

ORTHROS ON SUNDAY, MARCH 01, 2026; TONE 5 / EOTHINON 5
FIRST SUNDAY OF GREAT LENT (SUNDAY OF ORTHODOXY)

VENERABLE-MARTYR EUDOKIA OF HELIOPOLIS; VENERABLE DOMNINA OF SYRIA;
 MARTYRS MARKELLOS AND ANTHONY OF PAMPHYLIA

<p>Priest: Blessed is our God, always, now and ever, and unto the ages of ages.</p>	<p>الكاهن: تَبَارَكَ اللهُ إِلَهُنَا كُلَّ حِينٍ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>
<p>Choir: Amen.</p>	<p>الجوقة: آمين.</p>
<p>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.</p>	<p>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.</p>
<p>Reader: Holy God, Holy Mighty, Holy Immortal: have mercy on us. <i>(thrice)</i></p>	<p>القارئ: قُدُّوسُ اللهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ، اِرْحَمْنَا. <i>(ثلاثاً)</i></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>الْمَجْدُ لِلْأَبِ وَالابْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمين.</p>
<p>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.</p>	<p>أَيُّهَا الثَّلَاوِثُ الْقُدُّوسُ اِرْحَمْنَا، يَا رَبُّ اغْفُرْ خَطَايَانَا، يَا سَيِّدُ تَجَاوَزْ عَن سَيِّئَاتِنَا، يَا قُدُّوسُ اطَّلِعْ وَاشْفِ أَمْرَاضَنَا، مِنْ أَجْلِ اسْمِكَ.</p>
<p>Lord, have mercy. <i>(thrice)</i></p>	<p>يَا رَبُّ اِرْحَمْنَا. <i>(ثلاثاً)</i></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>الْمَجْدُ لِلْأَبِ وَالابْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمين.</p>
<p>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.</p>	<p>أَبَانَا الَّذِي فِي السَّمَاوَاتِ، لِيَتَقَدَّسَ اسْمُكَ، لِيَأْتِ مَلَكُوتُكَ، لِتَكُنْ مَشِيئَتُكَ كَمَا فِي السَّمَاءِ كَذَلِكَ عَلَى الْأَرْضِ، خُبِّرْنَا الْجَوْهَرِيَّ أَعْطِنَا الْيَوْمَ، وَاتْرُكْ لَنَا مَا عَلَيْنَا كَمَا نَتْرُكُ نَحْنُ لِمَنْ لَنَا عَلَيْهِ، وَلَا تُدْخِلْنَا فِي التَّجْرِبَةِ، لَكِنْ نَجِّنَا مِنَ الشَّرِيرِ.</p>
<p>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.</p>	<p>الكاهن: لِأَنَّ لَكَ الْمُلْكَ وَالْقُدْرَةَ وَالْمَجْدَ، أَيُّهَا الْآبُ وَالابْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>
<p>Reader: Amen. O Lord, save Thy people and</p>	<p>القارئ: آمين. خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاتِكَ،</p>

<p>bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.</p>	<p>وَأَمْنَحْ عِبِيدَكَ الْمُؤْمِنِينَ الْعَلْبَةَ عَلَى 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>الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ. يَا مَنْ ارْتَفَعْتَ عَلَى الصَّلِيبِ مُخْتَاراً، أَيُّهَا الْمَسِيحُ الْإِلَهَ، أَمْنَحْ رَأْفَتَكَ لِشَعْبِكَ الْجَدِيدِ الْمُسَمَّى بِكَ، وَفَرِّحْ بِقُوَّتِكَ حُكَّامَنَا الْمُؤْمِنِينَ، مَانِحاً إِيَّاهُمْ الْعَلْبَةَ عَلَى مُحَارِبِيهِمْ. لِيَتَكُنْ لَهُمْ مَعُونَتُكَ سِلَاحاً لِلسَّلَامِ، وَظَفْراً غَيْرَ مَقْهُورٍ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> O fearsome champion, who cannot be put to confusion, despise not our petitions, O Good and All-praised Theotokos; establish the way of the Orthodox; save those who have been called upon to govern us, leading us to that victory which is from heaven, for thou art she who gavest birth to God, and alone art blessed.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. أَيُّهَا الشَّفِيعَةُ الرَّهْبِيَّةُ غَيْرُ الْمَخْدُولَةِ، يَا وَالِدَةَ الْإِلَهِ الْكَلِيَّةِ النَّسْبِيحِ، لَا تُعْرِضِي يَا صَالِحَةُ عَن تَوْسَلَاتِنَا، بَلْ وَطِّدِي سَبِيلَ الْمُسْتَقِيمِ الرَّأْيِ، وَخَلِّصِي الَّذِينَ أَمَرْتِ أَنْ يَتَمَلَّكُوا، وَأَمْنَحِيهِمُ الْعَلْبَةَ مِنَ السَّمَاءِ، بِمَا أَنْتِ وَوَلَدْتِ الْإِلَهَ، أَيُّهَا الْمُبَارَكَةُ 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: إِرْحَمْنَا يَا اللَّهُ بِعَظِيمِ رَحْمَتِكَ، نَطْلُبُ إِلَيْكَ فَاسْتَجِبْ وَارْحَمْ.</p>
<p>Choir: Lord, have mercy. (<i>thrice</i>) (use this response until noted below)</p>	<p>الجوقة: يَا رَبِّ ارْحَمْ. (ثَلَاثًا) (تُعَادُ بَعْدَ كُلِّ طَّلِبَةٍ)</p>
<p>Priest: Again we pray for all pious and Orthodox Christians.</p>	<p>الكاهن: وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ الْمَسِيحِيِّينَ الْحَسَنِي الْعِبَادَةِ الْأَرْثُوذُكْسِيِّينَ.</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 أَبِيْنَا وَمِتْرُوبُولِيْتِنَا (فُلَان) وَرَبِّيسِ كَهَنَتِنَا (فُلَان)، وَكُلِّ إِخْوَتِنَا فِي الْمَسِيحِ.</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 إِلَهٌ رَحِيمٌ وَمُحِبٌّ لِلْبَشَرِ، وَلَكَ نُرْسَلُ الْمَجْدَ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>
<p>Choir: Amen. Bless, Father, in the Name of the Lord.</p>	<p>الجوقة: آمِينَ. 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 الْقُدُّوسِ، الْمُتَسَاوِي فِي الْجَوْهَرِ، الْمُحْيِي، غَيْرِ الْمُتَقَسِّمِ، كُلَّ حِينٍ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ 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 الْعُلَى، وَعَلَى الْأَرْضِ السَّلَامُ، وَفِي النَّاسِ الْمَسْرَّة. (ثَلَاثًا) يَا رَبُّ افْتَحْ شَفَتِي فَيُخْبِرَ 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 يُخْزِنُونِي؟ كَثِيرُونَ قَامُوا عَلَيَّ. كَثِيرُونَ يَقُولُونَ لِنَفْسِي لَا خَلَاصَ لَهُ بِلِإِهِهِ. 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 الْمُحِيطِينَ بِي، الْمُتَوَازِرِينَ عَلَيَّ. فَمَّا يَا رَبُّ، خَلَّصْنِي يَا إِلَهِي، فَإِنَّكَ ضَرَبْتَ كُلَّ مَنْ يُعَادِينِي بَاطِلًا، وَسَحَقْتَ أَسْنَانَ الْخَطَاةِ. لِلرَّبِّ الْخَلَاصُ 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 long I went with downcast face. For my loins are filled with mocking, and there is no healing in</p>	<p>يَا رَبُّ، لَا بَعْضَبِكَ تُؤَبِّخْنِي، وَلَا بِرِجْزِكَ تُؤَدِّبْنِي. فَإِنَّ سِهَامَكَ قَدْ نَشَبَتْ فِيَّ، وَمَكَّنْتَ عَلَيَّ يَدَكَ. لَيْسَ لِجَسَدِي شِفَاءٌ مِنْ وَجْهِ غَضَبِكَ، وَلَا سَلَامَةٌ فِي عِظَامِي مِنْ وَجْهِ خَطَايَايَ. لِأَنَّ آثَامِي قَدْ تَعَالَتْ فَوْقَ رَأْسِي، كَحِمْلٍ ثَقِيلٍ قَدْ ثَقَلَتْ عَلَيَّ. قَدْ أَنْتَنَتْ وَقَاحَتْ جِرَاحَاتِي مِنْ قِبَلِ جَهَالَتِي. شَقِيتُ وَأُنْحَنَيْتُ إِلَى الْغَايَةِ، وَالنَّهَارَ كُلَّهُ مَشَيْتُ عَابِسًا. لِأَنَّ مَتْنِي قَدْ امْتَلَأَ مَهَازِيٍّ وَلَيْسَ لِجَسَدِي شِفَاءٌ. شَقِيتُ</p>

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

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

PSALM 62

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

وَأَتَضَعْتُ جِدًّا، وَكُنْتُ أَيْنُ مِنْ تَهْدِ قَلْبِي. يَا رَبِّ، إِنَّ بُغْيَتِي كُلَّهَا أَمَامَكَ، وَتَهْدِي لَمْ يَخْفَ عَنكَ. قَدْ اضْطَرَبَ قَلْبِي وَفَارَقْتَنِي قُوَّتِي، وَنُورُ عَيْنَيَّ أَيْضًا لَمْ يَبْقَ مَعِي. أَصْدِقَائِي وَأَقْرِبَائِي دَنَوْا مِنِّي وَوَقَفُوا لَدَيَّ، وَجِنْسِي وَقَفَ مِنِّي بَعِيدًا. وَأَجْهَدَنِي الَّذِينَ يَطْلُبُونَ نَفْسِي، وَالْمُلْتَمِسُونَ لِي الشَّرَّ تَكَلَّمُوا بِالْبَاطِلِ، وَغَشُوشًا طُولَ النَّهَارِ دَرَسُوا. أَمَا أَنَا فَكَأَصَمٌ لَا يَسْمَعُ، وَكَأَخْرَسٌ لَا يَفْتَحُ فَاهَهُ. وَصِرْتُ كَأِنْسَانٍ لَا يَسْمَعُ وَلَا فِي فَمِهِ تَبْكِيَةٌ. لِأَيِّ عَلَيْكَ، يَا رَبِّ، تَوَكَّلْتُ، أَنْتَ تَسْتَجِيبُ لِي يَا رَبِّي وَاللَّهِ. لِأَيِّ قُلْتُ لَا يَشْمَتُ بِي أَعْدَائِي، وَعِنْدَمَا زَلَّتْ قَدَمَايَ عَظَّمُوا عَلَيَّ الْكَلَامَ. لِأَيِّ أَنَا لِلضَّرْبِ مُسْتَعِدٌّ، وَوَجَعِي لَدَيَّ فِي كُلِّ حِينٍ. لِأَيِّ أَنَا أُخْبِرُ بِإِثْمِي، وَأَهْتَمُّ مِنْ أَجْلِ خَطِيئَتِي. أَمَا أَعْدَائِي فَأَحْيَاءُ، وَهُمْ أَشَدُّ مِنِّي، وَقَدْ كَثُرَ الَّذِينَ يُبْغِضُونَنِي ظُلْمًا، الَّذِينَ جَاؤُونِي بِدَلِّ الْخَيْرِ شَرًّا، مَحَلُّوا بِي لِأَجْلِ ابْتِغَائِي الصَّلَاحِ. فَلَا تُهْمَلْنِي يَا رَبِّي وَاللَّهِ وَلَا تَتْبَاعِدْ عَنِّي. أَسْرِعْ إِلَى مَعُونَتِي يَا رَبِّ خَلَّاصِي.

فَلَا تُهْمَلْنِي يَا رَبِّي وَاللَّهِ وَلَا تَتْبَاعِدْ عَنِّي. أَسْرِعْ إِلَى مَعُونَتِي يَا رَبِّ خَلَّاصِي.

المزمور ٦٢

يَا اللَّهُ إِلَهِي إِلَيْكَ أَبْتَكِرُ. عَطِشَتْ إِلَيْكَ نَفْسِي، وَأَشْتَاقُ إِلَيْكَ جَسَدِي، فِي أَرْضٍ بَرِّيَّةٍ وَغَيْرِ مَسْلُوكَةٍ وَعَادِمَةِ الْمَاءِ. هَكَذَا ظَهَرْتُ لَكَ فِي الْقُدْسِ لِأَعَايِنَ قُوَّتِكَ وَمَجْدَكَ. لِأَنَّ رَحْمَتَكَ أَفْضَلُ مِنَ الْحَيَاةِ، وَشَفَتِي تُسَبِّحَانِكَ. هَكَذَا أُبَارِكُكَ فِي حَيَاتِي وَبِاسْمِكَ أَرْفَعُ يَدَيَّ، فَتَمْتَلِي نَفْسِي كَمَا مِنْ شَحْمٍ وَدَسَمٍ،

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 made strong, and all Thy billows hast Thou brought upon me. Thou hast removed my friends

وَبَشِّفَاهِ الْإِبْتِهَاجِ يُسَبِّحُكَ فَمَي. إِذَا ذَكَرْتُكَ عَلَى فِرَاشِي، هَدَدْتُ بِكَ فِي الْأَسْحَارِ، لِأَنَّكَ صِرْتَ لِي عَوْنًا وَبِظِلِّ جَنَاحَيْكَ أَسْتَتِر. ائْتَصَقْتُ نَفْسِي بِكَ، وَإِيَّايَ عَصَدْتُ يَمِينُكَ. أَمَّا الَّذِينَ يَطْلُبُونَ نَفْسِي بَاطِلًا، فَسَيَدْخُلُونَ فِي أَسَافِلِ الْأَرْضِ، وَيُدْفَعُونَ إِلَى أَيْدِي السُّيُوفِ، وَيَكُونُونَ أَنْصِبَةً 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 أَسْتَتِر. ائْتَصَقْتُ نَفْسِي بِكَ، وَإِيَّايَ عَصَدْتُ يَمِينُكَ.

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

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

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ.

المزمور ٨٧

الآن وكلَّ أوانٍ وإلى دهرِ الدَّاهِرِينَ. آمِينَ.

يَا رَبُّ إِلَهَ خَلَاصِي، فِي النَّهَارِ صَرَخْتُ وَفِي اللَّيْلِ أَمَامَكَ، فَلْتَدْخُلْ قُدَّامَكَ صَلَاتِي، أَمَلْ أُذُنَكَ إِلَى طَلْبَتِي، فَقَدْ امْتَلَأْتُ مِنَ الشُّرُورِ نَفْسِي، وَدَدَنْتُ مِنَ الْجَحِيمِ حَيَاتِي. حُسِبْتُ مَعَ الْمُنْحَدِرِينَ فِي الْجُبِّ، صِرْتُ مِثْلَ إِنْسَانٍ لَيْسَ لَهُ مُعِينٌ، مَطْرُوحًا بَيْنَ الْأَمْوَاتِ مِثْلَ الْقَتْلَى الرَّاقِدِينَ فِي الْقُبُورِ، الَّذِينَ لَا تَذْكُرُهُمْ أَيْضًا، وَهُمْ مِنْ يَدِكَ مَقْصُونٌ. جَعَلُونِي فِي جُبِّ أَسْفَلِ السَّافِلِينَ، فِي ظُلُمَاتِ الْمَوْتِ وَظِلَالِهِ. عَلَيَّ اسْتَقَرَّ غَضَبُكَ، وَجَمِيعُ أَهْوَالِكَ أَجَزَّتْهَا عَلَيَّ.

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.

أَبْعَدْتَ عَنِّي مَعَارِفِي، جَعَلُونِي لَهُمْ رَجَاسَةً. قَدْ أَسْلِمْتُ وَمَا خَرَجْتُ، وَعَيْنَايَ ضَعُفَتْ مِنَ الْمَسْكَنَةِ. صَرَخْتُ إِلَيْكَ، يَا رَبُّ، النَّهَارَ كُلَّهُ وَإِلَيْكَ بَسَطْتُ يَدَيَّ. أَلَعَلَّكَ لِلْأَمْوَاتِ تَصْنَعُ الْعَجَائِبَ؟ أَمْ الْأَطِبَّاءُ يُعْقِمُونَهُمْ، فَيَعْتَرِفُونَ لَكَ؟ هَلْ يُحَدِّثُ أَحَدٌ فِي الْقَبْرِ بِرَحْمَتِكَ، وَفِي الْهَلَاكِ بِحَقِّكَ؟ هَلْ تُعْرِفُ فِي الظُّلْمَةِ عَجَائِبِكَ، وَعَدْلَكَ فِي أَرْضٍ مَنْسِيَّةٍ؟ 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 رِجْزُكَ، وَمُفْزِعَاتُكَ أَرْعَجْتَنِي. أَحَاطَتْ بِي كَالْمَاءِ، وَالنَّهَارَ كُلَّهُ اكْتَنَفْتَنِي مَعًا. أَبْعَدْتَ عَنِّي الصَّدِيقَ وَالْقَرِيبَ وَمَعَارِفِي مِنَ الشَّقَاءِ. يَا رَبُّ إِلَهَ خَلَاصِي، فِي النَّهَارِ صَرَخْتُ وَفِي اللَّيْلِ أَمَامَكَ، فَلْتَدْخُلْ قُدَّامَكَ صَلَاتِي، أَمِلْ أُذُنَكَ إِلَى طَلِبَتِي.

PSALM 102

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

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 يُكَلِّمُكَ بِالرَّحْمَةِ وَالرَّأْفَةِ، الَّذِي يُشْبِعُ بِالْخَيْرَاتِ شَهَوَاتِكَ، فَيَتَجَدَّدُ كَالنَّسْرِ شَبَابُكَ. الرَّبُّ صَانِعُ الرَّحْمَاتِ وَالْقَضَاءِ لِجَمِيعِ الْمَظْلُومِينَ. عَرَفَ مُوسَى طَرِيقَهُ، وَبَنِي إِسْرَائِيلَ مَشِيئَاتِهِ. الرَّبُّ رَحِيمٌ وَرَوْوْفٌ،

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

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

PSALM 142

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

طَوِيلُ الْأَنَاةِ 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 أَبْعَدَنَا سَيِّئَاتِنَا. كَمَا يَتَرَأَفُ الْأَبُ بِالْبَنِينَ، يَتَرَأَفُ 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 هَيَّأَ عَرْشَهُ فِي السَّمَاءِ، وَمَمْلَكَتُهُ 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 مَوْضِعِ سِيَادَتِهِ. بَارِكِي يَا نَفْسِي الرَّبَّ. فِي كُلِّ مَوْضِعِ سِيَادَتِهِ. بَارِكِي يَا نَفْسِي الرَّبَّ.

المزمور ١٤٢

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

<p>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>تَذَكَّرْتُ الْأَيَّامَ الْقَدِيمَةَ. هَدَدْتُ فِي كُلِّ أَعْمَالِكَ، وَتَأَمَّنْتُ فِي صَنَائِعِ يَدَيْكَ. بَسَطْتُ يَدَيَّ إِلَيْكَ وَنَفْسِي لَكَ كَأَرْضٍ لَا تُمْطَرُ. أَسْرِعْ فَاسْتَجِبْ لِي يَا رَبُّ، فَقَدْ فَنَيْتُ رُوحِي. لَا تَصْرِفْ وَجْهَكَ عَنِّي، فَأَشَابَهُ الْهَابِطِينَ فِي الْجُبِّ. اجْعَلْنِي فِي الْغَدَاةِ مُسْتَمِعًا رَحْمَتِكَ، فَإِنِّي عَلَيْكَ تَوَكَّلْتُ. عَرَّفْنِي يَا رَبُّ الطَّرِيقَ الَّذِي أَسْأَلُكَ فِيهِ، فَإِنِّي إِلَيْكَ رَفَعْتُ نَفْسِي. أَنْقِذْنِي مِنْ أَعْدَائِي يَا رَبُّ، فَإِنِّي قَدْ لَجَأْتُ إِلَيْكَ. عَلِّمْنِي أَنْ أَعْمَلَ مَرْضَاتِكَ، لِأَنَّكَ أَنْتَ إِلَهِي. رُوحَكَ الصَّالِحَ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ. مِنْ أَجْلِ اسْمِكَ، يَا رَبُّ، تُحْيِينِي. بَعْدَكَ تُخْرِجُ مِنَ الْحُزَنِ نَفْسِي، وَبِرَحْمَتِكَ تَسْتَأْصِلُ أَعْدَائِي، وَتُهْلِكُ جَمِيعَ الَّذِينَ يُحْزِنُونَ نَفْسِي لِأَنِّي أَنَا عَبْدُكَ.</p>
<p>Hearken unto me, O Lord, in Thy righteousness and enter not into judgment with Thy servant. (twice)</p> <p>Thy good Spirit shall lead me in the land of uprightness.</p>	<p>إِسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعِ 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 لِلَّابِ وَالْأَبْنِ 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>الجوقة: 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 union of all, let us pray to the Lord.</p>	<p>الكَاهِن: مِنْ أَجْلِ سَلَامِ كُلِّ الْعَالَمِ، وَحُسْنِ ثَبَاتِ كَنَائِسِ اللَّهِ الْمُقَدَّسَةِ، وَاتِّحَادِ الْجَمِيعِ، إِلَى الرَّبِّ</p>

	نَطْلُبُ.
Priest: For this holy house and those who with faith, reverence and fear of God enter therein, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ هَذَا الْبَيْتِ الْمُقَدَّسِ، وَالَّذِينَ يَدْخُلُونَ إِلَيْهِ بِإِيْمَانٍ وَوَرَعٍ وَخَوْفِ اللَّهِ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For our father and metropolitan, N., (our bishop, N.,) the honorable presbytery, the diaconate in Christ, all the clergy and the people, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ أَبِينَا وَمِتْرُوبُولِيْتِنَا (فَلَان) وَرَبِّيسِ كَهَنَتِنَا (فَلَان)، وَالْكَهَنَةَ الْمُكْرَمِينَ، وَالشَّامِسَةَ، خُدَامَ 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.	الكاهن: مِنْ أَجْلِ حُكَّامِ هَذَا الْبَلَدِ وَمُؤَازَرَتِهِمْ فِي كُلِّ عَمَلٍ صَالِحٍ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For this city and every city and countryside and the faithful who dwell therein, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ هَذِهِ الْمَدِينَةِ، وَجَمِيعِ الْمُدُنِ وَالْقُرَى، وَالْمُؤْمِنِينَ السَّاكِنِينَ فِيهَا، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For healthful seasons, abundance of the fruits of the earth and peaceful times, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ اعْتِدَالِ الْأَهْوِيَةِ، وَخَصْبِ ثَمَارِ الْأَرْضِ وَأَوْقَاتِ سَلَامِيَّةٍ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For travelers by sea, by land and by air, the sick, the suffering, the captive, and for their salvation, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ الْمُسَافِرِينَ فِي الْبَحْرِ وَالْبَرِّ وَالْجَوِّ، وَالْمَرْضَى وَالْمُتَأَلِّمِينَ وَالْأَسْرَى، وَخَلَاصِهِمْ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For our deliverance from all tribulation, wrath, danger and necessity, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ نَجَاتِنَا مِنْ كُلِّ ضَيْقٍ وَغَضَبٍ وَخَطَرٍ وَشِدَّةٍ إِلَى الرَّبِّ نَطْلُبُ.
Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.	الكاهن: 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.	الكاهن: بَعْدَ ذِكْرِنَا الْكُلِّيَّةَ الْقَدَّاسَةَ الطَّاهِرَةَ الْفَائِقَةَ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ، مَعَ جَمِيعِ الْقَدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.
Choir: To Thee, O Lord.	الجوقة: لَكَ يَا رَبِّ.
Priest: For unto thee are due all glory, honor and worship, to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.	الكاهن: لِأَنَّهُ يَنْبَغِي لَكَ كُلُّ تَمَجِيدٍ وَإِكْرَامٍ وَسُجُودٍ، أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.

Choir: Amen.	الجوقة: آمين.
“GOD IS THE LORD” IN TONE FIVE	"الله الرَّبُّ" بِاللَّحْنِ الْخَامِسِ
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 للرَّبِّ وادعوا باسمِهِ 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 FIVE	أبوليتيكيون القيامة باللحن الخامس
Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.	لِنُسَبِّحْ نَحْنُ الْمُؤْمِنِينَ وَنَسْجُدُ لِلْكَلِمَةِ، الْمُسَاوِي لِلآبِ وَالرُّوحِ فِي الْأَزَلِيَّةِ وَعَدَمِ الْإِبْتِدَاءِ، الْمَوْلُودِ مِنَ الْعَذْرَاءِ لِخَلَاصِنَا، لِأَنَّهُ سُرَّ بِالْجَسَدِ أَنْ يَغْلُو عَلَى الصَّلِيبِ، وَيَحْتَمِلَ الْمَوْتَ، وَيُنْهَضَ الْمَوْتَى بِقِيَامَتِهِ الْمَجِيدَةِ.
APOLYTIKION OF THE FIRST SUNDAY OF GREAT LENT IN TONE TWO	أبوليتيكيون الأحد الأول من الصوم باللحن الثاني
<i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Wherefore, with thankfulness we cry aloud to thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.	المجد للآبِ وَالابْنِ وَالرُّوحِ الْقُدُّوسِ. لِصُورَتِكَ الطَّاهِرَةِ نَسْجُدُ أَيُّهَا الصَّالِحُ، طَالِبِينَ غُفْرَانَ الْخَطَايَا أَيُّهَا الْمَسِيحُ الْهَنَا، لِأَنَّكَ قَبِلْتَ أَنْ تَرْتَفَعَ بِالْجَسَدِ عَلَى الصَّلِيبِ طَوْعاً، لِتُنَجِّيَ الَّذِينَ خَلَقْتَ مِنْ عُبُودِيَّةِ الْعَدُوِّ. لِذَلِكَ نَهْتَفُ إِلَيْكَ بِشُكْرِ: لَقَدْ مَلَأْتَ الْكُلَّ فَرَحاً يَا مُخْلِصِنَا، إِذْ أَتَيْتَ لِتُخَلِّصَ الْعَالَمَ.
RESURRECTIONAL THEOTOKION IN TONE TWO	ثيوطوكية القيامة باللحن الثاني
<i>Both now and ever and unto ages of ages. Amen.</i> Exceeding glorious beyond the power of thought are thy mysteries, O Theotokos. For being sealed in purity and preserved in virginity, thou wast acknowledged to be in very truth the mother who didst bring forth the true God; wherefore entreat	الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. أَسْرَارُكَ كُلُّهَا يَا وَالِدَةَ الْإِلَهِ تَفُوقُ كُلَّ عَقْلِ وَتَسْمُو عَلَى كُلِّ مَجْدٍ. لِأَنَّكَ وَأَنْتِ مَخْتَوْمَةُ الطَّهَارَةِ، وَمَصُونَةُ الْبَتُولِيَّةِ، عَرَفْتِ أُمَّاً بَغَيْرِ رَيْبٍ، وَوَلَدْتِ

Him to save our souls.	الإله الحقيقي، فإليه ابتَهلي أن يُخَلِّصَ نُفوسنا.
THE LITTLE LITANY	الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى
Priest: Again and again, in peace, let us pray to the Lord. Choir: Lord, have mercy. Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace. Choir: Lord, have mercy. Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God. Choir: To Thee, O Lord. Priest: For 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.	الكاهن: أيضاً وأيضاً بسلامٍ إلى الربِّ نطلب. الجوق: يا ربُّ ارحم. الكاهن: أعضدْ وخَلِّصْ وارحمْ واخفظنا يا الله بنِعْمَتِكَ. الجوق: يا ربُّ ارحم. الكاهن: بعدَ ذِكْرنا الكُلِّيَّة القَداسَةِ، الطاهِرَةِ، الفائِقَةِ البركاتِ المَجيدة، سَيِّدَتنا والِدَةُ الإلهِ الدائِمَةُ البتوليَّةِ مَرِيَمَ مَعَ جَميعِ القَدِيسين، لِنودِعْ أنفُسنا وبَعْضنا بَعْضاً وَكُلَّ حَيَاتنا لِلْمَسِيحِ الإلهِ. الجوق: لك يا رَبِّ. الكاهن: لأنَّ لك العِزَّةَ ولكِ المُلكَ والقُوَّةَ والمَجْدَ أيُّها الأبُّ والإبْنُ والروحُ القُدسُ، الآنَ وكلَّ أوانٍ وإلى دهرِ الداهرين. الجوق: آمين.
FIFTH TONE RESURRECTIONAL KATHISMATA HYMNS (Plain Reading)	ترانيم كاثيسماتات القيامة للحن الخامس (قراءة)
First Kathisma	الكاثيسما الأولى
Let us laud the honored Cross of the Lord; let us honor with song His holy Burial; let us glorify His divine Resurrection; for He hath raised the dead from the graves, since He is God, and hath led captive the might of death and the power of Diabolus, and hath shed light on those who are in Hades.	لِنَمْدَحْ صَليِبِ الرَّبِّ المُكْرَمِ، ولِنُكْرِمَ بالتَسابيحِ دَفنَهُ المُقَدَّسِ، ولِنَمجِّدِ قِيامَتَهُ الإلهيَّةَ، لأنَّهُ أقامَ الأمواتِ مِنَ القُبورِ بما أَنَّهُ إلهٌ، وسبى عِزَّةَ المَوْتِ وقُوَّةَ المَحالِّ، وأشْرَقَ نوراً لِلَّذينَ في الجَحيمِ.
<i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Thou hast been called dead, O Lord, Who hast caused death to die. And Thou wast placed in a grave, O Thou Who hast emptied the grave. Above, the soldiers guarded the tomb, but below, Thou didst raise the dead who were from eternity. Wherefore, O Lord Almighty, the Incomprehensible, glory to Thee.	المَجْدُ للأبِّ والإبْنِ والروحِ القُدسِ. أيُّها الرَّبُّ، لَقَدْ دُعيتَ مَيِّتاً وأنتَ قَدْ أَمَتَ المَوْتِ، ووَضِعتَ في قَبْرِ وأنتَ قَدْ أفرغْتَ القُبورِ. أمّا على الأرضِ، فإنَّ الجُنْدَ حَرَسوا القَبْرَ، وأمّا تَحْتُ، فَقدَ أَقَمَتِ الأمواتِ الَّذِينَ مُنذُ الدُّهورِ. فيا أيُّها الرَّبُّ القادِرُ على كُلِّ شَيْءٍ، المُمْتَنِعُ إدراكَهُ، المَجْدُ لَكَ.

(Theotokion of the Resurrectional Apolytikion)	<p>(ثيوطوكية أبوليتيكيون للقيامة)</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> Rejoice, O uncrossed gate; rejoice, O wall and protection of those who hasten unto thee; rejoice, O quiet haven, who hast not known wedlock, O thou who hast given birth in the flesh to thy Creator and God. Thou shalt continue to intercede for the sake of those who praise and worship thy birth-giving.</p>	<p>الآن وكلّ أوانٍ وإلى دهرِ الداهرينِ. آمين. إفرحي يا بابَ الرّبِّ المُمتنعِ العبورُ فيه، إفرحي يا سوراً وسِتراً للمُسارعين إليك، إفرحي أيتها الميناءُ الهادئُ التي لم تُعرفِ زواجاً، الوالدةُ بالجسدِ خالقكِ وإلهكِ. فلا تكفي متوسّلةً من أجلِ المُسبحينِ والساجدينِ لمولديكِ.</p>
<p>Second Kathisma</p>	<p>الكاشما الثانية</p>
<p>After Thy third-day Resurrection and the worship of the Disciples, O Lord, Peter cried to Thee: The women made bold to Thee, but I cowered fearing; the thief did speak of Thy Divinity, and I denied Thee ungratefully. Wouldest Thou still, I wonder, call me Disciple, or make me a fisher of the deep? Nevertheless, O God, receive me, repentant, and save me.</p>	<p>بعدَ قيامتِكَ في اليومِ الثالثِ، يا ربُّ، وسُجودِ التلاميذِ، هتَفَ بطرسُ نحوكَ: إنّ النسوةَ أقدمنَ مُجترئاتٍ وأنا أحجمتُ جبناً. اللصُّ تكلمَ عن لاهوتِكَ وأنا أنكرتُكَ. فهل تدعوني بعدُ تلميذاً، أم تعودُ فتجعّلني صياداً في البحرِ؟ لكنِ اقبلني تائباً اللهمّ وخلصني.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> The transgressors of the law, O merciful Lord, nailed Thee between two thieves and stabbed Thy side with a spear. And Thou didst submit to burial, O Thou Who didst invade the gates of Hades, and didst rise in three days. Wherefore, the women hastened to behold Thee, and told the good tidings of Thy Resurrection to the Apostles. O most exalted Savior, Whom the angels praise, O blessed Lord, glory to Thee.</p>	<p>المجدُ للأبِ والإبنِ والروحِ القدسِ. أيها الربُّ الرَّحومُ، إنّ المُتعدّي الشريعةَ قد سمّوكَ فيما بينِ المُجرمينِ، وطعنوا جنبك بحربةٍ، وأنتِ قبلتِ الدفنَ يا مَنْ حلَّ أبوابِ الجحيمِ، وقامَ لثلاثةِ أيامٍ. فالنِسوةُ أسرعنَ لينظرنكِ، وبشرنَ الرُّسلَ بقيامتِكَ أيها المُخلصُ الفائقُ العلوِّ، المُسبِّحِ مِنَ الملائكةِ. فيا أيها الربُّ المُباركُ، المجدُ لكِ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> O Theotokos, transcendent in praise, O bride who hast not tried marriage, O thou who hast changed Eve's sorrow to joy, we worshipping believers give praise; for that thou didst lift us up from the first curse. And now intercede ceaselessly, O all-holy one, for our salvation.</p>	<p>الآنَ وكلّ أوانٍ وإلى دهرِ الداهرينِ. آمين. إنّا نُسبِّحكِ نحنُ المؤمنينِ، ونسجدُ لكِ يا والدةِ الإلهِ الكليّةِ القدّاسةِ، العروسِ التي لم تُحْتَبَرِ زواجاً. يا مَنْ حوّلتِ حُزنَ حواءَ إلى فرحٍ، لأنّكِ انتشلتنا مِنَ اللعنةِ القديمةِ، والآنَ لا تنفكي يا كليّةِ التسبّيحِ عنِ الإبتِهالِ في خلاصنا.</p>

<p style="text-align: center;">EVLOGETARIA (BENEDICTIONS) IN TONE FIVE</p>	<p style="text-align: center;">إفلوجيطاريات باللحن الخامس</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> The company of the Angels was amazed when they beheld Thee numbered among the dead. Yet Thyself, O Savior, destroying the power of death, with Thee raising up Adam and releasing all men from hades.</p>	<p>مُبَارِكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. جَمْعُ الْمَلَائِكَةِ انْدَهَلَ مُتَحَيِّرًا، عِنْدَ مُشَاهَدَتِهِمْ إِيَّاكَ مَحْسُوبًا بَيْنَ الْأَمْوَاتِ أَيُّهَا الْمُخْلِصُ، وَدَاحِضًا قُوَّةَ الْمَوْتِ، وَمُنْهَضًا آدَمَ مَعَكَ، وَمُعْتَقًا إِيَّانَا مِنَ الْجَحِيمِ كَافَةً.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> Wherefore, O Women Disciples, do ye mingle sweet-smelling spices with your tears of pity? The radiant Angel within the sepulcher cried unto the Myrrh-bearing Women: Behold the grave, and understand, for the Savior is risen from the tomb.</p>	<p>مُبَارِكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. الْمَلَائِكَةُ اللَّامِعَةُ عِنْدَ الْقَبْرِ تَقْوَةً نَحْوَ حَامِلَاتِ الطَّيِّبِ قَائِلًا: لِمَ تَمَزُجْنَ الطُّيُوبَ بِالذَّمُوعِ، بِنَثْرَتِ يَا تَلْمِيزَاتِ؟ أَنْظُرْنَ اللَّحْدَ وَأَفْرَحْنَ، لِأَنَّ الْمُخْلِصَ قَدْ قَامَ مِنَ الْقَبْرِ.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> Very early in the morning, did the Myrrh-bearing Women run lamenting unto Thy tomb. But an Angel came toward them, saying: The time for lamentation is passed; weep not, but announce unto the Apostles the Resurrection.</p>	<p>مُبَارِكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. إِنَّ حَامِلَاتِ الطَّيِّبِ سَحَرًا جِدًّا، سَارَعْنَ إِلَى قَبْرِكَ نَائِحَاتٍ. إِلَّا أَنَّ الْمَلَائِكَةَ وَقَفَ بِهِنَّ، وَقَالَ لَهُنَّ: زَمَانُ النَّوْحِ قَدْ كَفَّ وَبَطَلَ فَلَا تَبْكِينَ، بَلْ بَشِّرْنَ الرُّسُلَ بِالْقِيَامَةِ.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> The Myrrh-bearing Women mourned, as bearing spices they drew near Thy tomb, O Savior. But the Angel spake unto them, saying: Why number ye the living among the dead? In that He is God He is risen from the grave.</p>	<p>مُبَارِكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. إِنَّ النِّسْوَةَ حَامِلَاتِ الطَّيِّبِ، وَاقِفِينَ بِالْحَنُوطِ إِلَى قَبْرِكَ أَيُّهَا الْمُخْلِصُ. فَسَمِعْنَ مَلَكَامًا مُتَنَعِّمًا نَحْوَهُنَّ قَائِلًا: لِمَ تَحْسِبْنَ الْحَيِّ مَعَ الْمَوْتَى؟ فَبِمَا أَنَّهُ إِلَهُ، قَدْ قَامَ مِنَ الْقَبْرِ نَاهِضًا.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> We adore the Father, as also His Son, and the Holy Spirit, the Holy Trinity in one Essence, crying with the Seraphim: Holy, holy, holy art Thou, O Lord.</p>	<p>الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ. نَسْجُدُ لِلآبِ وَلِإِبْنِهِ وَلِرُوحِ قُدُّوسِهِ، ثَالِوثًا قُدُّوسًا فِي جَوْهَرٍ وَاحِدٍ، هَاتِفِينَ مَعَ السَّرَافِيمِ: قُدُّوسٌ، قُدُّوسٌ، قُدُّوسٌ أَنْتَ يَا رَبُّ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> In that thou didst bear the Giver of Life, O Virgin, thou didst redeem Adam from sin, and didst give to Eve joy in place of sadness; and He</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. أَيُّهَا الْعَذْرَاءُ، لَقَدْ وُلِدْتَ مُعْطِيَةَ الْحَيَاةِ، وَأَنْقَذْتَ آدَمَ مِنَ الْخَطِيئَةِ، وَمَنْحْتَ حَوَاءَ الْفَرْحَ عِوَضَ</p>

who was incarnate of thee, both God and man, hath restored to life those who had fallen therefrom.	الْحُزْنَ، لَكِنَّ الإِلهَ وَالإِنْسَانَ الْمُتَجَسِّدَ مِنْكَ، أَرْشَدَهُمَا إِلَى الْحَيَاةِ الَّتِي قَدْ تَهَوَّرَا مِنْهَا.
Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (<i>thrice</i>) O our God and our Hope, glory to Thee.	هَلِّلُوِيَا، هَلِّلُوِيَا، هَلِّلُوِيَا الْمَجْدُ لَكَ يَا اللهُ. (ثَلَاثًا) يَا إِلَهَنَا وَرَجَاءَنَا لَكَ الْمَجْدُ.
THE LITTLE LITANY	الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى
Priest: Again and again, in peace, let us pray to the Lord. Choir: Lord, have mercy. Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace. Choir: Lord, have mercy. Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God. Choir: To Thee, O Lord. Priest: For blessed is Thy Name, and glorified is Thy kingdom: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages. Choir: Amen.	الكاهن: أَيْضًا وَأَيْضًا بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمْنَا. الكاهن: أَعْضُدْ وَخَلِّصْ وَارْحَمْ وَاحْفَظْنَا يَا اللهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمْنَا. الكاهن: بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الإِلهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الإِلهِ. الجوق: لَكَ يَا رَبُّ. الكاهن: لِأَنَّ اسْمَكَ مُبَارَكٌ وَمُلْكَكَ مُمَجَّدٌ أَيُّهَا الآبُ وَالإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. الجوق: آمِينَ.
FIFTH TONE RESURRECTIONAL HYPAKOE (Plain Reading)	إيباكوي القيامة للحن الخامس (قراءة)
The minds of the ointment-bearing women were dazzled by the angelic scene, and their souls with the divine Resurrection. Wherefore, they spoke to the Apostles, saying: Declare in the nations the Resurrection of the Lord, Who worketh wonders with you, who bestoweth on us the Great Mercy.	إِنَّ حَامِلَاتِ الطِّيبِ دَهَشَتْ عُقُولُهُنَّ مِنَ الْمُنْظَرِ الْمَلَائِكِيِّ، وَاسْتَنَارَتْ نَفْسُهُنَّ بِالْقِيَامَةِ، فَبَشَّرْنَ الرُّسُلَ قَائِلَاتٍ، إِنَّكَ قَدْ قُمْتَ بِمَا أَنْتَ إلهٌ، مَا نَحْنُ الْعَالَمِ الرَّحْمَةِ الْعُظْمَى.
FIFTH TONE RESURRECTIONAL ANABATHMOI (Plain Reading)	أَنَابَثْمِيَاتِ الْقِيَامَةِ لِلْحَنِ الْخَامِسِ (قراءة)
First Antiphony	الْأَنْتِيفُونَا الْأُولَى
+ O my Lord, I sing to Thee like David in my sorrow. Save my soul from the deceitful	+ يَا مُخَلِّصِي أَرْتَلُ لَكَ دَاوُدِيًّا فِي حُزْنِي، فَتَجِّ نَفْسِي

<p>tongues.</p> <p>+ Verily, the life of the dwellers in the wilderness is a very happy one; for by divine passion are they ever carried up.</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>+ By the Holy Spirit are all creations seen and unseen preserved, the control thereof being in Himself Who is without doubt one of the Trinity.</p>	<p>مِنَ الْأَلْسِنِ الْعَاشَةِ.</p> <p>+ إِنَّ عَيْشَةَ أَهْلِ الْبَرَارِيِّ لَمَغْبُوطَةٌ جِدًّا، لِأَنَّهُمْ بِالْعِشْقِ الْإِلَهِيِّ يَتَطَايِرُونَ دَائِمًا.</p> <p>+ الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكَلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.</p> <p>+ بِالرُّوحِ الْقُدُسِ تُحْفَظُ كُلُّ الْبَرَارِيَا، الْمَنْظُورَةِ وَغَيْرِ الْمَنْظُورَةِ، لِأَنَّهُ ضَابِطٌ بِذَاتِهِ، إِذْ هُوَ أَحَدُ الثَّلَاثِ مِنْ غَيْرِ ارْتِيَابٍ.</p>
<p>Second Antiphony</p>	<p>الْأَنْتِيفُونَا الثَّانِيَّةُ</p>
<p>+ Come, my soul, let us ascend the mountain yonder, whence cometh thy help.</p> <p>+ O Christ, let Thy raised right hand encompass me, preserving me from all evil deceits.</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>+ By the Holy Spirit do we speak divinely, saying, Verily, Thou art God, Life, Love, Light and Mind. Thou art goodness; Thou dost reign for ages.</p>	<p>+ هَلُمَّ أَيُّهَا النَّفْسُ لِنَرْتَقِ إِلَى الْجِبَالِ هُنَاكَ، مِنْ حَيْثُ تُوَفِّي إِلَيْكَ الْمَعُونَةَ.</p> <p>+ أَيُّهَا الْمَسِيحُ، فَلْتَحْطِنِي يَدُكَ الْيُمْنَى الْمُرْتَقِعَةَ، حَافِظَةً إِيَّايَ مِنْ جَمِيعِ الْغُشُوشِ الرَّدِيئَةِ.</p> <p>+ الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكَلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.</p> <p>+ بِالرُّوحِ الْقُدُسِ نَنْطُقُ لَاهُوتِيًّا قَائِلِينَ: أَنْتَ هُوَ إِلَهٌ وَحَيَاةٌ وَعِشْقٌ وَنُورٌ وَعَقْلٌ، أَنْتَ صَلاَحٌ، أَنْتَ مَالِكٌ إِلَى الْأَدْهَارِ.</p>
<p>Third Antiphony</p>	<p>الْأَنْتِيفُونَا الثَّالِثَةُ</p>
<p>+ I have been filled with great joy by those who say to me: Let us go into the courts of the Lord. Verily, I have offered a constant prayer.</p> <p>+ In the house of David dread wonders take place; for there is a burning fire consuming every evil mind.</p> <p>+ <i>Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.</i></p> <p>+ Verily, the Holy Spirit is the Element of life and its beginning; for through Him doth every living thing breathe; as is the Father and the Word.</p>	<p>+ إِنِّي امْتَلَأْتُ فَرَحًا جَزِيلًا بِالْقَائِلِينَ لِي لِنَذْهَبَ إِلَى دِيَارِ الرَّبِّ، وَقَدَّمْتُ صَلَاةً بِلَا فُتُورٍ.</p> <p>+ فِي بَيْتِ دَاوُدَ تَكْمُلُ آيَاتٌ رَهيبَةٌ، لِأَنَّ هُنَاكَ نَارًا مُتَأَجِّجَةً تُلْهَبُ كُلَّ عَقْلٍ خَبِيثٍ.</p> <p>+ الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكَلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.</p> <p>+ إِنَّ الرُّوحَ الْقُدُسَ هُوَ عُنْصُرُ الْحَيَاةِ وَمَبْدُؤُهَا، لِأَنَّ مِنْهُ يَتَنَفَّسُ كُلُّ حَيٍّ، كَمَا هُوَ الْآبُ وَالْكَلِمَةُ مَعًا.</p>

<p style="text-align: center;">PROKEIMENON FOR THE RESURRECTION IN TONE FIVE</p>	<p style="text-align: center;">بروكيمنن للقيامة بالحن الخامس</p>
<p>Arise, O my Lord and my God, for Thou dost reign to the end of time. <i>(twice)</i> Stichos: To Thee do I confess, O Lord, from my whole heart. Arise, O my Lord and my God, for Thou dost reign to the end of time.</p>	<p>قُمْ يَا رَبِّي وَإِلَهِي، لِأَنَّكَ تَمْلِكُ إِلَى الْأَدْهَارِ. (مرتين) ستيخن: أَعْتَرِفُ لَكَ يَا رَبُّ مِنْ كُلِّ قَلْبِي. قُمْ يَا رَبِّي وَإِلَهِي، لِأَنَّكَ تَمْلِكُ إِلَى الْأَدْهَارِ.</p>
<p>Deacon: Let us pray to the Lord. Choir: Lord, have mercy. Priest: For Holy art Thou, O our God, Who restest in the Holies, and unto Thee do we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.</p>	<p>الشماس: إِلَى الرَّبِّ نَطْلُبُ. المرتل: يَا رَبُّ ارْحَمِ. الكاهن: لِأَنَّكَ قُدُّوسٌ أَنْتَ يَا إِلَهَنَا، وَفِي الْقَدِيسِينَ تَسْتَقِرُّ وَتَسْتَرِيحُ، وَلَكَ نُرْسِلُ الْمَجْدَ أَيُّهَا الْآبُ وَالابْنُ 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، فَلْتَسَبِّحِ الرَّبَّ. (مرتين) سَبِّحُوا اللَّهَ فِي قَدِيسِيهِ، سَبِّحُوهُ فِي فَلكِ قُوَّتِهِ. فَلْتَسَبِّحِ الرَّبَّ، كُلُّ نَسَمَةٍ.</p>
<p style="text-align: center;">THE FIFTH EOTHINON GOSPEL</p>	<p style="text-align: center;">إنجيل الإيوثينا الخامسة</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 Luke. (24:12-35) Choir: Glory to Thee, O Lord, glory to Thee. Deacon: Let us attend!</p>	<p>الشماس: مَنْ أَجَلِ أَنْ نَكُونَ مُسْتَحِقِّينَ لِسَمَاعِ الْإِنْجِيلِ الْمُقَدَّسِ، إِلَى الرَّبِّ إِلَهِنَا نَطْلُبُ. المرتل: يَا رَبُّ ارْحَمِ. (ثلاثاً) الشماس: الْحِكْمَةَ. فَلْنَسْتَقِمْ وَلْنَسْمَعْ الْإِنْجِيلِ الْمُقَدَّسِ. الكاهن: السَّلَامُ لِجَمِيعِكُمْ. المرتل: وَلِرُوحِكَ. الكاهن: فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ لُوقَا الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ. (٢٤:١٢-٣٥) المرتل: الْمَجْدُ لَكَ يَا رَبُّ، الْمَجْدُ لَكَ. الشماس: لِنُصْغِ!</p>
<p>Priest: At that time, Peter rose and ran to the tomb; stooping and looking in, he saw the linen</p>	<p>الكاهن: فِي ذَلِكَ الزَّمَانِ، قَامَ بَطْرُسُ وَأَسْرَعَ إِلَى</p>

cloths by themselves; and he departed, wondering at what had happened. That very day, two of them were going to a village named Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing together, Jesus Himself drew near and went with them. But their eyes were kept from recognizing Him. And He said to them, "What is this conversation which you are holding with each other as you walk and are sad?" Then one of them, named Cleopas, answered Him, "Are you only a stranger in Jerusalem and do not know the things that have happened there in these days?" And He said to them, "What things?" And they said to Him, "Concerning Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and rulers delivered Him up to be condemned to death, and crucified Him. But we had hoped that He was the one to redeem Israel; and besides all this, it is now the third day since this happened. Moreover, some women of our company amazed us. They were at the tomb early in the morning and did not find His body; and they came back saying that they had even seen a vision of angels, who said that He was alive. Some of those who were with us went to the tomb, and found it just as the women had said, but Him they did not see." And Jesus said to them, "O foolish men, and slow of heart to believe all that the prophets have spoken! Was it not necessary that the Christ should suffer these things and enter into His glory?" And beginning with Moses and all the prophets, He interpreted to them in all the Scriptures the things concerning Himself. So they drew near to the village to which they were going. Jesus appeared to be going further but they constrained Him, saying, "Stay with us, for it is toward evening and the day is now far spent." So He went in to stay with them. When He was at table with them, He took the bread and blessed, and broke it, and

القَبْرِ، وَتَطَّلَعَ، فَرَأَى الْأَكْفَانَ مَوْضُوعَةً وَحَدَّهَا، فَأَنْصَرَفَ إِلَى مَقَرِّهِ مُتَعَجِّبًا مِمَّا كَانَ. وَإِنَّ اثْنَيْنِ مِنْهُمْ كَانَا سَائِرَيْنِ فِي ذَلِكَ الْيَوْمِ إِلَى قَرْيَةٍ تَبْعُدُ سِتِّينَ غَلْوَةً عَنِ أُورُشَلِيمَ اسْمُهَا عِمَّاوُسُ وَكَانَا يَتَكَلَّمَانِ أَحَدُهُمَا مَعَ الْآخَرَ عَنْ تِلْكَ الْحَوَادِثِ كُلِّهَا وَفِيمَا هُمَا يَتَكَلَّمَانِ وَيَتَحَاوَرَانِ، دَنَا مِنْهُمَا يَسُوعُ وَسَارَ مَعَهُمَا وَلَكِنْ أُمْسِكَتْ أَعْيُنُهُمَا عَنْ مَعْرِفَتِهِ فَقَالَ لَهُمَا: "مَا هَذَا الْكَلَامُ الَّذِي تَتَحَاوَرَانِ بِهِ وَأَنْتُمَا سَائِرَانِ مُكْتَنِبَيْنِ؟" فَأَجَابَ أَحَدُهُمَا، وَاسْمُهُ كَلَاوُبَا، وَقَالَ لَهُ: "أَأَنْتَ وَحَدِّكَ غَرِيبٌ فِي أُورُشَلِيمَ، وَلَمْ تَعْلَمْ مَا حَدَثَ فِيهَا فِي هَذِهِ الْأَيَّامِ؟" فَقَالَ لَهُمَا: "وَمَا هُوَ؟" قَالَا لَهُ: "مَا يَخْتَصُّ بِيَسُوعَ النَّاصِرِيِّ الَّذِي كَانَ رَجُلًا نَبِيًّا، مُقْتَدِرًا فِي الْعَمَلِ وَالْقَوْلِ أَمَامَ اللَّهِ وَجَمِيعِ الشَّعْبِ وَكَيْفَ أَسْلَمَهُ رُؤَسَاءُ الْكَهَنَةِ وَحُكَّامُنَا لِقَضَاءِ الْمَوْتِ وَصَلَبُوهُ وَنَحْنُ كُنَّا نَرْجُو أَنَّهُ هُوَ الْمُرْمَعُ أَنْ يَغْدِيَ إِسْرَائِيلَ. وَلَكِنْ مَعَ هَذَا جَمِيعِهِ، فَالْيَوْمَ هُوَ ثَالِثُ يَوْمٍ لِحُدُوثِ ذَلِكَ إِلَّا أَنْ نِسَاءً مِنَّا أَدْهَشَنَّا، لِأَنَّهُنَّ بَكَّرْنَ إِلَى الْقَبْرِ، فَلَمْ يَجِدْنَ جَسَدَهُ، فَأَتَيْنَ وَقُلْنَ إِنَّهُنَّ رَأَيْنَ مَظْهَرَ مَلَائِكَةٍ قَالُوا إِنَّهُ حَيٌّ وَمَضَى قَوْمٌ مِنَ الَّذِينَ مَعَنَا إِلَى الْقَبْرِ، فَوَجَدُوا كَمَا قَالَتْ أَيْضًا النِّسَاءُ، وَأَمَّا هُوَ فَلَمْ يَرَوْهُ. فَقَالَ لَهُمَا: "يَا قَلِيلِي الْفَهْمِ وَبَطِئِي الْقَلْبِ فِي الْإِيمَانِ بِكُلِّ مَا نَطَقَتْ بِهِ الْأَنْبِيَاءُ أَمَا كَانَ يَنْبَغِي لِلْمَسِيحِ أَنْ يَتَأَلَّمَ هَذِهِ الْأَلَامَ فَيَدْخُلَ إِلَى مَجْدِهِ؟" وَابْتَدَأَ مِنْ مُوسَى وَمِنْ جَمِيعِ الْأَنْبِيَاءِ يُفَسِّرُ لَهُمَا مَا يَخْتَصُّ بِهِ فِي كُلِّ الْأَسْفَارِ. ثُمَّ اقْتَرَبَا مِنَ الْقَرْيَةِ الَّتِي كَانَا مُنْطَلِقَيْنِ إِلَيْهَا، فَتَظَاهَرَ هُوَ بِأَنَّهُ مُنْطَلِقٌ إِلَى مَكَانٍ أَبْعَدَ فَأَلْزَمَاهُ قَائِلَيْنِ: "أَمْكُثْ مَعَنَا، فَإِنَّ الْمَسَاءَ مُقْبِلٌ وَقَدْ مَالَ النَّهَارُ." فَدَخَلَ لِيَمْكُثَ مَعَهُمَا وَلَمَّا اتَّكَأَ مَعَهُمَا، أَخَذَ الْخُبْزَ وَبَارَكَ، وَكَسَرَ،

<p>gave it to them. And their eyes were opened and they recognized Him; and He vanished out of their sight. They said to each other, "Did not our hearts burn within us while He talked to us on the road, while He opened to us the Scriptures?" And they rose that same hour and returned to Jerusalem; and they found the eleven gathered together and those who were with them, saying, "The Lord is risen indeed, and has appeared to Simon!" Then they told what had happened on the road, and how He was known to them in the breaking of the bread.</p>	<p>وَنَاوَلَهُمَا فَانْفَتَحَتْ أَعْيُنُهُمَا وَعَرَفَاهُ، فَاحْتَفَى هُوَ عَنْهُمَا فَقَالَ أَحَدُهُمَا لِلْآخِرِ: "أَمَا كَانَتْ قُلُوبُنَا مُضْطَّرِمَةً فِينَا حِينَ كَانَ يُخَاطِبُنَا فِي الطَّرِيقِ وَيَشْرَحُ لَنَا الْكُتُبَ؟ فَقَامَا فِي تِلْكَ السَّاعَةِ وَرَجَعَا إِلَى أُورُشَلِيمَ. فَوَجَدَا الْأَحَدَ عَشَرَ وَالَّذِينَ مَعَهُمْ مُجْتَمِعِينَ وَهُمْ يَقُولُونَ: "لَقَدْ قَامَ الرَّبُّ فِي الْحَقِيقَةِ وَتَرَأَى لِسِمْعَانَ." فَأَخَذَا هُمَا يُخْبِرَانِ بِمَا حَدَّثَ، وَكَيْفَ عَرَفَاهُ عِنْدَ كَسْرِ الْخُبْزِ.</p>
<p>Choir: Glory to Thee, O Lord, glory to Thee.</p>	<p>المرتل: المَجْدُ لَكَ يَا رَبُّ المَجْدُ لَكَ.</p>
<p>Reader: In that we have beheld the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. Thy cross do we adore, O Christ, and Thy holy resurrection we praise and glorify; for Thou art our God, and we know none other beside Thee; we call upon Thy name. O come, all ye faithful, let us adore Christ's holy resurrection. For lo, through the cross is joy come into all the world. Ever blessing the Lord, let us sing His resurrection, for in that He endured the cross for us, He hath destroyed death by death.</p>	<p>القارىء: إِذْ قَدْ رَأَيْنَا قِيَامَةَ الْمَسِيحِ، فَلْنَسْجُدْ لِلرَّبِّ الْقُدُّوسِ، يَسُوعَ الْمَعْصُومِ مِنَ الْخَطَا وَحْدَهُ. لِصَلِيبِكَ أَيُّهَا الْمَسِيحُ نَسْجُدُ وَلِقِيَامَتِكَ الْمُقَدَّسَةِ نُسَبِّحُ وَنُجَدِّدُ، لِأَنَّكَ أَنْتَ هُوَ إِلَهُنَا وَآخِرَ سِوَاكَ لَا نَعْرِفُ وَبِاسْمِكَ نُسَمِّي. هَلُمَّ يَا مَعْشَرَ الْمُؤْمِنِينَ نَسْجُدْ لِقِيَامَةِ الْمَسِيحِ الْمُقَدَّسَةِ، لِأَنَّ هُوَذَا بِالصَّلِيبِ قَدْ أَتَى الْفَرْحُ لِكُلِّ الْعَالَمِ. لِنُبَارِكِ الرَّبَّ فِي كُلِّ حِينٍ وَنُسَبِّحُ قِيَامَتَهُ، لِأَنَّهُ إِذْ اخْتَمَلَ الصَّلْبَ مِنْ أَجْلِنَا، الْمَوْتَ بِالْمَوْتِ حَطَّمَ.</p>
<p>PSALM 50</p>	<p>المزمور ٥٠</p>
<p>Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression.</p>	<p>إِرْحَمْنِي يَا اللَّهُ بِعَظِيمِ رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَتِكَ اَمْحُ مَآثِمِي.</p>
<p>Wash me thoroughly from mine iniquity, and cleanse me from my sin.</p>	<p>إِغْسِلْنِي كَثِيرًا مِنْ إِثْمِي، وَمِنْ خَطِيئَتِي طَهِّرْنِي.</p>
<p>For I know mine iniquity, and my sin is ever before me.</p>	<p>لَأَنِّي أَنَا عَارِفٌ بِإِثْمِي، وَخَطِيئَتِي أَمَامِي فِي كُلِّ حِينٍ.</p>
<p>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.</p>	<p>إِلَيْكَ وَحْدَكَ أَخْطَأْتُ، وَالشَّرُّ قُدَّامَكَ صَنَعْتُ، لَكِي تَصْدُقَ فِي أَقْوَالِكَ وَتَغْلِبَ فِي مُحَاكَمَتِكَ.</p>
<p>For behold, I was conceived in iniquities, and in sins did my mother bear me.</p>	<p>هَاءِنَذَا بِالْإِثَامِ حُبِلَ بِي، وَبِالْخَطَايَا وُلِدْتَنِي أُمِّي.</p>
<p>For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made</p>	<p>لَأَنَّكَ قَدْ أَحْبَبْتَ الْحَقَّ، وَأَوْضَحْتَ لِي غَوَامِضَ</p>

manifest unto me.	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.	تَنْضَخُنِي بِالزُّوفَى فَأَطْهُرُ، تَغْسِلُنِي فَأَبْيَضُ أَكْثَرَ مِنَ الثَّلْجِ.
Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice.	تَسْمِعُنِي بِهَجَّةٍ وَسُرُوراً، فَتَبْتَهِّجُ عِظَامِي الذَّلِيلَةَ.
Turn Thy face away from my sins, and blot out all mine iniquities.	إِصْرِفْ وَجْهَكَ عَن خَطَايَايَ، وَامْحُ كُلَّ مَآثِمِي.
Create in me a clean heart, O God, and renew a right spirit within me.	قَلْباً نَقِيّاً أَخْلُقْ فِيَّ يَا اللَّهُ، وَرُوحاً مُسْتَقِيماً جَدِّدْ فِي أَحْشَائِي.
Cast me not away from Thy presence, and take not Thy Holy Spirit from me.	لَا تَطْرَحْنِي مِنْ أَمَامِ وَجْهِكَ، وَرُوحَكَ الْقُدُّوسَ لَا تَنْزِعْهُ مِنِّي.
Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me.	إِمْنَحْنِي بِهَجَّةٍ خَلَاصِكَ، وَبِرُوحِ رِئَاسِيٍّ اعْضُدْنِي.
I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee.	فَأَعْلَمُ الْأَثَمَةَ طُرُقَكَ، وَالْكَفَرَةَ إِلَيْكَ يَرْجِعُونَ.
Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness.	أُنْقِذْنِي مِنَ الدِّمَاءِ يَا اللَّهُ إِلَهَ خَلَاصِي، فَيَبْتَهِّجُ لِسَانِي بِعَدْلِكَ.
O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.	يَا رَبُّ افْتَحْ شَفْتِي، فَيُخْبِرَ فَمِي بِتَسْبِيحَتِكَ.
For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased.	لَأَنَّكَ لَوْ آثَرْتَ الذَّبِيحَةَ، لَكُنْتُ الْآنَ أُعْطِي، لَكِنَّكَ لَا تُسَرُّ بِالْمُحْرَقَاتِ.
A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise.	فَالذَّبِيحَةُ لِلَّهِ رُوحٌ مُنْسَحِقٌ، الْقَلْبُ الْمُتَخَشِّعُ وَالْمُتَوَاضِعُ لَا يَزْدُلُهُ اللَّهُ.
Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up.	أَصْلِحْ يَا رَبُّ بِمَسَرَّتِكَ صِهْيُونََ وَنُتْبُنَ أَسْوَارَ 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 عَلَى مَذْبَحِكَ الْعُجُولَ.
LENTEN TROPARIA AFTER PSALM 50 IN TONE EIGHT	طَرُوبَارِيَّاتِ الصَّوْمِ بَعْدَ الْمَزْمُورِ ٥٠ بِاللَّحْنِ الثَّامِنِ
<i>Glory to the Father, and to the Son, and to the Holy Spirit.</i>	الْمَجْدُ لِلَّابِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ.

<p>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.</p>	<p>إفْتَحْ لِي أَبْوَابَ التَّوْبَةِ يَا وَاهِبَ الْحَيَاةِ، لِأَنَّ رُوحِي تَبْتَكِرُ إِلَى هَيْكَلِ قُدْسِكَ، آتِيًّا بِهِيْكَلِ جَسَدِي مُدْنَسًا بِجُمْلَتِهِ. لَكِنْ، بِمَا أَنَّكَ مُتَعَطِّفٌ، نَقِّنِي بِتَحْنِنِ مَرَاحِمِكَ.</p>
<p><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.</p>	<p>الآنَ 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.</p>
<p>(TONE SIX) <i>Have mercy upon me, O God, according to Thy lovingkindness; according to the multitude of Thy tender mercies blot out my transgressions.</i> If I think upon the multitude of my evil deeds, wretch that I am, I tremble for the terrible Day of Judgment. But, trusting the compassion of Thy mercy, I shout to Thee like David, Have mercy upon me, O God, according to Thy Great Mercy.</p>	<p>(بِاللَّحْنِ السَّادِسِ) يَا رَحِيمٌ، ارْحَمْنِي يَا اللَّهُ كَعَظِيمِ رَحْمَتِكَ، وَكَمَثَلِ كَثْرَةِ رَأْفَاتِكَ امْحُ مَاثِمِي. إِذَا تَصَوَّرْتُ كَثْرَةَ أَفْعَالِي الرَّدِيئَةِ أَنَا الشَّقِي، فَإِنِّي أُرْتَعِدُ مِنْ يَوْمِ الدِّينُونَةِ الرَّهِيْبِ. لَكِنِّي إِذْ أَنَا وَاثِقٌ بِتَحْنُنِكَ، أَهْتَفُ إِلَيْكَ مِثْلَ دَاوُدَ: ارْحَمْنِي يَا اللَّهُ، بِحَسَبِ عَظِيمِ رَحْمَتِكَ.</p>
<p>THE INTERCESSION</p>	<p>طَلِبَةُ الشَّفَاعَةِ</p>
<p>Deacon: O God, save thy people, and bless thine inheritance. Visit thy world with mercy and compassions. Exalt the horn of Orthodox Christians, and send down upon us thy rich mercies, through the intercessions of our all-immaculate Lady, the Theotokos and ever-virgin Mary; by the might of the precious and life-giving cross; 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</p>	<p>الشماس: خَلِّصْ يَا اللَّهُ شَعْبَكَ، وَبَارِكْ مِيرَاثَكَ، وَافْتَقِدْ عَالَمَكَ بِالرَّحْمَةِ وَالرَأْفَاتِ، وَارْفَعْ شَأْنَ الْمَسِيحِيِّينَ الْأَرْثُوذُكْسِيِّينَ، وَأَسْبِغْ عَلَيْنَا مَرَاحِمَكَ الْعَنِيَّةَ، بِشَفَاعَاتِ سَيِّدَتِنَا وَالِدَةِ الْإِلَهِ الْكَلِيَّةِ الطَّهَارَةِ وَالِدَائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ؛ وَبِقُوَّةِ الصَّلِيبِ الْكَرِيمِ الْمُحْيِي؛ وَبِطَلِبَاتِ الْقُوَاتِ السَّمَاوِيَّةِ الْمُكْرَمَةِ الْعَادِمَةِ الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا الْمَعْمَدَانَ؛ وَالْقَدِيسِينَ الْمُشْرَفَيْنِ الرَّسُولَيْنِ بُطْرُسَ وَبُولُسَ، وَسَائِرِ الرُّسُلِ الْمُشْرَفِينَ الْجَدِيرِينَ بِكُلِّ مَدِيحٍ؛ وَأَبَائِنَا الْقَدِيسِينَ مُعَلِّمِي الْمَسْكُونَةِ، رُؤَسَاءِ الْكَهَنَةِ الْمُعْظَمِينَ بَاسِيلْيُوسَ الْكَبِيرِ، وَغَرِيغُورْيُوسَ الْلَاهُوتِي، وَيُوْحَنَّا الدَّهَبِيِّ الْقَمِّ؛ وَأَبَائِنَا الْقَدِيسِينَ أَتْنَاسْيُوسَ وَكِيرْلُسَ وَيُوْحَنَّا الرَّحِيمِ بَطَارِكَةَ</p>

<p>Myra in Lycia, Spyridon of Trimythous and Nektarios of Pentapolis, the wonder-workers; of our fathers among the saints Tikhon, patriarch of Moscow, and Raphael, bishop of Brooklyn; of the holy, glorious great martyrs George the Trophy-bearer, Demetrios the Myrrh-streaming, Theodore the Soldier, Theodore the General and Menas the Wonder-worker; of the hieromartyrs Ignatius the God-bearer of Antioch, Charalampos and Eleutherios; of the holy, glorious and great women martyrs Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photini, Marina, Paraskeva and Irene; of the holy glorious and right-victorious martyrs; of our venerable and God-bearing fathers who shone in the ascetic life; <i>of Saint N., the patron and protector of this holy community</i>; of the holy and righteous ancestors of God, Joachim and Anna, and of all Thy saints, we beseech Thee, O most merciful Lord, hearken unto the petitions of us sinners who make our supplications unto Thee, and have mercy upon us.</p>	<p>الإِسْكََنْدَرِيَّة؛ وَأَبِينَا الْقَدِيسِ نِيقُولَاوَسَ رَئِيسِ أَسَاقِفَةِ مِيرَا اللَّيْكِیَّة، وَأَسْبِيرِيدُونَ أَسْقَفِ تَرِمْیْثُوسَ، وَنِكَتَارِیُوسَ أَسْقَفِ الْمُدُنِ الْخَمْسِ الْعَجَائِبِیْنَ، وَأَبِينَا الْقَدِيسِ تِیْخُونِ بَطْرِیْرِكِ مُوسْكَو، وَالْقَدِيسِ رَافَائِیلِ أَسْقَفِ بَرُوكَلِینِ؛ وَالْقَدِيسِیْنَ الْمَجِیدِیْنَ الشُّهَدَاءِ الْعُظْمَاءِ جَاورْجِیُوسَ اللَّابِسِ الظَّفْرِ، وَدِیمِیْتْرِیُوسَ الْمُفِیضِ الطَّیْبِ، وَثِیُودُورَسَ التِّیْرُونِی، وَثِیُودُورَسَ قَائِدِ الْجَیْشِ، وَمِینَاسَ الصَّانِعِ الْعَجَائِبِ؛ وَالْقَدِيسِیْنَ الشُّهَدَاءِ إِغْنَاطِیُوسَ الْمُتَوَشَّحِ بِاللَّهِ، خَرَامْبُوسَ وَالْفَثِیرِیُوسَ؛ وَالشُّهَدَاتِ الْعَظِیْمَاتِ ثَقْلَا، بَرَبَارَةَ، أَنْسَطَاسِیَا، كَاتَرِینَا، كِیرِیَاكِي، فُوتِینِی، مَارِینَا، بَارَاسْكَیْفَا، وَأَیْرِینِ؛ وَالْقَدِيسِیْنَ الْمَجِیدِیْنَ الشُّهَدَاءِ الْمُتَأَلِّقِیْنَ بِالظَّفْرِ؛ وَأَبَائِنَا الْأَبْرَارِ الْمُتَوَشَّحِیْنَ بِاللَّهِ؛ وَالْقَدِيسِ (فَلَان) شَفِیعِ هَذِهِ الْكَنِيسَةِ الْمُقَدَّسَةِ؛ وَالْقَدِيسِیْنَ الصِّدِّیقِیْنَ جَدِّي الْمَسِیحِ الْإِلَهِ یُوكِیْمَ وَحَنَّةً، وَجَمِیعِ قَدِيسِیْكَ، نَنْتَضِرُكَ إِلَیْكَ أَيُّهَا الرَّبُّ الْجَزِیلُ الرَّحْمَةُ، فَاسْتَجِبْ لَنَا نَحْنُ الْخَطَاةَ الطَّالِبِیْنَ إِلَیْكَ وَارْحَمْنَا.</p>
<p>Choir: Lord, have mercy. <i>(twelve times)</i></p>	<p>المرتل: یا رَبُّ ارْحَمْنَا. (۱۲ 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>الکاهن: بِرَحْمَةِ وَرَأْفَاتِ ابْنِكَ الْوَحِيدِ وَمَحَبَّتِهِ لِلْبَشَرِ، الَّذِي أَنْتَ مُبَارَكٌ مَعَهُ وَمَعَ رُوحِكَ الْكَلْبِيِّ قُدْسُهُ الصَّالِحِ وَالْمُحْيِي، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>
<p>Choir: Amen.</p>	<p>المرتل: آمین.</p>
<p>KONTAKION & OIKOS FOR THE FIRST SUNDAY OF GREAT LENT (Plain Reading)</p>	<p>القِنْدَاقِ وَالْبَيْتِ لِلأَحَدِ الْأَوَّلِ مِنَ الصَّوْمِ (قِرَاءَةٌ)</p>
<p>The uncircumscribed Word of the Father became circumscribed, taking flesh from thee, O Theotokos, and He has restored the sullied image to its ancient glory, filling it with the divine beauty. This, our salvation, we confess in deed and word, and we depict it in the holy icons.</p>	<p>كَلِمَةُ الْآبِ الَّذِي لَا يُحَاطُ، قَدْ تَجَسَّدَ مِنْكَ وَصَارَ مَحْصُورًا يَا وَالِدَةَ الْإِلَهِ، وَأَعَادَ صُورَتَنَا الْفَاسِدَةَ إِلَى حُسْنِهَا الْأَوَّلِ، وَأَتَحَدَّثُهَا بِالْجَمَالِ الْإِلَهِيِّ، لِذَلِكَ نَعْتَرِفُ بِالْخَلَاصِ، وَنُخْبِرُ بِهِ، وَنُذِيعُ بِالْقَوْلِ وَالْفِعْلِ مَعًا.</p>

<p>Enlightened by this mystery of God's providence, the divinely-inspired prophets foretold it of old; and this they did for our sakes, who see the fulfillment of the ages. Receiving through this mystery divine knowledge, we know one Lord and God, glorified in three Persons, and Him alone we worship; we have one faith, one baptism, and we are clothed in Christ. This, our salvation, we confess in deed and word, and we depict it in the holy icons.</p>	<p>إِنَّ الْأَنْبِيَاءَ قَدِيمًا قَدْ أُوحِيَ إِلَيْهِمْ إِلَهِيًّا سِرُّ التَّدْبِيرِ هَذَا، فَسَبَقُوا وَأَخْبَرُونَا بِهِ نَحْنُ الَّذِينَ قَدْ حَصَلْنَا فِي آخِرِ الْأَزْمَانِ، النَّائِلِينَ لِمَعَانِهِ. فَإِذْ أَخَذْنَا بِهِ مَعْرِفَةً إِلَهِيَّةً، نَعْرِفُ إِلَهًا وَرَبًّا وَاحِدًا، مُمَجَّدًا بِثَلَاثَةِ أَقَانِيمٍ، لَهُ وَحْدَهُ عَابِدِينَ، حَاوِينَ إِيمَانًا وَاحِدًا، وَمَعْمُودِيَّةً وَاحِدَةً، الَّتِي بِهَا نَلْبَسُ الْمَسِيحَ. لِذَلِكَ نَعْتَرِفُ بِالْخَلَاصِ، وَنُخْبِرُ بِهِ، وَنُذِيعُ بِالْقَوْلِ وَالْفِعْلِ مَعًا.</p>
---	--

<p>THE SYNAXARION (Plain Reading)</p>	<p>السِّنْكَسَار (قراءة)</p>
--	-------------------------------------

On March 1 in the Holy Orthodox Church, we commemorate the Venerable-martyr Eudokia of Heliopolis; Venerable Domnina of Syria; and Martyrs Markellos and Anthony of Pamphylia.

On this same day, the First Sunday of the Fast, we make remembrance of the restoration of the holy and venerable Icons, which took place through the ever-memorable Sovereigns of Constantinople, Michael and his mother, Theodora, during the patriarchate of Saint Methodios the Confessor.

Verses

I rejoice, as I see them fittingly reverence
The icons formerly unfittingly banished.

This restoration was accomplished in the year 843. Theodora's husband was an iconoclast. After his death, Theodora venerated an icon of the Theotokos in front of Patriarch Methodios. The other faithful in the church did the same, venerating all the icons, considering them to be representations of their original elements, not idols. Theodora prayed to God to forgive her husband during the first week of Great Lent; and on the First Sunday of the Fast, she led the way in hanging up the icons to adorn the churches.

O invariant Icon of the Father, through the intercessions of Thy holy Confessors, have mercy on us. Amen.

<p>KATAVASIAE OF FIRST SUNDAY OF GREAT LENT CANON IN TONE FOUR</p>	<p>كَطَافَاسِيَايَاتِ قَانُونِ الْأَوَّلِ مِنَ الصَّوْمِ بِالْحَنِ الرَّابِعِ</p>
<p>Ode 1. Old Israel having passed through the depth of the Red Sea on unmoistened feet, defeated the powers of Amalek in the wilderness, by the hands of Moses stretched in the form of a cross.</p>	<p>(الأولى) إِنَّ إِسْرَائِيلَ الْقَدِيمَ، لَمَّا جَاَزَ فِي لُجَّةِ الْبَحْرِ الْأَحْمَرِ بِأَرْجُلٍ غَيْرِ مُبْتَلَّةٍ، غَلَبَ قُوَّةَ عَمَالِيقَ فِي الْقَفْرِ بِأَيْدِي مُوسَى، حِينَ رَسَمَتْ شَكْلَ صَلِيبٍ.</p>
<p>Ode 3. Thy Church, O Christ, rejoiceth in Thee, crying unto Thee: Thou, O Lord, art my strength, my stay and my refuge.</p>	<p>(الثالثة) أَيُّهَا الْمَسِيحُ، إِنَّ كَنِيسَتَكَ تُسَرُّ بِكَ، صَارِحَةً نَحْوَكَ: أَنْتَ قُوَّتِي يَا رَبِّ، وَثَبَاتِي وَمَلْجَأِي.</p>
<p>Ode 4. When the Church saw Thee elevated on the Cross, O Sun of justice, she stood in her</p>	<p>(الرابعة) إِنَّ الْكَنِيسَةَ لَمَّا رَأَتْكَ مَرْفُوعًا عَلَى</p>

array, shouting to Thee as is meet: Glory to Thy power, O Lord.	الصَّالِبِ يَا شَمْسَ الْعَدْلِ، وَقَفْتَ فِي تَرْتِيبِهَا، هَاتِفَةً نَحْوَكِ كَمَا يَلِيقُ: الْمَجْدُ لِقُدْرَتِكَ يَا رَبِّ.
Ode 5. Thou, my Lord, didst come as Light to the world, a holy Light, turning those who praise Thee away from abysmal folly.	(الخامسة) أَنْتَ يَا رَبِّي وَنُورِي، قَدْ وَاقَيْتَ إِلَى الْعَالَمِ نُورًا مُقَدَّسًا، رَادًّا الَّذِينَ يُسَبِّحُونَكَ بِإِيمَانٍ مِنَ الْعِبَاوَةِ الْمُذْلِهِمَّةِ.
Ode 6. The Church haileth Thee, O Lord, crying: I will sacrifice to Thee with the voice of praise, purified from the vileness of Satan by the blood which dripped from Thy side, because of Thy compassion.	(السادسة) يَا رَبُّ، إِنَّ الْكَنِيسَةَ تَهْتِفُ نَحْوَكِ صَارِحَةً: إِنِّي أَدْبَحُ لَكَ بِصَوْتِ التَّسْبِيحِ، مُطَهَّرَةً مِنْ أَدْنَسِ الْأَبَالِسَةِ، بِالْدَمِ الَّذِي قَطَرَ مِنْ جَنْبِكَ، مِنْ أَجْلِ تَحَنُّنِكَ.
Ode 7. The Abrahamite youths in the furnace in the land of Persia burned with the fervor of true worship more than with the fire, crying: Blessed art Thou in the temple of Thy holiness, O Lord.	(السابعة) إِنَّ الْفَتِيَّةَ الْإِبْرَاهِيمِيَّةَ، قَدْ التَّهَبُّوا فِي الْأَتُونِ بِبَلَدِ فَارِسَ، مُضْطَّرِّمِينَ مِنْ شَوْقِ حُسْنِ الْعِبَادَةِ أَكْثَرَ مِنَ السَّعِيرِ هَاتِفِينَ: مُبَارَكٌ أَنْتَ فِي هَيْكَلِ مَجْدِكَ يَا رَبِّ.
<i>We praise, we bless, and we worship the Lord.</i> Ode 8. When Daniel stretched his hands in the pit, he closed the mouths of the devouring lions; and the youths, lovers of true worship, when they girded themselves with virtue, quenched the power of fire, crying: Bless the Lord, all ye His works.	نُسَبِّحُ وَنُبَارِكُ وَنَسْجُدُ لِلرَّبِّ. (الثامنة) إِنَّ دَانِيَالَ، لَمَّا بَسَطَ يَدَيْهِ فِي الْجُبِّ، سَدَّ أَفْوَاهَ الْأُسْدِ الضَّارِيَةِ. وَالْفَتِيَّةَ الْعَاشِقِينَ حُسْنَ الْعِبَادَةِ لَمَّا تَمَنَّطَقُوا بِالْفَضِيلَةِ، أَخْمَدُوا قُوَّةَ النَّارِ، هَاتِفِينَ: بَارِكُوا الرَّبَّ يَا جَمِيعَ أَعْمَالِهِ.
Deacon: The Theotokos and Mother of the Light let us honor and magnify in song.	الشَّمْسِ: لَوْلَادَةِ الْإِلَهِ وَأَمِّ النُّورِ بِالتَّسَابِيحِ نَكْرِمُ مُعْظَمِينَ.
MAGNIFICATIONS IN TONE FOUR	تَعْظِيمَاتٌ 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 بَعِيرَ 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)	لَأَنَّه نَظَرَ إِلَى تَوَاضُعِ أُمَّتِهِ، فَهَا مُنْذُ الْآنَ تُطَوِّبُنِي جَمِيعُ الْأَجْيَالِ. (اللازمة)

<p>For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations. <i>(Refrain)</i></p>	<p>لَأَنَّ الْقَدِيرَ صَنَعَ بِي عَظَائِمَ وَقُدُوسَ اسْمُهُ، وَرَحْمَتُهُ إِلَى جِيلٍ فَجِيلٍ لِلَّذِينَ يَتَّقُونَهُ. (اللازمة)</p>
<p>He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. <i>(Refrain)</i></p>	<p>صَنَعَ عِزًّا بِسَاعِدِهِ، وَشَتَّتَ الْمُتَكَبِّرِينَ بِذَهْنِ قُلُوبِهِمْ. (اللازمة)</p>
<p>He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the empty with good things, and the rich hath He sent empty away. <i>(Refrain)</i></p>	<p>حَطَّ الْمُقْتَدِرِينَ عَنِ الْكِرَاسِيِّ وَرَفَعَ الْمُتَوَاضِعِينَ، مَلَأَ الْجِياعَ مِنَ الْخَيْرَاتِ، وَالْأَغْنِيَاءُ أَرْسَلَهُمْ فَارِغِينَ. (اللازمة)</p>
<p>He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. <i>(Refrain)</i></p>	<p>عَضَدَ إِسْرَائِيلَ فَتَاهُ لِيَذْكَرَ رَحْمَتَهُ، كَمَا قَالَ لِأَبَائِنَا إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الأَبَدِ. (اللازمة)</p>
<p>Ode 9. An unhewn stone, O Virgin, from thy mountain was cut, but not by hand, even Christ, Who brought together the separated natures. Wherefore, we rejoice gladly, and glorify thee, O Theotokos.</p>	<p>(التاسعة) أَيَّتُهَا الْبَتُولُ، لَقَدْ قُطِعَ حَجَرٌ مُزَاوٍ مِنْ جَبَلِكَ الَّذِي لَمْ يُنْحَتْ، بِدُونِ أَنْ تَقْطَعَهُ يَدٌ، وَهُوَ الْمَسِيحُ الَّذِي ضَمَّ الطَّبَائِعَ الْمُتَفَرِّقَةَ. لِذَا نُسَرُّ مُبْتَهَجِينَ، وَنُعْظِمُكَ يَا وَالِدَةَ الإِلهِ.</p>
<p>THE LITTLE LITANY</p>	<p>الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى</p>
<p>Deacon: Again and again, in peace, let us pray to the Lord. Choir: Lord, have mercy. Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace. Choir: Lord, have mercy. Deacon: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God. Choir: To Thee, O Lord. Priest: For all the powers of Heaven praise Thee, and unto Thee do they ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. Choir: Amen.</p>	<p>الشماس: أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمِ. الشماس: أَعْضُدْ وَخَلِّصْ وَارْحَمْ واحْفَظْنَا يَا اللهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمِ. الشماس: بَعْدَ نِكْرِنَا الْكُلِّيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الإِلهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرِيَمَ مَعَ جَمِيعِ الْقَدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الإِلهِ. الجوق: لَكَ يَا رَبُّ. الكاهن: لِأَنَّهُ إِيَّاكَ تُسَبِّحُ كُلُّ قُوَاتِ السَّمَاوَاتِ، وَلَكَ يُرْسَلُونَ الْمَجْدَ أَيُّهَا الأبُّ وَالإِبْنُ وَالرُّوحُ الْقُدُّسُ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. الجوق: آمِينَ.</p>

<p>Holy is the Lord our God. (<i>thrice</i>) Exalt ye the Lord our God, and worship at His footstool, for He is holy.</p>	<p>قُدُوسٌ هُوَ الرَّبُّ إِلَهُنَا. (ثَلَاثًا) إِرْفَعُوا الرَّبَّ إِلَهُنَا، وَاسْجُدُوا لِمَوْطِي قَدَمَيْهِ، لِأَنَّ الرَّبَّ إِلَهُنَا قُدُوسٌ هُوَ.</p>
<p>THE FIFTH EOTHINON EXAPOSTEILARION IN TONE TWO (*Upon that mount in Galilee *)</p>	<p>إِكْسَابُوسْتِيلَارِي الإِيوْتِينَا الْخَامِسَةُ بِاللَّحْنِ الثَّانِي * وَزْنَ لِنَفَيْفٍ مَعَ التَّلَامِيذِ *</p>
<p>When Christ, Who is the Life and Way, * rose from the dead, He traveled * with Cleopas and Luke, to whom * He was made known for certain, * when He broke bread at Emmaus; * yet they, even before this, * had found their hearts and souls ablaze * when He spake with them, walking * along the way, * and from Holy Writ explained what He suffered. * Let us with them cry: He arose * and He appeared to Peter.</p>	<p>إِنَّ الْمَسِيحَ الَّذِي هُوَ الطَّرِيقُ وَالْحَيَاةُ، مِنْ بَعْدِ قِيَامَتِهِ مِنْ بَيْنِ الْأَمْوَاتِ، رَافِقًا لَوْقَا وَكَلَاوِبَا اللَّذَيْنِ قَدْ عُرِفَ مِنْهُمَا فِي عَمَّوَسَ عِنْدَ كَسْرِ الْخُبْزِ، وَالَّذِينَ كَانَتْ قُلُوبُهُمَا وَنَفْسُهُمَا مُلْتَهَبَةً عِنْدَمَا خَاطَبَهُمَا فِي الطَّرِيقِ، وَفَسَّرَ لَهُمَا الْكُتُبَ عَنِ كُلِّ مَا احْتَمَلَهُ. فَلْنَهْتِفْ مَعَهُمَا صَارِحِينَ: حَقًّا لَقَدْ قَامَ الرَّبُّ، وَظَهَرَ لِبِطْرُسَ.</p>
<p>EXAPOSTEILARION & THEOTOKION FOR FIRST SUNDAY OF GREAT LENT IN TONE TWO (**Hearken, ye women**)</p>	<p>إِكْسَابُوسْتِيلَارِي وَثِيوْطُوكِيَّةٌ لِأَحَدِ الْأَوَّلِ مِنَ الصَّوْمِ بِاللَّحْنِ الثَّانِي (**إِسْمَعِي أَيُّهَا النِّسَاءُ **)</p>
<p>Leap ye for joy and clap your hands; * with gladness, raise your voice in song * and cry: How strange and how wondrous * are all Thy works, O Christ Savior; * and who hath strength to tell in full * the mighty deeds that Thou hast wrought? * Who hast achieved our unity, * our full agreement and concord, * blended in one, in Thy one Church.</p>	<p>تَبَاشَرُوا وَصَفَّقُوا بِالْأَيْدِي، وَهَلَّلُوا بِبَهْجَةٍ صَارِحِينَ: مَا أَعْجَبَ وَأَغْرَبَ أَعْمَالِكَ أَيُّهَا الْمَسِيحُ، وَمَنْ يَسْتَطِيعُ التَّقْوَةَ بِعِظَائِمِكَ، يَا مَنْ ضَمَّ اتِّخَادَنَا إِلَى كَنِيسَةٍ وَاحِدَةٍ.</p>
<p>The swords of hostile heresy * have failed and vanished utterly; * remembrance of them hath perished * with a great din and resounding. * For as we now behold again, * O all-pure Virgin blest of God, * thy temple beautifully adorned * and graced with ven'erable icons, * we all are filled with great gladness.</p>	<p>لَقَدْ تَلَاشَتْ الْآنَ حِرَابُ الْأَرَاتِقَةِ الْعَنِيفَةِ، وَاضْمَحَلَّ ذِكْرُهَا مَعَ الدَّوِيِّ. لِأَنَّا إِذْ نَشَاهِدُ هَيْكَلِكَ يَا كَلِيَّةَ النَّقَاوَةِ، مُوشَّحًا بِنِعَمِ الْإِيْقُونَاتِ الْمُوقَّرَةِ بِبِهَاءٍ، نَمْتَلِي كُنَّا حُبُورًا.</p>
<p>AINOI (PRAISES) IN TONE FIVE</p>	<p>الإِينُوسُ بِاللَّحْنِ الْخَامِسِ</p>
<p>Let everything that hath breath praise the Lord. Praise ye the Lord from the heavens; praise Him in the heights. To Thee, O God, is due our song.</p>	<p>كُلُّ نَسَمَةٍ فَلْتَسَبِّحِ الرَّبَّ. سَبِّحُوا الرَّبَّ مِنَ السَّمَاوَاتِ، سَبِّحُوهُ فِي الْأَعَالِي، لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللَّهُ.</p>
<p>Praise ye Him, all His angels; praise ye Him, all His hosts. To Thee, O God, is due our song.</p>	<p>سَبِّحُوهُ يَا جَمِيعَ مَلَائِكَتِهِ، سَبِّحُوهُ يَا سَائِرَ قُوَاتِهِ، لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللَّهُ.</p>

For the Resurrection in Tone Five	للقيامه بالحن الخامس
<p>Verse 1. <i>This glory shall be to all His saints.</i> The grave, O Lord, having been sealed by the transgressors of the law, Thou didst emerge from within like as Thou wast born of the Theotokos; for the incorporeal angels did not know how Thou wert incarnate. Likewise, the guardian soldiers were not aware when Thou didst rise; for these two matters were concealed from all seekers. But the wonders appeared to those who worshipped the mystery in faith. Therefore, grant us, who offer praise, joy and Great Mercy.</p>	<p>استيخن ١ . هذا المجد يكون لجميع أبراره. أيها الرب، إن القبر لما كان مختوماً من عابري الناموس، برزت منه كما ولدت من والدة الإله. وكما ملائكتك غير المتجسمين لم يعلموا كيف تجسدت، هكذا الأجناد الحارسون إياك، لم يشعروا متى قمت ناهضاً. لأن هذين الأمرين قد أغلقا عن الباحثين. إلا أن العجائب ظهرت للساجدين للسر بإيمان. فامنحنا نحن المسبحين له الإبتهاج والرحمة العظمى.</p>
<p>Verse 2. <i>Praise God in His sanctuary; praise Him in the firmament of His power.</i> O Lord, Thou hast demolished the everlasting gates and broken asunder the chains. Thou didst rise from the tomb, leaving behind Thy wrappings and ointments in the grave, in testimony of Thy true three-day Burial, and didst go before into Galilee, O Thou Who wert kept in a cave. Great, therefore, are Thy mercies, O ineffable Savior; have mercy upon us.</p>	<p>استيخن ٢ . سبجوا الله في قدسيه، سبجوه في فلك قوته. أيها الرب، لقد سحقت الأقفال الدهرية، ومزقت السلاسل وقطعتها، وقمت من القبر منبعتاً، وغادرت الحنوط والأكفان في اللحد، شهادة لدفنك الحقيقي ذي الثلاثة الأيام، وسبقت متقدماً إلى الجليل، يا من في مغارة حُفِظت. فعظيمة هي مراحمك، أيها المخلص المحتجز إدراكه ارحمنا.</p>
<p>Verse 3. <i>Praise Him for His mighty acts; praise Him according to His excellent greatness.</i> The women did hasten to Thy tomb to behold Thee, O Lord, Who didst suffer for us. And when they arrived, advancing, they saw an angel sitting on the stone rolled back from fear. And he shouted to them, saying: The Lord hath risen. Go and tell the Disciples that the Savior of our souls is risen from the dead.</p>	<p>استيخن ٣ . سبجوه على مقدرته، سبجوه نظير كثرة عظمته. أيها المسيح الذي تألم عنا، إن النسوة قد أسرعن إلى قبرك ليُشاهدنك. ولما وافين متقدّمات، أبصرن ملاكاً جالساً على الحجر المندرج من الخوف، فهتفن نحوهن قائلاً: إن الرب قد قام فاذهبن وأعلمن التلاميذ، بأنه قد نهض من بين الأموات مخلص نفوسنا.</p>
<p>Verse 4. <i>Praise Him with the sound of the trumpet; praise Him with the psaltery and harp.</i> O Lord Savior, Thou didst enter unto Thy Disciples, the doors being closed, as Thou didst come out of the sealed tomb, showing the sufferings of the flesh which Thou didst accept in long-suffering; for Thou didst submit to pains</p>	<p>استيخن ٤ . سبجوه بلحن البوق، سبجوه بالمزمار والقيثارة. أيها الرب المخلص، لقد ولجت على تلاميذك والأبواب مغلقة، كما خرجت من القبر وهو مختوم، مظهرآ آلام الجسد التي قبلتها بطول</p>

<p>patiently since Thou art the seed of David. But since Thou art the Son of God, Thou didst liberate the world. Great therefore, are Thy mercies, O incomprehensible Savior. Have mercy upon us.</p>	<p>أَنَاكَ، إِذْ قَدِ احْتَمَلْتَ الْأَوْصَابَ صَابِرًا بِمَا أَتَيْتَ مِنْ زَرْعِ دَاوُدَ. وَبِمَا أَنْتَ ابْنُ اللَّهِ، حَرَّرْتَ الْعَالَمَ مُعْتَقًا، فَعَظِيمَةٌ هِيَ مَرَامِكُمْ، أَيُّهَا الْمُخَلِّصُ غَيْرُ الْمُدْرِكِ ارْحَمْنَا.</p>
<p>For the First Sunday of Great Lent in Tone Four (**Unto them that fear thee**)</p>	<p>لِلْأَوَّلِ مِنَ الصَّوْمِ بِاللَّحْنِ الرَّابِعِ (** يَلِ رَبُّ لَقَدْ أَعْطَيْتَ خَائِفِيكَ **)</p>
<p><i>Verse 5. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.</i> Now Thy Church rejoiceth in Thee, her fair Bridegroom and Fashioner, * Who didst will God-befittingly * to save her from the deceit * and the fraud of idols, * by Thy precious Blood joining her forever unto Thee, * O Friend of man; and with joy she hath received * the sacred restoration of the holy icons this holy day * and with joy she doth glorify, * praise, and hymn Thee with ardent faith.</p>	<p>اسْتِيخْنَ ٥. سَبِّحُوهُ بِالطَّبَلِ وَالْمَصَافِ، سَبِّحُوهُ بِالْأُوتَارِ وَآلَةِ الطَّرْبِ. تَفْرَحُ الْآنَ بِكَ الْبَيْعَةُ يَا مُحِبَّ الْبَشَرِ، أَيُّهَا الْخَالِقُ الْخَتَنُ، الَّذِي بِمَشِيئَتِهِ الْإِلَهِيَّةِ نَجَّاهَا مِنْ كُفْرِ الْأَصْنَامِ، وَقَرَّنَهَا بِهِ بِبَذْلِهِ دَمَهُ الْكَرِيمِ. وَقَدْ مَتَّعْتَهَا بِرَفْعِ الْإِيقُونََاتِ الشَّرِيفَةِ، فَتُسَبِّحُكَ بِإِيمَانٍ وَتُمَجِّدُكَ بِفَرَحٍ.</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> Now Thy Church rejoiceth in Thee, her fair Bridegroom and Fashioner ... (repeat above)</p>	<p>اسْتِيخْنَ ٦. سَبِّحُوهُ بِنَعَمَاتِ الصُّنُوجِ، سَبِّحُوهُ بِصُنُوجِ التَّهْلِيلِ، كُلُّ نَسَمَةٍ فَلْتُسَبِّحِ الرَّبَّ. تَفْرَحُ الْآنَ بِكَ الْبَيْعَةُ يَا مُحِبَّ الْبَشَرِ ... (تَعَاد)</p>
<p><i>Verse 7. Arise, O my God, lift up Thy hand, and forget not the humble.</i> As we now restore the image of Thy flesh to its place again, * off'ring relative reverence, * O Lord, we make manifest * the most mighty myst'ry * of Thy dispensation; for Thou didst not in fancy and mere thought * appear, as say Mani's God-opposing sons, * but in the nature of the flesh, in very truth, wast Thou seen on earth, * by which myst'ry, O Friend of man, * we are led up unto Thy love.</p>	<p>اسْتِيخْنَ ٧. قُمْ يَا رَبِّي وَالْهَيِّ وَلْتَرْتَفِعْ يَدُكَ، وَلَا تَنْسَ بِأَنْسِيكَ إِلَى الْإِنْقِضَاءِ. إِنَّا يَا رَبُّ، إِذْ نَعْلِقُ رَسْمَ جَسَدِكَ، نُصَافِحُ عُنُصْرَهُ مُوَضِّحِينَ سِرَّ عَظِيمٍ تَدْبِيرِكَ، إِذْ لَمْ تَظْهَرْ بِالْخَيَالِ كَمَا قَدْ زَعَمَ تَبَاغُ مَانِي الْمُحَارِبُونَ لِلَّهِ بَلْ بِالْحَقِيقَةِ لَنَا، وَبِطَبِيعَةِ الْجَسَدِ الَّذِي بِهِ نَرْتَقِي لَعْلَى عِشْقِكَ الْإِلَهِيِّ.</p>
<p><i>Verse 8. I will praise Thee, O Lord, with my whole heart; I will show all Thy marvelous works.</i> Lo, a day of gladness and of joy of heart hath appeared today; * for there flasheth forth lightning-like * the bright-shining radiance * of the truest doctrines; * now the Church of Christ</p>	<p>اسْتِيخْنَ ٨. أَعْتَرِفُ لَكَ يَا رَبُّ مِنْ كُلِّ قَلْبِي، وَأُحَدِّثُ بِجَمِيعِ عَجَائِبِكَ. لَقَدْ ظَهَرَ الْيَوْمَ نَهَارًا مُفَعَّمٌ بِهَجَّةٍ وَمُمْتَلِيٌّ فَرَحًا، إِذْ إِنَّ حُسْنَ الْعَقَائِدِ الْحَقِيقِيَّةِ بِبِهَاءٍ يَسْطَعُ، وَكُنَيْسَهُ</p>

<p>wearth as her fairest ornament * the holy icons restored unto their place * and splendors of fair images of Christ, His Mother, and all the Saints; * and a God-given unity is bestowed on all faithful souls.</p>	<p>المسيح تزدان الآن متلائمة برفعها أيقونات القديسين ورؤسومهم، ويحظى المؤمنون باتحاد مثاب من الله.</p>
<p>DOXASTICON FOR THE FIRST SUNDAY OF GREAT LENT IN TONE SIX</p>	<p>نُكْصَا لِلأَحَدِ الأَوَّلِ مِنَ الصَّوْمِ بِاللَّحْنِ السَّادِسِ</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Moses received the law in a period of abstinence and led his people; and Elijah, when he fasted, closed the heavens. As for the Abrahamite youths, they vanquished by fasting the transgressing usurper. Wherefore, through the same, O Savior, prepare us to meet Thy Resurrection, shouting: Holy God! Holy Mighty! Holy Immortal! Have mercy on us!</p>	<p>المجد للآبِ ولِابْنِ وَالرُّوحِ القُدُسِ. إنَّ موسى في زَمَانِ الإِمْسَاكِ، قَدْ تَقَبَّلَ الشَّرِيعَةَ وَاقْتَادَ الشَّعْبِ. وَإِيلِيَّا، لَمَّا صَامَ، أَغْلَقَ السَّمَاوَاتِ. وَأَمَّا الفِتْيَةُ الإِبْرَاهِيمِيَّةُونَ الثَّلَاثَةُ، فَقَدْ قَهَرُوا بِالصِّيَامِ المُعْتَصِبِ المُتَجَاوِزِ الشَّرِيعَةَ. فَبِوَاكِسِطَتِهِ أَهْلُنَا يَا مُخَلِّصُ أَنْ نَحْطِيَ بِقِيَامَتِكَ، هَاتِفِينَ هَكَذَا: قُدُّوسُ اللهُ، قُدُّوسُ القَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا.</p>
<p>THEOTOKION IN TONE SIX</p>	<p>ثِيُوطُوكِيَّةٌ بِاللَّحْنِ السَّادِسِ</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. آمِينَ. أَنْتِ هِيَ الفَائِقَةُ عَلَى كُلِّ البَرَكَاتِ، يَا وَالِدَةَ الإِلَهِ العَذْرَاءِ، لِأَنَّ الجَحِيمَ قَدْ سُبِّتَ بِوَاكِسِطَةِ المُتَجَسِّدِ مِنْكَ، وَآدَمَ دُعِيَ ثَانِيَةً، وَاللَّعْنَةُ بَادَتْ، وَحَوَاءَ انْعَقَّتْ، وَالمَوْتُ أُمِيَّتْ، وَنَحْنُ قَدْ حَيِينَا. فَذَلِكَ نُسَبِّحُ هَاتِفِينَ: مُبَارِكُ أَنْتِ أَيُّهَا المَسِيحُ إِلَهُنَا، يَا مَنْ هَكَذَا سُرَّ، المَجْدُ لَكَ.</p>
<p>THE GREAT DOXOLOGY IN TONE SIX</p>	<p>الذُّوكْصُولُوجِيَا الكُبْرَى بِاللَّحْنِ السَّادِسِ</p>
<p>Glory to Thee, Who hast shown forth the light. Glory to God in the highest, and on earth peace, good will among men.</p>	<p>المجدُ لَكَ يَا مُظْهِرَ النُّورِ، المَجْدُ لَهِ فِي العَلَاءِ، وَعَلَى الأَرْضِ السَّلَامُ، وَفِي النَّاسِ المَسْرَّةُ.</p>
<p>We hymn Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks unto Thee for Thy great glory.</p>	<p>نُسَبِّحُكَ نُبَارِكُكَ، نَسْجُدُ لَكَ نُمَجِّدُكَ، نَشْكُرُكَ مِنْ أَجْلِ عَظِيمِ جَلَالِ مَجْدِكَ.</p>
<p>O Lord King, heavenly God, Father almighty; O Lord, the only-begotten Son, Jesus Christ; and O Holy Spirit.</p>	<p>أَيُّهَا الرَّبُّ المَلِكُ، السَّمَاوِيُّ، الإِلَهُ، الآبُ الضَّابِطُ الكُلِّ. أَيُّهَا الرَّبُّ الإِبْنُ الوَحِيدُ، يَا يَسُوعُ المَسِيحُ، وَيَا أَيُّهَا الرُّوحُ القُدُسُ.</p>

O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy on us, thou that takest away the sins of the world.	أَيُّهَا الرَّبُّ الْإِلَهَ، يَا حَمَلَ اللَّهِ يَا ابْنَ الْآبِ، 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 الْآبِ وَارْحَمْنَا.
For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the glory of God the Father. Amen.	لَأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ، أَنْتَ وَحْدَكَ الرَّبُّ يَسُوعُ الْمَسِيحُ، فِي مَجْدِ اللَّهِ الْآبِ، آمِينَ.
Every day will I bless Thee, and I will praise Thy name forever, yea forever and ever.	فِي كُلِّ يَوْمٍ أُبَارِكُكَ، وَأُسَبِّحُ 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 رَحْمَتُكَ عَلَيْنَا، كَمَا تَكُنْ عَلَيْكَ.
Blessed art Thou, O Lord; teach me Thy statutes. (thrice)	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 مَلْجَأُ كُنْتُ لَنَا فِي جِيلٍ وَجِيلٍ، أَنَا قُلْتُ يَا رَبُّ ارْحَمْنِي وَاشْفِ نَفْسِي لِأَنِّي قَدْ خَطِئْتُ إِلَيْكَ.
Lord, I have fled unto Thee; teach me to do Thy will, for Thou art my God.	يَا رَبُّ إِلَيْكَ لَجَأْتُ فَعَلِّمْنِي أَنْ أَعْمَلَ رِضَاكَ، لِأَنَّكَ أَنْتَ هُوَ إِلَهِي.
For with Thee is the fountain of life; in Thy light shall we see light.	لَأَنَّ مِنْ 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. (thrice)	فَابْسُطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ. قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا. (ثلاثاً)
Glory to the Father, and to the Son, and to the Holy Spirit.	الْمَجْدُ لِلْآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ.
Both now and ever, and unto ages of ages. Amen.	الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.
Holy Immortal, have mercy on us.	قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا.
Holy God, Holy Mighty, Holy Immortal: have mercy on us.	قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا.

TROPARION IN TONE EIGHT	طَرُوبَارِيَّةٌ بِاللَّحْنِ الثَّامِنِ
<p>Having risen from the tomb, and having burst the bonds of Hades, Thou didst loose the condemnation of death, O Lord, releasing all mankind from the snares of the enemy. Having manifested Thyself to Thine Apostles, Thou didst send them forth to proclaim Thee; and through them Thou hast granted Thy peace unto the civilized world, O Thou Who alone art plenteous in mercy.</p>	<p>إِذْ قُمْتَ يَا رَبُّ مِنَ الْقَبْرِ، وَقَطَّعْتَ رِبَاطَاتِ الْجَحِيمِ، غَلَبْتَ حُكُومَةَ الْمَوْتِ، وَأَنْقَذْتَ الْكُلَّ مِنْ فِخَاخِ الْعَدُوِّ، وَلَمَّا أَظْهَرْتَ ذَاتَكَ لِرُسُلِكَ أَرْسَلْتَهُمْ إِلَى الْكِرَازَةِ، وَمَنَحْتَ بِهِمْ سَلَامَكَ لِلْمَسْكُونَةِ يَا جَزِيلَ الرَّحْمَةِ وَحَدَّكَ.</p>
<p style="text-align: center;"><i>These texts have been prepared by Department of Liturgics of the Antiochian Archdiocese</i></p> <p>Portions of the Archdiocesan Service Texts include texts from <i>The Menaion</i>, <i>The Great Horologion</i>, <i>The Pentecostarion</i>, <i>The Octoechos</i>, <i>The Triodion-Holy Week</i>, and <i>The Psalter of the Seventy</i>, which are Copyright © Holy Transfiguration Monastery, Brookline, Massachusetts, and are used with permission. All rights reserved. These works may not be further reproduced, beyond printing out a single copy for personal non-commercial use, without the prior written authorization of Holy Transfiguration Monastery.</p>	