِ الصَّوْمِ بَعْدَ الْمَزْمُورِ ٥٠ بِاللَّحْنِ الثَّامِنِ
<i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Open to me the doors of repentance, O Life-giver; for my soul goeth early to the temple of Thy holiness, coming in the temple of my body, wholly polluted. But because Thou art compassionate, purify me by the compassion of Thy mercies.	الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدَّسِ. إِفْتَحْ لِي أَبْوَابَ التَّوْبَةِ يَا وَاهِبَ الْحَيَاةِ، لِأَنَّ رُوحِي تَبْتَكَرُ إِلَى هَيْكَلِ قُدْسِكَ، آتِيًّا بِهَيْكَلِ جَسَدِي مُدْنَسًا بِجُمْلَتِهِ. لَكِنْ، بِمَا أَنَّكَ مُتَعَطِّفٌ، نَقِّنِي بِتَحَنُّنِ مَرَاحِمِكَ.

<p><i>Both now and ever, and unto ages of ages. Amen.</i></p> <p>Prepare for me the way of salvation, O Theotokos; for I have profaned myself with coarse sins, and consumed my whole life with procrastination. But by thine intercessions purify thou me from all abomination.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.</p> <p>سَهِّلِي لِي مَنَاهِجَ الْخَلَاصِ يَا وَالِدَةَ الْإِلَهِ، فَإِنِّي قَدْ دَسَّسْتُ نَفْسِي بِخَطَايَا سَمِجَةٍ، وَأَفْنَيْتُ عُمْرِي كُلَّهُ بِالتَّوَانِي. لَكِنِّ بِشَفَاعَاتِكَ، نَقِّينِي 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></p> <p>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>(بالْحَنِّ السَّادِسِ) يَا رَحِيمٌ، ارْحَمْنِي يَا اللَّهُ كَعَظِيمِ رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَاتِكَ امْحُ مَاثِمِي.</p> <p>إِذَا تَصَوَّرْتُ كَثْرَةَ أَفْعَالِي الرَّدِيئَةِ أَنَا الشَّقِيّ، فَإِنِّي أَرْتَعِدُ مِنْ يَوْمِ الدِّينُونَةِ الرَّهِيْبِ. لَكِنِّي إِذْ أَنَا وَاثِقٌ بِتَحَنُّنِكَ، أَهْتِفُ إِلَيْكَ مِثْلَ دَاوُدَ: ارْحَمْنِي يَا اللَّهُ، بِحَسَبِ عَظِيمِ رَحْمَتِكَ.</p>
<p>THE INTERCESSION</p>	<p>طِلْبَةُ الشَّفَاعَةِ</p>
<p>Deacon: O God, save thy people, and bless thine inheritance. Visit thy world with mercy and compassions. Exalt the horn of Orthodox Christians, and send down upon us thy rich mercies, through the intercessions of our all-immaculate Lady, the Theotokos and ever-virgin Mary; by the might of the precious and life-giving cross—which we venerate today—by the protection of the honorable bodiless powers of heaven; at the supplication of the honorable, glorious Prophet, Forerunner and Baptist John; of the holy, glorious, all-laudable 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-</p>	<p>الشماس: خَلِّصْ يَا اللَّهُ شَعْبَكَ، وَبَارِكْ مِيرَاثَكَ، وَافْتَقِدْ عَالَمَكَ بِالرَّحْمَةِ وَالرَّأْفَاتِ، وَارْفَعْ شَأْنَ الْمَسِيحِيِّينَ الْأَرْتُوذُكْسِيِّينَ، وَأَسْبِغْ عَلَيْنَا مَرَا حِمَّكَ الْغَنِيَّةِ، بِشَفَاعَاتِ سَيِّدَتِنَا وَالِدَةِ الْإِلَهِ الْكُلِّيَّةِ الطَّهَارَةِ وَالِدَائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ؛ وَبِقُوَّةِ الصَّلِيبِ الْكَرِيمِ الْمُحْيِي—الَّذِي نُكْرِّمُهُ الْيَوْمَ—وَبِطَلَبَاتِ الْقُوَاتِ السَّمَاوِيَّةِ الْمُكْرَّمَةِ الْعَادِمَةِ الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا الْمَعْمَدَانَ؛ وَالْقَدِيسَيْنِ الْمُشْرَفَيْنِ الرَّسُولَيْنِ بَطْرُسَ وَبُولُسَ، وَسَائِرِ الرُّسُلِ الْمُشْرَفَيْنِ الْجَدِيرَيْنِ بِكُلِّ مَدِيحٍ؛ وَأَبَائِنَا الْقَدِيسِينَ مُعَلِّمِي الْمَسْكُونَةِ، رُؤَسَاءِ الْكَهَنَةِ الْمُعْظَمِينَ بِاسِيلْيُوسَ الْكَبِيرِ، وَغَرِيغُورِيُوسَ الْلَاهُوْتِي، وَيُوْحَنَّا الذَّهَبِيِّ الْقَمِّ؛ وَأَبَائِنَا الْقَدِيسِينَ أَنْثَاسِيُوسَ وَكِيْرْلُسَ وَيُوْحَنَّا الرَّحِيمِ بَطْرِكَةَ الْإِسْكَنْدرِيَّةِ؛ وَأَبِينَا الْقَدِيسِ نِيْقُولَاوَسَ رَيْسِ أَسَاقِفَةِ مِيرَا الْليْكِيَّةِ، وَاسْبِيرِيدُونَ أُسْقُفِ تْرِيمِيثُوسَ، وَنِكْتَارِيُوسَ أُسْقُفِ الْمُدُنِ الْخَمْسِ الْعَجَائِبِيِّينَ، وَأَبِينَا الْقَدِيسِ تِيخُونَ بَطْرِيْرِكِ مُوسْكَو، وَالْقَدِيسِ رَافَائِيلَ أُسْقُفِ بَرُوكْلِينَ؛ وَالْقَدِيسِينَ</p>

<p>streaming, Theodore the Soldier, Theodore the General and Menas the Wonder-worker; of the hieromartyrs Ignatius the God-bearer of Antioch, Charalampos and Eleutherios; of the holy, glorious and great women martyrs Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photini, Marina, Paraskeva and Irene; of the holy glorious and right-victorious martyrs; of our venerable and God-bearing fathers who shone in the ascetic life, especially Paisios of Athos; of Saint N., the patron and protector of this holy community; of the holy and righteous ancestors of God, Joachim and Anna, 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>المجيدِينَ الشَّهَدَاءِ العُظْمَاءِ جاورجيوسَ اللابِسِ الظفرِ، وديميتريوسَ المُفِيضِ الطيبِ، وثيودورسَ التيروني، وثيودورسَ قائِدِ الجَيْشِ، وميناسَ الصانعِ العجائبِ؛ والقديسينَ الشَّهَدَاءِ إِغْناطِيوسَ المُتَوَشِّحِ بالله، خِرالمبوسَ والفثيريوسَ؛ والشَّهيدَاتِ العَظِيمَاتِ نَقْلًا، بَرَبارة، أَنسطاسيا، كاترينا، كيرياكي، فوتيني، مارينا، باراسكيفا، وآيرين؛ والقديسينَ المَجِيدِينَ الشَّهَدَاءِ المُتَأَلِّقِينَ بِالظَّفَرِ؛ وآبائنا الأبرارِ المُتَوَشِّحِينَ بالله؛ وَخَاصَّةً القَدِيسِ باييسيوسِ الأثوسِي، والقَدِيسِ (فلان) شَفِيعِ هَذِهِ الكَنِيسَةِ المُقَدَّسَةِ؛ والقَدِيسِينَ الصِّدِّيقِينَ جَدِّي المَسِيحِ الإلهِ يواكيمَ وَحَنَّةَ، وَجَمِيعِ قَدِيسِكَ، نَتَضَرَّعُ إِلَيْكَ أَيُّهَا الرَّبُّ الجَزِيلُ الرَّحْمَةِ، فَاسْتَجِبْ لَنَا نَحْنُ الخَطَاةَ الطالِبِينَ إِلَيْكَ وارْحَمْنَا.</p>
<p>Choir: Lord, have mercy. (<i>twelve times</i>)</p>	<p>المرتل: يا ربُّ ارْحَمْنَا. (١٢ مرات)</p>
<p>Priest: Through the mercies and compassions and love for mankind of Thine Only-begotten Son, with Whom Thou art blessed, together with Thine all-holy, and good, and life-giving Spirit: now and ever, and unto ages of ages.</p>	<p>الكاهن: بِرَحْمَةِ وَرَأْفَاتِ ابْنِكَ الوَحِيدِ وَمَحَبَّتِهِ لِلبَشَرِ، الَّذِي أَنْتَ مُبَارَكٌ مَعَهُ وَمَعَ رُوحِكَ الكَلْبِيِّ قُدْسُهُ الصَّالِحِ والمُخْيِي، الآنَ وَكُلَّ أوانٍ وَإِلَى دَهْرِ الداهرين.</p>
<p>Choir: Amen.</p>	<p>المرتل: آمين.</p>
<p>KONTAKION & OIKOS FOR THIRD SUNDAY OF GREAT LENT (Plain Reading)</p>	<p>القِنْدَاقِ وَالْبَيْتِ لِلأَحَدِ الثالِثِ مِنَ الصُومِ (قراءة)</p>
<p>The fiery sword no longer guards the gate of Eden, for in a strange and glorious way the wood of the Cross has quenched its flames. The sting of death and the victory of hades are now destroyed, for Thou art come, my Savior, crying unto those in hades: “Return again to Paradise.”</p>	<p>إِنَّ السَّيْفَ النَّارِيَّ لَنْ يَحْرُسَ مِنْ بَعْدُ عَدْنَ، لِأَنَّ عَوْدَ الصَّلِيبِ قَدْ أَطْفَأَهُ إِطْفَاءً مُدْهِشاً. فَكُسِرَتْ شَوْكَةُ المَوْتِ، وَبَادَتْ غَلْبَةُ الجَحِيمِ، وَوَقَفَتْ يَا مُخَلِّصِي، هَاتِفاً بِالذِّينِ فِيهَا: اُدْخُلُوا مِنْ جَدِيدٍ إِلَى الفِرْدَوْسِ.</p>
<p>Pilate set up three crosses in the place of the Skull, two for the thieves and one for the Giver of Life. Seeing Him, hades cried to those below: “O my ministers and my powers! Who is this that has fixed a nail in my heart? A wooden spear has pierced me suddenly, and I am torn apart. Inwardly I suffer; anguish has</p>	<p>إِنَّ بِيلاطُسَ نَصَبَ فِي الجُلْجَلَةِ ثَلَاثَةَ صُلْبَانٍ، إِثْنَيْنِ لِلصَّيْنِ وَوَاحِداً لَوَاهِبِ الحَيَاةِ، الَّذِي لَمَّا أَبْصَرَهُ الجَحِيمُ قَالَ لِلذِّينِ فِي أَسْفَلٍ: يَا خُدَّامِي وَقُوَّاتِي، مَنْ هُوَ هَذَا الَّذِي شَكَّ قَلْبِي بِمِسْمَارٍ، وَطَعَنَنِي بَعْتَةً بِحَرْبَةٍ خَسْبِيَّةٍ؟ وَهَا أَنَا أَتَمَرِّقُ فِي</p>

<p>seized my belly and my senses. My spirit trembles, and I am constrained to cast out Adam and his posterity. A tree brought them to my realm, but now the Tree of the Cross brings them back again to Paradise.”</p>	<p>دواخلي، وتَتَوَجَّعُ أَحْشَائِي، وَتُظَلِّمُ حَوَاسِي، وَتَضْطَرِّبُ رُوحِي، وَأَضْطَرُّ مُكْرَهًا أَنْ أَقْذِفَ آدَمَ وَذُرِّيَّتَهُ كُلَّهَا، الْمَدْفُوعِينَ إِلَيَّ بِسَبَبِ الْعُودِ، لِأَنَّ الْعُودَ يُدْخِلُهُمْ مِنْ جَدِيدٍ إِلَى الْفِرْدَوْسِ.</p>
<p>THE SYNAXARION (Plain Reading)</p>	<p>السِّنْكَسَار (قراءة)</p>
<p>On March 23 in the Holy Orthodox Church, we commemorate the Venerable-martyr Nikon of Sicily and with him 199 disciples.</p>	
<p>On this same day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross.</p>	
<p style="text-align: center;"><i>Verses</i></p> <p style="text-align: center;">Let the whole world entire worship the Cross through Which it truly knew to worship Thee, O Word.</p>	
<p>Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God’s grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast.</p>	
<p>By its power, O Christ God, preserve us from the crafty designs of the evil one and account us worthy to worship Thy divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as Thou alone art good and the Lover of mankind. Amen.</p>	
<p>KATAVASIAE OF THIRD SUNDAY OF GREAT LENT CANON IN TONE ONE</p>	<p>كَطَاوَسِيَاةِ قَانُونِ الْأَحَدِ الثَّلَاثِ مِنَ الصَّوْمِ بِاللَّحْنِ الْأَوَّلِ</p>
<p>Ode 1. The divine God-seer Moses once prefigured Thy Cross, when he led through the Red Sea Thy people Israel, as he smote the water with his staff and sang unto Thee that song of the Exodus, in thanksgiving, O Christ our God.</p>	<p>(الأولى) إِنَّ مُوسَى الْإِلَهِيِّ قَدْ سَبَقَ فَرَسَمَ صَلَيبِكَ قَدِيمًا، وَأَجَازَ إِسْرَائِيلَ فِي الْبَحْرِ الْأَحْمَرِ، لَمَّا ضَرَبَ الْجَوْهَرَ الرَّطْبَ بِالْعَصَا، مُرْتَلًّا لَكَ، أَيُّهَا الْمَسِيحُ الْإِلَهُ، تَسْبِيحًا عَلَى الْخُرُوجِ.</p>
<p>Ode 3. O Master Christ, by Thy Cross establish me on the rock of faith, lest my mind be shaken by the attacks of the hostile enemy; for Thou alone art holy.</p>	<p>(الثالثة) أَيُّهَا الْمَسِيحُ السَّيِّدُ، نَبِّئْتَنِي بِصَلِيبِكَ عَلَى صَخْرَةِ الْإِيمَانِ، لِئَلَّا يَتَزَعَّرَعَ قَلْبِي مِنْ صَدَمَاتِ الْعَدُوِّ الْعَاتِي، لِأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ.</p>
<p>Ode 4. When the great luminary with trembling beheld Thee lifted up upon the Cross, O Most Mighty, he withdrew his rays and hid them; and in fear the whole creation praised Thy long-suffering, for the earth was filled with Thy praise.</p>	<p>(الرابعة) إِنَّ النَّيِّرَ الْأَعْظَمَ، لَمَّا شَاهَدَكَ مُعَلَّقًا عَلَى الصَّلِيبِ أَيُّهَا الْمُقْتَدِرُ، ارْتَعَدَ، وَجَمَعَ أَشِعَّتَهُ وَأَخْفَاهَا. وَالْخَلِيقَةُ بِأَسْرِهِا سَبَّحَتْ بِخَوْفٍ طَوَّلَ أَنْاتِكَ، لِأَنَّ الْأَرْضَ قَدْ امْتَلَأَتْ مِنْ تَسْبِيحَتِكَ.</p>

<p>Ode 5. Rising early, we praise Thee, O Savior of the world, having found peace through Thy Cross; whereby Thou hast renewed the race of man, leading us toward the unwaning light.</p>	<p>(الخامسة) إِلَيْكَ نَدْلِجُ يَا مُخْلِصَ الْعَالَمِ، مُسَبِّحِينَ إِيَّاكَ، لِأَنَّنا وَجَدْنَا سَلاماً بِصَلِيبِكَ، الَّذِي بِهِ جَدَدْتِ الْجِنْسَ الْبَشَرِيَّ، وَأَقْتَدَدْتَنَا إِلَى النُّورِ الَّذِي لَا يَغْرُبُ.</p>
<p>Ode 6. Once Jonas formed the holy Cross in a type, with hands outstretched in the sea-monster's belly, prefiguring Thy divine Cross, O Word, and sprang forth again, being rescued from the beast by Thy power, O Savior.</p>	<p>(السادسة) إِنَّ يُونَانَ النَّبِيَّ سَبَقَ فَرَسَمَ الصَّلِيبَ الْإِلَهِيَّ، لَمَّا بَسَطَ يَدَيْهِ فِي جَوْفِ الْحَوْتِ، وَطَفَرَ نَاجِياً مِنَ الْوَحْشِ، بِقُدْرَتِكَ أَيُّهَا الْكَلِمَةُ.</p>
<p>Ode 7. Now He that saved the Children from burning flames, Himself having taken flesh, cometh on the earth, and being nailed unto the Cross, freely giveth salvation unto us all: The only most blessed God of our Fathers, in truth supremely glorious.</p>	<p>(السابعة) إِنَّ الَّذِي أُنْقَذَ الْفَتِيَّةَ مِنَ اللَّهيبِ أَتَى إِلَى الْأَرْضِ مُتَّخِذاً جَسَداً، وَقَدْ سَمَرَ عَلَى الصَّلِيبِ مَناحاً إِيَّانا الْخَلاصَ، وَهُوَ الْمُبارِكُ وَحْدَهُ، وَالْفائِقُ التَّمْجِيدِ، إِلَهُ آبائنا.</p>
<p><i>We praise, we bless, and we worship the Lord.</i> Ode 8. Cast into the den of the ravenous lions, the great among the Prophets, wise Daniel, stretched out his hands in the type and form of a cross and was saved unscathed from being devoured by them, while praising and blessing Christ God unto the ages.</p>	<p>نُسَبِّحُ وَنُبارِكُ وَنَسْجُدُ لِلرَّبِّ. (الثامنة) إِنَّ دَانِيَالَ الْمُعْظَمَ فِي الْأَنْبِياءِ، لَمَّا طُرِحَ فِي جُوبِ الْأَسودِ قَدِيماً، وَبَسَطَ ذِرَاعَيْهِ بِشَكْلِ صَليبِ، نَجَا مِنْ أَفْتِراسِها بِغَيْرِ أذى، مُبارِكاً الْمَسِيحَ الْإِلَهَ عَلَى مَدَى الدَّهْورِ.</p>
<p>Deacon: The Theotokos and Mother of the Light let us honor and magnify in song.</p>	<p>الشَّماسُ: لَوالِدَةَ الْإِلَهِ وَأَمَّ النُّورِ بِالتَّسابيحِ نَكْرِمُ مُعْظَمِينَ.</p>
<p>MAGNIFICATIONS IN TONE ONE</p>	<p>تَعْظِيْماتِ بِاللَّحْنِ الْأوَّلِ</p>
<p>My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior. Refrain: More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without corruption didst bear God the Word, and art truly Theotokos, we magnify thee.</p>	<p>تَعْظِمُ نَفْسي الرَّبِّ، وَتَبْتَهِجُ رُوحِي بِاللَّهِ مُخْلِصِي. اللازِمة: يا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ مَجْداً بِغَيْرِ قِياسٍ مِنَ السَّارافِيمِ، الَّتِي مِنْ دُونِ فِسادٍ وَوَلَدَتْ كَلِمَةَ اللَّهِ، حَقّاً أَنْتِ 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. (<i>Refrain</i>)</p>	<p>لِأَنَّه نَظَرَ إِلَى تَواضِعِ أُمَّتِهِ، فَها مُنْذُ الْآنَ تُطَوِّبُنِي جَميعُ الْأَجْمالِ. (اللازِمة)</p>
<p>For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations. (<i>Refrain</i>)</p>	<p>لِأَنَّ الْقَدِيرَ صَنَعَ بِي عَظائِمَ وَقُدُوسَ اسْمُهُ، وَرَحْمَتُهُ إِلَى جِيلٍ فَجِيلٍ لِلَّذِينَ يَتَّقونَهُ. (اللازِمة)</p>

<p>He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. <i>(Refrain)</i></p>	<p>صَنَّعَ عِزًّا بِسَاعِدِهِ، وَشَتَّتَ الْمُتَكَبِّرِينَ بِذَهْنِ قُلُوبِهِمْ. (اللازمة)</p>
<p>He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the empty with good things, and the rich hath He sent empty away. <i>(Refrain)</i></p>	<p>حَطَّ الْمُقْتَدِرِينَ عَنِ الْكِرَاسِي وَرَفَعَ الْمُتَوَاضِعِينَ، مَلَأَ الْجِياعَ مِنَ الْخَيْرَاتِ، وَالْأَغْنِيَاءَ أَرْسَلَهُمْ فَارغِينَ. (اللازمة)</p>
<p>He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. <i>(Refrain)</i></p>	<p>عَضَدَ إِسْرَائِيلَ فَتَاهُ لِيَذْكَرَ رَحْمَتَهُ، كَمَا قَالَ لِأَبَائِنَا إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الْأَبَدِ. (اللازمة)</p>
<p>Ode 9. O virgin and Mother, the Theotokos in all truth, who without seed hast purely given birth to Christ our God, Who was raised up on the Cross in the flesh, thee now with Him do all we the faithful rightly and worthily magnify.</p>	<p>(الأودية التاسعة) أَيُّهَا الْأُمُّ الْعِذْرَاءُ، وَالِدَةُ الْإِلَهِ بِالْحَقِيقَةِ، يَا مَنْ وَلَدَتْ خُلُوعًا مِنْ زَرْعِ الْمَسِيحِ إِلَهِنَا، الَّذِي رُفِعَ بِالْجَسَدِ عَلَى الصَّلِيبِ، نَعْظُمُكَ الآنَ مَعَهُ، نحنُ الْمُؤْمِنِينَ، بِوَجِبِ الْاسْتِثْهَالِ.</p>
<p>THE LITTLE LITANY</p>	<p>الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى</p>
<p>Deacon: Again and again, in peace, let us pray to the Lord. Choir: Lord, have mercy. Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace. Choir: Lord, have mercy. Deacon: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God. Choir: To Thee, O Lord. Priest: For all the powers of Heaven praise Thee, and unto Thee do they ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. Choir: Amen.</p>	<p>الشماس: أَيضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمْ. الشماس: أَعْضُدْ وَخَلِّصْ وَارْحَمْ واحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمْ. الشماس: بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةُ الْإِلَهِ الدَّائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ. الجوق: لَكَ يَا رَبُّ. الكاهن: لِأَنَّهُ إِيَّاكَ تُسَبِّحُ كُلُّ قُوَاتِ السَّمَاوَاتِ، وَلَكَ يُرْسَلُونَ الْمَجْدَ أَيُّهَا الْأَبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّسُ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. الجوق: آمِينَ.</p>
<p>Holy is the Lord our God. <i>(thrice)</i> Exalt ye the Lord our God, and worship at His footstool, for He is holy.</p>	<p>قُدُّوسٌ هُوَ الرَّبُّ إِلَهِنَا. (ثلاثاً) إِرْفَعُوا الرَّبَّ إِلَهِنَا، وَاسْجُدُوا لِمَوْطِي قَدَمَيْهِ، لِأَنَّ الرَّبَّ إِلَهِنَا قُدُّوسٌ هُوَ.</p>

<p style="text-align: center;">THE SIXTH EOTHINON EXAPOSTEILARION IN TONE TWO <i>(**Upon that mount in Galilee**)</i></p>	<p style="text-align: center;">إكسابوستيلاري الإيوثينا السادسة باللحن الثاني *وزن لِنَقِفْ مع التلاميذ*</p>
<p>O Savior, clearly showing all * that Thou art man by nature, * when Thou wast risen from the tomb, * Thou didst take food and didst eat; * 'midst Thy disciples, Thou taughtest * that they must preach repentance, * then straightway Thou wast taken up * to Thy heavenly Father, * promising them * to send down Thy Comforter soon thereafter. * Transcendent God, both God and man, * glory to Thine Arising.</p>	<p>أَيُّهَا الْمُخَلِّصُ، لَمَّا قُمْتَ مِنَ الْقَبْرِ، أَوْصَحْتَ ذَاتَكَ إِنْسَانًا بِالطَّبْعِ، لَمَّا انْتَصَبْتَ فِي وَسْطِ التَّلَامِيذِ، ثُمَّ أَكَلْتَهُمْ، وَعَلَّمْتَهُمْ مَعْمُودِيَّةَ التَّوْبَةِ، وَلِالْحِينِ صَعِدْتَ نَحْوَ أَبِيكَ السَّمَاوِيِّ، وَوَعَدْتَهُمْ بِإِرْسَالِ الْمُعْزِي لَهُمْ، فِيهَا أَيُّهَا الْفَائِزُ الْلاهُوتِ، الْإِلَهُ الْمُتَأَتِّسُ، الْمَجْدُ لِأَنْبِعَاتِكَ.</p>
<p style="text-align: center;">EXAPOSTEILIARION & THEOTOKION FOR THE HOLY CROSS IN TONE TWO <i>(**Upon that mount in Galilee**)</i></p>	<p style="text-align: center;">إكسابوستيلاري ووالديَّة للصليب المقدَّس باللحن الثاني *وزن لِنَقِفْ مع التلاميذ*</p>
<p>Seeing the precious Cross of Christ * today here set before us, * let us bow down and worship it, * and faithfully rejoicing, * let us all kiss it with longing, * as we entreat the Lord God * Who willingly was crucified * thereupon, that He grant us * that we might all * worship His most honored and most divine Cross, * that we, all being uncondemned, * might reach the Resurrection.</p>	<p>إِنَّا الْيَوْمَ إِذْ نَرَى صَلِيبَ الْمَسِيحِ الْكَرِيمِ، فَلِنَسْجُدْ بِإِيمَانٍ لَهُ، وَلِنُصَافِحْهُ بِفَرَحٍ، مُبْتَهِلِينَ لِذِي صُلْبِ بِاخْتِيَارِهِ، لِكَيْمَّا يُؤَهِّلُنَا جَمِيعًا لِلْسُّجُودِ لِلصَّالِبِ الْكَرِيمِ، وَلِنَبْلُغَ مَعًا نَهَارَ الْقِيَامَةِ الْبَهِيِّ، خُلُوعًا مِنْ دَيْنُونَةٍ.</p>
<p>We worship piously the Tree * whereon thy Son once stretched out * His spotless hands in our behalf * when He was nailed upon it. * O all-august Theotokos, * now grant us peace and also * to come to that all-holy day * of the world-saving Passion * suffered for us, * and to worship also the light-bestowing * and bright and world-delighting day* of the Lord's holy Pascha.</p>	<p>يَا كَلِيَّةَ النَّقَاوَةِ، نَجْتُو بِحُسْنِ عِبَادَةٍ لِلْعُودِ الَّذِي بَسَطَ ابْنُكَ عَلَيْهِ يَدَيْهِ الطَّاهِرَتَيْنِ، إِذْ سَمَّرَ. فَامْنَحِينَا السَّلَامَةَ، لِنَبْلُغَ بِهَا السُّجُودَ إِلَى الْآلَامِ الْبَاعِثَةِ الْخَلَاصِ، وَإِلَى يَوْمِ الْفِصْحِ السَّيِّدِيِّ الْكَلِّيِّ ضِيَاؤُهُ، وَالْمُبْهَجِ الْعَالَمِ.</p>
<p style="text-align: center;">AINOI (PRAISES) IN TONE SIX</p>	<p style="text-align: center;">الإينوس باللحن السادس</p>
<p>Let everything that hath breath praise the Lord. Praise ye the Lord from the heavens; praise Him in the heights. To Thee, O God, is due our song.</p>	<p>كُلُّ نَسَمَةٍ 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 قُوَاتِهِ، لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللَّهُ.</p>

For the Resurrection in Tone Six	للقيامة باللحن السادس
<p><i>Verse 1. This glory shall be to all His saints.</i> The Cross, O Lord, is Life and Resurrection to Thy people, and in it we do trust. Wherefore, Thee do we praise, O our risen Lord; have mercy upon us.</p>	<p>استيخن ١ . هذا المجد يكون لجميع أبراره . يا رب، إن صليبك لهو حياة وقيامة لشعبك، وعليه اتكأنا، فنسبحك يا إلهنا الناهض فارحمننا .</p>
<p><i>Verse 2. Praise God in His sanctuary; praise Him in the firmament of His power.</i> Thy burial, O Master, has opened paradise for mankind. Wherefore, as we escape corruption, we praise Thee, O our risen God; have mercy on us.</p>	<p>استيخن ٢ . سبحوا الله في قدسيه، سبحوه في قلك قوته . إن دفنك أيها السيد قد فتح الفردوس لجنس البشر . فإذ قد نجونا من الفساد، نسبحك يا إلهنا الناهض فارحمننا .</p>
<p><i>Verse 3. Praise Him for His mighty acts; praise Him according to His excellent greatness.</i> With the Father and the Spirit, let us praise Christ risen from the dead. Let us cry to Him, Thou art our Life and Resurrection; have mercy on us.</p>	<p>استيخن ٣ . سبحوه على مقدراته، سبحوه نظير كثرة عظمتيه . لنسبح مع الأب والروح المسيح الناهض من بين الأموات، ونصرخ إليه: أنت هو حياتنا وقيامتنا فارحمننا .</p>
<p><i>Verse 4. Praise Him with the sound of the trumpet; praise Him with the psaltery and harp.</i> Thou hast risen from the tomb in three days, as it was written, O Christ, and hast raised with Thee our ancestors. Wherefore, mankind doth glorify Thee and praise Thy Resurrection.</p>	<p>استيخن ٤ . سبحوه بلحن البوق، سبحوه بالمزمار والقيثارة . لقد قمت من القبر لثلاثة أيام كما كتب أيها المسيح، وأقمت معك أجدادنا، لذلك جنس البشر يمجّدك ويسبح قيامتك .</p>
For the Third Sunday of Great Lent in Tone Four (**As one valiant**)	للأحد الثالث من الصوم باللحن الرابع
<p><i>Verse 5. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.</i> With our voice let us cry aloud * and with songs let us magnify * the most precious Cross, while embracing it with love; * and let us cry to it: O divine, all-ven'erable, blessed Cross, * by thy power, sanctify * both our bodies and ailing souls * and preserve unhurt * from all manner of harm from adversaries those who piously and rightly * offer thee homage and worship thee.</p>	<p>استيخن ٥ . سبحوه بالطبل والمصاف . سبحوه بالأوتار وآلة الطرب . لنهّل بالنعمات، ونعظم بالتسابيح، صليب الرب الكريم، مصافحين إياه ونهتف نحوه: قدسنا بقوتك، نفوساً وأجساداً، أيها الصليب الكلي وقاره، ومن أضرار المضادين احفظنا، وصنا نحن الجائين لك بحسن عبادة .</p>
<p><i>Verse 6. Praise Him upon the loud cymbals; praise Him upon the high-sounding cymbals.</i></p>	<p>استيخن ٦ . سبحوه بنعمات الصنوج، سبحوه</p>

<p><i>Let everything that hath breath praise the Lord. With our voice let us cry aloud * and with songs let us magnify ... (repeat above)</i></p>	<p>بِصُنُوجِ التَّهْلِيلِ، كُلُّ نَسَمَةٍ فَلْتَسْبِحِ الرَّبَّ. لِنُهْلَلِ بِالنَّغْمَاتِ، وَنُعْظِمَ بِالتَّسَابِيحِ ... (تَعَاد)</p>
<p>Verse 7. <i>Exalt ye the Lord our God, and worship at His footstool, for He is holy.</i> Now approach and draw for yourselves * from the streams inexhaustible * issuing by grace from the Savior's hallowed Cross; * behold and see how is set before us all the all-holy Wood, * that abundant fount of gifts * which is watered by the divine * Water and the Blood * of the Master of all, Who of His own will was exalted once upon it * and hath exalted all mortal men.</p>	<p>استيخن ٧. اِرْفَعُوا الرَّبَّ إِلَهَنَا وَاسْجُدُوا لِمَوْطِي قَدَمَيْهِ، فَإِنَّهُ قُدُوسٌ. تَقَدَّمُوا فَاسْتَقُوا الْآنَ مِنْ مِيَاهِ لَا تَفْرَعُ، تَجْرِي مِنْ جَدَاوِلِ نَعِيمِ الصَّلِيبِ. إِذْ نَرَى الْعُودَ الْمُقَدَّسَ، يَنْبُوعَ الْمَوَاهِبِ، مَوْضُوعاً أَمَانًا. الْمُرْتَوِي مِنَ الدَّمِ وَالْمَاءِ الْجَارِيَيْنِ مِنْ سَيِّدِ الْكُلِّ، مَنْ رَفَعَ بِاخْتِيَارِهِ عَلَيْهِ، كَيْ يَرْفَعَ الْبَشَرَ.</p>
<p>Verse 8. <i>God is our King before the ages; He has worked salvation in the midst of the earth.</i> The foundation of Holy Church, * the invincible strength of kings, * both the preservation and glorying of monks * art thou, all-ven'erable Cross of Christ. And so, as we worship thee, * we receive enlightenment * in our hearts and our souls today, * through the grace divine * of Him willingly fixed to thee, Who overturned the guileful foe's dominion * and hath abolished the ancient curse.</p>	<p>استيخن ٨. اللَّهُ مَلِكُنَا مِنْ قَبْلِ الدُّهُورِ، صَنَعَ خَلَاصًا فِي وَسْطِ الْأَرْضِ. أَنْتَ رُكْنُ مَوْطِدِ الْكَنِيسَةِ وَالْمُلُوكِ، فَخَرَّ وَخَلَاصٌ لِلْمُتَوَجِّدِينَ، أَيُّهَا الصَّلِيبُ الْمَوْقَرُ. لِذَلِكَ نَحْنُو لَكَ، مُسْتَنْيرِينَ الْيَوْمَ، بِقُلُوبِنَا وَالنَّفُوسِ، بِنِعْمَةٍ مَنْ قَدْ بَسَطَ عَلَيْكَ الْإِلَهِيَّةَ، مُحَطِّمًا بَأْسَ الْغَاشِّ، وَمُبِيدًا قُوَّةَ اللَّعْنَةِ.</p>
<p>DOXASTICON FOR THIRD SUNDAY OF GREAT LENT IN TONE EIGHT</p>	<p>ذِكْصَا لِلأَحَدِ الثَّالِثِ مِنَ الصُّومِ بِاللَّحْنِ الثَّامِنِ</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> The Lord of all taught us by a proverb to run away from the haughtiness of the evil Pharisees; and instructed all not to exalt themselves in their opinions from duty, having Himself become a Symbol and an Exemplar, emptying Himself unto the Cross and death. Wherefore, with the publican, let us offer Him thanks, saying, O Thou Who didst suffer for our sakes and remained an unsuffering God, deliver us from sufferings and save our souls.</p>	<p>الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدَّسِ. إِنَّ رَبَّ الْكُلِّ، قَدْ عَلَّمَ بِمَثَلِ بَأْسِ نَهْرَبِ مِنْ شُمُوحِ الْفَرِيسِيِّينَ الْأَرْدِيَاءِ، وَأَدَّبَ الْجَمِيعَ كَيْ لَا يَتَرَفَّعُوا بِأَرَائِهِمْ عَنِ الْوَاجِبِ، إِذْ صَارَ هُوَ نَفْسُهُ رَسْمًا وَنُمُودَجًا، وَأَفْرَعُ ذَاتَهُ حَتَّى إِلَى الصَّلِيبِ وَالْمَوْتِ. فَلَنَرْفَعْ لَهُ الشُّكْرَ مَعَ الْعَشَارِ قَائِلِينَ: يَا مَنْ تَأَلَّمَ مِنْ أَجْلِنَا، وَلَبِثَ إِلَهًا غَيْرَ مَأْلُومٍ، نَجِّنَا مِنَ الْآلَامِ، وَخَلِّصْ نَفُوسَنَا.</p>

THEOTOKION IN TONE EIGHT	وَالِدِيَّةٌ بِاللَّحْنِ الثَّامِنِ
<p><i>Both now and ever, and unto ages of ages. Amen.</i></p> <p>Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.</p>	<p>الآنَ وَكَلَّ أُولَانِ وَإِلَى دَهْرِ الدَاهِرِينَ. آمِينَ.</p> <p>أَنْتِ هِيَ الْفَائِقَةُ عَلَى كُلِّ الْبَرَكَاتِ، يَا وَالِدَةَ الْإِلَهِ الْعَذْرَاءِ، لِأَنَّ الْجَحِيمَ قَدْ سُبِّتَ بِوَاسِطَةِ الْمُتَجَسِّدِ مِنْكَ، وَأَدَمَ دُعِيَ ثَانِيَةً، وَاللَّعْنَةَ بَادَتْ، وَحَوَاءَ انْعَتَقَتْ، وَالْمَوْتَ أُمِيتَ، وَنَحْنُ قَدْ حَيِينَا. فَلِذَلِكَ نُسَبِّحُ هَاتِفِينَ: مُبَارَكٌ أَنْتَ أَيُّهَا الْمَسِيحُ الْهَنَاءِ، يَا مَنْ هَكَذَا سُرَّ، الْمَجْدُ لَكَ.</p>
GREAT DOXOLOGY IN TONE EIGHT	الذُوكُصُولُوجِيَا الْكُبْرَى بِاللَّحْنِ الثَّامِنِ
<p>Glory to thee, Who hast shown forth the light. Glory to God in the highest, and on earth peace, good will among men.</p>	<p>الْمَجْدُ لَكَ يَا مُظْهِرَ النُّورِ، الْمَجْدُ لِلَّهِ فِي الْعِلَآءِ، وَعَلَى الْأَرْضِ السَّلَامُ، وَفِي النَّاسِ الْمَسْرَّةُ.</p>
<p>We hymn Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks unto Thee for Thy great glory.</p>	<p>نُسَبِّحُكَ نُبَارِكُكَ، نَسْجُدُ لَكَ نُمَجِّدُكَ، نَشْكُرُكَ مِنْ أَجْلِ عَظِيمِ جَلَالِ مَجْدِكَ.</p>
<p>O Lord King, heavenly God, Father almighty; O Lord, the only-begotten Son, Jesus Christ; and O Holy Spirit.</p>	<p>أَيُّهَا الرَّبُّ الْمَلِكُ، السَّمَاوِيُّ، الْإِلَهُ، الْآبُ الضَّابِطُ الْكُلَّ. أَيُّهَا الرَّبُّ الْإِبْنُ الْوَحِيدُ، يَا يَسُوعُ الْمَسِيحُ، وَيَا أَيُّهَا الرُّوحُ الْقُدُّوسُ.</p>
<p>O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy on us, thou that takest away the sins of the world.</p>	<p>أَيُّهَا الرَّبُّ الْإِلَهُ، يَا حَمَلَ اللَّهِ يَا ابْنَ الْآبِ، يَا رَافِعَ خَطِيئَةِ الْعَالَمِ ارْحَمْنَا، يَا رَافِعَ خَطَايَا الْعَالَمِ.</p>
<p>Receive our prayer, Thou that sittest at the right hand of the Father, and have mercy on us.</p>	<p>تَقَبَّلْ تَضَرُّعَنَا أَيُّهَا الْجَالِسُ عَنْ يَمِينِ الْآبِ وَارْحَمْنَا.</p>
<p>For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the glory of God the Father. Amen.</p>	<p>لِأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ، أَنْتَ وَحْدَكَ الرَّبُّ يَسُوعُ الْمَسِيحُ، فِي مَجْدِ اللَّهِ الْآبِ، آمِينَ.</p>
<p>Every day will I bless Thee, and I will praise Thy name forever, yea forever and ever.</p>	<p>فِي كُلِّ يَوْمٍ أَبَارِكُكَ، وَأُسَبِّحُ اسْمَكَ إِلَى الْأَبَدِ، وَإِلَى أَبَدِ الْأَبَدِ.</p>
<p>Vouchsafe, O Lord, to keep us this day without sin.</p>	<p>أَهْلُنَا يَا رَبُّ أَنْ نَحْفَظَ فِي هَذَا الْيَوْمِ بِغَيْرِ خَطِيئَةٍ.</p>
<p>Blessed art Thou, O Lord, the God of our Fathers, and praised and glorified is Thy name forever. Amen.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ إِلَهَ آبَائِنَا، وَمُسَبَّحٌ وَمُمَجَّدٌ اسْمُكَ إِلَى الْأَبَدِ، آمِينَ.</p>

Let Thy mercy be upon us, O Lord, even as we have set our hope on thee.	لَتَكُنْ يَا رَبُّ رَحْمَتَكَ عَلَيْنَا، كَمَا لَنَا عَلَيْكَ.
Blessed art Thou, O Lord; teach me Thy statutes. (<i>thrice</i>)	مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمْنِي حُقُوقَكَ. (ثَلَاثًا)
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 وَاشْفِ نَفْسِي لِأَنِّي قَدْ خَطِئْتُ إِلَيْكَ.
Lord, I have fled unto Thee; teach me to do Thy will, for Thou art my God.	يَا رَبُّ إِلَيْكَ لَجَأْتُ فَعَلَّمْنِي أَنْ أَعْمَلَ رِضَاكَ، لِأَنَّكَ أَنْتَ هُوَ إِلَهِي.
For with Thee is the fountain of life; in Thy light shall we see light.	لِأَنَّ مِنْ قِبَلِكَ عَيْنَ الْحَيَاةِ، وَبِنُورِكَ نَعَايُنُ النُّورَ.
O continue Thy mercy unto them that know Thee. Holy God, Holy Mighty, Holy Immortal: have mercy on us. (<i>thrice</i>)	فَابْسُطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ. قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا. (ثَلَاثًا)
Glory to the Father, and to the Son, and to the Holy Spirit.	الْمَجْدُ لِلآبِ وَالِابْنِ وَالرُّوحِ الْقُدُّوسِ.
Both now and ever, and unto ages of ages. Amen.	الآنَ 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.

PROCESSION OF THE HOLY CROSS

AS DONE ON THE THIRD SUNDAY OF GREAT LENT

(See the separate file, which is based on the Liturgikon, fourth edition, P. 423-424)

- If the procession is begun as the Great Doxology concludes in Orthros, the final "Holy God, Holy Mighty" is slowly chanted (traditionally, if possible, in the "Agia" style of Tone Four). The Service of the Procession concludes with the troparion below.
- If the procession follows "Blessed be the Name of the Lord" in Divine Liturgy, it starts with "Holy God, Holy Mighty" and is chanted in the same style as above, if possible.

TROPARION IN TONE EIGHT	طُورِبَارِيَّةٌ بِاللَّحْنِ الثَّامِنِ
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	إِذْ قُمْتَ يَا رَبُّ مِنَ الْقَبْرِ، وَقَطَّعْتَ رِبَاطَاتِ الْجَحِيمِ، غَلَبْتَ حُكُومَةَ الْمَوْتِ، وَأَنْقَذْتَ الْكُلَّ مِنْ فِيخَاخِ الْعَدُوِّ، وَلَمَّا أَظْهَرْتَ ذَاتَكَ لِرُسُلِكَ أَرْسَلْتَهُمْ

through them Thou hast granted Thy peace
unto the civilized world, O Thou Who alone art
plenteous in mercy.

إِلَى الْكِرَازَةِ، وَمَنْحَتَ بِهِمْ سَلَامَكَ لِلْمَسْكُونَةِ يَا
جَزِيلَ الرَّحْمَةِ وَحَدَّكَ.

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

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