

ORTHROS ON SUNDAY, MARCH 29, 2026; TONE 1 / EOTHINON 9

FIFTH SUNDAY OF GREAT LENT

COMMEMORATION OF OUR RIGHTEOUS MOTHER MARY OF EGYPT

MARTYR MARK, BISHOP OF ARETHUSA, MARTYR CYRIL THE DEACON OF HELIOPOLIS AND THOSE WITH THEM;
MARTYRS JONAH AND BARACHISIOS OF PERSIA AND THOSE WITH THEM

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، هَلُمَّ 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 الثَّلَاوِثُ الْقُدُّوسُ اِرْحَمْنَا، يَا رَبُّ اغْفِرْ خَطَايَانَا، يَا سَيِّدُ تَجَاوَزْ عَنْ سَيِّئَاتِنَا، يَا قُدُّوسُ اطَّلِعْ وَاشْفِ امْرَأَتَنَا، 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 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. يا مَنْ ارْتَفَعْتَ على الصَّلِيبِ مُخْتاراً، أَيُّهَا المَسِيحُ الإِلهُ، امْنَحْ رَأْفَتَكَ لِشَعْبِكَ الجَدِيدِ المُسَمَّى بِكَ، وَفَرِّحْ بِقُوَّتِكَ حُكَّامَنَا المُؤْمِنِينَ، مانِحاً إِيَّاهُمْ العَلْبَةَ على مُحارِبِيهِمْ. لَتَكُنْ لَهُمْ مَعُونَتُكَ سِلَاحاً لِلسَّلَامِ، وَظَفْراً غَيْرَ مَفْهُورٍ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> O fearsome champion, who cannot be put to confusion, despise not our petitions, O Good and All-praised Theotokos; establish the way of the Orthodox; save those who have been called upon to govern us, leading us to that victory which is from heaven, for thou art she who gavest birth to God, and alone art blessed.</p>	<p>الآنَ وَكُلَّ أوانٍ وإلى دَهْرِ الداهِرِينَ. آمين. أَيُّهَا الشَّفِيعَةُ الرَّهيبَةُ غَيْرُ المَخْذُولَةِ، يا وَالِدَةُ الإِلهِ الكَلِيَّةِ النَّسَبِيحِ، لا تُعْرِضِي يا صالِحَةُ عَن تَوْسِلاتِنَا، بَلْ وَطِّدِي سِيرةَ المُسْتَقِيمِي الرِّأْيِ، وَخَلِّصِي الَّذِينَ أَمَرْتَ أَنْ يَتَمَلَّكُوا، وَامْنَحِيهِمُ العَلْبَةَ مِنَ السَّمَاءِ، بِما أَنَّكَ وُلِدْتَ الإِلهَ، أَيُّهَا المُبارَكَةُ وَحْدَكَ.</p>
<p>LITANY</p>	<p>الطَّلِبَةُ السَّلَامِيَّةُ</p>
<p>Priest: Have mercy on us, O God, according to Thy great mercy, we pray Thee, hearken and have mercy.</p>	<p>الكاهن: إِرحَمْنَا يا اللهُ بِعَظِيمِ رَحْمَتِكَ، نَطْلُبُ إِلَيْكَ فَاسْتَجِبْ وَارْحَمْ.</p>
<p>Choir: Lord, have mercy. (<i>thrice</i>) (use this response until noted below)</p>	<p>الجوقة: يا رَبُّ ارْحَمْ. (ثَلَاثاً) (تُعَادُ بَعْدَ كُلِّ طَلِبَةٍ)</p>
<p>Priest: Again we pray for all pious and Orthodox Christians.</p>	<p>الكاهن: وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ المَسِيحِيِّينَ الحَسَنِي العِبَادَةِ الأرثوذكسيِّينَ.</p>
<p>Priest: Again we pray for our father and metropolitan, N., (our bishop, N.,) and all our brotherhood in Christ.</p>	<p>الكاهن: وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ أبِينَا وَمِتْرُوبُوليتِنَا (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 إلهٌ رَحِيمٌ وَمُحِبٌّ لِلبَشَرِ، وَلكَ نُرْسَلُ المَجْدَ أَيُّهَا الآبُ وَالابْنُ وَالرُّوحُ الْقُدُسُ، الآنَ وَكُلَّ أوانٍ وإلى دَهْرِ الداهِرِينَ.</p>

<p>Choir: Amen. Bless, Father, in the Name of the Lord.</p>	<p>الجوقة: آمين. بِاسْمِ الرَّبِّ بَارِكْ يَا أَب.</p>
<p>Priest: Glory to the holy, consubstantial, life-giving and undivided Trinity, always, now and ever, and unto ages of ages.</p>	<p>الكاهن: المَجْدُ لِلتَّالُوثِ الْقُدُوسِ، المُتَسَاوِي فِي الجَوْهَرِ، المُحْيِي، غَيْرِ المُنْقَسِمِ، كُلَّ حِينٍ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرٍ الدَّاهِرِينَ.</p>
<p>Choir: Amen.</p>	<p>الجوقة: آمين.</p>
<p>Reader: Glory to God in the highest, and on earth peace, goodwill among men. (<i>thrice</i>) O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. (<i>twice</i>)</p>	<p>القارئ: المَجْدُ لِلَّهِ فِي العُلَى، وَعَلَى الأَرْضِ السَّلَامُ، وَفِي النَّاسِ المَسْرَّة. (ثَلَاثًا) يَا رَبُّ افْتَحْ شَفَتِي فَيُحْبِرَ فَمِي بِتَسْبِيحِكَ. (مَرَّتَيْنِ)</p>
<p>PSALM 3</p>	<p>المزمور ٣</p>
<p>O Lord, why are they multiplied that afflict me? Many rise up against me. Many say unto my soul: There is no salvation for him in his God. But Thou, O Lord, art my helper, my glory, and the lifter up of my head. I cried unto the Lord with my voice, and He heard me out of His holy mountain. I laid me down and slept; I awoke, for the Lord will help me. I will not be afraid of ten thousands of people that set themselves against me round about. Arise, O Lord, save me, O my God, for Thou hast smitten all who without cause are mine enemies; the teeth of sinners hast Thou broken. Salvation is of the Lord, and Thy blessing is upon Thy people. I laid me down and slept; I awoke, for the Lord will help me.</p>	<p>يَا رَبُّ لِمَاذَا كَثُرَ الَّذِينَ يُحْزِنُونَنِي؟ كَثِيرُونَ قَامُوا عَلَيَّ. كَثِيرُونَ يَقُولُونَ لِنَفْسِي لَا خَلَاصَ لَهُ بِإِلَهِهِ. وَأَنْتَ يَا رَبُّ، نَاصِرِي وَمَجْدِي وَرَافِعُ رَأْسِي. بِصَوْتِي إِلَى الرَّبِّ صَرَخْتُ، فَأَجَابَنِي مِنْ جَبَلِ قُدْسِهِ. أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي. فَلَا أَخَافُ مِنْ رِبَوَاتِ الشَّعْبِ المُحِيطِينَ بِي، المُتَوَازِرِينَ عَلَيَّ. قُمْ يَا رَبُّ، خَلِّصْنِي يَا إِلَهِي، فَإِنَّكَ ضَرَبْتَ كُلَّ مَنْ يُعَادِينِي بِاطِلًا، وَسَحَقْتَ أَسْنَانَ الخَطَاةِ. لِلرَّبِّ الخَلَاصُ وَعَلَى شَعْبِكَ بَرَكَاتُكَ. أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي.</p>
<p>PSALM 37</p>	<p>المزمور ٣٧</p>
<p>O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. For Thine arrows are fastened in me, and Thou hast laid Thy hand heavily upon me. There is no healing in my flesh in the face of Thy wrath; and there is no peace in my bones in the face of my sins. For mine iniquities are risen higher than my head; as a heavy burden have they pressed heavily upon me. My bruises are become noisome and corrupt in the face of my folly. I have been wretched and utterly bowed down until the end; all the day</p>	<p>يَا رَبُّ، لَا بَغْضَبِكَ تُؤَبِّخْنِي، وَلَا بِرِجْزِكَ تُؤَدِّبْنِي. فَإِنَّ سِهَامَكَ قَدْ نَشِبَتْ فِيَّ، وَمَكَّنْتَ عَلَيَّ يَدَكَ. لَيْسَ لِجَسَدِي شِفَاءٌ مِنْ وَجْهِ غَضَبِكَ، وَلَا سَلَامَةٌ فِي عِظَامِي مِنْ وَجْهِ خَطَايَايَ. لِأَنَّ آثَامِي قَدْ تَعَالَتْ فَوْقَ رَأْسِي، كَحِمْلٍ ثَقِيلٍ قَدْ ثَقَلَتْ عَلَيَّ. قَدْ أَنْتَبَتْ وَقَاحَتْ جِرَاحَاتِي مِنْ قَبْلِ جَهَالَتِي. شَقِيتُ وَأُنْحَنَيْتُ إِلَى الغَايَةِ، وَالنَّهَارَ كُلَّهُ مَشَيْتُ عَابِسًا. لِأَنَّ مَتْنِي</p>

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

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

قَدْ اَمْتَلَا مَهَازِيْ وَلَيْسَ لِجَسَدِيْ شِفَاءً . شَقِيْتُ
وَاتَّصَعْتُ جِدًّا ، وَكُنْتُ اَبْنُ مِنْ تَنَهَّدَ قَلْبِي . يَا رَبُّ ،
اِنَّ بُغْيَتِيْ كُلُّهَا اَمَامَكَ ، وَتَنَهَّدِيْ لَمْ يَخْفَ عَنكَ . قَدْ
اضْطَرَبَ قَلْبِيْ وَفَارَقْتَنِيْ قُوَّتِيْ ، وَنُورُ عَيْنِيْ اَيْضًا
لَمْ يَبْقَ مَعِي . اَصْدِقَائِيْ وَاَقْرَبَائِيْ دَنَوْا مِنِّيْ وَوَقَفُوا
لَدَيَّ ، وَجِنْسِيْ وَقَفَ مِنِّيْ بَعِيدًا . وَاجْهَدَنِيْ الَّذِيْنَ
يَطْلُبُوْنَ نَفْسِيْ ، وَالْمُلْتَمِسُوْنَ لِيْ الشَّرَّ تَكَلَّمُوا
بِالْبَاطِلِ ، وَغَشُوشًا طُوْلَ النَّهَارِ دَرَسُوا . اَمَّا اَنَا
فَكَأَصَمٌ لَا يَسْمَعُ ، وَكَأَحْرَسٌ لَا يَفْتَحُ فَاهًا . وَصِرْتُ
كَانْسَانٍ لَا يَسْمَعُ وَلَا فِيْ فَمِهِ تَنَكِيْتُ . لِأَنِّيْ عَلَيْكَ ،
يَا رَبُّ ، تَوَكَّلْتُ ، أَنْتَ تَسْتَجِيبُ لِيْ يَا رَبِّيْ وَإِلَهِيْ .
لِأَنِّيْ قُلْتُ لَا يَشْمَتُ بِيْ أَعْدَائِيْ ، وَعِنْدَمَا زَلْتُ قَدَمَائِيْ
عَظَّمُوا عَلَيَّ الْكَلَامَ . لِأَنِّيْ اَنَا لِلضَّرْبِ مُسْتَعِدٌّ ،
وَوَجَعِيْ لَدَيَّ فِيْ كُلِّ حِينٍ . لِأَنِّيْ اَنَا أُخْبِرُ بِإِثْمِيْ ،
وَأَهْتَمُّ مِنْ أَجْلِ خَطِيئَتِيْ . اَمَّا أَعْدَائِيْ فَأَحْيَاءُ ، وَهُمْ
أَشَدُّ مِنِّيْ ، وَقَدْ كَثُرَ الَّذِيْنَ يُبْغِضُونَنِيْ ظُلْمًا ، الَّذِيْنَ
جَازَوْنِيْ بَدَلَ الْخَيْرِ شَرًّا ، مَحَلُّوا بَنِيْ لِأَجْلِ ابْتِغَائِيِ
الصَّلَاحِ . فَلَا تُهْمَلْنِيْ يَا رَبِّيْ وَإِلَهِيْ وَلَا تَتَّبَاعِدْ عَنِّيْ .
أَسْرِعْ إِلَى مَعُونَتِيْ يَا رَبُّ خَلَاصِيْ .

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

PSALM 62

المزمور ٦٢

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

يَا اللَّهُ إِلَهِيْ إِلَيْكَ أَبْتَكِرُ . عَطِشَتْ إِلَيْكَ نَفْسِيْ ،
وَأَشْتَقُ إِلَيْكَ جَسَدِيْ ، فِيْ أَرْضٍ بَرِّيَّةٍ وَغَيْرِ مَسْلُوكَةٍ
وَعَادِمَةِ الْمَاءِ . هَكَذَا ظَهَرْتُ لَكَ فِي الْقُدْسِ لِأَعْيُنِ
قُوَّتِكَ وَمَجْدِكَ . لِأَنَّ رَحْمَتَكَ أَفْضَلُ مِنَ الْحَيَاةِ ،
وَشَفَّتِيْ تَسْبِحَانِكَ . هَكَذَا أُبَارِكُكَ فِي حَيَاتِيْ وَبِاسْمِكَ

my hands. As with marrow and fatness let my soul be filled, and with lips rejoicing shall my mouth praise Thee. If I remembered Thee on my bed, at the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me. But as for these, in vain have they sought after my soul; they shall go into the nethermost parts of the earth, they shall be surrendered unto the edge of the sword; portions for foxes shall they be. But the king shall be glad in God, everyone shall be praised that sweareth by Him; for the mouth of them is stopped that speak unjust things.

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

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

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (*thrice*)

Lord, have mercy. (*thrice*)

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

PSALM 87

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

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication, for filled with evils is my soul, and my life unto Hades hath drawn nigh. I am counted with them that go down into the pit; I am become as a man without help, free among the dead, like the bodies of the slain that sleep in the grave, whom Thou rememberest no more, and they are cut off from Thy hand. They laid me in the lowest pit, in darkness and in the shadow of death. Against me is Thine anger

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

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

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

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

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ.

المزمور ٨٧

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

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

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

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

PSALM 102

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

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

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 بِالْخَيْرَاتِ شَهَوَاتِكَ، فَيَتَجَدَّدُ كَالنَّسْرِ شَبَابُكَ. الرَّبُّ صَانِعُ

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

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

PSALM 142

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit

المزمور ١٤٢

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

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

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

Holy Spirit, now and ever, and unto ages of ages.	وَالِي دَهْرِ الدَّاهِرِينَ.
Choir: Amen.	الجوقة: آمين.
“GOD IS THE LORD” IN TONE ONE	"الله الرَّبُّ" بِاللَّحْنِ الْأَوَّلِ
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. (تعاد بعد الإستيخونات)
1. O give thanks unto the Lord, and call upon His holy Name.	١. اعترفوا لِلرَّبِّ وادعوا 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 ONE	أبوليتيكيون القيامة باللحن الأول
While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.	إِنَّ الْحَجَرَ لَمَّا خُتِمَ مِنَ الْيَهُودِ، وَجَسَدَكَ الطَّاهِرَ حُفِظَ مِنَ الْجُنْدِ، فُتِمَتْ فِي الْيَوْمِ الثَّلَاثِ أَيُّهَا الْمُخَلِّصُ، مَانِحاً الْعَالَمَ الْحَيَاةَ. لِذَلِكَ قُوَّتِ السَّمَاوَاتِ، هَتَفُوا إِلَيْكَ يَا وَاهِبَ الْحَيَاةِ: الْمَجْدُ لِقِيَامَتِكَ أَيُّهَا الْمَسِيحُ، الْمَجْدُ لِمُلْكِكَ، الْمَجْدُ لِتُدْبِيرِكَ، يَا مُحِبَّ الْبَشَرِ وَحَدَّكَ.
APOLYTIKION FOR ST. MARY OF EGYPT IN TONE EIGHT	أبوليتيكيون للقديسة مريم المصرية باللحن الثامن
<i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Through thee, the divine likeness was securely preserved, O mother Mary; for thou didst carry the cross and follow Christ. By example and precept thou didst teach us to ignore the body, because it is perishable, and to attend to the concerns of the undying soul. Therefore, doth thy soul rejoice with the angels.	الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ. بِكَ حُفِظَتْ صُورَةُ خَلْقِنَا بِدَقَّةٍ أَيُّهَا الْأُمُّ مَرْيَمُ، فَإِنَّكَ حَمَلْتِ الصَّلِيبَ وَتَبِعْتِ الْمَسِيحَ، وَعَمَلْتِ وَعَلَّمْتِ أَنْ يُتَغَاضَى عَنِ الْجَسَدِ لِأَنَّهُ زَائِلٌ، وَأَنْ يُعْنَى بِالنَّفْسِ غَيْرِ الْمَائِتَةِ. لِذَلِكَ تَبْتَهِّجُ رُوحُكَ مَعَ الْمَلَائِكَةِ.
RESURRECTIONAL THEOTOKION IN TONE EIGHT	ثيوطوكية القيامة باللحن الثامن
<i>Both now and ever, and unto ages of ages. Amen.</i> Thou Who for our sake wast born of a Virgin, and didst suffer crucifixion, O good One, and didst despoil death through death, and as God	الآنَ وَكُلَّ أَوَانٍ وَالِي دَهْرِ الدَّاهِرِينَ. آمين. يَا مَنْ وُلِدَ مِنَ الْبَتُولِ مِنْ أَجْلِنَا، وَكَابَدَ الصَّلْبَ، أَيُّهَا الصَّالِحُ، يَا مَنْ سَبَى الْمَوْتَ بِمَوْتِهِ، وَأَرَى

<p>didst reveal Resurrection: Despise not those whom Thou hast created with Thine own hand, show forth Thy love for mankind, O merciful One. Accept the intercessions of Thy mother, the Theotokos, for us, and save Thy despairing people, O our Savior.</p>	<p>الْقِيَامَةَ بِمَا أَنَّهُ إِلَهٌ. لَا تُعْرِضْ عَنِ الَّذِينَ جَبَلْتَهُمْ بِيَدَيْكَ، بَلْ أَظْهَرِ تَعَطُّفَكَ عَلَى النَّاسِ أَيُّهَا الرَّحِيمُ. وَتَقَبَّلْ وَالِدَتَكَ، وَالِدَةَ الْإِلَهِ، مُتَشَقِّعَةً مِنْ أَجْلِنَا، وَخَلِّصْ يَا مُخَلِّصَنَا شَعْباً يَائِساً.</p>
<p>THE LITTLE LITANY</p>	<p>الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى</p>
<p>Priest: Again and again, in peace, let us pray to the Lord. Choir: Lord, have mercy. Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace. Choir: Lord, have mercy. Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God. Choir: To Thee, O Lord. Priest: For Thine is the might, and Thine is the kingdom, and the power and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages. Choir: Amen.</p>	<p>الكاهن: أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمْنَا. الكاهن: أَعْضُدْ وَخَلِّصْ وَارْحَمْنَا وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمْنَا. الكاهن: بَعْدَ ذِكْرِنَا الْكَلِيَّةِ 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 الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. الجوق: آمِينَ.</p>
<p>FIRST TONE RESURRECTIONAL KATHISMATA HYMNS (Plain Reading)</p>	<p>ترانيم كاثيسماتات القيامة للحن الأول (قراءة)</p>
<p>First Kathisma</p>	<p>الكاثيسما الأولى</p>
<p>The soldiers who kept watch over Thy grave, O Savior, became as dead from the shining of the appearing angel who told the good tidings of the Resurrection to the women. Thee, therefore, do we glorify, O Remover of corruption, and to Thee do we bow, O Thou Who didst rise from the grave, O Thou, our only Lord.</p>	<p>أَيُّهَا الْمُخَلِّصُ، إِنَّ الْجُنْدَ الْحَافِظِي قَبْرِكَ قَدْ صَارُوا كَالْأَمْوَاتِ مِنْ بَرَقِ الْمَلَائِكِ الظَّاهِرِ، الْمُبَشِّرِ النَّسْوَةَ بِالْقِيَامَةِ. فَايَاكَ نُمَجِّدُ أَيُّهَا الْمَزِيلُ الْفَسَادَ، وَلَكَ نَجْتُو أَيُّهَا النَّاهِضُ مِنَ الْقَبْرِ، يَا إِلَهَنَا وَحَدَّكَ.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Thou was nailed upon the cross willingly, O merciful One; and Thou wast placed in a grave like one who is dead, O Giver of Life, trampling</p>	<p>الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ. قَدْ سُمِّرْتَ عَلَى الصَّلِيبِ طَوْعاً يَا رَوْوْفُ، وَوُضِعْتَ فِي قَبْرِ كَمَا نَتِ يَا مُعْطِي الْحَيَاةِ. فَسَحَقْتَ بِمَوْتِكَ</p>

<p>the pride of death, O mighty One; for because of Thee the gatekeepers of Hades did tremble; and Thou didst raise the dead with Thee from eternity; for Thou alone art the Lover of mankind.</p>	<p>عِزَّةَ الْمَوْتِ أَيُّهَا الْقَوِيُّ، لِأَنَّ مِنْكَ ارْتَعَدَ بَوَابُ الْجَحِيمِ، وَأَقَمْتَ مَعَكَ الْمَوْتَى مُنْذُ الدَّهْرِ، بِمَا أَنْتَ وَحْدَكَ مُحِبُّ الْبَشَرِ.</p>
<p>(Theotokion of the Resurrectional Apolytikion)</p>	<p>(ثيوطوكية أبوليتيكيون للقيامة)</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> As Gabriel cried unto thee, “Hail, O Virgin,” 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>الآن وكلّ أوانٍ وإلى دهرِ الداهرينَ. آمين. إنّ جبرائيلَ لما تقوّه نحوك أيتها العذراءُ بالسّلام، فَمَعَ الصّوتِ تجسّدَ سيّدُ الكلِّ فيك، أيتها السفينةُ المقدّسة، كما قال داودُ الصّديق. وظهّرتِ أرخبَ من السّماواتِ حاملَةً خالقك. فالْمَجْدُ لِلَّذِي حَلَّ فِيكَ، الْمَجْدُ لِلَّذِي أتى مِنْكَ، الْمَجْدُ لِلَّذِي أَعْتَقَنَا بِوِلادَتِهِ مِنْكَ.</p>
<p>Second Kathisma</p>	<p>الكاسِما الثّانية</p>
<p>Verily the women did proceed to the grave early, where they beheld an angelic scene, and did tremble. And when the grave shone forth with life they were struck with astonishment. Wherefore, they returned to the disciples and did preach the Resurrection, saying, Verily, Christ hath invaded Hades; for He alone is the powerful and mighty One; and He raised with Him all those who were corrupt, and with the power of His Cross He removed the fear of condemnation.</p>	<p>إنّ النِّسوةَ وافينَ القَبْرِ مُبْتَكِرَاتٍ، فَرَأَيْنَ مَنْظَرًا مَلَائِكِيًّا، فَارْتَعَدْنَ. وَإِذْ أَشْرَقَ القَبْرُ حَيَاةً، انْدَهَشْنَ مِنْ العَجَبِ. لِأَجْلِ هَذَا حَاضِرْنَ إِلَى التَّلَامِيذِ، وَبَشَّرْنَ بِالْقِيَامَةِ قَائِلَاتٍ: إِنَّ الْمَسِيحَ قَدْ سَبَى الْجَحِيمَ لِأَنَّهُ الْقَوِيُّ العَزِيزُ وَحْدَهُ، وَأَقَامَ مَعَهُ جَمِيعَ الْبَالِينِ، وَحَلَّ خَوْفَ الدَّيْنُونَةِ بِقُوَّةِ صَلِيبِهِ.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Thou wast verily nailed upon the Cross, O Life of all; and wast numbered among the dead, O deathless Lord. Thou didst rise after three days, O Savior, and didst raise Adam from corruption. Wherefore, the heavenly powers shouted to Thee, O giver of life; Glory to Thy passion, O Christ, Glory to Thy resurrection, Glory to Thy condescension, O Thou alone the Lover of mankind.</p>	<p>الْمَجْدُ لِلآبِ وَالإِبْنِ وَالرُّوحِ الْقُدُسِ. قَدْ سُمِّرْتَ عَلَى الصَّلِيبِ يَا حَيَاةَ الْكُلِّ، وَحُسِبْتَ مَعَ الْأَمْوَاتِ أَيُّهَا الرَّبُّ الْفَاقِدُ الْمَوْتِ، وَقُمْتَ بَعْدَ ثَلَاثَةِ أَيَّامٍ يَا مُخْلِصُ، وَأَنْهَضْتَ آدَمَ مِنَ الْفَسَادِ. لِذَلِكَ هَتَفَتِ الْقُوَّاتُ السَّمَاوِيَّةُ إِلَيْكَ يَا مُعْطِي الْحَيَاةِ، الْمَجْدُ لِلآمِمْكَ أَيُّهَا الْمَسِيحُ، الْمَجْدُ لِقِيَامَتِكَ، الْمَجْدُ لِتَنَازُلِكَ يَا مُحِبُّ الْبَشَرِ وَحْدَكَ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> O Mary, the reverend abode of the Lord, lift us who have fallen in the abyss of evil despair, trespasses and sorrows; for thou didst give</p>	<p>الآن وكلّ أوانٍ وإلى دهرِ الداهرينَ. آمين. يا مَرِيْمُ الْمَسْكُنِ الْمُوقَّرِ لِلسَّيِّدِ، أَنْهَضِينَا نَحْنُ</p>

<p>salvation to sinners. Thou art a helper and a strong intercessor, and dost save thy servants.</p>	<p>السَّاقِطِينَ فِي عُمُقِ الْيَأْسِ الرَّدِيِّ وَالرَّلَاتِ وَالْأَحْزَانِ، لِأَنَّكَ قَدْ صِرْتَ خَلِصاً لِلْخُطَاةِ، وَمُعِينَةً، وَشَفِيعَةً قَوِيَّةً، وَتُخْلِصِينَ عِبِيدَكَ.</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 انْذَهَلَ مُتَحَيِّرًا، عِنْدَ مُشَاهَدَتِهِمْ إِيَّاكَ مَحْسُوبًا بَيْنَ الْأَمْوَاتِ أَيُّهَا الْمُخْلِصِ، وَدَاحِضًا قُوَّةَ الْمَوْتِ، وَمُنْهَضًا آدَمَ مَعَكَ، وَمُعْتِقًا إِيَّانَا مِنَ الْجَحِيمِ كَافَةً.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> Wherefore, O Women Disciples, do ye mingle sweet-smelling spices with your tears of pity? The radiant Angel within the sepulcher cried unto the Myrrh-bearing Women: Behold the grave, and understand, for the Savior is risen from the tomb.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. الْمَلَائِكَةُ اللَّامِعُ عِنْدَ الْقَبْرِ تَقْوَةً نَحْوَ حَامِلَاتِ الطَّيِّبِ قَائِلًا: لِمَ تَمْرُجْنَ الطُّيُوبَ بِالْدُمُوعِ، بِتَرْتِّبِ يَا تَلْمِيزَاتِ؟ أَنْظُرْنَ اللَّحْدَ وَافْرَحْنَ، لِأَنَّ الْمُخْلِصَ قَدْ قَامَ مِنَ الْقَبْرِ.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> Very early in the morning, did the Myrrh-bearing Women run lamenting unto Thy tomb. But an Angel came toward them, saying: The time for lamentation is passed; weep not, but announce unto the Apostles the Resurrection.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. إِنَّ حَامِلَاتِ الطَّيِّبِ سَحَرًا جِدًّا، سَارَعْنَ إِلَى قَبْرِكَ نَائِحَاتٍ. إِلَّا أَنَّ الْمَلَائِكَةَ وَقَفَ بِهِنَّ، وَقَالَ لَهُنَّ: زَمَانُ النُّوحِ قَدْ كَفَّ وَبَطَلَ فَلَا تَبْكِينَ، بَلْ بَشِّرْنَ الرُّسُلَ بِالْقِيَامَةِ.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> The Myrrh-bearing Women mourned, as bearing spices they drew near Thy tomb, O Savior. But the Angel spake unto them, saying: Why number ye the living among the dead? In that He is God He is risen from the grave.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. إِنَّ النِّسْوَةَ حَامِلَاتِ الطَّيِّبِ، وَافِينَ بِالْحَنُوطِ إِلَى قَبْرِكَ أَيُّهَا الْمُخْلِصِ. فَسَمِعْنَ مَلَكَاً مُتَنَعِّمًا نَحْوَهُنَّ قَائِلًا: لِمَ تَحْسِبْنَ الْحَيَّ مَعَ الْمَوْتَى؟ فَبِمَا أَنَّهُ إِلَهُ، قَدْ قَامَ مِنَ الْقَبْرِ نَاهِضًا.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> We adore the Father, as also His Son, and the Holy Spirit, the Holy Trinity in one Essence, crying with the Seraphim: Holy, holy, holy art Thou, O Lord.</p>	<p>الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُسِ. نَسْجُدُ لِلآبِ وَلابْنِهِ وَلِرُوحِ قُدْسِهِ، ثَالِوثًا قُدُّوسًا فِي جَوْهَرٍ وَاحِدٍ، هَاتِفِينَ مَعَ السَّرَافِيمِ: قُدُّوسٌ، قُدُّوسٌ، قُدُّوسٌ أَنْتَ يَا رَبُّ.</p>
<p><i>Both now and ever, and unto ages of ages.</i></p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. آمِينَ.</p>

<p><i>Amen.</i></p> <p>In that thou didst bear the Giver of Life, O Virgin, thou didst redeem Adam from sin, and didst give to Eve joy in place of sadness; and He who was incarnate of thee, both God and man, hath restored to life those who had fallen therefrom.</p>	<p>أَيُّهَا الْعَذْرَاءُ، لَقَدْ وَادَّتْ مُعْطِي الْحَيَاةِ، وَأَنْقَذَتْ أَدَمَ مِنَ الْخَطِيئَةِ، وَمَنْحَتْ حَوَاءَ الْفَرْحَ عِوَضَ الْحُزْنَ، 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>)</p> <p>O our God and our Hope, glory to Thee.</p>	<p>هَلِّلُوِيَا، هَلِّلُوِيَا، هَلِّلُوِيَا الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا) يا 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.</p> <p>Choir: Lord, have mercy.</p> <p>Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.</p> <p>Choir: Lord, have mercy.</p> <p>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.</p> <p>Choir: To Thee, O Lord.</p> <p>Priest: For blessed is Thy Name, and glorified is Thy kingdom: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.</p> <p>Choir: Amen.</p>	<p>الكاهن: أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمْنَا. الكاهن: أَعْضُدْ وَخَلِّصْ وَارْحَمْنَا وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمْنَا. الكاهن: بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةِ الْإِلَهِ الدَّائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِيِّ. الجوق: لَكَ يَا رَبُّ. الكاهن: لِأَنَّ اسْمَكَ مُبَارَكٌ وَمُلْكُكَ مُمَجَّدٌ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الْدَاهِرِينَ. الجوق: آمِينَ.</p>
<p>FIRST TONE RESURRECTIONAL HYPAKOE (Plain Reading)</p>	<p>إِبْيَاكُوي الْقِيَامَةِ لِلْحَنِ الْأَوَّلِ (قِرَاءَةٌ)</p>
<p>The repentance of the thief gained him paradise by stealth, and the sighing of the ointment-bearing women proclaimed the glad tidings that Thou wast risen, O Christ, and hadst bestowed upon the world Thy Great Mercy.</p>	<p>تَوْبَةُ اللَّصِّ قَدْ اخْتَلَسَتْ الْفِرْدَوْسَ، وَنَوْحُ حَامِلَاتِ الطِّيبِ بَشَّرَ بِالْفَرْحِ بِأَنَّكَ قُمْتَ أَيُّهَا الْمَسِيحُ الْإِلَهِيُّ، مَانِحاً الْعَالَمَ الرَّحْمَةَ الْعَظْمَى.</p>

FIRST TONE RESURRECTIONAL ANABATHMOI (Plain Reading)	أَنَابِثْمِيَاتِ الْقِيَامَةِ لِلْحِنِّ الْأَوَّلِ (قراءة)
First Antiphony	الْأَنْتِيفُونَا الْأَوَّلِي
<p>+ O Lord, to Thee in my sorrows do I cry. Hear Thou my cry of pain.</p> <p>+ Verily, the divine desire shall be without delay upon the people of the wilderness; for that they have come out of the vain world.</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, glory and honor become the Holy Spirit, as they become the Father and the Son. Wherefore, do we praise the Triune, One in might.</p>	<p>+ أَيُّهَا الرَّبُّ، إِلَيْكَ أَهْتَفُ فِي حُزْنِي، فَاسْتَمِعْ تَوَجُّعِي.</p> <p>+ إِنَّ الشُّوقَ الْإِلَهِيَّ يُصِيبُ أَهْلَ الْبَرَارِيِّ بِلَا فُتُورٍ، لِاعْتِزَالِهِمْ عَنِ الْعَالَمِ الْبَاطِلِ.</p> <p>+ الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَ إِلَى دَهْرِ الدَاهِرِينَ. آمِينَ.</p> <p>+ إِنَّ الْمَجْدَ وَالْإِكْرَامَ يَلِيقَانِ بِالرُّوحِ الْقُدُسِ، كَمَا يَلِيقَانِ بِالآبِ وَالْإِبْنِ. لِأَجْلِ هَذَا نُسَبِّحُ الثَّلَاثَ ذَا الْعِزَّةِ الْوَاحِدَةَ.</p>
Second Antiphony	الْأَنْتِيفُونَا الثَّانِيَة
<p>+ O God, since Thou hast raised me to the hills of Thy laws, shed brightly Thy light of virtue upon me, that I may praise Thee.</p> <p>+ O Word, hold me fast with Thy right hand; keep me and preserve me, lest the fire of sin consume me.</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, all creation together is regenerated by the Holy Spirit, and returns to its former being: for He is co-omnipotent with the Father and the Word.</p>	<p>+ اللَّهُمَّ إِذْ رَفَعْتَنِي إِلَى جِبَالِ نَوَامِيْسِكَ، فَأَنْزِرْنِي بِالْفَضَائِلِ لِامِعَا لِكَيْ أُسَبِّحَكَ.</p> <p>+ أَيُّهَا الْكَلِمَةُ اضْبُطْنِي بِيَدِكَ الْيُمْنَى، وَاحْفَظْنِي وَصُنِّي لئَلَّا تُحْرِقَنِي نَارُ الْخَطِيئَةِ.</p> <p>+ الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَ إِلَى دَهْرِ الدَاهِرِينَ. آمِينَ.</p> <p>+ إِنَّ الْخَلِيقَةَ تَتَجَدَّدُ كُلُّهَا بِالرُّوحِ الْقُدُسِ، وَتَرْجِعُ إِلَى كِيَانِهَا الْأَوَّلِ، لِأَنَّهُ مُسَاوٍ فِي الْقُدْرَةِ لِلآبِ وَالْكَلِمَةِ.</p>
Third Antiphony	الْأَنْتِيفُونَا الثَّلَاثَة
<p>+ My soul did rejoice with those who say: Let us go into the courts of the Lord. My heart was exceedingly glad.</p> <p>+ Great fear shall be in the house of David, where the seats shall be set, and all tribes and tongues of the earth shall be judged.</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, it is meet to offer glory, might and power to the Holy Spirit as to the Father and</p>	<p>+ قَدْ ابْتَهَجَتْ رُوحِي بِالْقَائِلِينَ لِي لِنَسْعَ إِلَى دِيَارِ الرَّبِّ، وَفَرِحَ قَلْبِي جِدًّا.</p> <p>+ خَوْفٌ عَظِيمٌ يَصِيرُ فِي بَيْتِ دَاوُدَ، حَيْثُ هُنَاكَ تُوَضَعُ الْكُرَاسِي وَتُحَاكَمُ كُلُّ قَبَائِلِ الْأَرْضِ وَالسِّنْتِهَا.</p> <p>+ الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَ إِلَى دَهْرِ الدَاهِرِينَ. آمِينَ.</p> <p>+ إِنَّ تَقْدِيمَ الْمَجْدِ وَالْعِزَّةِ وَالْإِكْرَامِ وَالسُّجُودِ وَاجِبٌ</p>

<p>the Son; for the Trinity is one in Substance, not in Person.</p>	<p>لِلرُّوحِ الْقُدُّوسِ كَمَا يَجِبُ لِلآبِ وَالْإِبْنِ، لِأَنَّ الثَّالوثَ مُوَحَّدًا فِي الطَّبِيعَةِ لَا فِي الْوُجُوهِ.</p>
<p>PROKEIMENON FOR THE RESURRECTION IN TONE ONE</p>	<p>بروكيمنون للقيامة باللحن الأوّل</p>
<p>Now will I arise, saith the Lord; I will set Myself for salvation; I will make no tarrying therein. (<i>twice</i>) Stichos: The words of the Lord are pure words. Now will I arise, saith the Lord; I will set Myself for salvation; I will make no tarrying therein.</p>	<p>الآن أقومُ يَقُولُ الرَّبُّ، أَتَحَرَّى الْخَلَاصَ وَأَتَجَلَّى بِهِ. (مرتين) ستينخ: كَلَامُ الرَّبِّ كَلَامٌ نَقِيٌّ. الآن أقومُ يَقُولُ الرَّبُّ، أَتَحَرَّى الْخَلَاصَ وَأَتَجَلَّى بِهِ.</p>
<p>Deacon: Let us pray to the Lord. Choir: Lord, have mercy. Priest: For Holy art Thou, O our God, Who reorest 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. المرتل: يَا رَبُّ ارْحَمِ. الكاهن: لِأَنَّكَ قُدُّوسٌ أَنْتَ يَا إِلَهَنَا، وَفِي الْقَدِيسِينَ تَسْتَقِرُّ وَتَسْتَرِيحُ، وَلَكَ نُرْسِلُ الْمَجْدَ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ.</p>
<p>Choir: Amen. Let everything that hath breath praise the Lord. (<i>twice</i>) Praise ye God in His saints; praise Him in the firm foundation of His power. Let everything that hath breath praise the Lord.</p>	<p>الجوق: آمين. كُلُّ نَسَمَةٍ، فَلْتَسْبِحِ الرَّبَّ. (مرتين) سَبِّحُوا اللَّهَ فِي قَدِيسِيهِ، سَبِّحُوهُ فِي فَلَكِ قُوَّتِهِ. فَلْتَسْبِحِ الرَّبَّ، كُلُّ نَسَمَةٍ.</p>
<p>THE NINTH EOTHINON GOSPEL</p>	<p>إنجيل الإيوثينا التاسعة</p>
<p>Deacon: And that we may be accounted worthy to hear the Holy Gospel, let us beseech the Lord our God. Choir: Lord, have mercy. (<i>thrice</i>) 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 John. (20:19-31) Choir: Glory to Thee, O Lord, glory to Thee. Deacon: Let us attend!</p>	<p>الشماس: مِنْ أَجْلِ أَنْ نَكُونَ مُسْتَحَقِّينَ لِسَمَاعِ الْإِنْجِيلِ الْمُقَدَّسِ، إِلَى الرَّبِّ إِلَهِنَا نَطْلُبُ. المرتل: يَا رَبُّ ارْحَمِ. (ثلاثاً) الشماس: الْحِكْمَةَ. فَلْنَسْتَقِمْ وَلْنَسْمَعْ الْإِنْجِيلَ الْمُقَدَّسَ. الكاهن: السَّلَامُ لِجَمِيعِكُمْ. المرتل: وَلِرُوحِكَ. الكاهن: فَضْلٌ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ يُوْحَنَّا الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ. (٢٠: ١٩-٣١) المرتل: الْمَجْدُ لَكَ يَا رَبُّ، الْمَجْدُ لَكَ. الشماس: لِنُصْغِ!</p>

Priest: On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, "Peace be to you." When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be to you. As the Father has sent me, even so I send you." And when He had said this, He breathed on them, and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in His hands the print of the nails, and place my finger in the mark of the nails, and place my hand in His side, I will not believe." Eight days later, His disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, "Peace be to you." Then He said to Thomas, "Put your finger here, and see My hands; and put out your hand, and place it in My side; do not be faithless, but believing." Thomas answered Him, "My Lord and my God!" Jesus said to him, "Thomas, you have believed because you have seen Me. Blessed are those who have not seen and yet believe." Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His Name.

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

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

الكاهن: لَمَّا كَانَتْ عَشِيَّةَ ذَلِكَ الْيَوْمِ، وَهُوَ أَوَّلُ الْأُسْبُوعِ وَالْأَبْوَابُ مُغْلَقَةٌ حَيْثُ كَانَ التَّلَامِيذُ مُجْتَمِعِينَ خَوْفًا مِنَ الْيَهُودِ، جَاءَ يَسُوعُ وَوَقَّفَ فِي الْوَسْطِ وَقَالَ لَهُمْ: "السَّلَامُ لَكُمْ." فَلَمَّا قَالَ هَذَا أَرَاهُمْ يَدَيْهِ وَجَنْبَهُ، فَفَرِحَ التَّلَامِيذُ حِينَ أَبْصَرُوا الرَّبَّ. وَقَالَ لَهُمْ ثَانِيَةً: "السَّلَامُ لَكُمْ، كَمَا أَرْسَلَنِي الْآبُ كَذَلِكَ أَنَا أَرْسَلُكُمْ." وَلَمَّا قَالَ هَذَا نَفَخَ فِيهِمْ وَقَالَ لَهُمْ: "خُذُوا الرُّوحَ الْقُدُسَ. مَنْ غَفَرْتُمْ خَطَايَاهُمْ تُغْفَرُ لَهُمْ وَمَنْ أَمْسَكْتُمْ خَطَايَاهُمْ أُمْسِكْتُمْ." أَمَّا تَوْمًا أَحَدُ الْإِثْنَيْ عَشَرَ الَّذِي يُقَالُ لَهُ التَّوَّامُ فَلَمْ يَكُنْ مَعَهُمْ حِينَ جَاءَ يَسُوعُ، فَقَالَ لَهُ التَّلَامِيذُ الْآخَرُونَ "إِنَّا قَدْ رَأَيْنَا الرَّبَّ"، فَقَالَ لَهُمْ: "إِنْ لَمْ أَعَيْنِ أَثَرَ الْمَسَامِيرِ فِي يَدَيْهِ، وَأَضَعُ إصْبَعِي فِي أَثَرِ الْمَسَامِيرِ، وَأَضَعُ يَدِي فِي جَنْبِهِ لَا أُؤْمِنُ." وَبَعْدَ ثَمَانِيَةِ أَيَّامٍ كَانَ تَلَامِيذُهُ أَيْضًا دَاخِلًا وَتَوْمًا مَعَهُمْ، فَأَتَى يَسُوعُ وَالْأَبْوَابُ مُغْلَقَةٌ وَوَقَّفَ فِي الْوَسْطِ وَقَالَ لَهُمْ: "السَّلَامُ لَكُمْ"، ثُمَّ قَالَ لِتَوْمًا: "هَاتِ إصْبَعَكَ إِلَى هَهُنَا وَعَيْنِ يَدِي، وَهَاتِ يَدَكَ وَضَعْهَا فِي جَنْبِي، وَلَا تَكُنْ غَيْرَ مُؤْمِنٍ بَلْ مُؤْمِنًا." أَجَابَ تَوْمًا وَقَالَ لَهُ: "رَبِّي وَالْهَي." قَالَ لَهُ يَسُوعُ: "لَأَنَّكَ رَأَيْتَنِي يَا تَوْمًا آمَنْتَ؟ طُوبَى لِلَّذِينَ لَمْ يَرَوْا وَآمَنُوا." وَأَيَّاتٍ أُخَرَ كَثِيرَةً صَنَعَ يَسُوعُ أَمَامَ تَلَامِيذِهِ لَمْ تُكْتَبْ فِي هَذَا الْكِتَابِ. وَأَمَّا هَذِهِ، فَقَدْ كُتِبَتْ لِتُؤْمِنُوا بِأَنَّ يَسُوعَ هُوَ الْمَسِيحُ ابْنُ اللَّهِ، وَلِكَيْ تَكُونَ لَكُمْ، إِذَا آمَنْتُمْ، حَيَاةً بِاسْمِهِ.

المرتل: المَجْدُ لَكَ يَا رَبُّ الْمَجْدُ لَكَ.

القارئ: إِذْ قَدْ رَأَيْنَا قِيَامَةَ الْمَسِيحِ، فَلِنَسْجُدْ لِلرَّبِّ الْقُدُّوسِ، يَسُوعَ الْمَعْصُومِ مِنَ الْخَطَا وَحْدَهُ. لِصَلِيْبِكَ أَيُّهَا الْمَسِيحُ نَسْجُدُ وَلِقِيَامَتِكَ الْمُقَدَّسَةِ نُسَبِّحُ وَنُجَدِّدُ، لِأَنَّكَ أَنْتَ هُوَ إِلَهُنَا وَآخِرَ سَوَاكَ لَا نَعْرِفُ وَبِاسْمِكَ نُسَمِّي. هَلُمَّ يَا مَعْشَرَ الْمُؤْمِنِينَ نَسْجُدْ لِقِيَامَةِ الْمَسِيحِ

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.	المُقَدَّسَة، لِأَنَّ هَذَا بِالصَّلِيبِ قَدْ أَتَى الفَرْحُ لِكُلِّ العَالَمِ. لِئُبَارِكِ الرَّبَّ فِي كُلِّ حِينٍ وَنُسَبِّحَ قِيَامَتَهُ، لِأَنَّهُ إِذِ اخْتَمَلَ الصَّلْبَ مِنْ أَجْلِنَا، المَوْتَ بِالمَوْتِ حَطَّمَ.
PSALM 50	المزمور ٥٠
Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression.	إِرْحَمْنِي يَا اللّٰهُ بِعَظِيمِ رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَتِكَ اِمْحُ مَاثِمِي.
Wash me thoroughly from mine iniquity, and cleanse me from my sin.	إِغْسِلْنِي كَثِيرًا مِنْ إِثْمِي، وَمِنْ خَطِيئَتِي طَهِّرْنِي.
For I know mine iniquity, and my sin is ever before me.	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، لَكِي تَصْدُقَ فِي أَقْوَالِكَ وَتَغْلِبَ فِي مُحَاكَمَتِكَ.
For behold, I was conceived in iniquities, and in sins did my mother bear me.	هَاءَ نَذَا بِالْآثَامِ حُبِلَ بِي، وَبِالْخَطَايَا وُلِدْتَنِي أُمِّي.
For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me.	لَأَنَّكَ قَدْ أَحْبَبْتَ الحَقَّ، وَأَوْضَحْتَ لِي غَوَامِضَ حِكْمَتِكَ وَمَسْتَوْرَاتِهَا.
Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow.	تَنْضَحْنِي بِالزَّوْفِيِّ فَأَطْهُرُ، تَغْسِلْنِي فَأَبْيَضُ أَكْثَرَ مِنَ الثَّلْجِ.
Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice.	تُسْمِعْنِي بِهَجَّةٍ وَسُرُورًا، فَتَبْتَهِّجُ عِظَامِي الذَّلِيلَةَ.
Turn Thy face away from my sins, and blot out all mine iniquities.	إِصْرِفْ وَجْهَكَ عَنِ خَطَايَايَ، وَامْحُ كُلَّ مَاثِمِي.
Create in me a clean heart, O God, and renew a right spirit within me.	قَلْبًا نَقِيًّا اخْلُقْ فِيَّ يَا اللّٰهُ، 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 القُدُّوسُ لَا تَنْزِعْهُ مِنِّي.
Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me.	إِمْنَحْنِي بِهَجَّةٍ خِلَاصِكَ، وَبِرُوحِ رِئَاسِيٍّ اعْضُدْنِي.
I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee.	فَاعَلِّمَ الأَثَمَةَ طُرُقَكَ، وَالكُفْرَةَ 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 شَفَتَيَّ، فَيُخْبِرَ فَمِي بِتَسْبِيحَتِكَ.
For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased.	لَأَنَّكَ لَوْ آثَرْتَ الذَّبِيحَةَ، لَكُنْتُ الْآنَ أُعْطِي، لَكِنَّكَ لَا تُسَرُّ بِالْمُحْرَقَاتِ.
A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise.	فَالذَّبِيحَةُ لِلَّهِ رُوحٌ مُنْسَجِحٌ، الْقَلْبُ الْمُتَخَشِّعُ وَالْمُتَوَاضِعُ لَا يَرُدُّهُ اللَّهُ.
Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up.	أُصْلِحْ يَا رَبُّ بِمَسَرَّتِكَ صِهْيُونَ وَوَلْتُبْنَ أَسْوَارُ أُورُشَلِيمَ.
Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings.	حِينَئِذٍ تُسَرُّ بِذَّبِيحَةِ الْعَدْلِ قُرْبَاناً وَمُحْرَقَاتِ.
Then shall they offer bullocks upon Thine altar.	حِينَئِذٍ يُقَرِّبُونَ عَلَيَّ مَذْبَحَكَ 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 وَالِابْنِ وَالرُّوحِ الْقُدُّوسِ. اِفْتَحْ لِي أَبْوَابَ التَّوْبَةِ يَا وَاهِبَ الْحَيَاةِ، لِأَنَّ رُوحِي تَبْتَكِرُ إِلَى هَيْكَلِ قُدْسِكَ، آتِياً بِهَيْكَلِ جَسَدِي مُدَنَساً بِجُمْلَتِهِ. لَكِنْ، بِمَا أَنَّكَ مُتَعَطِّفٌ، نَقِّنِي بِتَحَنُّنِ مَرَاحِمِكَ.
<i>Both now and ever, and unto ages of ages. Amen.</i> Prepare for me the way of salvation, O Theotokos; for I have profaned myself with coarse sins, and consumed my whole life with procrastination. But by thine intercessions purify thou me from all abomination.	الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. سَهِّلِي لِي مَنَاهِجَ الْخَلَاصِ يَا وَالِدَةَ الْإِلَهِ، فَإِنِّي قَدْ دَنَسْتُ نَفْسِي بِخَطَايَا سَمِجَةٍ، وَأَفْنَيْتُ عُمْرِي كُلَّهُ بِالتَّوَانِي. لَكِنْ بِشَفَاعَاتِكَ، نَقِّنِي مِنْ كُلِّ رَجَاسَةٍ.
(TONE SIX) <i>Have mercy upon me, O God, according to Thy lovingkindness; according to the multitude of Thy tender mercies blot out my transgressions.</i> If I think upon the multitude of my evil deeds, wretch that I am, I tremble for the terrible Day	(بِاللَّحْنِ السَّادِسِ) يَا رَحِيمُ، ارْحَمْنِي يَا اللَّهُ كَعَظِيمِ رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَاتِكَ امْحُ مَاثِمِي. إِذَا تَصَوَّرْتُ كَثْرَةَ أَفْعَالِي الرَّدِيئَةِ أَنَا الشَّقِيَّ، فَإِنِّي أَرْتَعِدُ مِنْ يَوْمِ الدَّيْنُونَةِ الرَّهيبِ. لَكِنِّي إِذْ أَنَا وَاثِقٌ

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.

بِتَحَنُّنِكَ، أَهْتَفُ إِلَيْكَ مِثْلَ دَاوُدَ: اِرْحَمْنِي يَا اللَّهُ، بِحَسَبِ عَظِيمِ رَحْمَتِكَ.

THE INTERCESSION

طَلِبَةُ الشَّفَاعَةِ

Deacon: O God, save thy people, and bless thine inheritance. Visit thy world with mercy and compassions. Exalt the horn of Orthodox Christians, and send down upon us thy rich mercies, through the intercessions of our all-immaculate Lady, the Theotokos and ever-virgin Mary; by the might of the precious and life-giving cross; by the protection of the honorable bodiless powers of heaven; at the supplication of the honorable, glorious Prophet, Forerunner and Baptist John; of the holy, glorious, all-laudable and foremost of the apostles, Peter and Paul, and of all the holy apostles; of our fathers among the saints, great hierarchs and ecumenical teachers Basil the Great, Gregory the Theologian and John Chrysostom; Athanasios, Cyril and John the Merciful, patriarchs of Alexandria; Nicholas of Myra in Lycia, Spyridon of Trimythous and Nektarios of Pentapolis, the wonder-workers; of our fathers among the saints Tikhon, patriarch of Moscow, and Raphael, bishop of Brooklyn; of the holy, glorious great martyrs George the Trophy-bearer, Demetrius the Myrrh-streaming, Theodore the Soldier, Theodore the General and Menas the Wonder-worker; of the hieromartyrs Ignatius the God-bearer of Antioch, Charalampos and Eleutherios; of the holy, glorious and great women martyrs Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photini, Marina, Paraskeva and Irene; of the holy glorious and right-victorious martyrs; of our venerable and God-bearing fathers who shone in the ascetic life; of Saint N., the patron and protector of this holy community; of the holy and righteous ancestors of God, Joachim and Anna; of our righteous Mother Mary of Egypt, whose memory we celebrate today, and of all

الشَّمْسِ: خَلِّصْ يَا اللَّهُ شَعْبَكَ، وَبَارِكْ مِيرَاثَكَ، وَافْتَقِدْ عَالَمَكَ بِالرَّحْمَةِ وَالرَّأْفَاتِ، وَارْفَعْ شَأْنَ الْمَسِيحِيِّينَ الْأَرْثُوذُكْسِيِّينَ، وَأَسْبِغْ عَلَيْنَا مَرَاحِمَكَ الْغَنِيَّةِ، بِشَفَاعَاتِ سَيِّدَتِنَا وَالِدَةِ الْإِلَهِ الْكَلِيَّةِ الطَّهَارَةِ وَالِدَائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ؛ وَبِقُوَّةِ الصَّلِيبِ الْكَرِيمِ الْمُحْيِي؛ وَبِطَلَبَاتِ الْقُوَّاتِ السَّمَاوِيَّةِ الْمُكْرَّمَةِ الْعَادِمَةِ الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا الْمَعْمَدَانَ؛ وَالْقَدِيسَيْنِ الْمَشْرِفَيْنِ الرَّسُولَيْنِ بُطْرُسَ وَبُولُسَ، وَسَائِرِ الرُّسُلِ الْمَشْرِفِينَ الْجَدِيرِينَ بِكُلِّ مَدِيحٍ؛ وَأَبَائِنَا الْقَدِيسِينَ مُعَلَّمِي الْمَسْكُونَةِ، رُؤَسَاءِ الْكَهَنَةِ الْمُعْظَمِينَ بَاسِيلْيُوسَ الْكَبِيرِ، وَغَرِيغُورْيُوسَ الْلَاهُوتِي، وَيُوْحَنَّا الذَّهَبِيِّ الْقَمِّ؛ وَأَبَائِنَا الْقَدِيسِينَ أَنْتَاسْيُوسَ وَكَيْرْلُسَ وَيُوْحَنَّا الرَّحِيمِ بَطَارِكَةَ الْإِسْكََنْدَرِيَّةِ؛ وَأَبِينَا الْقَدِيسِ نِيْقُولَاوَسَ رَئِيسِ أَسَاقِفَةِ مِيرَا الْلِيكِيَّةِ، وَأَسْبِيرِيدُونَ أَسْقَفِ تَرِيمِيثُوسَ، وَنِكْتَارْيُوسَ أَسْقَفِ الْمُدُنِ الْحَمْسِ الْعَجَائِبِيِّينَ، وَأَبِينَا الْقَدِيسِ تِيخُونَ بَطْرِيْرِكِ مُوسْكَو، وَالْقَدِيسِ رَافَائِيلِ أَسْقَفِ بَرُوكْلِينَ؛ وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْعُظْمَاءِ جَاورْجْيُوسَ الْلَابِسِ الظَّفْرِ، وَدِيمِيْتْرْيُوسَ الْمُفِيضِ الطَّيْبِ، وَثِيوْدُورَسَ التَّيْرُونِي، وَثِيوْدُورَسَ قَائِدِ الْجَيْشِ، وَمِينَاسَ الصَّانِعِ الْعَجَائِبِ؛ وَالْقَدِيسِينَ الشُّهَدَاءِ إِغْنَاطْيُوسَ الْمُتَوَشَّحِ بِاللَّهِ، خَرَامْبُوسَ وَالْفَثِيرْيُوسَ؛ وَالشُّهَدَاتِ الْعَظِيمَاتِ ثَقْلَا، بَرَبَارَةَ، أَنْسْطَاسْيَا، كَاتْرِيْنَا، كِيرْيَاكِي، فُوتِينِي، مَارِيْنَا، بَارَاسْكَيفَا، وَأَيْرِينَ؛ وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْمُتَأَلِّقِينَ بِالظَّفْرِ؛ وَأَبَائِنَا الْأَبْرَارِ الْمُتَوَشَّحِينَ بِاللَّهِ؛ وَالْقَدِيسِ (فَلَان) شَفِيعِ هَذِهِ الْكَنِيسَةِ الْمُقَدَّسَةِ؛ وَالْقَدِيسَيْنِ الصِّدِّيقَيْنِ جَدِّي الْمَسِيحِ الْإِلَهِ يُوَاكِيمَ وَحَنَّةَ؛

<p>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>وَأَمَّا الْبَارَّةَ مَرْيَمَ الْمِصْرِيَّةَ، الَّتِي نُقِيمُ تَذْكَارَهَا الْيَوْمَ، وَجَمِيعَ قَدِّيسِيكَ، نَتَضَرَّعُ إِلَيْكَ أَيُّهَا الرَّبُّ الْجَزِيلُ الرَّحْمَةَ، فَاسْتَجِبْ لَنَا نَحْنُ الْخَطَاةَ الطَّالِبِينَ إِلَيْكَ وَارْحَمْنَا.</p>
<p>Choir: Lord, have mercy. <i>(twelve times)</i></p>	<p>المرتل: يَا رَبُّ ارْحَمْنَا. (١٢ مَرَّةً)</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 الْوَحِيدِ وَمَحَبَّتِهِ لِلْبَشَرِ، الَّذِي أَنْتَ مُبَارَكٌ مَعَهُ وَمَعَ رُوحِكَ الْكُلِّيِّ قُدْسُهُ الصَّالِحِ وَالْمُخْيِي، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>
<p>Choir: Amen.</p>	<p>المرتل: آمين.</p>
<p>FIRST TONE RESURRECTIONAL KONTAKION AND OIKOS (Plain Reading)</p>	<p>القِنْدَاقِ وَالْبَيْتِ لِلْقِيَامَةِ لِلْحَنِّ الْأَوَّلِ (قِرَاءَةٌ)</p>
<p>As God, Thou didst arise from the tomb in glory, and Thou didst raise the world together with Thyself. Mortal nature praised Thee as God, and death was obliterated. Adam danceth for joy, O Master, and Eve, now freed from fetters, rejoiceth as she crieth out: Thou, O Christ, dost grant resurrection to all.</p>	<p>لَقَدْ قُمْتَ مِنَ الْقَبْرِ بِمَجْدٍ أَيُّهَا السَّيِّدُ، كَالِهٍ، وَأَقَمْتَ مَعَكَ الْعَالَمَ، فَسَبَّحَتْكَ طَبِيعَةُ الْبَشَرِ كَالِهٍ، وَالْمَوْتُ اضْمَحَلَّ، وَأَدَمُ رَقَصَ طَرْبًا، وَحَوَاءُ أَعْتَقَتْ مِنَ الْقَيْودِ. فَهِيَ تَهْتِفُ الْآنَ مَسْرُورَةً: أَنْتَ أَيُّهَا الْمَسِيحُ، الْمَانِحُ الْقِيَامَةَ لِلْجَمِيعِ.</p>
<p>Let us praise as God omnipotent Him that arose on the third day, Who broke the gates of Hades and raised from the grave the dead from ages past, and Who of His own good pleasure appeared to the myrrh-bearing women, giving them first the greeting: Rejoice; and announcing joy to the apostles, as the only Giver of life. Wherefore, with faith the women proclaim to the disciples the glad tidings of the symbols of victory, Hades groaneth, death lamenteth, the world is joyful, and all men rejoice together; for Thou, O Christ, hast granted resurrection to all.</p>	<p>لِنُسَبِّحَنَّ الَّذِي قَامَ لِثَلَاثَةِ أَيَّامٍ نَاهِضًا كَالِهٍ قَدِيرٍ، وَسَحَقَ أَبْوَابَ الْجَحِيمِ، وَأَقَامَ الَّذِينَ فِي الْقَيْودِ مِنْذُ الدَّهْرِ، وَظَهَرَ أَوَّلًا لِحَامِلَاتِ الطَّيِّبِ كَمَا ارْتَضَى، قَائِلًا لَهُنَّ "افْرَحْنَ". وَبَشَّرَ الرُّسُلَ بِالْفَرَحِ، كَوَاهِبِ الْحَيَاةِ. فَلِذَلِكَ، بَشَّرَتِ النِّسْوَةُ التَّلَامِيذَ بِشَارَاتِ الظَّفَرِ بِإِيمَانٍ، وَالْجَحِيمُ تَتَهَدَّدُ، وَالْمَوْتُ انْتَحَبَ نَادِبًا، وَالْعَالَمُ ابْتَهَجَ، وَالْجَمِيعُ فَرِحُوا مَعًا، لِأَنَّكَ أَيُّهَا الْمَسِيحُ مَنَحْتَ الْقِيَامَةَ لِلْجَمِيعِ.</p>
<p>THE SYNAXARION (Plain Reading)</p>	<p>السِّنْكَسَارِ (قِرَاءَةٌ)</p>
<p>On March 29 in the Holy Orthodox Church, we commemorate Martyr Mark, bishop of Arethusa, Martyr Cyril the deacon of Heliopolis and those with them; and Martyrs Jonah and Barachisios of Persia and those with them.</p> <p>On this same day, the Fifth Sunday of Great Lent, it was ordained that we make remembrance of our Godly Mother Mary of Egypt.</p>	

Verses

Spirit rose up, flesh melted away erewhile; hide, O earth, the worn bones of Mary's body.

Once, during the Honorable Fast, the priest-monk Zosimus withdrew into the wilderness. He caught sight of a withered woman named Mary; her hair was white as snow. Mary then told Zosimus that she was born in Egypt and at the age of 12 began to live a life of debauchery in Alexandria for 17 years. One day, she went to Jerusalem to enter the church to venerate the Honorable Cross. However, some invisible force restrained her. In great fear, she gazed upon the icon of the Theotokos in the vestibule and prayed that she be allowed to enter the church, all the while confessing her sinfulness. She was then permitted to enter the church. Having venerated the Cross she again entered the vestibule and, before the icon, gave thanks to the Mother of God. At that very moment she heard a voice saying: "If you cross the Jordan, you will find glorious rest!" Mary left for the wilderness and remained there for 47 years in repentance. She bade Zosimus to come back in one year with Holy Communion, which he did. The following year, on Holy Thursday, April 1, 522, Zosimus discovered Mary's lifeless body, and buried her. Thus, the Lord glorifies penitent sinners. The Church exalts and exemplifies Mary to the faithful in Great Lent as an incentive for repentance that brings entry into the Heavenly Kingdom.

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

KATAVASIAE OF THE THEOTOKOS CANON IN TONE FOUR	كَطَاڤَاسِيَاةِ السَّيِّدَةِ بِاللَّحْنِ الرَّابِعِ
Ode 1. I shall open my mouth and it will be filled with the Spirit; and I shall speak forth to the Queen and Mother. I shall be seen joyfully singing her praises, and I shall delight to sing of her wonders.	(الأولى) أَفْتَحُ فَمِي فَيَمْتَلِئُ رَوْحاً، وَأُبْدِي قَوْلًا فَائِضاً نَحْوَ الْأُمِّ الْمَلَكَةِ، وَأُظْهِرُ مُعِيداً لِلْمَوْسِمِ بَابْتِهَاجٍ، وَأَتَرْتَمُ بِعَجَائِبِهَا مَسْرُوراً.
Ode 3. As a living and copious fountain, O Theotokos, do thou strengthen those who hymn thy praises, and are joined together in spiritual company for thy service; and in thy divine glory make them worthy of crowns of glory.	(الثالثة) يَا وَالِدَةَ الْإِلَهِ، بِمَا أَنْتِ الْيَنْبُوعُ الْحَيُّ الْمُتَدَفِّقُ بِسَخَاءٍ، وَطَدِينَا نَحْنُ الْمُنْشِدِينَ تَسَابِيحِكَ، الْمُلْتَمِّمِينَ مَخْفِلاً رَوْحِيّاً، وَفِي مَجْدِكَ الْإِلَهِيِّ أَهْلِينَا لَأَكَالِيلِ الْمَجْدِ وَالشَّرْفِ.
Ode 4. <i>When the Prophet Habakkuk, O Thou Most High, learned of the divine and untraceable counsel of Thy pure incarnation from the womb of the blest Virgin, he cried out: Glory to Thy power, O Lord my God.</i> ¹	(الرابعة) إِنَّ حَبَقُوقَ النَّبِيِّ، لَمَّا عَرَفَ إِرَادَتَكَ الْإِلَهِيَّةَ، غَيْرَ الْمُدْرِكَةِ أَيُّهَا الْعَلِيِّ، الَّتِي هِيَ تَجَسَّدُكَ مِنَ الْبَتُولِ، هَتَفَ صَارِخاً: الْمَجْدُ لِقُدْرَتِكَ يَا رَبِّ.
Ode 5. All creation was amazed at thy divine glory, for thou, O unwedded Virgin, didst hold in thee the God of all, and didst bear the Eternal Son, who rewards with salvation all those who hymn thy praises.	(الخامسة) أَيُّهَا الْبَتُولُ الَّتِي لَمْ تَعْرِفِ زَوْجاً، إِنَّ الْبَرَايَا بِأَسْرِهَا قَدْ انْذَهَلَتْ مِنْ مَجْدِكَ الْإِلَهِيِّ، لِأَنَّكَ حَمَلْتِ فِي حَشَاكَ إِلَهَ الْكُلِّ، وَوَلَدْتِ الْإِبْنَ غَيْرَ الْمَحْدُودِ فِي زَمَنِ، وَمَنْحَتِ الْخَلَاصَ لِكُلِّ الَّذِينَ

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

	يُسَبِّحُونَكَ.
Ode 6. As we the Godly minded, celebrate this sacred and all-honorable feast of the Mother of God: come, let us clap our hands together and glorify the God whom she bore.	(السادسة) هَلُمُّوا أَيُّهَا الْمُتَأَلِّهُو الْعُقُولِ، لِنُصَفِّقْ بِالْأَيْدِي مُقِيمِينَ هَذَا الْعِيدَ الْإِلَهِيَّ الْكُلِّيَّ الْإِكْرَامِ، الَّذِي لَوَالِدَةِ الْإِلَهِ، وَنُمَجِّدِ الْإِلَهِ الَّذِي وُلِدَ مِنْهَا.
Ode 7. The godly-minded children worshipped not the creature rather than the Creator, but trampling upon the threat of fire in manly fashion, they rejoiced and sang: O All-praised Lord and God of our Fathers, blessed art Thou.	(السابعة) إِنْ الْفَتِيَّةَ الْمُتَأَلِّهُي الْعُقُولِ، لَمْ يَعْبُدُوا الْخَلِيقَةَ دُونَ الْخَالِقِ، بَلْ وَطِنُوا وَعِيدَ النَّارِ بِشَجَاعَةٍ، فَرَتَّلُوا فَرِحِينَ: أَيُّهَا الْفَائِقُ التَّسْبِيحِ، مُبَارِكٌ أَنْتَ يَا إِلَهَ آبَائِنَا.
<i>We praise, we bless, and we worship the Lord.</i> Ode 8. The three holy children in the furnace the Child of the Theotokos saved; then was the type, now is its fulfillment, and the whole world gathers to sing: ‘All ye works praise the Lord and magnify Him unto all ages.’	نُسَبِّحُ وَنُبَارِكُ وَنَسُجُدُ لِلرَّبِّ. (الثامنة) إِنَّ مَوْلِدَ وَالِدَةِ الْإِلَهِ قَدْ حَفِظَ الْفَتِيَّةَ الْأَطْهَارَ فِي الْأَتُونِ سَالِمِينَ، إِذْ كَانَ حِينِيذٍ مَرْسُومًا وَأَمَّا الْآنَ فَقَدْ حَصَلَ مَفْعُولًا، فَهُوَ يُنْهَضُ الْمَسْكُونَةَ بِأَسْرَهَا إِلَى التَّرْتِيلِ هَاتِفَةً: يَا جَمِيعَ أَعْمَالِ الرَّبِّ سَبِّحُوا الرَّبَّ، وَزِيدُوهُ رِفْعَةً عَلَى مَدَى الْأَذْهَارِ.
Deacon: The Theotokos and Mother of the Light let us honor and magnify in song.	الشَّمْسُ: لَوَالِدَةِ الْإِلَهِ وَأَمِّ النُّورِ بِالتَّسَابِيحِ نَكْرِمُ مُعْظَمِينَ.
MAGNIFICATIONS IN TONE FOUR	تَعْظِيمَاتُ بِاللَّحْنِ الرَّابِعِ
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.	تُعْظِمُ نَفْسِي الرَّبِّ، وَتَبْتَهِجُ رُوحِي بِاللَّهِ مُخْلِصِي. الْلازِمَةُ: يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ مَجْدًا بِغَيْرِ قِيَاسٍ مِنَ السَّارَافِيمِ، الَّتِي مِنْ دُونِ فَسَادٍ وَوَلَدَتْ كَلِمَةَ اللَّهِ، حَقًّا أَنْكَ وَالِدَةُ الْإِلَهِ إِيَّاكَ نُعْظِمُ.
For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. (Refrain)	لَأَنَّهُ نَظَرَ إِلَى تَوَاضِعِ أُمَّتِهِ، فَهَا مُنْذُ الْآنَ تَطْوِبُنِي جَمِيعُ الْأَجْيَالِ. (اللازمة)
For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations. (Refrain)	لَأَنَّ الْقَدِيرَ صَنَعَ بِي عَظَائِمَ وَقُدُوسَ اسْمُهُ، وَرَحْمَتُهُ إِلَى جِيلٍ فَجِيلٍ لِلَّذِينَ يَتَّقُونَهُ. (اللازمة)
He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. (Refrain)	صَنَعَ عِزًّا بِسَاعِدِهِ، وَشَتَّتَ الْمُتَكَبِّرِينَ بِذَهْنِ قُلُوبِهِمْ. (اللازمة)

<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 لِيذْكَرَ رَحْمَتَهُ، كَمَا قَالَ لِآبَائِنَا إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الْأَبَدِ. (اللازمة)</p>
<p>Ode 9. Let all the earth-born mortals rejoice in the Spirit, bearing their lamps. And let the nature of Bodiless Minds celebrate with honor the holy festival of the Mother of God, and cry out: ‘Hail! All-blessed, pure, and ever-virgin Theotokos!’</p>	<p>(التاسعة) كُلُّ الْأَرْضِيِّينَ فَلْيَبْتَهِجُوا بِالرُّوحِ حَامِلِينَ الْمَصَابِيحَ، وَطَبِيعَةُ الْعَقْلِيِّينَ غَيْرِ الْهَيُولِيِّينَ فَلْتَحْتَفِلْ مَعاً، مُعَيَّدَةً لِمَوْسِمِ أُمِّ الْإِلَهِ الشَّرِيفِ وَهَاتِفَةً: إِفْرَحِي يَا وَالِدَةَ الْإِلَهِ النَّقِيَّةِ، الدَّائِمَةِ الْبَتُولِيَّةِ، وَالْكَلْبِيَّةِ الطُّوبَى.</p>
<p>THE LITTLE LITANY</p>	<p>الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى</p>
<p>Deacon: Again and again, in peace, let us pray to the Lord. Choir: Lord, have mercy. Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace. Choir: Lord, have mercy. Deacon: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God. Choir: To Thee, O Lord. Priest: For all the powers of Heaven praise Thee, and unto Thee do they ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. Choir: Amen.</p>	<p>الشَّمْسُ: أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمِ. الشَّمْسُ: أَعْضُدْ وَخَلِّصْ وَارْحَمْ وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمِ. الشَّمْسُ: بَعْدَ ذِكْرِنَا الْكَلْبِيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةِ الْبَتُولِيَّةِ مَرِيَمَ مَعَ جَمِيعِ الْقَدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ. الجوق: لَكَ يَا رَبِّ. الكاهن: لِأَنَّهُ إِيَّاكَ تُسَبِّحُ كُلُّ قُوَاتِ السَّمَاوَاتِ، وَلَكَ يُرْسَلُونَ الْمَجْدَ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. الجوق: آمِينَ.</p>
<p>Holy is the Lord our God. <i>(thrice)</i> Exalt ye the Lord our God, and worship at His footstool, for He is holy.</p>	<p>قُدُّوسٌ هُوَ الرَّبُّ إِلَهُنَا. (ثلاثاً) إِرْفَعُوا الرَّبَّ إِلَهُنَا، وَاسْجُدُوا لِمَوْطِي قَدَمَيْهِ، لِأَنَّ الرَّبَّ إِلَهُنَا قُدُّوسٌ هُوَ.</p>

<p style="text-align: center;">THE NINTH EOTHINON EXAPOSTEILARION IN TONE TWO <i>(**Upon that mount in Galilee**)</i></p>	<p style="text-align: center;">إكسابوستيلاري الإيوثينا التاسعة باللحن الثاني *وزن لِنَقِفْ مع التلاميذ*</p>
<p>When Thou hadst entered while the doors * were shut fast, Thou, O Master, * didst fill Thine Apostolic choir * with the All-holy Spirit; * and having breathed peace upon them, * Thou verily didst tell them * to bind and loose the sins of men; * and the eighth day thereafter, * Thy wounded side * and Thy hands didst Thou display unto Thomas, * with whom, we cry: Our Lord and God * art Thou, O Sovereign Master.</p>	<p>أَيُّهَا السَّيِّدُ، لَمَّا دَخَلْتَ والأبوابُ مُغْلَقَةً، أَوْعَبْتَ رُسُلَكَ مِنَ الرُّوحِ الكَلْبِيِّ قُدْسُهُ، إِذْ نَفَخْتَ فِيهِمْ بِسَلَامٍ، قَائِلًا لَهُمْ، أَنْ يَحِلُّوا أَوْ يَرْبِطُوا الخَطَايَا، وَبَعْدَ ثَمَانِيَةِ أَيَّامٍ أَرَيْتَ توما يَدِيكَ وَجَنَبَكَ. فَمَعَهُ نَهَيْتُ إِلَيْكَ: أَنْتَ هُوَ الرَّبُّ وَالإِلَهِ.</p>
<p style="text-align: center;">EXAPOSTEILIARION & THEOTOKION FOR ST. MARY OF EGYPT IN TONE THREE</p>	<p style="text-align: center;">إكسابوستيلاري وثيوطوكية للقديسة مريم المصريّة باللحن الثالث</p>
<p style="text-align: center;"><i>(**O changeless Light**)</i></p>	<p style="text-align: center;"><i>(**أَيُّهَا الكَلِمَةُ النُّورُ الَّذِي لَا يَسْتَحِيلُ**)</i></p>
<p>We have thee as an example * of change of life and repentance, * which do thou beg Christ to grant us * now in this season of fasting, * so that with faith and with longing * we might acclaim thee, * O great and all-righteous Mary.</p>	<p>أَيُّهَا البَارَةُ مَرِيَمُ، إِذْ إِنَّا أَحْرَزْنَاكَ نُموذجاً لِلتَّوْبَةِ، فَابْتَهَلِي إِلَى المَسِيحِ أَنْ يَمُنَحَنَا إِيَّاهَا فِي هَذَا الصِّيَامِ، لِكَيْ بِإِيْمَانٍ وَشَوْقٍ نَمَدِّحَكَ بالتَّسَابِيحِ.</p>
<p style="text-align: center;"><i>(**Thou Who as God adornest**)</i></p>	<p style="text-align: center;"><i>(**زَيَّنْتَ بالكواكب**)</i></p>
<p>Thou art the sweetness of angels, * the gladness of afflicted ones, * and the protectress of Christians, * O Virgin Mother of our Lord; * be thou my helper, and save me * from out of eternal torments.</p>	<p>أَيُّهَا البَتُولُ أُمُّ الرَّبِّ، بِمَا أَنَّكَ عُنُوبَةُ المَلَائِكَةِ، وَسَلْوَةُ المَحْزُونِينَ، وَشَفِيعَةُ المَسِيحِيِّينَ، فَاعْضُدِينِي وَأُنْقِذِينِي مِنَ العَذَابَاتِ الأَبَدِيَّةِ.</p>
<p style="text-align: center;">AINOI (PRAISES) IN TONE ONE</p>	<p style="text-align: center;">الإينوس باللحن الأوّل</p>
<p>Let everything that hath breath praise the Lord. Praise ye the Lord from the heavens; praise Him in the heights. To Thee, O God, is due our song.</p>	<p>كُلُّ نَسَمَةٍ فَلتَسْبِحِ الرَّبَّ. سَبِّحُوا الرَّبَّ مِنَ السَّمَاوَاتِ، سَبِّحُوهُ فِي الأَعَالِي، لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللهُ.</p>
<p>Praise ye Him, all His angels; praise ye Him, all His hosts. To Thee, O God, is due our song.</p>	<p>سَبِّحُوهُ يَا جَمِيعَ مَلَائِكَتِهِ، سَبِّحُوهُ يَا سَائِرِ قُوَّاتِهِ، لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللهُ.</p>
<p style="text-align: center;">For the Resurrection in Tone One</p>	<p style="text-align: center;">للقِيَامَةِ باللحن الأوّل</p>
<p><i>Verse 1. This glory shall be to all His saints.</i> We praise, O Christ, Thy saving Passion and glorify Thy Resurrection.</p>	<p><i>استيخن ١ . هذا المجدُ يكونُ لجميعِ أنبراره.</i> أَيُّهَا المَسِيحُ نُسَبِّحُ ألامَكَ الخَلَاصِيَّةَ، وَنُمَجِّدُ قِيَامَتَكَ.</p>

<p><i>Verse 2. Praise God in His sanctuary; praise Him in the firmament of His power.</i> O Thou Who didst endure the Cross and abolish Death and didst rise again from the dead: give peace to our life, O Lord, for Thou only art almighty.</p>	<p>استيخن ٢ . سَبِّحُوا اللَّهَ فِي قَدَيْسِيهِ، سَبِّحُوهُ فِي فَلَكِ قُوَّتِهِ . يا مَنْ اِحْتَمَلَ الصَّالِبَ وَأَبْطَلَ الْمَوْتَ، وَقَامَ مِنْ بَيْنِ الْأَمْوَاتِ، سَلِّمْ حَيَاتِنَا يَا رَبُّ، بِمَا أَنْكَ وَحَدَّكَ كُلِّي الْأَقْتِدَارِ .</p>
<p><i>Verse 3. Praise Him for His mighty acts; praise Him according to His excellent greatness.</i> O Thou Who didst despoil hades and raise man again from the dead by Thy Resurrection, O Christ, make us worthy with pure hearts to praise and glorify Thee.</p>	<p>استيخن ٣ . سَبِّحُوهُ عَلَى مَقْدَرَتِهِ، سَبِّحُوهُ نَظِيرَ كَثْرَةِ عَظَمَتِهِ . أَيُّهَا الْمَسِيحُ، يَا مَنْ سَبَى الْجَحِيمَ مُبِيداً، وَأَقَامَ الْإِنْسَانَ بِقِيَامَتِهِ، أَهْلُنَا أَنْ نُسَبِّحَكَ بِقُلُوبٍ نَقِيَّةٍ وَنُجِّدَكَ .</p>
<p><i>Verse 4. Praise Him with the sound of the trumpet; praise Him with the psaltery and harp.</i> Glorifying Thy divine condescension, we praise Thee, O Christ, for Thou wast born of a Virgin yet wast not separated from the Father. Thou didst suffer as man and of Thine own free will endured the Cross, and Thou didst rise again from the tomb going forth as from a bridal chamber that Thou mightest save the world. O Lord, glory to Thee.</p>	<p>استيخن ٤ . سَبِّحُوهُ بِلَحْنِ الْبُوقِ، سَبِّحُوهُ بِالْمِزْمَارِ وَالْقَيْثَارَةِ . أَيُّهَا الْمَسِيحُ، إِنَّا نُسَبِّحُكَ مُمَجِّدِينَ تَنَارُكَ الْلاَّتِقَ بِاللَّهِ، يَا مَنْ وُلِدَ مِنَ الْعَدْرَاءِ، وَلَمْ يَنْفَصِلْ عَنِ حُضْنِ الْآبِ، وَتَأَلَّمَ كإِنْسَانٍ، وَاحْتَمَلَ الصَّلْبَ طَوْعاً، وَانْبَعَثَ مِنَ الرَّمْسِ وَارِداً كَمَا مِنْ خِذْرِ، لِكَيْ يُخَلِّصَ الْعَالَمَ، يَا رَبُّ الْمَجْدُ لَكَ .</p>
<p>For St. Mary of Egypt in Tone Six (*Having laid up all their hope*)</p>	<p>للقديسة مريم المصرية باللحن السادس (* قد وضع القديسان *)</p>
<p><i>Verse 5. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.</i> Though thy body, which had been * defiled with reckless abandon, * hindered thee from vision of * the august and holy things * thou didst long to see, * yet did thy consciousness * and thy clear perception * of the deeds that thou hadst done before * graciously work a turn * in thee for the better, O godly-wise; * for when thou hadst looked on the pure * icon of the blest Mother of our God, * thou, on passing judgment * against thyself for all thy former sins, * didst freely worship the precious Wood,* Mary, who art praised of all.</p>	<p>استيخن ٥ . سَبِّحُوهُ بِالطَّبْلِ وَالْمِصَافِ، سَبِّحُوهُ بِالْأُوتَارِ وَآلَةِ الطَّرْبِ . إِنَّ امْتِدَادَ الْأُنْسَانِ الرَّجِسَةِ فِيمَا سَلَفَ، قَدْ كَانَ يَصُدُّكَ عَنِ أَنْ تَنْظُرِي الْأَشْيَاءَ الْمُقَدَّسَةَ . لَكِنَّ ضَمِيرَكَ الْمُتَأَلِّةَ الْعِزْمِ، وَشُعُورَكَ بِحَالَتِكَ، أَرْجَعَكَ عَنْهَا، وَقَادَكَ لِمَا هُوَ أَفْضَلُ . لِأَنَّكَ مُذْ وَجَّهْتَ بِصَرَكَ نَحْوَ فَتَاةِ اللَّهِ وَنَحْوَ أَيْقُونَتِهَا الْمُبَارَكَةِ، قَضَيْتِ عَلَى الزَّلَّاتِ، وَسَجَدْتَ لِلصَّالِبِ الْمُكْرَمِ .</p>

<p><i>Verse 6. Praise Him upon the loud cymbals; praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord.</i> Though thy body, which had been * defiled with reckless abandon ... (repeat above)</p>	<p>استيخن ٦. سَبِّحُوهُ بِبَنَمَاتِ الصُّنُوجِ، سَبِّحُوهُ بِصُنُوجِ التَّهْلِيلِ، كُلُّ نَسَمَةٍ فَلْتُسَبِّحِ الرَّبَّ. إِنَّ أَمْتِدَادَ الْأَدْنَسِ الرَّجِسَةِ فِيمَا سَلَفَ ... (تعاد)</p>
<p><i>Verse 7. With patience I waited for the Lord, and He was attentive unto me, and He hearkened unto my supplication.</i> Worshipping with joy of heart * the places hallowed by Christ God, * in thyself thou didst receive * a saving viaticum * for the virtues' path; * filled with zeal and good cheer, * thou didst run the good course; * and on crossing past the Jordan's streams, * thou dweltest eagerly * where the holy Baptist had lived before. * And by thy righteous way of life, * thou didst tame the passions ferocity, * godly-minded Mary, * our Mother ever-mem'orable in truth; * for thou hadst quelled with thine abstinence * all the tumults of the flesh.</p>	<p>استيخن ٧. انْتَبَرْتُ الرَّبَّ صَابِرًا، فَالْتَقَتْ إِلَيَّ وَسَمِعَ صُرَاخَ اسْتِعَاثَتِي. لَقَدْ أَحْبَبْتَ الذَّهَبَ الْخَلَاصِيَّ لِلتَّوْبَةِ، وَالسُّجُودَ بِفَرَحٍ لِأَمَاكِنِ السَّيِّدِ الْمُقَدَّسَةِ، وَفَضَّلْتَ الْإِسْرَاعَ نَحْوَ الْمَنْهَجِ الْحَسَنِ. لَإِذَا ذَهَبْتَ فَعَبَّرْتَ مَجَارِيَ الْأَرْدُنِّ، وَقَطَّنْتَ فِي مَوْطِنِ الصَّابِغِ. وَبِالسِّيَرَةِ النُّسْكِيَّةِ قَدْ أَفْنَيْتِ وَحْشِيَّةَ الْآلَامِ، مُلْطِقَةً وَثَبَاتِ الْجَسَدِ وَمُكَافِحَةً بِقُوَّةٍ، أَيُّهَا الْأُمُّ الدَّائِمَةُ الذِّكْرِ.</p>
<p><i>Verse 8. He set my feet upon a rock, and He ordered my steps aright.</i> Dwelling in the wilderness, * thou didst religiously blot out * from thy soul the images * of thy passions, and with all * virtues and travails, * didst inscribe in thy soul * that most Godlike image; * and thou shonest so exceedingly * that thou didst lightly walk * on the very waters with nimble step; * and thou wast lifted in the air * during thine entreaties and prayers to God. * All-glorious Mary, * as thou with boldness now dost stand before * the Savior Christ, do thou fervently * pray Him in our souls' behalf.</p>	<p>استيخن ٨. وَأَقَامَ عَلَى الصَّخْرَةِ رِجْلِي وَسَدَّدَ حَطَوَاتِي. مَحَوْتُ يَا مَرِيَمُ الْمَجِيدَةَ فِي الْبَرِّيَّةِ صُورَ الْأَمِكِ، وَرَسَمْتَ فِيهَا تِمْتَالِ الْفَضَائِلِ ذَاتِ الشَّكْلِ الْإِلَهِيِّ، وَبِذَلِكَ قَدْ تَلَأَلَّتْ مُشْرِقَةً وَأَنْتِ عَابِرَةٌ، أَيُّهَا الْمَغْبُوطَةُ، عَلَى الْمِيَاهِ بِأَوْفَرِ رَشَاقَةٍ، وَارْتَقَيْتِ لِلَّهِ بِالصَّلَاةِ. وَالْآنَ بِمَا أَنْتِ لَدَى الْمَسِيحِ مَائِلَةٌ، فَإِلَيْهِ اضْرَعِي بِدَالَّةٍ مِنْ أَجْلِ نَفُوسِنَا.</p>
<p>DOXASTICON FOR THE FIFTH SUNDAY OF LENT IN TONE ONE</p>	<p>ذِكْمَا لِلأَحَدِ الْخَامِسِ مِنَ الصُّومِ بِاللَّحْنِ الْأَوَّلِ</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> The kingdom of God is not meat and drink, but righteousness and asceticism with holiness. Wherefore, the rich do not enter it, but they who place their treasures in the hands of the poor. This doth the Prophet David teach, saying: The</p>	<p>الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ. لَيْسَ مَلَكُوتُ اللَّهِ طَعَامًا وَشَرَابًا، بَلْ بَرٌّ وَنُسْكٌ مَعَ قَدَاسَةٍ. لِذَلِكَ لَا يَلْجُهُ الْأَغْنِيَاءُ، بَلْ كُلُّ الَّذِينَ يَضَعُونَ كُنُوزَهُمْ فِي أَيْدِي الْمَسَاكِينِ. فَبِهَذَا يُعَلِّمُ دَاوُدُ النَّبِيُّ قَائِلًا: إِنَّ الرَّجُلَ الْبَارَّ هُوَ الَّذِي النَّهَارَ</p>

righteous man is he that doeth mercy all the day long; who delighteth in the Lord; and, walking in His light, stumbleth not. All this was written for our instruction, that we should fast and do good; and the Lord grant us heavenly things in place of earthly.	كُلَّهُ يَرْحَمُ، وَمَنْ تَنَعَّمَ بِالرَّبِّ وَسَلَكَ بِنُورِهِ لَا يَعْثُرُ. فَهَذَا كُلُّهُ قَدْ كُتِبَ لَوْعَظِنَا، لِكَيْ نَصُومَ وَنَصْنَعَ الصَّلَاحَ، فَيَمْنَحَنَا الرَّبُّ عَوَضَ الْأَرْضِيَّاتِ السَّمَاوِيَّاتِ.
THEOTOKION IN TONE ONE	ثيوطوكية باللحن الأول
<i>Both now and ever, and unto ages of ages. Amen.</i> Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.	الآن وكلّ أوانٍ وإلى دهرِ الدهرين. آمين. أنتِ هِي الفَائِقَةُ عَلَى كُلِّ الْبَرَكَاتِ، يَا وَالِدَةَ الْإِلَهِ الْعَذْرَاءَ، لِأَنَّ الْجَحِيمَ قَدْ سُبِّتَ بِوَاسِطَةِ الْمُتَجَسِّدِ مِنْكَ، وَآدَمَ دُعِيَ ثَانِيَةً، وَاللَّعْنَةَ بَادَتْ، وَحَوَاءَ انْعَقَّتْ، وَالْمَوْتَ أُمِيتَ، وَنَحْنُ قَدْ حَيِينَا. فَلِذَلِكَ نُسَبِّحُ هَاتِفِينَ: مُبَارَكٌ أَنْتَ أَيُّهَا الْمَسِيحُ إِلَهُنَا، يَا مَنْ هَكَذَا سُرَّ، الْمَجْدُ لَكَ.
THE GREAT DOXOLOGY IN TONE ONE	الذوكصولوجيا الكبرى باللحن الأول
Glory to Thee, Who hast shown forth the light. Glory to God in the highest, and on earth peace, good will among men.	الْمَجْدُ لَكَ يَا مُظْهِرَ النُّورِ، الْمَجْدُ لِلَّهِ فِي الْعَلَاءِ، وَعَلَى الْأَرْضِ السَّلَامُ، وَفِي النَّاسِ الْمَسْرَّةُ.
We hymn Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks unto Thee for Thy great glory.	نُسَبِّحُكَ نُبَارِكُكَ، نَسْجُدُ لَكَ نَمَجِّدُكَ، نَشْكُرُكَ مِنْ أَجْلِ عَظِيمِ جَلَالِ مَجْدِكَ.
O Lord King, heavenly God, Father almighty; O Lord, the only-begotten Son, Jesus Christ; and O Holy Spirit.	أَيُّهَا الرَّبُّ الْمَلِكُ، السَّمَاوِيُّ، الْإِلَهُ، الْأَبُّ الضَّابِطُ الْكُلِّ. أَيُّهَا الرَّبُّ الْإِبْنُ الْوَحِيدُ، يَا يَسُوعَ الْمَسِيحُ، وَيَا أَيُّهَا الرُّوحُ الْقُدُسُ.
O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy on us, thou that takest away the sins of the world.	أَيُّهَا الرَّبُّ الْإِلَهُ، يَا حَمَلَ اللَّهِ يَا ابْنَ الْأَبِّ، يَا رَافِعَ خَطِيئَةِ الْعَالَمِ ارْحَمْنَا، يَا رَافِعَ خَطَايَا الْعَالَمِ.
Receive our prayer, Thou that sittest at the right hand of the Father, and have mercy on us.	تَقَبَّلْ تَضَرُّعَنَا أَيُّهَا الْجَالِسُ عَنْ يَمِينِ الْأَبِّ وَارْحَمْنَا.
For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the glory of God the Father. Amen.	لِأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ، أَنْتَ وَحْدَكَ الرَّبُّ يَسُوعُ الْمَسِيحُ، فِي مَجْدِ اللَّهِ الْأَبِّ، آمِينَ.
Every day will I bless Thee, and I will praise Thy name forever, yea forever and ever.	فِي كُلِّ يَوْمٍ أَبَارِكُكَ، وَأَسْبِّحُ اسْمَكَ إِلَى الْأَبَدِ، وَإِلَى أَبَدِ الْأَبَدِ.
Vouchsafe, O Lord, to keep us this day without sin.	أَهْلُنَا يَا رَبُّ أَنْ نَحْفَظَ فِي هَذَا الْيَوْمِ بِغَيْرِ خَطِيئَةٍ.

Blessed art Thou, O Lord, the God of our Fathers, and praised and glorified is Thy name forever. Amen.	مُبَارَكُ أَنْتَ يَا رَبُّ إِلَهَ آبَائِنَا، وَمُسَبَّحٌ وَمُمَجَّدٌ اسْمُكَ إِلَى الْأَبَدِ، آمِينَ.
Let Thy mercy be upon us, O Lord, even as we have set our hope on thee.	لِتَكُنْ يَا رَبُّ رَحْمَتَكَ عَلَيْنَا، كَمَا كُنَّا نَتَوَكَّلُ عَلَيْكَ.
Blessed art Thou, O Lord; teach me Thy statutes. (<i>thrice</i>)	مُبَارَكُ أَنْتَ يَا رَبُّ عَلِّمْنِي حُقُوقَكَ. (ثلاثاً)
Lord, thou hast been our refuge from generation to generation. I said: Lord, be merciful unto me; heal my soul, for I have sinned against Thee.	يَا رَبُّ مَلْجَأٌ كُنْتَ لَنَا فِي جِيلٍ وَجِيلٍ، أَنَا قُلْتُ يَا رَبُّ ارْحَمْنِي وَأشْفِ نَفْسِي لِأَنِّي قَدْ خَطَبْتُ إِلَيْكَ.
Lord, I have fled unto Thee; teach me to do Thy will, for Thou art my God.	يَا رَبُّ إِلَيْكَ لَجَأْتُ فَعَلِّمْنِي أَنْ أَعْمَلَ رِضَاكَ، لِأَنَّكَ أَنْتَ هُوَ إِلَهِي.
For with Thee is the fountain of life; in Thy light shall we see light.	لِأَنَّ مِنْ قَبْلِكَ 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>)	فَابْسِطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ. قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا. (ثلاثاً)
Glory to the Father, and to the Son, and to the Holy Spirit.	الْمَجْدُ لِلآبِ وَالِابْنِ وَالرُّوحِ الْقُدُّوسِ.
Both now and ever, and unto ages of ages. Amen.	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.
TROPARION IN TONE FOUR	طَرُوبَارِيَّةٌ بِاللَّحْنِ الرَّابِعِ
Today is Salvation come into the world. Let us sing praises to Him Who arose from the grave, the Author of our life; for having by death destroyed death, He hath given us victory and Great Mercy.	الْيَوْمَ صَارَ الْخَلَاصُ لِلْعَالَمِ فَلنُسَبِّحِ الَّذِي قَامَ مِنَ الْقَبْرِ، عُنُصَرَ حَيَاتِنَا، لِأَنَّهُ إِذْ قَدْ حَطَّمَ الْمَوْتَ بِالْمَوْتِ، مَنَحَنَا الظَّفَرَ وَالرَّحْمَةَ الْعُظْمَى.
<i>These texts have been prepared by Department of Liturgics of the Antiochian Archdiocese</i>	
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