



*Saint George  
Antiochian Orthodox Church  
Cicero, Illinois*

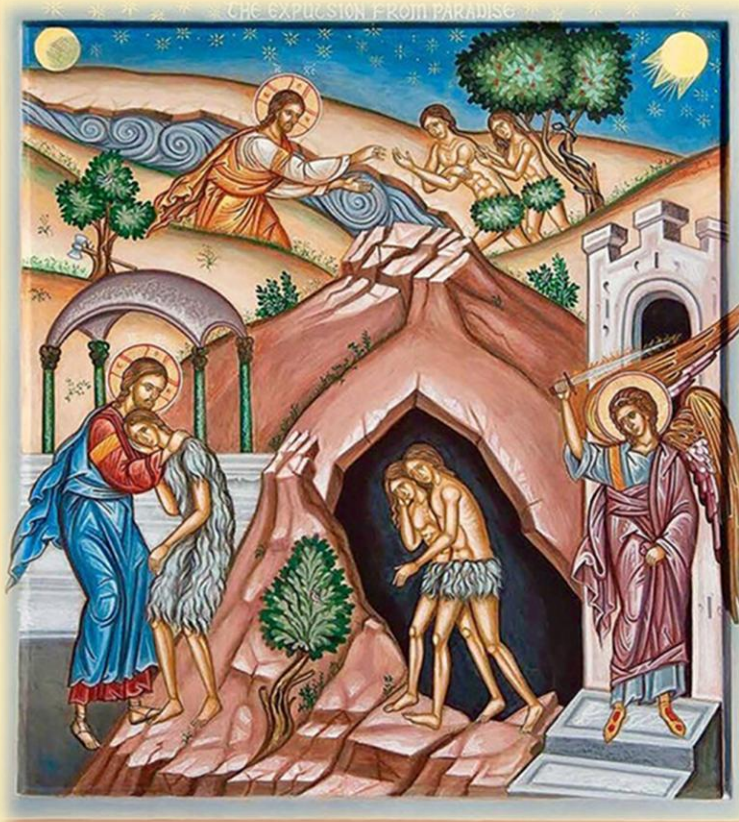
كَنِيسَةُ الْقَدِيسِ جَاوَرَجِيوسِ  
الْأَنْطَاكِيَّةِ الْأَرْثُوذُكْسِيَّةِ

**ORTHROS (MATINS) SERVICE FOR  
THE FORGIVENESS SUNDAY (CHEESEFARE)  
"THE EXPULSION FROM PARADISE"**

خِدْمَةُ صَلَاةِ السَّحَرِ

لِلْأَحَدِ الْغُفْرَانِ

"(الْمَعْرُوفِ بِأَحَدِ مَرْفَعِ الْجِبْنِ) الطَّرْدِ مِنَ الْفِرْدُوسِ"



**ORTHROS ON SUNDAY, FEBRUARY 22, 2026; TONE 4 / EOTHINON 4**  
**SUNDAY OF FORGIVENESS (CHEESE FARE)**

UNCOVERING OF THE SEVEN MARTYRS' RELICS AT GATE OF EUGENIOS IN CONSTANTINOPLE;  
MARTYR ANTHUSA AND HER TWELVE SERVANTS

**Priest:** Blessed is our God, always, now and ever, and unto the ages of ages.

**Choir:** Amen.

**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.

**Reader:** Holy God, Holy Mighty, Holy Immortal: have mercy on us. (*thrice*)

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

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.

Lord, have mercy. (*thrice*)

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

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.

**Priest:** For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

**الكاهن:** تَبَارَكَ اللهُ إِلَهُنَا كُلَّ حِينٍ، الْآنَ وَكُلَّ أَوَانٍ  
وَالِي دَهْرِ الدَّاهِرِينَ.

**الجوقة:** آمين.

**الكاهن:** الْمَجْدُ لَكَ يَا إِلَهُنَا الْمَجْدُ لَكَ.

أَيُّهَا الْمَلِكُ السَّمَاوِيِّ، الْمُعَزِّي، رُوحَ الْحَقِّ،  
الْحَاضِرُ فِي كُلِّ مَكَانٍ وَالْمَالِي الْكُلِّ، كُنْزُ  
الصَّالِحَاتِ، وَرَازِقُ الْحَيَاةِ، هَلِّمْ وَاسْكُنْ فِيْنَا وَطَهِّرْنَا  
مِنْ كُلِّ دَنَسٍ، وَخَلِّصْ أَيُّهَا الصَّالِحُ نَفُوسَنَا.

**القارئ:** قُدُّوسُ اللهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا  
يَمُوتُ، اِرْحَمْنَا. (ثلاثاً)

الْمَجْدُ لِلْأَبِ وَالابْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ  
وَالِي دَهْرِ الدَّاهِرِينَ. آمين.

أَيُّهَا الثَّالِوثُ الْقُدُّوسُ اِرْحَمْنَا، يَا رَبِّ اغْفِرْ  
خَطَايَانَا، يَا سَيِّدُ تَجَاوَزْ عَن سَيِّئَاتِنَا، يَا قُدُّوسُ  
اطَّلِعْ وَاشْفِ أَمْرَاضَنَا، مِنْ أَجْلِ اسْمِكَ.

يَا رَبِّ اِرْحَمْنَا. (ثلاثاً)

الْمَجْدُ لِلْأَبِ وَالابْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ  
وَالِي دَهْرِ الدَّاهِرِينَ. آمين.

أَبَانَا الَّذِي فِي السَّمَاوَاتِ، لِيَتَقَدَّسَ اسْمُكَ، لِيَأْتِ  
مَلَكُوتُكَ، لِتَكُنْ مَشِيئَتُكَ كَمَا فِي السَّمَاءِ كَذَلِكَ عَلَى  
الْأَرْضِ، خُبِّرْنَا الْجَوْهَرِيِّ أَعْطِنَا الْيَوْمَ، وَاتْرُكْ لَنَا مَا  
عَلَيْنَا كَمَا نَتْرُكُ نَحْنُ لِمَنْ لَنَا عَلَيْهِ، وَلَا تُدْخِلْنَا فِي  
التَّجْرِبَةِ، لَكِنْ نَجِّنَا مِنَ الشَّرِّيرِ.

**الكاهن:** لِأَنَّ لَكَ الْمُلْكَ وَالْقُدْرَةَ وَالْمَجْدَ، أَيُّهَا الْآبُ  
وَالابْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَالِي دَهْرِ  
الدَّاهِرِينَ.

**Reader:** Amen. O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

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

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.

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

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.

### LITANY

**Priest:** Have mercy on us, O God, according to Thy great mercy, we pray Thee, hearken and have mercy.

**Choir:** Lord, have mercy. (*thrice*) (use this response until noted below)

**Priest:** Again we pray for all pious and Orthodox Christians.

**Priest:** Again we pray for our father and metropolitan, N., (our bishop, N.,) and all our brotherhood in Christ.

**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.

القارئ: آمين. خلص يا رب شعبك وبارك ميراثك،  
وامنح عبيدك المؤمنين الغلبة على الشرير، واحفظ  
بقوة صليبك جميع المختصين بك.  
المجد للآب والابن والروح القدس.

يا من ارتفعت على الصليب مختاراً، أيها المسيح  
الإله، امنح رافتك لشعبك الجديد المسمى بك،  
وفرخ بقوتك حكامنا المؤمنين، مانحاً إياهم الغلبة  
على محاربيهم. لتكن لهم معونتك سلاحاً للسلام،  
وظفراً غير مفهور.

الآن وكل أوان وإلى دهر الدهرين. آمين.  
أيها الشفيعة الرهيبة غير المخدولة، يا والدة الإله  
الكليّة المسيح، لا تعرضي يا سالحة عن  
توسلاتنا، بل وطي سيرة المستقيمي الرأي،  
وخلصي الذين أمرت أن يملكوا، وامنحهم الغلبة  
من السماء، بما أنك ولدت الإله، أيها المباركة  
وحدك.

### الطلبية السلامية

الكاهن: ارحمنا يا الله بعظيم رحمتك، نطلب إليك  
فاستجب وارحم.

الجوقة: يا رب ارحم. (ثلاثاً) (تعاد بعد كل طلبية)

الكاهن: وأيضاً نطلب من أجل المسيحيين  
الحسنين العبادة الأرثوذكسيين.

الكاهن: وأيضاً نطلب من أجل أبينا ومثروبوليتنا  
(فلان) ورئيس كهنتنا (فلان)، وكل إخوتنا في  
المسيح.

الكاهن: لأنك إله رحيم ومحب للبشر، ولك نرسل  
المجد أيها الآب والابن والروح القدس، الآن وكل  
أوان وإلى دهر الدهرين.

**Choir:** Amen. Bless, Father, in the Name of the Lord.

**Priest:** Glory to the holy, consubstantial, life-giving and undivided Trinity, always, now and ever, and unto ages of ages.

**Choir:** Amen.

**Reader:** Glory to God in the highest, and on earth peace, goodwill among men. (*thrice*)

O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. (*twice*)

### PSALM 3

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.

### PSALM 37

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 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

**الجوقة:** آمين. بِاسْمِ الرَّبِّ بَارِكْ يَا أَب.

**الكاهن:** المَجْدُ لِلثَّالُوثِ الْقُدُّوسِ، الْمُتَسَاوِي فِي الْجَوْهَرِ، الْمُخَيِّي، غَيْرِ الْمُنْقَسِمِ، كُلَّ حِينٍ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.

**الجوقة:** آمين.

**القارئ:** المَجْدُ لِلَّهِ فِي الْعُلَى، وَعَلَى الْأَرْضِ السَّلَامُ، وَفِي النَّاسِ الْمَسْرَّة. (ثَلَاثًا)  
يَا رَبِّ افْتَحْ شَفَتِي فَيُخْبِرَ فَمِي بِتَسْبِحَتِكَ. (مَرَّتَيْنِ)

### المزمور 3

يَا رَبِّ لِمَاذَا كَثُرَ الَّذِينَ يُحْزِنُونَنِي؟ كَثِيرُونَ قَامُوا عَلَيَّ. كَثِيرُونَ يَقُولُونَ لِنَفْسِي لَا خَلَاصَ لَهٗ بِإِلَهِهِ. وَأَنْتَ يَا رَبِّ، 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 رَبِّ، خَلَّصْنِي يَا إِلَهِي، فَإِنَّكَ صَرَبْتَ كُلَّ مَنْ يُعَادِينِي بَاطِلًا، وَسَخَفْتَ أَسْنَانَ الْخَطَاةِ. لِلرَّبِّ الْخَلَاصُ وَعَلَى شَعْبِكَ بَرَكَتُكَ.

أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي.

### المزمور 37

يَا رَبِّ، لَا بَغْضَبِكَ تُؤَبِّخْنِي، وَلَا بِرِجْزِكَ تُؤَدِّبْنِي. فَإِنَّ سِهَامَكَ قَدْ نَشَبَتْ فِيَّ، وَمَكَّنْتَ عَلَيَّ يَدَكَ. لَيْسَ لِجَسَدِي شِفَاءٌ مِنْ وَجْهِ غَضَبِكَ، وَلَا سَلَامَةٌ فِي عِظَامِي مِنْ وَجْهِ خَطَايَايَ. لِأَنَّ آثَامِي قَدْ تَعَالَتْ فَوْقَ رَأْسِي، كَحِمْلٍ ثَقِيلٍ قَدْ ثَقَلَتْ عَلَيَّ. قَدْ أَنْتَبْتُ وَقَاحَتْ جِرَاحَاتِي مِنْ قَبْلِ جَهَالَتِي. شَقِيتُ وَأَنْحَنَيْتُ إِلَى الْغَايَةِ، وَالنَّهَارَ كُلَّهُ مَشَيْتُ عَابِسًا. لِأَنَّ مَتْنِي قَدْ امْتَلَأَ مَهَازِيٍّ وَلَيْسَ لِجَسَدِي شِفَاءٌ. شَقِيتُ وَأَتَّصَعْتُ جِدًّا، وَكُنْتُ أَيْنٌ مِنْ تَنَهُدِ قَلْبِي. يَا رَبِّ، إِنَّ بُغْيَتِي كُلَّهَا أَمَامَكَ، وَتَنَهُدِي لَمْ

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.

يَخْفَ عَنكَ. قَدْ اضْطَرَبَ قَلْبِي وَفَارَقْتَنِي قُوَّتِي، وَنُورَ عَيْنِي أَيْضًا لَمْ يَبْقَ مَعِي. أَصْدِقَائِي وَأَقْرَبَائِي دَنَوْا مِنِّي وَوَقَفُوا لَدَيْ، وَجَنَسِي وَقَفَ مِنِّي بَعِيدًا. وَأَجْهَدَنِي الَّذِينَ يَطْلُبُونَ نَفْسِي، وَالْمُلْتَمِسُونَ لِي الشَّرَّ تَكَلَّمُوا بِالْبَاطِلِ، وَغَشَوْشًا طُولَ النَّهَارِ دَرَسُوا. أَمَّا أَنَا فَكَأَصَمٌ لَا يَسْمَعُ، وَكَأَخْرَسٌ لَا يَفْتَحُ فَاهَهُ. وَصِرْتُ كَأِنْسَانٍ لَا يَسْمَعُ وَلَا فِي فَمِهِ تَبَكُّيْتُ. لِأَنِّي عَلَيْكَ، يَا رَبُّ، تَوَكَّلْتُ، أَنْتَ تَسْتَجِيبُ لِي يَا رَبِّي وَاللَّهِ. لِأَنِّي قُلْتُ لَا يَشْمَتُ بِي أَعْدَائِي، وَعِنْدَمَا زَلَّتْ قَدَمَايَ عَظُمُوا عَلَيَّ الْكَلَامَ. لِأَنِّي أَنَا لِلضَّرْبِ مُسْتَعِدٌّ، وَوَجَعِي لَدَيْ فِي كُلِّ حِينٍ. لِأَنِّي أَنَا أُخْبِرُ بِإِثْمِي، وَأَهْتَمُّ مِنْ أَجْلِ حَطِيئَتِي. أَمَّا أَعْدَائِي فَأَحْيَاءُ، وَهُمْ أَشَدُّ مِنِّي، وَقَدْ كَثُرَ الَّذِينَ يُبْغِضُونَنِي ظُلْمًا، الَّذِينَ جَارُونِي بَدَلَ الْخَيْرِ شَرًّا، مَحَلُّوا بَنِي لِأَجْلِ ابْتِغَائِي الصَّلَاحِ. فَلَا تُهْمِلْنِي يَا رَبِّي وَاللَّهِ وَلَا تَتَّبَاعِدْ عَنِّي. أَسْرِعْ إِلَى مَعُونَتِي يَا رَبُّ خَلَاصِي.

فَلَا تُهْمِلْنِي يَا رَبِّي وَاللَّهِ وَلَا تَتَّبَاعِدْ عَنِّي. أَسْرِعْ إِلَى مَعُونَتِي يَا رَبُّ خَلَاصِي.

## 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 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.

## المزمور 62

يَا اللَّهُ إِلَهِي إِلَيْكَ أَبْتَكِرُ. عَطِشْتُ إِلَيْكَ نَفْسِي، وَاشْتَاقُ إِلَيْكَ جَسَدِي، فِي أَرْضٍ بَرِّيَّةٍ وَغَيْرِ مَسْلُوكَةٍ وَعَادِمَةِ الْمَاءِ. هَكَذَا ظَهَرْتُ لَكَ فِي الْقُدْسِ لِأَعْيُنِ قُوَّتِكَ وَمَجْدِكَ. لِأَنَّ رَحْمَتَكَ أَفْضَلُ مِنَ الْحَيَاةِ، وَشَفَتِي تَسْبِحَانِكَ. هَكَذَا أُبَارِكُكَ فِي حَيَاتِي وَبِاسْمِكَ أَرْفَعُ يَدَيَّ، فَتَمْتَلِي نَفْسِي كَمَا مِنْ شَحْمٍ وَدَسَمٍ، وَبِشْفَاهِ الْإِبْتِهَاجِ يُسَبِّحُكَ فَمِي. إِذَا ذَكَرْتُكَ عَلَى فِرَاشِي، هَدَدْتُ بِكَ فِي الْأَسْحَارِ، لِأَنَّكَ صِرْتَ لِي عَوْنًا وَبِظِلِّ جَنَاحَيْكَ أَسْتَتِرُ. الْتَصَقْتُ نَفْسِي بِكَ، وَإِيَّايَ عَصَدَتْ يَمِينُكَ. أَمَّا الَّذِينَ يَطْلُبُونَ نَفْسِي بِاطِلًا، فَسَيَدْخُلُونَ فِي أَسَافِلِ الْأَرْضِ، وَيُدْفَعُونَ إِلَى أَيْدِي السُّيُوفِ، وَيَكُونُونَ أَنْصَبَةً لِلنُّعَالِبِ. أَمَّا الْمَلِكُ فَيَسُرُّ بِاللَّهِ، وَيُمْتَدِّحُ كُلُّ مَنْ يَخْلِفُ بِهِ، لِأَنَّهُ قَدْ سُدَّتْ أَفْوَاهُ الْمُتَكَلِّمِينَ بِالظُّلْمِ.

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 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,

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

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

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

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ.

### المزمور 87

الآن وكلَّ أوانٍ وإلى دهرِ الداهرين. آمين.

يا ربُّ إلهِ خلاصي، في النهارِ صرختُ وفي الليلِ أمامك، فلتدخلْ قدامك صلاتي، أملِ أذنك إلي طلبتي، فقد امتلأت من الشرورِ نفسي، ودنت من الجحيمِ حياتي. حسبت مع المنحدرين في الجبِّ، صرتُ مثل إنسانٍ ليس له معين، مطروحًا بين الأمواتِ مثل القنلى الراقدين في القبورِ، الذين لا تذكرهم أيضًا، وهم من يدك مقصون. جعلوني في جبِّ أسفل السافلين، في ظلماتِ الموتِ وظلاله. علي استقرَّ غضبك، وجميع أهوالك أجزتها علي. أبعدت عني معارفي، جعلوني لهم رجاسةً. قد أسلمتُ وما خرجتُ، وعيناي ضعفتا من المسكنة. صرختُ إليك، يا ربُّ، النهارَ كلُّه وإليك بسطتُ يدي. ألعلك للأمواتِ تصنع العجائب؟ أم الأطباء يقيمونهم، فيعترفون لك؟ هل يحدث أحد في القبرِ برحمتك، وفي الهلاكِ بحقك؟ هل تعرف في الظلمة عجايبك، وعدلك في أرض

O Lord, have I cried; and in the morning shall my prayer come before Thee. Wherefore, O Lord, dost Thou cast off my soul and turnest Thy face away from me? A poor man am I, and in troubles from my youth; yea, having been exalted, I was humbled and brought to distress. Thy furies have passed upon me, and Thy terrors have sorely troubled me. They came round about me like water, all the day long they compassed me about together. Thou hast removed afar from me friend and neighbor, and mine acquaintances because of my misery.

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

### PSALM 102

Bless the Lord, O my soul, and all that is within me bless His holy name. Bless the Lord, O my soul, and forget not all that He hath done for thee, Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgment for all them that are wronged. He hath made His ways known unto Moses, unto the sons of Israel the things that He hath willed. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy; not unto the end will He be angered; neither unto eternity will He be wroth. Not according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us. Like as a father hath compassion upon his sons, so hath the Lord had

مَنْسِيَّةً؟ وَأَنَا إِلَيْكَ، يَا رَبُّ، صَرَخْتُ فَتَبَلَّغْكَ فِي  
الْعِدَاةِ صَلَاتِي. لِمَاذَا، يَا رَبُّ، تُقْصِي نَفْسِي  
وَتَصْرِفُ وَجْهَكَ عَنِّي؟ فَقِيرٌ أَنَا، وَفِي الشَّقَاءِ مُنْذُ  
شَبَابِي، وَحِينَ ارْتَفَعْتُ انْتَضَعْتُ وَتَحَيَّرْتُ. عَلَيَّ  
جَازَ رِجْرُوكَ، 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، أَمِنْ أَدْنَاكَ  
إِلَى طَلِبَتِي.

### المزمور 102

بَارِكِي يَا نَفْسِي الرَّبَّ، وَيَا جَمِيعَ مَا فِي دَاخِلِي  
اسْمُهُ الْقُدُّوسِ. بَارِكِي يَا نَفْسِي الرَّبَّ، وَلَا تَنْسِي  
جَمِيعَ مَكَافَاتِهِ. الَّذِي يَغْفِرُ جَمِيعَ آثَامِكَ، الَّذِي  
يَشْفِي جَمِيعَ أَمْرَاضِكَ، الَّذِي يُنَجِّي مِنَ الْفَسَادِ  
حَيَاتِكَ، الَّذِي يُكَلِّلُكَ بِالرَّحْمَةِ وَالرَّأْفَةِ، الَّذِي يُشْبِعُ  
بِالْخَيْرَاتِ شَهْوَاتِكَ، فَيَتَجَدَّدُ كَالنَّسْرِ شَبَابُكَ. الرَّبُّ  
صَانِعُ الرَّحْمَاتِ وَالْقَضَاءِ لِجَمِيعِ الْمَظْلُومِينَ.  
عَرَفَ مُوسَى طُرُقَهُ، وَبَنِي إِسْرَائِيلَ مَشِيئَاتِهِ. الرَّبُّ  
رَحِيمٌ وَرَوْوْفٌ، طَوِيلُ الْأَنَاءِ وَكَثِيرُ الرَّحْمَةِ، لَيْسَ  
إِلَى الْإِنْقِضَاءِ يَسْخَطُ، وَلَا إِلَى الدَّهْرِ يَحْفَدُ. لَا  
عَلَى حَسَبِ آثَامِنَا صَنَعَ مَعَنَا، وَلَا عَلَى حَسَبِ  
خَطَايَانَا جَازَانَا. لِأَنَّهُ بِمِقْدَارِ ارْتِفَاعِ السَّمَاءِ عَنِ  
الْأَرْضِ، قَوَى الرَّبُّ رَحْمَتَهُ عَلَى الَّذِينَ يَتَّقُونَهُ،  
وَبِمِقْدَارِ بُعْدِ الْمَشْرِقِ مِنَ الْمَغْرِبِ أَبْعَدَ عَنَّا  
سَيِّئَاتِنَا. كَمَا يَتَرَأَّفُ الْأَبُ بِالْبَنِينَ، يَتَرَأَّفُ الرَّبُّ

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 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

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 مِنْذُ الدَّهْرِ، وَإِلَى الدَّهْرِ عَلَى الَّذِينَ يَتَّقُونَهُ، وَعَدْلُهُ عَلَى أَبْنَاءِ الْبَنِينَ الْحَافِظِينَ عَهْدَهُ وَالذَّاكِرِينَ وَصَايَاهُ لِيَصْنَعُوهَا. الرَّبُّ هَيَّا 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 مَوْضِعٍ سِيَادَتِهِ. بَارِكِي يَا نَفْسِي الرَّبَّ.

فِي كُلِّ مَوْضِعٍ سِيَادَتِهِ. بَارِكِي يَا نَفْسِي الرَّبَّ.

### المزمور 142

يَا رَبُّ اسْتَمِعْ صَلَاتِي، وَأَنْصِتْ بِحَقِّكَ إِلَى طِلْبَتِي. اسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعَ عَبْدِكَ، فَإِنَّهُ لَنْ يَنْزَكِيَ أَمَامَكَ أَيُّ حَيٍّ. لِأَنَّ الْعَدُوَّ قَدْ اضْطَهَدَ نَفْسِي، وَأَذَلَّ إِلَى الْأَرْضِ حَيَاتِي، وَأَجْلَسَنِي فِي الظُّلُمَاتِ مِثْلَ الْمَوْتَى مِنْذُ الدَّهْرِ، فَضَجِرْتُ رُوحِي وَاضْطَرَبَ قَلْبِي فِي دَاخِلِي. تَذَكَّرْتُ الْأَيَّامَ الْقَدِيمَةَ. هَدَدْتُ فِي كُلِّ أَعْمَالِكَ، وَتَأَمَّلْتُ فِي صَنَائِعِ يَدَيْكَ. بَسَطْتُ يَدَيَّ إِلَيْكَ وَنَفْسِي لَكَ كَارِضٍ لَا تُمَطَّرُ. أَسْرِعْ فَاسْتَجِبْ لِي يَا رَبُّ، فَقَدْ فَنَيْتُ رُوحِي. لَا تَصْرِفْ وَجْهَكَ عَنِّي، فَأُشَابِهَ الْهَابِطِينَ فِي الْجُبِّ. اجْعَلْنِي فِي الْعُدَاةِ مُسْتَمِعًا رَحْمَتَكَ، فَإِنِّي عَلَيْكَ تَوَكَّلْتُ.

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.

Hearken unto me, O Lord, in Thy righteousness and enter not into judgment with Thy servant. (twice)

Thy good Spirit shall lead me in the land of uprightness.

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

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

O our God and our Hope, glory to Thee!

### THE GREAT LITANY

**Priest:** In peace, let us pray to the Lord.

**Choir:** Lord, have mercy. (use this response until noted below)

**Priest:** For the peace from above and the salvation of our souls, let us pray to the Lord.

**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.

**Priest:** For this holy house and those who with faith, reverence and fear of God enter therein, let us pray to the Lord.

عَرَّفَنِي يَا رَبُّ الطَّرِيقَ الَّذِي أَسْلُكُ فِيهِ، فَإِنِّي إِلَيْكَ رَفَعْتُ نَفْسِي. أَنْقِذْنِي مِنْ أَعْدَائِي يَا رَبُّ، فَإِنِّي قَدْ لَجَأْتُ إِلَيْكَ. عَلِّمْنِي أَنْ أَعْمَلَ مَرْضَاتِكَ، لِأَنَّكَ أَنْتَ إِلَهِي. رُوحَكَ الصَّالِحَ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ. مِنْ أَجْلِ اسْمِكَ، يَا رَبُّ، تُحْيِينِي. بِعَدْلِكَ تُخْرِجُ مِنْ الْحُزَنِ نَفْسِي، وَبِرَحْمَتِكَ تَسْتَأْصِلُ أَعْدَائِي، وَتُهْلِكُ جَمِيعَ الَّذِينَ يُحْزِنُونَ نَفْسِي لِأَنِّي أَنَا عَبْدُكَ.

إِسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعِ عَبْدِكَ. (مَرَّتَيْنِ)

رُوحَكَ الصَّالِحَ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ.

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

هَلِّلُوبِيَا، هَلِّلُوبِيَا، هَلِّلُوبِيَا، الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا) يَا إِلَهَنَا وَرَجَاءَنَا الْمَجْدُ لَكَ.

### الطَّلِبَةُ السَّلَامِيَّةُ الْكُبْرَى

الكَاهِنُ: بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.

الْجَوْقَةُ: يَا رَبُّ ارْحَمِ. (تُعَادُ بَعْدَ كُلِّ طَّلِبَةٍ)

الكَاهِنُ: مِنْ أَجْلِ السَّلَامِ الَّذِي مِنَ الْعُلَى وَخَلَاصِ نُفُوسِنَا، إِلَى الرَّبِّ نَطْلُبُ.

الكَاهِنُ: مِنْ أَجْلِ سَلَامِ كُلِّ الْعَالَمِ، وَحُسْنِ ثَبَاتِ كِنَائِسِ اللَّهِ الْمُقَدَّسَةِ، وَاتِّحَادِ الْجَمِيعِ، إِلَى الرَّبِّ نَطْلُبُ.

الكَاهِنُ: مِنْ أَجْلِ هَذَا الْبَيْتِ الْمُقَدَّسِ، وَالَّذِينَ يَدْخُلُونَ إِلَيْهِ بِإِيمَانٍ وَوَرَعٍ وَخَوْفِ اللَّهِ، إِلَى الرَّبِّ نَطْلُبُ.

**Priest:** For our father and metropolitan, N., (our bishop, N.,) the honorable presbytery, the diaconate in Christ, all the clergy and the people, let us pray to the Lord.

**Priest:** For our country, its president (or appropriate head of state), civil authorities and armed forces, let us pray to the Lord.

**Priest:** For this city and every city and countryside and the faithful who dwell therein, let us pray to the Lord.

**Priest:** For healthful seasons, abundance of the fruits of the earth and peaceful times, let us pray to the Lord.

**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.

**Priest:** For our deliverance from all tribulation, wrath, danger and necessity, let us pray to the Lord.

**Priest:** Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

**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 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.

**Choir:** Amen.

الكاهن: مِنْ أَجْلِ أَبِينَا وَمِتْرُوبُولِيْتِنَا (فَلَان) وَرَثَيْسِ كَهَنَتِنَا (فَلَان)، وَالْكَهَنَةَ الْمُكْرَمِينَ، وَالشَّمَامِسَةَ، خُدَامِ الْمَسِيحِ، وَجَمِيعِ الْإِكْلِيْرُوسِ وَالشَّعْبِ، إِلَى الرَّبِّ نَطْلُبُ.

الكاهن: مِنْ أَجْلِ حُكَّامِ هَذَا الْبَلَدِ وَمُؤَاوَزَتِهِمْ فِي كُلِّ عَمَلٍ صَالِحٍ، إِلَى الرَّبِّ نَطْلُبُ.

الكاهن: مِنْ أَجْلِ هَذِهِ الْمَدِينَةِ، وَجَمِيعِ الْمُدُنِ وَالْقُرَى، وَالْمُؤْمِنِينَ السَّاكِنِينَ فِيهَا، إِلَى الرَّبِّ نَطْلُبُ.

الكاهن: مِنْ أَجْلِ اعْتِدَالِ الْأَهْوِيَّةِ، وَخَضْبِ ثَمَارِ الْأَرْضِ وَأَوْقَاتِ سَلَامِيَّةٍ، إِلَى الرَّبِّ نَطْلُبُ.

الكاهن: مِنْ أَجْلِ الْمُسَافِرِينَ فِي الْبَحْرِ وَالْبَرِّ وَالْجَوِّ، وَالْمَرْضَى وَالْمَتَأَلِّمِينَ وَالْأَسْرَى، وَخَلَاصِهِمْ، إِلَى الرَّبِّ نَطْلُبُ.

الكاهن: مِنْ أَجْلِ نَجَاتِنَا مِنْ كُلِّ ضَيْقٍ وَغَضَبٍ وَخَطَرٍ وَشِدَّةٍ إِلَى الرَّبِّ نَطْلُبُ.

الكاهن: أَعْضُدْ وَخَلِّصْ وَارْحَمْ واحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ.

الكاهن: بَعْدَ نِكْرِنَا الْكَلِيَّةِ الْقَدَّاسَةِ الطَّاهِرَةِ الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ، مَعَ جَمِيعِ الْقَدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.

الجوقة: لَكَ يَا رَبِّ.

الكاهن: لِأَنَّهُ يَنْبَغِي لَكَ كُلُّ تَمَجِيدٍ وَإِكْرَامٍ وَسُجُودٍ، أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.

الجوقة: آمين.

## “GOD IS THE LORD” IN TONE FOUR

**Choir:** God is the Lord and hath appeared unto us. Blessed is He that cometh in the Name of the Lord. (*Repeat after verses*)

1. O give thanks unto the Lord, and call upon His holy Name.
2. All nations compassed me about, but in the Name of the Lord will I destroy them.
3. This is the Lord’s doing; it is marvelous in our eyes.

## RESURRECTIONAL APOLYTIKION IN TONE FOUR

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

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

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

## RESURRECTIONAL THEOTOKION IN TONE FOUR

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

The Mystery which was hidden from everlasting and was unknown of the angels, O Theotokos, wast revealed through thee, to those who dwell upon earth. In that God, having become incarnate—in unconfused union—of His own good will accepted the Cross for our sake. Whereby He raised again the first created, and hath saved our souls from death.

## "الله الرَّبُّ" بِاللَّحْنِ الرَّابِعِ

**الجوق:** اللهُ الرَّبُّ ظَهَرَ لَنَا، مُبَارَكٌ الْآتِي بِاسْمِ الرَّبِّ. (تَعَادُ بَعْدَ الْإِسْتِيخُونَاتِ)

1. اِعْتَرِفُوا لِلرَّبِّ وَاَدْعُوا بِاسْمِهِ الْقُدُّوسِ.
2. كُلُّ الْأُمَمِ أَحَاطُوا بِي وَبِاسْمِ الرَّبِّ قَهَرْتُهُمْ.
3. مِنْ قَبْلِ الرَّبِّ كَانَتْ هَذِهِ وَهِيَ عَجِيبَةٌ فِي أَعْيُنِنَا.

## أَبُولِيْتِيْكَوْنِ الْقِيَامَةِ بِاللَّحْنِ الرَّابِعِ

إِنَّ تَلْمِيذَاتِ الرَّبِّ تَعَلَّمْنَ مِنَ الْمَلَائِكَةِ الْكَرُزُ بِالْقِيَامَةِ الْبَهْجِ، وَطَرَحْنَ الْقَضَاءَ الْجَدِيَّ، وَخَاطَبْنَ الرُّسُلَ مُفْتَخِرَاتٍ وَقَائِلَاتٍ: سُبِّحِ الْمَوْتُ وَقَامَ الْمَسِيحُ الْإِلَهُ، وَمَنَحَ الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

*الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ.*

إِنَّ تَلْمِيذَاتِ الرَّبِّ تَعَلَّمْنَ مِنَ الْمَلَائِكَةِ الْكَرُزُ بِالْقِيَامَةِ الْبَهْجِ، وَطَرَحْنَ الْقَضَاءَ الْجَدِيَّ، وَخَاطَبْنَ الرُّسُلَ مُفْتَخِرَاتٍ وَقَائِلَاتٍ: سُبِّحِ الْمَوْتُ وَقَامَ الْمَسِيحُ الْإِلَهُ، وَمَنَحَ الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

## ثِيُوطُوكِيَةِ الْقِيَامَةِ بِاللَّحْنِ الرَّابِعِ

*الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.*

إِنَّ السِّرَّ الْخَفِيَّ مُنْذُ الدُّهُورِ، غَيْرَ الْمَعْلُومِ عِنْدَ الْمَلَائِكَةِ، بِكَ ظَهَرَ، يَا وَالِدَةَ الْإِلَهُ، لِلَّذِينَ عَلَى الْأَرْضِ، إِذْ تَجَسَّدَ الْإِلَهُ بِاتِّحَادٍ لَا تَشْوِشَ فِيهِ. وَقَبْلَ الصَّلِيبِ طَوْعاً مِنْ أَجْلِنَا، وَبِهِ أَقَامَ الْمَجْبُولَ أَوَّلًا، وَخَلَّصَ مِنَ الْمَوْتِ نَفُوسَنَا.

## THE LITTLE LITANY

**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.

## FOURTH TONE RESURRECTIONAL KATHISMATA HYMNS (Plain Reading)

### First Kathisma

The ointment-bearing women glanced into the entrance of the tomb; and, because they could not bear the brilliance of the angel, they trembled in astonishment, saying, Hath He been stolen Who opened paradise to the thief? Or is He risen up, Who before His Passion didst preach Resurrection? Verily, Christ God hath risen, granting Resurrection and life to those who are in Hades.

## الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى

**الكاهن:** أَيضاً وَأَيضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.

**الجوق:** يَا رَبُّ ارْحَمْنَا.

**الكاهن:** أَعْضُدْ وَخَلِّصْ وَارْحَمْنَا وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ.

**الجوق:** يَا رَبُّ ارْحَمْنَا.

**الكاهن:** بَعْدَ ذِكْرِنَا الْكَلْبِيَّةَ الْقَدَّاسَةَ، الطَّاهِرَةَ، الْفَائِقَةَ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتْنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.

**الجوق:** لَكَ يَا رَبُّ.

**الكاهن:** لِأَنَّ لَكَ الْعِزَّةَ وَلَكَ الْمُلْكَ وَالْقُوَّةَ وَالْمَجْدَ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.

**الجوق:** آمِينَ.

## ترانيم كاثيسماتات القيامة للحن الرابع (قراءة)

### الكاثيسما الأولى

إِنَّ حَامِلَاتِ الطَّيِّبِ تَطَلَّعْنَ نَاطِرَاتٍ إِلَى مَدْخَلِ الْقَبْرِ، وَلَمَّا لَمْ يُطْفَنَ لَمَعَ الْمَلَائِكِ السَّاطِعِ، انْدَهَلْنَ بِرِعْدَةٍ قَائِلَاتٍ: هَلْ سُرِقَ الَّذِي فَتَحَ الْفِرْدَوْسَ لِلِّصِّ؟ أَمْ قَامَ نَاهِضاً الَّذِي بَشَّرَ قَبْلَ الْآلَامِ بِالْقِيَامَةِ؟ حَقًّا قَدْ قَامَ الْمَسِيحُ الْإِلَهُ، وَهَبَاً الَّذِينَ فِي الْجَحِيمِ الْقِيَامَةَ وَالْحَيَاةَ.

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

Thou hast suffered crucifixion willingly, O Savior, and mortal men placed in a new tomb Thee Who didst establish the corners of the world with a word. Therefore, hath death the stranger been bound and taken captive, being defeated. And all those in Hades, cried out through Thy reviving Resurrection: Verily, Christ the Life-giver is risen; for He is everlastingly constant.

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

Joseph, thy betrothed and guardian, O Theotokos, when he beheld thy supernatural Conception without seed, was amazed and perplexed. But he recalled to his mind the rain falling on the fleece of wool, and the bush burning with fire but not consumed, and he testified before the priests crying: A Virgin giving birth, and after remaining virgin.

### Second Kathisma

Thou didst rise from the tomb, O Christ Savior, our God, because Thou art deathless; and Thou didst raise with Thee Thy world by Thy Resurrection, and didst crush the might of death, proclaiming Resurrection to all. Wherefore, do we glorify Thee, O Thou Who alone art merciful and the Lover of mankind.

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

Gabriel descended from his sublime height wrapped in a white robe, and came to the stone where the Rock of Life was, and he shouted to the weeping women, saying: Cease your wailing and crying, and receive ye smiling joy, with comfort; for He whom ye seek weeping is verily risen. Wherefore, go and proclaim to the Apostles that the Lord is risen.

المَجْدُ لِلآبِ وَالإِبْنِ وَالرُّوحِ الْقُدُسِ.

أَيُّهَا الْمُخْلِصُ، إِنَّكَ اخْتَمَلْتَ الصَّلْبَ طَوْعاً  
بِإِرَادَتِكَ، وَوَضَعَكَ النَّاسُ الْمَائِتُونَ فِي رَمْسٍ جَدِيدٍ،  
يَا مَنْ ثَبَّتَ الْأَقْطَارَ بِكَلِمَةٍ. وَلِذَلِكَ قِيدَ الْمَوْتِ  
الْغَرِيبُ وَسُبِيَ مَقْهُوراً، وَكُلُّ الَّذِينَ فِي الْجَحِيمِ  
هَتَفُوا حِينَ قِيَامَتِكَ الْمُخَيَّبَةِ: حَقاً قَدْ قَامَ الْمَسِيحُ  
مُعْطِي الْحَيَاةَ، إِذْ هُوَ الْبَاقِي إِلَى الدَّهْرِ.

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

إِنَّ يَوْسُفَ خَطِيبِكَ وَحَافِظِكَ، لَمَّا شَاهَدَ حَبْلَكَ  
الْفَائِقَ عَلَى الطَّبْعِ، الَّذِي هُوَ بَغِيرِ زَرْعٍ، انْدَهَلَ  
مُتَحَيِّراً، يَا وَالِدَةَ الإِلَهِ. لَكِنَّهُ اتَّخَذَ فِي عَقْلِهِ الْمَطَرِ  
الْمُنْحَدِرِ عَلَى الْجَزَّةِ، وَالْعَوْسَجَةَ الْمُلْتَهَبَةَ بِالنَّارِ  
دُونَ أَنْ تَحْتَرِقَ، وَشَهِدَ أَمَامَ الْكَهَنَةِ هَاتِفاً: عَذْرَاءُ  
تَلِدُ، وَبَعْدَ الْوِلَادَةِ تَلْبُثُ عَذْرَاءُ.

### الكاثيسما الثانية

أَيُّهَا الْمَسِيحُ الْمُخْلِصُ إِلَهُنَا، لَقَدْ قُمْتَ مِنَ الْقَبْرِ  
بِمَا أَنَّكَ عَادِمُ الْمَوْتِ، وَأَنْهَضْتَ مَعَكَ عَالَمَكَ  
بِقِيَامَتِكَ، وَسَحَقْتَ بِقُوَّتِكَ عِرَّةَ الْمَوْتِ، وَأَعْلَنْتَ  
الْقِيَامَةَ لِلْجَمِيعِ. فَذَلِكَ نُمَجِّدُكَ أَيُّهَا الرَّحُومُ وَحَدِّكَ،  
وَالْمُحِبُّ الْبَشَرَ.

المَجْدُ لِلآبِ وَالإِبْنِ وَالرُّوحِ الْقُدُسِ.

إِنَّ جِبْرَائِيلَ انْحَدَرَ مِنَ الْعُلُوِّ السَّامِيِّ، مُتَوَشِّحاً حُلَّةً  
بَيْضَاءَ، وَاتَى إِلَى الْحَجَرِ حَيْثُ صَخْرَةُ الْحَيَاةِ،  
وَهَتَفَ نَحْوَ الْبَاكِيَاتِ قَائِلاً: اكْفُفْنَ مِنَ النَّوْحِ  
وَالْعَوِيلِ، وَاقْبَلْنَ الْبَشَاشَةَ وَالْفَرَحَ مُطْمَئِنَّاتٍ، لِأَنَّ  
الَّذِي تَطْلُبْنَهُ بَاكِيَاتٍ قَدْ قَامَ بِالْحَقِيقَةِ، فَاهْتِفْنَ  
بِالرُّسُلِ أَنَّ الرَّبَّ قَدْ قَامَ.

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

All the ranks of the angels, O thou who art undefiled, have been dazzled by the secret of thy dreadful birth-giving; that the All-encompassing at a sign from Him was encompassed in thy bosom as a babe, and that He Who is before eternity received a temporal beginning, and that He who feedeth every living breath with His ineffable goodness was nourished with milk. Wherefore, did they glorify thee with praise; for thou art truly the Theotokos.

### EVLOGETARIA (BENEDICTIONS) IN TONE FIVE

*Blessed art Thou, O Lord; teach me Thy statutes.*

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.

*Blessed art Thou, O Lord; teach me Thy statutes.*

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.

*Blessed art Thou, O Lord; teach me Thy statutes.*

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.

الآن وكلّ أوانٍ وإلى دهرِ الدهريين. آمين.

أَيُّهَا النَّقِيَّةُ، إِنَّ مَصَافَّ الْمَلَائِكَةِ أَجْمَعِينَ، قَدِ انْدَهَلُوا مِنْ سِرِّ مَوْلِدِكَ الرَّهِيْبِ، كَيْفَ أَنْ الْحَاوِيَّ الْكُلَّ قَدِ احْتَوِيَ بِإِرَادَتِهِ فِي أَحْضَانِكَ كَطِفْلٍ، وَالَّذِي قَبْلَ الدُّهُورِ أَحَدًا ابْتِدَاءً زَمَنِيًّا، وَالْمُعْذِي كُلَّ نَسَمَةٍ بِجُودَةٍ صَلاَحِهِ الَّذِي لَا يُوصَفُ، اغْتَدَى بِاللَّبَنِ. لِذَلِكَ مَجْدُوكِ مَا دَحِينَ، بِمَا أَنْكَ وَالِدَةُ الْإِلَهِ حَقًّا.

### إفلوجيطاريات بالحن الخامس

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.

جَمْعُ الْمَلَائِكَةِ انْدَهَلَ مُتَحَيِّرًا، عِنْدَ مُشَاهَدَتِهِمْ إِيَّاكَ مَحْسُوبًا بَيْنَ الْأَمْوَاتِ أَيُّهَا الْمُخْلِصُ، وَدَاحِضًا قُوَّةَ الْمَوْتِ، وَمُنْهَضًا آدَمَ مَعَكَ، وَمُعْتِقًا إِيَّانَا مِنَ الْجَحِيمِ كَافَّةً.

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.

الْمَلَائِكَةُ اللَّامِعَةُ عِنْدَ الْقَبْرِ تَقْوَهُ نَحْوَ حَامِلَاتِ الطَّيِّبِ قَائِلًا: لِمَ تَمْرُجْنَ الطُّيُوبَ بِالذَّمُوعِ، بِتَرْتِّبِ يَا تَلْمِيذَاتِ؟ أَنْظُرْنَ اللَّحْدَ وَافْرَحْنَ، لِأَنَّ الْمُخْلِصَ قَدْ قَامَ مِنَ الْقَبْرِ.

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.

إِنَّ حَامِلَاتِ الطَّيِّبِ سَحَرًا جِدًّا، سَارَعْنَ إِلَى قَبْرِكَ نَائِحَاتٍ. إِلَّا أَنْ الْمَلَائِكَةَ وَقَفَتْ بِهِنَّ، وَقَالَ لَهُنَّ: زَمَانَ النَّوْحِ قَدْ كَفَّ وَبَطَلَ فَلَا تَبْكِينَ، بَلْ بَشِّرْنَ الرُّسُلَ بِالْقِيَامَةِ.

*Blessed art Thou, O Lord; teach me Thy statutes.*

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.

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

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.

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

In that thou didst bear the Giver of Life, O Virgin, thou didst redeem Adam from sin, and didst give to Eve joy in place of sadness; and He who was incarnate of thee, both God and man, hath restored to life those who had fallen therefrom.

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

O our God and our Hope, glory to Thee.

### THE LITTLE LITANY

**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.

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمِنِي حُقُوقَكَ.

إِنَّ النِّسْوَةَ حَامِلَاتِ الطِّيبِ، وَاقِينٌ بِالْحَنُوطِ إِلَى قَبْرِكَ أَيُّهَا الْمُخْلِصِ. فَسَمِعْنَ مَلَكَاً مُتَنَعِّماً نَحْوَهُنَّ قَائِلاً: لِمَ تَحْسِبْنَ الْحَيِّ مَعَ الْمَوْتَى؟ فَبِمَا أَنَّهُ إِلَهُ، قَدْ قَامَ مِنَ الْقَبْرِ نَاهِضاً.

الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُّوسِ.

نَسْجُدُ لِلآبِ وَلابْنِهِ وَلِرُوحِ قُدُّوسِهِ، ثَالِوثاً قُدُّوساً فِي جَوْهَرٍ وَاحِدٍ، هَاتِفِينَ مَعَ السَّرَافِيمِ: قُدُّوسٌ، قُدُّوسٌ، قُدُّوسٌ أَنْتَ يَا رَبُّ.

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

أَيُّهَا الْعَذْرَاءُ، لَقَدْ وُلِدْتَ مُعْطِي الْحَيَاةِ، وَأَنْقَذْتَ آدَمَ مِنَ الْخَطِيئَةِ، وَمَنْحْتَ حَوَاءَ الْفَرْحِ عِوَضَ الْحُزْنِ، لَكِنَّ الْإِلَهَ وَالْإِنْسَانَ الْمُتَجَسِّدَ مِنْكَ، أَرْشَدَهُمَا إِلَى الْحَيَاةِ الَّتِي قَدْ تَهَوَّرَا مِنْهَا.

هَلِّلُويَا، هَلِّلُويَا، هَلِّلُويَا الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثاً)  
يَا إِلَهَنَا وَرَجَاءَنَا لَكَ الْمَجْدُ.

### الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى

الكَاهِنُ: أَيُّضاً وَأَيُّضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.

الجُوقُ: يَا رَبُّ ارْحَمِ.

الكَاهِنُ: أَعْضُدْ وَخَلِّصْ وَارْحَمْ وَاحْفَظْنَا يَا اللَّهُ بِبِنْعَمَتِكَ.

الجُوقُ: يَا رَبُّ ارْحَمِ.

الكَاهِنُ: بَعْدَ ذِكْرِنَا الْكُلِّيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقِدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.

الجُوقُ: لَكَ يَا رَبُّ.

**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.

#### FOURTH TONE RESURRECTIONAL HYPAKOE (Plain Reading)

The ointment-bearing women hastened running to the Apostles and related to them the account of Thy Resurrection, O Christ, saying, Thou hast risen because Thou art God, granting the world Great Mercy.

#### FOURTH TONE RESURRECTIONAL ANABATHMOI (Plain Reading)

##### First Antiphony

- + The many sufferings from my youth combat me. But Thou, O my Savior, assist and save me.
- + O ye haters of Zion, depart in shame from before the Lord; for ye shall be dry by fire as the grass.
- + *Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*
- + By the Holy Spirit every spirit shall live and shall be purified, ascending, and brilliant, through the one hidden and pure Trinity.

##### Second Antiphony

- + To Thee, O Lord, have I cried fervidly from the depth of my soul. Let Thy divine ears listen to me.
- + All those who have placed their trust in the Lord shall transcend all sorrows.
- + *Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*
- + Verily, the Holy Spirit doth overflow with streams and passages of grace, and doth water all creation with refreshing life.

**الكاهن:** لأنَّ اسمَكَ مُبارَكٌ ومُملَكٌ مُمَجَّدٌ أيُّها الأبُّ والإبْنُ والروحُ القُدُسُ، الآنَ وكلَّ أوانٍ وإلى دهرِ الداهرينِ.  
**الجوق:** آمين.

#### إببَاكوي القِيامة للحنِ الرابعِ (قراءة)

إِنَّ حَامِلَاتِ الطِّيبِ سَبَقْنَ مُحَاضِرَاتِ إِلَى الرُّسُلِ، وَبَشَّرْنَ بِحَوَادِثِ قِيَامَتِكَ الْمُعْجِزَةِ، أَيُّهَا الْمَسِيحُ، قَائِلَاتٍ: إِنَّكَ قَدْ قُمْتَ بِمَا أَنْتَ إِلَهُ، مَانِحاً الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

#### أَنَابِثِمِيَاتِ القِيامة للحنِ الرابعِ (قراءة)

##### الأنتيفونا الأولى

- + مُنْذُ شَبَابِي آلامٌ كَثِيرَةٌ تُحَارِبُنِي، لَكِنْ أَنْتَ يَا مُخَلِّصِي أَعْضُدُنِي وَخَلِّصْنِي.
- + يَا مُبْغِضِي صِهْيُونَ اخْزُوا مِنْ تُجَاهِ الرَّبِّ، لِأَنَّكُمْ سَتَصِيرُونَ جَافِينَ كَالْعُشْبِ الْيَابِسِ بِالنَّارِ.
- + الْمَجْدُ لِلأَبِّ وَالإبْنِ وَالرُّوحِ القُدُسِ، الآنَ وكلَّ أوانٍ وإلى دهرِ الداهرينِ، آمين.
- + بِالرُّوحِ القُدُسِ تَحْيَا كُلُّ نَفْسٍ وَتَنْتَقَى، مُرْتَقِعَةً وَلامِعَةً بِالثَّالوثِ الْوَاحِدِ الخَفِيِّ الطَّاهِرِ.

##### الأنتيفونا الثانية

- + إِلَيْكَ يَا رَبُّ صَرَخْتُ بِحَرَارَةٍ مِنْ صَمِيمِ النُّفْسِ، فَلْتَكُنْ أذُنَاكَ الإِلَهِيَّتَانِ سَامِعَتَيْنِ لِي.
- + كُلُّ الَّذِينَ وَضَعُوا رَجَاءَهُمْ عَلَى الرَّبِّ، هُمْ أَعْلَى مِنْ جَمِيعِ الْمُحْزَنَاتِ.
- + الْمَجْدُ لِلأَبِّ وَالإبْنِ وَالرُّوحِ القُدُسِ، الآنَ وكلَّ أوانٍ وإلى دهرِ الداهرينِ، آمين.
- + بِالرُّوحِ القُدُسِ تَفِيضُ سَوَاقِي النِّعْمَةِ وَمَجَارِيهَا، وَتُرْوَى الْبَرَايَا بِأَسْرِهِا بِالحَيَاةِ المُحْيِيَةِ.

### Third Antiphony

- + Let my heart rise to Thee, O Word, and let not the pleasures of the world enter into me to vie with the earthly life.
- + And as each of us hath surpassing love to his mother, the more should we love the Lord with utmost fervor.
- + *Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*
- + By the Holy Spirit cometh the riches of divine knowledge, divine vision, and wisdom; for through Him the Word doth proclaim all the commandments of the Father.

### PROKEIMENON FOR THE RESURRECTION IN TONE FOUR

Arise, O God, help us and redeem us for Thy Name's sake. (*twice*)

**Stichos:** O God, with our own ears have we heard.

Arise, O God, help us and redeem us for Thy Name's sake.

**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.

**Choir:** Amen.

Let everything that hath breath praise the Lord. (*twice*)

**Praise ye God in His saints; praise Him in the firm foundation of His power.**

Let everything that hath breath praise the Lord.

### الأنثيمونا الثالثة

- + لِيَرْتَفِعَ قَلْبِي نَحْوَكَ أَيُّهَا الْكَلِمَةُ، وَلَا تُشْغِفْنِي مُطْرِبَاتِ الْعَالَمِ إِلَى مُنَافَسَةِ الْعَيْشَةِ الْتُّرَابِيَّةِ.
- + لِكُلِّ مِنَّا عَرَامٌ مُفْرِطٌ لِوَالِدَتِهِ، فَكَمْ بِالْأُخْرَى يَجِبُ عَلَيْنَا أَنْ نُحِبَّ الرَّبَّ بِأَشَدِّ حَرَارَةٍ.
- + الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ، آمِينَ.
- + بِالرُّوحِ الْقُدُسِ غِنَى الْمَعْرِفَةِ الْإِلَهِيَّةِ، وَالنَّظَرِ الْإِلَهِيِّ، وَالْحِكْمَةِ، لِأَنَّ بِهِ يُعْلَنُ الْكَلِمَةُ الْأَوَامِرَ الْأَبَوِيَّةَ بِأَسْرَهَا.

### بروكيمنون للقيامة باللحن الرابع

قُمْ يَا اللَّهُ أَعِنَّا وَافْتَدِنَا مِنْ أَجْلِ اسْمِكَ. (مَرَّتَيْنِ)

**استيخن:** اللَّهُمَّ بآذَانِنَا قَدْ سَمِعْنَا.

قُمْ يَا اللَّهُ أَعِنَّا وَافْتَدِنَا مِنْ أَجْلِ اسْمِكَ.

**الشماس:** إِلَى الرَّبِّ نَطْلُبُ.

**المرتل:** يَا رَبُّ ارْحَمِ.

**الكاهن:** لِأَنَّكَ قُدُوسٌ أَنْتَ يَا إِلَهَنَا، وَفِي الْقَدِيسِينَ تَسْتَقَرُّ وَتَسْتَرِيحُ، وَلَكَ تُرْسِلُ الْمَجْدَ أَيُّهَا الْآبُ وَالابْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ.

**الجوق:** آمِينَ.

كُلُّ نَسَمَةٍ، فَلْتَسْبِحِ الرَّبَّ. (مرتين)

**سَبِّحُوا اللَّهَ فِي قَدِيسِيهِ، سَبِّحُوهُ فِي قَلْبِكِ قُوَّتِهِ.**

فَلْتَسْبِحِ الرَّبَّ، كُلُّ نَسَمَةٍ.

## THE FOURTH EOTHINON GOSPEL

**Deacon:** And that we may be accounted worthy to hear the Holy Gospel, let us beseech the Lord our God.

**Choir:** Lord, have mercy. (*thrice*)

**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. (24:1-12)

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

**Deacon:** Let us attend!

**Priest:** On the first day of the week, at early dawn, the women went to the tomb, taking the spices which they had prepared, and certain others with them. And they found the stone rolled away from the tomb; but when they went in, they did not find the body of the Lord Jesus. While they were perplexed about this, behold, two men stood by them in dazzling apparel; and as they were frightened and bowed their faces to the ground, the men said to them, "Why do you seek the Living among the dead? He is not here, but is risen. Remember how He told you, while He was still in Galilee, that the Son of Man must be delivered into the hands of sinful men, and be crucified, and on the third day rise again." And they remembered His words, and returning from the tomb they told all this to the eleven and to all the rest. Now it was Mary Magdalene and Joanna and Mary the mother of James and the other women with them who told this to the apostles; but their words seemed to them an idle tale, and they did not believe them. But Peter rose and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; and he departed, wondering at what had happened.

## إنجيل الإيوثينا الرابعة

**الشماس:** مِنْ أَجْلِ أَنْ نَكُونَ مُسْتَحِقِّينَ لِسَمَاعِ  
الْإِنْجِيلِ الْمُقَدَّسِ، إِلَى الرَّبِّ إِلَهِنَا نَطْلُبُ.

**المرتل:** يَا رَبُّ ارْحَمْنَا. (ثَلَاثًا)

**الشماس:** الْحِكْمَةَ. فَلْنَسْتَقِمْ وَلْنَسْمَعْ الْإِنْجِيلِ  
الْمُقَدَّسِ.

**الكاهن:** السَّلَامُ لِجَمِيعِكُمْ.

**المرتل:** وَلِرُوحِكَ.

**الكاهن:** فَصَلِّ شَرِيفًا مِنْ بَشَارَةِ الْقَدِيسِ لُوقَا  
الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّمْيِذِ الطَّاهِرِ. (12-1:24)

**المرتل:** الْمَجْدُ لَكَ يَا رَبُّ، الْمَجْدُ لَكَ.

**الشماس:** لِنُصْغِ!

**الكاهن:** فِي أَوَّلِ الْأُسْبُوعِ بَاكِرًا جِدًّا، أَتَتْ نِسَاءٌ  
إِلَى الْقَبْرِ وَهُنَّ يَحْمِلْنَ الْحَنُوطَ الَّذِي أَعَدَدْنَهُ،

وَمَعَهُنَّ أَنْاسٌ فَوَجَدْنَ الْحَجَرَ قَدْ دُخِرَجَ عَنِ الْقَبْرِ.  
فَدَخَلْنَ، فَلَمْ يَجِدْنَ جَسَدَ الرَّبِّ يَسُوعَ. وَبَيْنَمَا هُنَّ

مُتَحَيِّرَاتٌ فِي ذَلِكَ، إِذَا بِرَجُلَيْنِ قَدْ وَقَفَا بِهِنَّ بِلِبَاسِ  
بَرَّاقٍ وَإِذْ كُنَّ خَائِفَاتٍ وَنَكَّسْنَ وُجُوهَهُنَّ إِلَى

الْأَرْضِ، قَالَا لَهُنَّ: "لِمَاذَا تَطْلُبْنَ الْحَيَّ بَيْنَ  
الْأَمْوَاتِ؟ إِنَّهُ لَيْسَ هَهُنَا، لَكِنَّهُ قَدْ قَامَ. أَذْكَرْنَ كَيْفَ

كَلَّمَكُنَّ وَهُوَ بَعْدُ فِي الْجَلِيلِ، إِذْ قَالَ إِنَّهُ يَنْبَغِي  
لِابْنِ الْبَشَرِ أَنْ يُسَلَّمَ إِلَى أَيْدِي أَنْاسٍ خَطَاةٍ،

وَيُصَلَّبَ، وَيَقُومَ فِي الْيَوْمِ الثَّالِثِ." فَذَكَرْنَ كَلَامَهُ  
وَرَجَعْنَ مِنَ الْقَبْرِ، وَأَخْبَرْنَ الْأَحَدَ عَشَرَ وَجَمِيعَ

الْبَاقِينَ بِهَذَا كُلِّهِ. وَمَرِيَمُ الْمَجْدَلِيَّةُ، وَحَنَّةُ، وَمَرِيَمُ أُمُّ  
يَعْقُوبَ وَبَاقِي مَنْ مَعَهُنَّ، هُنَّ اللَّوَاتِي أَخْبَرْنَ

الرُّسُلَ بِهَذَا فَكَانَ عِنْدَهُمْ هَذَا الْكَلَامُ كَالْهَذْيَانِ، وَلَمْ  
يُصَدِّقُوهُنَّ فَقَامَ بَطْرُسُ وَأَسْرَعَ إِلَى الْقَبْرِ وَتَطَلَّعَ،

فَرَأَى الْأَكْفَانَ مَوْضُوعَةً وَحَدَّهَا. فَانْصَرَفَ إِلَى  
مَقَرِّهِ، مُتَعَجِّبًا مِمَّا كَانَ.

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

**المرتل:** المَجْدُ لَكَ يَا رَبُّ المَجْدُ لَكَ.

**Reader:** In that we have beheld the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. Thy cross do we adore, O Christ, and Thy holy resurrection we praise and glorify; for Thou art our God, and we know none other beside Thee; we call upon Thy name. O come, all ye faithful, let us adore Christ's holy resurrection. For lo, through the cross is joy come into all the world. Ever blessing the Lord, let us sing His resurrection, for in that He endured the cross for us, He hath destroyed death by death.

**القارئ:** إِذْ قَدْ رَأَيْنَا قِيَامَةَ الْمَسِيحِ، فَلْنَسْجُدْ لِلرَّبِّ الْقُدُّوسِ، يَسُوعَ الْمَعْصُومِ مِنَ الْخَطَا وَحْدَهُ. لَصَلِيبِكَ أَيُّهَا الْمَسِيحُ نَسْجُدُ وَلِقِيَامَتِكَ الْمُقَدَّسَةِ نُسَبِّحُ وَنُحَمِّدُ، لِأَنَّكَ أَنْتَ هُوَ إِلَهُنَا وَآخِرَ سَوَاكِ لَا نَعْرِفُ وَبِاسْمِكَ نُسَمِّي. هَلُمَّ يَا مَعْشَرَ الْمُؤْمِنِينَ نَسْجُدْ لِقِيَامَةِ الْمَسِيحِ الْمُقَدَّسَةِ، لِأَنَّ هُودَا بِالصَّلِيبِ قَدْ أَتَى الْفَرْحُ لِكُلِّ الْعَالَمِ. لِنُبَارِكِ الرَّبَّ فِي كُلِّ حِينٍ وَنُسَبِّحَ قِيَامَتَهُ، لِأَنَّهُ إِذْ احْتَمَلَ الصَّلْبَ مِنْ أَجْلِنَا، الْمَوْتَ بِالْمَوْتِ حَطَّمَ.

### PSALM 50

### المزمور 50

Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression.

إِرْحَمْنِي يَا اللَّهُ بِعَظِيمِ رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَتِكَ اْمْحُ مَاثِمِي.

Wash me thoroughly from mine iniquity, and cleanse me from my sin.

إِغْسِلْنِي كَثِيرًا مِنْ إِثْمِي، وَمِنْ خَطِيئَتِي طَهِّرْنِي.

For I know mine iniquity, and my sin is ever before me.

لَأَنِّي أَنَا عَارِفٌ بِإِثْمِي، وَخَطِيئَتِي أَمَامِي فِي كُلِّ حِينٍ.

Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged.

إِلَيْكَ وَحْدَكَ أَخْطَأْتُ، وَالشَّرُّ قُدَّامَكَ صَنَعْتُ، لَكَي تَصُدِّقَ فِي أَقْوَالِكَ وَتَغْلِبَ فِي مُحَاكَمَتِكَ.

For behold, I was conceived in iniquities, and in sins did my mother bear me.

هَاءِنَذَا بِالْآثَامِ حُبِلَ بِي، وَبِالْخَطَايَا وَلَدَتْنِي أُمِّي.

For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me.

لِأَنَّكَ قَدْ أَحْبَبْتَ الْحَقَّ، وَأَوْضَحْتَ لِي غَوَامِضَ حِكْمَتِكَ وَمَسْتَوْرَاتِهَا.

Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow.

تَنْضَحْنِي بِالزَّوْفِيِّ فَاطْهَرُ، تَغْسِلْنِي فَاَبْيَضُ أَكْثَرَ مِنَ الثَّلْجِ.

Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice.

تُسْمِعْنِي بِهَجَّةٍ وَسُرُورًا، فَتَبْتَهِجُ عِظَامِي الدَّلِيلَةَ.

Turn Thy face away from my sins, and blot out all mine iniquities.

إِصْرِفْ وَجْهَكَ عَنِ خَطَايَايَ، وَامْحُ كُلَّ مَاثِمِي.

Create in me a clean heart, O God, and renew a right spirit within me.

Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me.

I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee.

Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness.

O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.

For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased.

A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise.

Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up.

Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings.

Then shall they offer bullocks upon Thine altar.

### LENTEN TROPARIA AFTER PSALM 50 IN TONE EIGHT

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

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.

قَلْبًا نَقِيًّا اَخْلُقْ فِيَّ يَا اللهُ، وروحاً مُسْتَقِيماً جَدِّدْ فِي أَحْسَائِي.

لَا تَطْرَحْنِي مِنْ أَمَامِ وَجْهِكَ، وروحَكَ الْقُدُّوسَ لَا تَنْزِعْهُ مِنِّي.

إِمْنَحْنِي بِهَجَاةِ خَلَاصِكَ، وْبِرُوحِ رِئَاسِي اعْضُدْنِي.

فَأَعْلِمِ الْأَثَمَةَ طُرُقَكَ، وَالْكَفْرَةَ إِلَيْكَ يَرْجِعُونَ.

أَنْفِذْنِي مِنَ الدِّمَاءِ يَا اللهُ إِلَهَ خَلَاصِي، فَيَبْتَهِجَ لِسَانِي بِعَدْلِكَ.

يَا رَبُّ افْتَحْ شَفَتِي، فَيُخَبِّرَ فَمِي بِتَسْبِيحَتِكَ.

لَأَنَّكَ لَوْ آثَرْتَ الذَّبِيحَةَ، لَكُنْتُ الْآنَ أُعْطِي، لَكِنَّكَ لَا تَسُرُّ بِالْمُحْرَقَاتِ.

فَالذَّبِيحَةَ لِلَّهِ رُوحٌ مُنْسَحِقٌ، الْقَلْبُ الْمُتَخَشِّعُ وَالْمُتَوَاضِعُ لَا يَرِذْلُهُ اللهُ.

أَصْلِحْ يَا رَبُّ بِمَسَرَّتِكَ صِهْيُونَ وَلْتُبْنَ أَسْوَارُ أُورُشَلِيمَ.

حِينَئِذٍ تَسُرُّ بِذَّبِيحَةِ الْعَدْلِ قُرْبَاناً وَمُحْرَقَاتِ.

حِينَئِذٍ يُقَرَّبُونَ عَلَى مَذْبَحِكَ الْعُجُولَ.

طُروبَارِيَاتِ الصَّوْمِ بَعْدَ الْمَزْمُورِ 50 بِاللَّحْنِ الثَّامِنِ

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ.

إِفْتَحْ لِي أَبْوَابَ التَّوْبَةِ يَا وَاهِبَ الْحَيَاةِ، لِأَنَّ رُوحِي تَبْتَكَرُ إِلَى هَيْكَلِ قُدْسِكَ، آتِيًّا بِهَيْكَلِ جَسَدِي مُدْنَسًا بِجُمْلَتِهِ. لَكِنْ، بِمَا أَنَّكَ مُتَعَطِّفٌ، نَقِّنِي بِتَحَنُّنِ مَرَاحِمِكَ.

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

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.

(TONE SIX) *Have mercy upon me, O God, according to Thy lovingkindness; according to the multitude of Thy tender mercies blot out my transgressions.*

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.

### THE INTERCESSION

**Deacon:** O God, save thy people, and bless thine inheritance. Visit thy world with mercy and compassions. Exalt the horn of Orthodox Christians, and send down upon us thy rich mercies, through the intercessions of our all-immaculate Lady, the Theotokos and ever-virgin Mary; by the might of the precious and life-giving cross; by the protection of the honorable bodiless powers of heaven; at the supplication of the honorable, glorious Prophet, Forerunner and Baptist John; of the holy, glorious, all-laudable and foremost of the apostles, Peter and Paul, and of all the holy apostles; of our fathers among the saints, great hierarchs and ecumenical teachers Basil the Great, Gregory the Theologian and John Chrysostom; Athanasios, Cyril and John the Merciful, patriarchs of Alexandria; Nicholas of Myra in Lycia, Spyridon of Trimythous and Nektarios of Pentapolis, the wonder-workers; of our fathers among the saints Tikhon, patriarch of Moscow, and Raphael, bishop of Brooklyn; of the holy, glorious great martyrs George the Trophy-bearer, Demetrios the

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمين.

سَهْلِي لِي مَنَاهِجَ الْخَلَاصِ يَا وَالِدَةَ الْإِلَهِ، فَإِنِّي قَدْ  
دَنَسْتُ نَفْسِي بِخَطَايَا سَمَجَةٍ، وَأَفْنَيْتُ عُمْرِي كُلَّهُ  
بِالتَّوَانِي. لَكِنُ بِشَفَاعَاتِكَ، نَقِّينِي مِنْ كُلِّ رَجَاسَةٍ.

(بِالْحَنِّ السَّادِسِ) يَا رَحِيمُ، ارْحَمْنِي يَا اللَّهُ كَعَظِيمِ  
رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَاتِكَ امْحُ مَاثِمِي.

إِذَا تَصَوَّرْتُ كَثْرَةَ أَفْعَالِي الرَّدِيئَةِ أَنَا الشَّقِيَّ، فَإِنِّي  
أَرْتَعِدُ مِنْ يَوْمِ الدَّيْنُونَةِ الرَّهِيْبِ. لَكِنِّي إِذْ أَنَا وَاثِقٌ  
بِتَحَنُّنِكَ، أَهْتَفُ إِلَيْكَ مِثْلَ دَاوُدَ: ارْحَمْنِي يَا اللَّهُ،  
بِحَسَبِ عَظِيمِ رَحْمَتِكَ.

### طَلِبَةُ الشَّفَاعَةِ

الشَّمْسِ: خَلِّصْ يَا اللَّهُ شَعْبَكَ، وَبَارِكْ مِيرَاثَكَ،  
وَافْتَقِدْ عَالَمَكَ بِالرَّحْمَةِ وَالرَّأْفَاتِ، وَارْفَعْ شَأْنَ  
الْمَسِيحِيِّينَ الْأَرْثُوذُكْسِيِّينَ، وَأَسْبِغْ عَلَيْنَا مَرَاحِمَكَ  
الْعَنِيَّةَ، بِشَفَاعَاتِ سَيِّدَتِنَا وَالِدَةِ الْإِلَهِ الْكَلِيَّةِ الطَّهَارَةِ  
وَالدَّائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ؛ وَبِقُوَّةِ الصَّلِيبِ الْكَرِيمِ  
الْمُحْيِي؛ وَبِطَلْبَاتِ الْقُوَّاتِ السَّمَاوِيَّةِ الْمُكْرَمَةِ الْعَادِمَةِ  
الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا  
الْمَعْمَدَانَ؛ وَالْقَدِيسِينَ الْمَشْرِقِيِّينَ الرَّسُولَيْنِ بُطْرُسَ  
وَبُولُسَ، وَسَائِرِ الرُّسُلِ الْمَشْرِقِيِّينَ الْجَدِيرِينَ بِكُلِّ  
مَدِيحٍ؛ وَأَبَائِنَا الْقَدِيسِينَ مُعَلِّمِي الْمَسْكُونَةِ، رُؤْسَاءِ  
الْكَهَنَةِ الْمُعْظَمِينَ بَاسِيلْيُوسَ الْكَبِيرِ، وَغَرِيغُورْيُوسَ  
الْبَلَاهُوتِيِّ، وَيُوْحَنَّا الدَّهَبِيِّ الْقَمِّ؛ وَأَبَائِنَا الْقَدِيسِينَ  
أَتْنَاسْيُوسَ وَكَيْرْلُسَ وَيُوْحَنَّا الرَّحِيمِ بَطَارِكَةَ  
الْإِسْكََنْدَرِيَّةِ؛ وَأَبِينَا الْقَدِيسِ نِيْقُولَاوَسَ رَأْسِ أَسَاقِفَةِ  
مِيرَا الْبَلِيكِيَّةِ، وَأَسْبِيرِيدُونَ أُسْقُفِ تَرِيمِيثُوسَ،  
وِنِكْتَارْيُوسَ أُسْقُفِ الْمُدُنِ الْخَمْسِ الْعَجَائِبِيِّينَ، وَأَبِينَا  
الْقَدِيسِ تِيخُونَ بَطْرِيْرِكَ مُوسْكَو، وَالْقَدِيسِ رَافَائِيلِ  
أُسْقُفِ بَرُوكْلِينَ؛ وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ

Myrrh-streaming, Theodore the Soldier, Theodore the General and Menas the Wonderworker; of the hieromartyrs Ignatius the Godbearer of Antioch, Charalampos and Eleutherios; of the holy, glorious and great women martyrs Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photini, Marina, Paraskeva and Irene; of the holy glorious and right-victorious martyrs; of our venerable and God-bearing fathers who shone in the ascetic life, especially Paisios of Athos; *of Saint N., the patron and protector of this holy community*; of the holy and righteous ancestors of God, Joachim and Anna, and of all Thy saints, we beseech Thee, O most merciful Lord, hearken unto the petitions of us sinners who make our supplications unto Thee, and have mercy upon us.

**Choir:** Lord, have mercy. (*twelve times*)

**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.

**Choir:** Amen.

### KONTAKION AND OIKOS FOR SUNDAY OF FORGIVENESS (Plain Reading)

O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

العُظْمَاءِ جاورجيوسَ اللابِسِ الظفْرِ، وديميتريوسَ المُفِيضِ الطيبِ، وثيودورسَ التيروني، وثيودورسَ قائدِ الجَيْشِ، وميناسَ الصانعِ العجائبِ؛ والقديسينَ الشُّهداءِ إغناطيوسَ المُتَوَشِّحِ باللهِ، خَرالمبوسَ والفثيريوسَ؛ والشَّهيداتِ العَظِيماتِ ثَقْلا، بَرَبارةَ، أنسطاسيا، كاترينا، كيرياكي، فوتيني، مارينا، باراسكيفا، وآيرين؛ والقديسينَ المَجيدِينِ الشُّهداءِ المُتَأَلِّقِينَ بالظفْرِ؛ وآبائنا الأبرارِ المُتَوَشِّحِينَ باللهِ؛ وَخَاصَّةً القَدِيسِ باييسيوسَ الأنُوسِي، والقَدِيسِ (فلان) شَفِيعِ هَذِهِ الكَنِيسَةِ المُقَدَّسَةِ؛ والقَدِيسِينَ الصِّدِّيقِينَ جَدِّي المسيحِ الإلهِ يواكيمَ وَحَنَّةَ، وَجَمِيعِ قَدِيسِكَ، نَتَضَرَّعُ إِلَيْكَ أَيُّهَا الرَّبُّ الجَزِيلُ الرَّحْمَةِ، فَاسْتَجِبْ لَنَا نَحْنُ الخَطَاةَ الطالِبِينَ إِلَيْكَ وَارْحَمْنَا.

المرتل: يا ربُّ ارْحَمِ. (12 مَرَّةً)

الكاهن: بِرَحْمَةِ وَرَأْفَاتِ ابْنِكَ الوَحِيدِ وَمَحَبَّتِهِ لِلبَشَرِ، الَّذِي أَنْتَ مُبَارَكٌ مَعَهُ وَمَعَ رُوحِكَ الكَلْبِيِّ قُدْسُهُ الصالِحِ والمُحْيِي، الآنَ وَكُلَّ أوانٍ وَإِلَى دَهْرِ الداهرين.

المرتل: آمين.

### القِنْداقِ وَالْبَيْتِ لِأَحَدِ العُغْرانِ (قراءة)

أَيُّهَا الهادي إلى الحِكْمَةِ، وَرازِقُ الفَهْمِ والفِطْنَةِ، وَمُؤدِّبُ الجُهالِ، وَعاضِدُ المَساكينِ، شَدِّدْ وَفَهِّمْ قَلْبِي أَيُّهَا السَّيِّدُ، وَأَعْطِنِي كَلِمَةً يَا كَلِمَةَ الآبِ، لِأَنَّني هَاأَنْذا لا أَمْنَعُ شَفَتِي مِنَ الصُّراخِ إِلَيْكَ: يَا رَحومُ، ارْحَمْنِي أنا الواقعِ.

Banished from the joys of Paradise, Adam sat outside and wept, and beating his hands upon his face he said, "I am fallen, in Thy compassion have mercy upon me." When Adam saw the angel drive him out and shut the door of the divine garden, he groaned aloud and said, "I am fallen, in Thy compassion have mercy upon me." O Paradise, share in the sorrow of thy Master Who is brought to poverty, and with the sound of thy leaves pray to the Creator that He may not keep thy gate closed forever. I am fallen, in Thy compassion have mercy upon me. O Paradise, perfect, all-holy and blessed, planted for Adam's sake and shut because of Eve, pray to God for the fallen. In Thy compassion, have mercy upon me who am fallen.

إِنَّ آدَمَ جَلَسَ إِذْ ذَاكَ إِزَاءَ نَعِيمِ الْفِرْدَوْسِ، وَانْتَحَبَ ضَارِباً وَجْهَهُ بِيَدَيْهِ قَائِلاً: يَا رَحْمُ، ارْحَمْنِي أَنَا الْوَاقِع. إِنَّ آدَمَ لَمَّا أَبْصَرَ الْمَلَائِكَةَ دَافِعاً إِيَّاهُ، وَمُؤْصِداً بَابَ الْبُسْتَانِ الْإِلَهِيِّ، تَتَفَسَّ الصُّعْدَاءَ مُتَنَهِّداً وَهَاتِفاً: يَا رَحْمُ، ارْحَمْنِي أَنَا الْوَاقِع. أَيُّهَا الْفِرْدَوْسُ الْكَلْبِيُّ الْفَضْلِ، الْكَلْبِيُّ الْفُقْدُسِ، الْكَلْبِيُّ الْإِكْرَامِ، يَا مَنْ لَأَجْلِ آدَمَ نُصِبْتَ، وَمِنْ جَرَى حَوَاءَ أُغْلِقْتَ، ابْتَهَلْ إِلَى اللَّهِ مِنْ أَجْلِي، أَنَا السَّاقِطَ، هَاتِفاً: يَا رَحْمُ، ارْحَمْنِي أَنَا الْوَاقِع.

### THE SYNAXARION (Plain Reading)

### السِّنْكَسَار (قراءة)

On February 22 in the Holy Orthodox Church, we commemorate the uncovering of the Seven Martyrs' relics at Gate of Eugenios in Constantinople; and Martyr Anthusa and her twelve servants.

On this day, we make remembrance of the exile of the first-fashioned, Adam, from the Paradise of delight.

#### *Verses*

Let the world mourn bitterly along with ages past;  
As, by sweet eating, it hath fallen along with those who had fallen.

It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today's lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve's banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments.

By Thine ineffable compassion, O Christ our God, make us worthy of the delight of Paradise and have mercy on us, as Thou art alone the Lover of mankind. Amen.

**KATAVASIAE OF THE SUNDAY OF  
FORGIVENESS CANON IN TONE SIX**

**Ode 1.** When Israel walked on foot at the bottom of the sea as on dry land, and beheld Pharaoh, the persecutor, drowned, they shouted: Let us praise our God; for He hath triumphed.

**Ode 3.** There is none holy like Thee, O Lord my God, Who didst exalt the horn of those who believe in Thee, O good One, and established them on the rock of Thy confession.

**Ode 4.** The venerable Church raiseth her voice in song, as is meet to God, celebrating to the Lord with a pure conscience. Christ is my might, my Lord, and my God.

**Ode 5.** O Good One, lighten with Thy divine light the souls of those who come to Thee early and eagerly that they may know Thee, O Word of God, the true God, Who callest us from the darkness of iniquities.

**Ode 6.** O most merciful One, when I saw the sea of this life agitated with the tumult of temptations, I hastened to Thy quiet haven, crying: Raise my life from corruption.

**Ode 7.** Verily, the angel made the furnace overflow with dew for the righteous youths, burning the Chaldeans by the command of God, and constraining the usurper to shout, crying: Blessed art Thou, O God of our Fathers.

*We praise, we bless, and we worship the Lord.*

**Ode 8.** Thou didst spring forth from the flames as dew for those righteous ones, and with water Thou didst consume the sacrifice of the righteous one; for Thou doest all things by Thy mere will. Wherefore, we exalt Thee still more to the end of ages.

**كُتَابَاسِيَاتِ قَانُونِ أَحَدِ الْعُفْرَانِ بِاللَّحْنِ السَّادِسِ**

(الأولى) إِنَّ إِسْرَائِيلَ لَمَّا سَلَكَ بِالْأَقْدَامِ فِي قَعْرِ  
اللُّجَّةِ كَأَنَّهُ عَلَى الْيَابِسَةِ، وَعَايَنَ فِرْعَوْنَ الْمُضْطَهَدَ  
غَارِقاً، صَرَخَ هَاتِفاً: لِنُسَبِّحِ إِلَهَنَا تَسْبِيحاً عَلَى  
الظَّفَرِ.

(الثالثة) لَيْسَ قُدُّوسٌ مِثْلَكَ أَيُّهَا الرَّبُّ إِلَهِي، يَا مَنْ  
رَفَعْتَ قَرْنَ الْمُؤْمِنِينَ بِكَ أَيُّهَا الصَّالِحُ، وَثَبَّتَهُمْ عَلَى  
صَخْرَةِ الْاعْتِرَافِ بِكَ.

(الرابعة) إِنَّ الْكَنِيسَةَ الْمُوقَّرَةَ، تَهْتَفُ مَرْتَلَةً كَمَا  
يَلِيقُ بِاللَّهِ، مُعَيِّدَةً لِلرَّبِّ بِضَمِيرٍ نَقِيٍّ: الْمَسِيحُ  
قُوَّتِي، رَبِّي، وَإِلَهِي.

(الخامسة) أَيُّهَا الصَّالِحُ، أَضِيءْ بِنُورِكَ الْإِلَهِيِّ  
نُفُوسَ الْمُدَلَّجِينَ إِلَيْكَ بِشَوْقٍ، لِيَعْرِفُوكَ يَا كَلِمَةَ اللَّهِ  
بِالْحَقِيقَةِ، الدَّاعِي إِلَيْنَا مِنْ قَتَامِ الزَّلَّاتِ.

(السادسة) أَيُّهَا الْجَزِيلُ الرَّحْمَةِ، مَذُ رَأَيْتُ بَحْرَ  
العُمْرِ جَائِشاً بِعَاصِفَةِ التَّجَارِبِ، بَادَرْتُ إِلَى مِينَاكَ  
الهادي هَاتِفاً: أَصْعِدْ مِنْ الفَسَادِ حَيَاتِي.

(السابعة) إِنَّ الْمَلَكَ قَدْ صَيَّرَ الْأَتُونَ يَفِيضُ نَدَىً  
لِلْفَتِيَةِ الْأَبْرَارِ، مُحْرِقاً، بِأَمْرِ اللَّهِ، الْكَلْدَانِيِّينَ، وَأَفْنَعَ  
المُعْتَصِبَ أَنْ يَهْتَفَ قَائِلاً: مُبَارَكٌ أَنْتَ يَا إِلَهَ  
آبَائِنَا.

نُسَبِّحُ وَنُبَارِكُ وَنَسُجُدُ لِلرَّبِّ.

(الثامنة) لَقَدْ أَنْبَعَتْ مِنَ اللّهِيبِ نَدَىً لِلْأَبْرَارِ،  
وَبِالْمَاءِ أَلْهَبَتْ ذَبِيحَةَ الصِّدِّيقِ. لِأَنَّكَ تَصْنَعُ كُلَّ  
شَيْءٍ بِمَجْرَدِ مَشِيئَتِكَ، فَزَيْدُكَ رِفْعَةً مَدَى الدَّهُورِ.

**Deacon:** The Theotokos and Mother of the Light let us honor and magnify in song.

### MAGNIFICATIONS IN TONE SIX

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.

For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. *(Refrain)*

For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations. *(Refrain)*

He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. *(Refrain)*

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. *(Refrain)*

He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. *(Refrain)*

**Ode 9.** Verily, the God Whom no man can see, nor the ranks of the angels dare to look upon, through thee, O pure one, was seen among men as incarnate Word. Wherefore, with the heavenly hosts, we magnify Him, and thee do we bless.

الشماس: لوالدة الإله وأمّ النور بالتسابيح نكرمُ  
مُعظّمين.

### تَعْظِيَمَات بِاللْحَنِ السَّادِسِ

تُعْظِمُ نَفْسِي الرَّبِّ، وَتَبْتَهِجُ رُوحِي بِاللَّهِ مُخْلِصِي.  
اللازمة: يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ  
مَجْدًا بغيرِ قِيَاسٍ مِنَ السَّارَافِيمِ، الَّتِي مِنْ دُونِ  
فَسَادٍ وَلَدَتْ كَلِمَةَ اللَّهِ، حَقًّا أَنْكَ وَالِدَةُ الإِلهِ إِيَّاكَ  
نُعْظِمُ.

لأنَّهُ نَظَرَ إِلَى تَوَاضُعِ أُمَّتِهِ، فَهَا مُنْذُ الْآنَ تُطَوِّبُنِي  
جَمِيعُ الْأَجْيَالِ. (اللازمة)

لأنَّ الْقَدِيرَ صَنَعَ بِي عَظَائِمَ وَقُدُوسَ اسْمُهُ،  
وَرَحْمَتُهُ إِلَى جِيلٍ فَجِيلٍ لِلَّذِينَ يَتَّقُونَهُ. (اللازمة)

صَنَعَ عِزًّا بِسَاعِدِهِ، وَشَتَّتَ الْمُتَكَبِّرِينَ بِذَهْنِ قُلُوبِهِمْ.  
(اللازمة)

حَطَّ الْمُقْتَدِرِينَ عَنِ الْكِرَاسِيِّ وَرَفَعَ الْمُتَوَاضِعِينَ،  
مَلَأَ الْجِياعَ مِنَ الْخَيْرَاتِ، وَالْأَغْنِيَاءَ أَرْسَلَهُمْ  
فَارِغِينَ. (اللازمة)

عَضَدَ إِسْرَائِيلَ فَتَاهُ لِيَذْكَرَ رَحْمَتَهُ، كَمَا قَالَ لِأَبَائِنَا  
إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الْأَبَدِ. (اللازمة)

(التاسعة) إِنَّ الإِلهَ الَّذِي لَا تَسْتَطِيعُ الْبَشَرُ أَنْ  
تُعَايِنَهُ، وَلَا تَجْسُرُ طَعَمَاتُ الْمَلَائِكَةِ أَنْ تَنْظُرَ إِلَيْهِ،  
بِكَ أَيْتُهَا النَّقِيَّةُ قَدْ شَوَّهَدَ فِي الْبَشَرِ كَلِمَةً مُتَجَسِّدَةً.  
فَلَذَلِكَ نُعْظِمُهُ مَعَ الْأَجْنَادِ السَّمَاوِيَّةِ وَإِيَّاكَ نُعْبِطُ.

## THE LITTLE LITANY

**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.

Holy is the Lord our God. (*thrice*)

Exalt ye the Lord our God, and worship at His footstool, for He is holy.

## THE FOURTH EOTHINON EXAPOSTEILARION IN TONE TWO

(\*\**Upon that mount in Galilee*\*\*)

In flashing light of virtues clad, \* let us behold the young men \* who, at that tomb that beareth life, \* appeared in flashing raiment \* unto the myrrh-bearing women \* who bowed their faces earthward; \* and let us be instructed of \* the arising of Heaven's \* Master and Lord \* and with Peter run to Life in the Lord's tomb; \* and wond'ring at that which was wrought, \* let us remain to see Christ.

## الطَّلْبَةُ السَّلَامِيَّةُ الصُّغْرَى

الشماس: أيضاً وأيضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.

الجوق: يَا رَبُّ ارْحَمْنَا.

الشماس: أَعُضِدْ وَخَلِّصْ وَارْحَمْنَا يَا اللَّهُ بِنِعْمَتِكَ.

الجوق: يَا رَبُّ ارْحَمْنَا.

الشماس: بَعْدَ ذِكْرِنَا الْكُلِّيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.

الجوق: لَكَ يَا رَبُّ.

الكاهن: لِأَنَّهُ إِيَّاكَ تُسَبِّحُ كُلُّ قُوَاتِ السَّمَاوَاتِ، وَلَكَ يُرْسِلُونَ الْمَجْدَ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.

الجوق: آمِينَ.

قُدُّوسٌ هُوَ الرَّبُّ إِلَهُنَا. (ثَلَاثًا)

إِرْفَعُوا الرَّبَّ إِلَهُنَا، وَاسْجُدُوا لِمَوْطِي قَدَمَيْهِ، لِأَنَّ الرَّبَّ إِلَهُنَا قُدُّوسٌ هُوَ.

## إِكْسَابُوسْتِيلَارِي الْإِيوْتِينَا الرَّابِعَةَ بِالْحَنِّ الثَّانِي

\*وزن لِنَقِفْ مَعَ التَّلَامِيذِ\*

لِنَتَلَّأَلًا مُشْرِقِينَ بِالْفَضَائِلِ، وَنُشَاهِدِ الرِّجَالَ الْوَاقِفِينَ بِمَلَابِسٍ لَامِعَةٍ دَاخِلَ الْقَبْرِ الْوَاهِبِ الْحَيَاةِ، لِحَامِلَاتِ الطَّيِّبِ الْمُطْرِقَاتِ وَجُوهَهُنَّ إِلَى الْأَرْضِ، وَلِنَتَعَلَّمَ قِيَامَةَ سَيِّدِ السَّمَاءِ، وَلِنَسَارِعَ مَعَ بَطْرُسَ إِلَى الْقَبْرِ، وَنَتَعَجَّبَ مِنَ الْحَادِثِ، وَنَتَنَتَّظِرَ لِنُعَايِنِ الْمَسِيحِ الْحَيَاةِ.

**EXAPOSTEILIARION & THEOTOKION  
FOR THE SUNDAY OF FORGIVENESS  
IN TONE TWO (\*\*Hearken, ye women \*\*)**

Wretch that I am, I disobeyed \* Thy bidding and command, O Lord, \* and being stripped of Thy glory, \* am filled with shame and dishonor; \* woe unto me, that am cast out \* from the delight of Paradise. \* Have mercy, O most Merciful, \* on me, O Savior, that rightly \* have been deprived of Thy goodness.

**(\*\*Upon that mount in Galilee\*\*)**

Though we were driven from our home \* of Paradise in old time \* for eating from the tree, O Lord, \* Thou in return didst lead us \* back in again, O my Savior, \* through Thy dread Cross and Passion, \* through which, O God, give us the strength \* to complete the divine Fast \* with hearts made pure, \* and to worship Thine own divine Arising, \* the saving Pascha of the Lord, \* through the prayers of Thy Mother.

**AINOI (PRAISES) IN TONE FOUR**

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.

Praise ye Him, all His angels; praise ye Him, all His hosts. To Thee, O God, is due our song.

**For the Resurrection in Tone Four**

*Verse 1. This glory shall be to all His saints.*

We glorify Thy Resurrection, O Lord Almighty, O Thou who sufferedst crucifixion and death and didst rise from the dead.

**إكسابوستيلاري وثيوطوكية لأحد الغفران  
باللحن الثاني (\*\*إسمعي أيها النسوة\*\*)**

وَيْلِي خَالَفْتُ وَصِيَّتَكَ، أَنَا الشَّقِيَّ يَا رَبُّ، وَتَعَرَّيْتُ  
مِنْ مَجْدِكَ، إِذْ قَدْ أَفْعَمْتُ خِزِيًّا، مُبْعَدًا مِنْ نُعْمَى  
الْفِرْدَوْسِ، أَيُّهَا الْمُتَحَنِّنِ. فَيَا رَحِيمُ، ارْحَمْنِي أَنَا  
الَّذِي فَعَدْتُ بِعَدْلِ خَيْرَاتِكَ.

**(\*\*لِنَقِفْ مع التلاميذ\*\*)**

لِنَنْ تَعَرَّيْنَا قَبْلًا مِنَ الْفِرْدَوْسِ يَا رَبُّ، بِسَبَبِ الْأَكْلِ  
مِنَ الْعُودِ، أَدْخَلْتَنَا أَيْضًا إِلَيْهِ بِصَلِيبِكَ وَالْآلَامِ، يَا  
مُخَلِّصِي وَإِلَهِي. فَحَصَّنَا بِهِ لِكَيْ نُنْتَمَّ هَذَا الصِّيَامَ  
بِنَقَاءٍ، وَنَسْجُدَ لِقِيَامَتِكَ الْإِلَهِيَّةِ، وَلِلْفِضْحِ  
الْخَلَّاصِيِّ، بِشَفَاعَاتِ وَالِدَتِكَ.

**الإينوس باللحن الرابع**

كُلُّ نَسَمَةٍ فَلْتَسْبِحِ الرَّبَّ. سَبِّحُوا الرَّبَّ مِنْ  
السَّمَاوَاتِ، سَبِّحُوهُ فِي الْأَعَالِي، لِأَنَّهُ لَكَ يَلِيقُ  
التَّسْبِيحُ يَا اللَّهُ.

سَبِّحُوهُ يَا جَمِيعَ مَلَائِكَتِهِ، سَبِّحُوهُ يَا سَائِرَ قُوَّاتِهِ،  
لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللَّهُ.

**للقيامة باللحن الرابع**

**استيخن 1.** هذا المجد يكون لجميع أبنائه.  
نُْمَجِّدُ أَنْبِعَاتَكَ أَيُّهَا الرَّبُّ الْقَادِرُ عَلَى كُلِّ شَيْءٍ، يَا  
مَنْ أَحْتَمَلَ الصَّلْبَ وَالْمَوْتَ، وَقَامَ مِنْ بَيْنِ  
الْأَمْوَاتِ.

**Verse 2.** Praise God in His sanctuary; praise Him in the firmament of His power.

Thou hast freed us, O Christ, from the first curse. And by Thy Death Thou didst banish the insurgency of Diabolus prevailing over our nature. And in Thy Resurrection Thou didst fill all with joy. Wherefore, we cry to Thee, O Thou Lord, Who didst rise from the dead; glory to Thee.

**Verse 3.** Praise Him for His mighty acts; praise Him according to His excellent greatness.

O Christ Savior, Who didst rise from the dead, lead us by Thy Cross to Thy right hand, and save us from the gins of the enemy. Stretch forth Thine arm and raise us who are fallen in sins; through the intercession of Thy saints, O Lord, the Lover of mankind.

**Verse 4.** Praise Him with the sound of the trumpet; praise Him with the psaltery and harp.

O Only Son of God, Thou didst come to earth, but wast not separated from the Paternal bosom; and because of Thy love to mankind Thou didst become unchangeable man. Thou didst suffer crucifixion and death in the flesh, O Thou Who in Thy Divinity suffereth not. Thou didst rise from the dead, granting mankind immortality; for Thou alone art Almighty.

**Verse 5.** Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.

Thou didst purchase for us deathlessness, O Savior, when Thou didst accept death bodily. Thou didst dwell in a grave to deliver us from Hades, raising us with Thee; for as man Thou didst suffer, but since Thou art God Thou didst arise. Therefore, do we shout, Glory to Thee, O Lord, Giver of life, Who art alone the Lover of mankind.

**استيخن 2.** سَبِّحُوا اللَّهَ فِي قَدْسِيهِ، سَبِّحُوهُ فِي فَلَكِ قُوَّتِهِ.

أَيُّهَا الْمَسِيحُ لَقَدْ أَعْتَقْتَنَا بِصَلِيبِكَ مِنَ اللَّعْنَةِ الْأُولَى، وَبِمَوْتِكَ ضَمَحَلْتَ تَمَرُّدَ الْمَحَالِ الْمُتَسَلِّطِ عَلَى طَبِيعَتِنَا، وَبِقِيَامَتِكَ مَلَأْتَ الْكُلَّ فَرِحاً. فَلِذَا نَهْتَفُ نَحْوَكُ: يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، يَا رَبَّ الْمَجْدُ لَكَ.

**استيخن 3.** سَبِّحُوهُ عَلَى مَقْدَرَتِهِ، سَبِّحُوهُ نَظِيرَ كَثْرَةِ عَظَمَتِهِ.

أَيُّهَا الْمَسِيحُ الْمُخْلِصُ، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، إِهْدِنَا بِصَلِيبِكَ إِلَى حَقِّكَ، وَنَجِّنَا مِنْ فِخَاخِ الْعَدُوِّ، وَامْدُدْ سَاعِدَكَ، وَأَنْهَضْنَا نَحْنُ السَّاقِطِينَ فِي الْخَطَايَا، بِشَفَاعَةِ قَدْسِيكَ أَيُّهَا الرَّبُّ الْمُحِبُّ الْبَشَرَ.

**استيخن 4.** سَبِّحُوهُ بِالْحَنِّ الْبُوقِ، سَبِّحُوهُ بِالْمِزْمَارِ وَالْقَيْثَارَةِ.

يَا كَلِمَةَ اللَّهِ الْوَحِيدِ، لَقَدْ وَافَيْتَ إِلَى الْأَرْضِ وَلَمْ تَتَفَصَّلْ عَنِ الْأَحْضَانِ الْأَبْوِيَّةِ. وَمِنْ أَجْلِ مَوَدَّتِكَ لِلْأَنَامِ صِرْتَ إِنْسَاناً خُلُوقاً مِنْ اسْتِحَالَةٍ، وَاحْتَمَلْتَ الصَّلْبَ وَالْمَوْتَ بِالْجَسَدِ، يَا مَنْ هُوَ بِلَاهُوتِهِ غَيْرُ مُتَأَلِّمٍ، وَفُتِمْتَ مِنْ بَيْنِ الْأَمْوَاتِ، وَمَنْحَتَ جِنْسَ الْبَشَرِ عَدَمَ الْمَوْتِ، بِمَا أَنَّكَ قَادِرٌ عَلَى كُلِّ شَيْءٍ وَحَدَّكَ.

**استيخن 5.** سَبِّحُوهُ بِالطَّبْلِ وَالْمَصَافِ، سَبِّحُوهُ بِالْأُوتَارِ وَآلَةِ الطَّرَبِ.

أَيُّهَا الْمُخْلِصُ لَقَدْ ابْتَعْتَ لَنَا عَدَمَ الْمَوْتِ لَمَّا قَبِلْتَ الْمَوْتَ بِالْجَسَدِ. وَحَلَلْتَ فِي قَبْرِ لِنْتَعْتَنَا مِنَ الْجَحِيمِ مُنْهَضاً إِيَّانَا مَعَكَ، لِأَنَّكَ تَأَلَّمْتَ كإِنْسَانٍ لِكُنَّا قَدْ فُتِمْتَ بِمَا أَنَّكَ إِلَهٌ. فَلِذَا لَكَ نَهْتَفُ: الْمَجْدُ لَكَ يَا مَانِحَ الْحَيَاةِ الرَّبِّ الْمُحِبِّ الْبَشَرَ وَحَدَّكَ.

## For the Sunday of Forgiveness in Tone Five

*Verse 6. Praise Him upon the loud cymbals; praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord.*

Woe unto me, cried Adam in lamentation, for the serpent and the woman cast me away from confidence towards God; and the eating of the tree hath estranged me from the delight of Paradise. Woe unto me; I cannot bear the disgrace, I who once was king over all of God's creatures upon the earth, am now become a captive through one unlawful counsel. And I, who was once robed with the glory of immortality, now go about miserably as a mortal, wearing the rough hide of death. Woe unto me! whom shall I make my companion in lamentation? But, O Friend of man, Who didst create me from the earth, having clothed Thyself in compassion, call me back from enslavement to the enemy, and save me.

*Verse 7. Arise, O my God, lift up Thy hand, and forget not the humble.*

The stadium of the virtues is opened; enter in, ye that desire the contest, and gird yourselves for the good contest of the Fast. For they that contest lawfully are justly crowned. And taking up the full weaponry of the Cross, we shall fight against the enemy, having the Faith as an unshakeable battlement, and prayer as a breastplate, and almsgiving as a helmet, and in the stead of a sword, fasting, which cutteth every evil away from our hearts. He that doeth these things doth receive the true crown from Christ, the King of all, in the day of judgment.

## لأحدِ الغفرانِ باللحنِ الخامسِ

*استيخن 6. سَبِّحُوهُ بِنَعْمَاتِ الصُّنُوجِ، سَبِّحُوهُ بِصُنُوجِ التَّهْلِيلِ، كُلُّ نَسَمَةٍ فَلْتَسْبِحِ الرَّبَّ.*

إِنَّ آدَمَ صَرَخَ بِنَحِيبٍ قَائِلاً: وَيْحَ لِي، لِأَنَّ الْحَيَّةَ وَالْمَرْأَةَ قَدْ أَبْعَدَتَانِي مِنَ الدَّالَّةِ الإِلَهِيَّةِ، وَمَذَاقَةَ العُودِ قَدْ غَرَّبْتَنِي مِنْ نَعِيمِ الفِرْدَوْسِ. وَيْلِي، لَسْتُ إِذَنْ أَحْتَمِلُ العَارَ، أَنَا الَّذِي كَانَ قَدِيماً مَلِكاً عَلَى كُلِّ بَرَايَا اللّهِ الأَرْضِيَّةِ، لَقَدْ ظَهَرْتُ الآنَ أَسيراً مِنْ مَشُورَةٍ خَارِجَةٍ عَنِ الشَّرِيعَةِ. وَالَّذِي كَانَ حِيناً مَا مُتَسَرِّبِلاً مَجْدَ عَدَمِ المَوْتِ، أَمْسَى كَمَايَتٍ، مُتَشَبِحاً أَطْمَارِ المَنُونِ، بِحَالَةٍ يُرْتَى لَهَا. وَيْحِي، مَنْ أَجْعَلُهُ مُسَاعِداً مَعِيَ لِلنُّوحِ؟ لَكِنْ أَنْتَ أَيُّهَا المَحِبُّ البَشَرَ، المُتَدَرِّعُ التَّحَنُّنِ، يَا مَنْ خَلَقْتَنِي مِنَ الأَرْضِ، أَعِدْ دَعْوَتِي، وَخَلِّصْنِي مِنَ عُبُودِيَّةِ العَدُوِّ.

*استيخن 7. فُمْ يَا رَبِّي وَاللّهِ وَلْتَرْتَفِعْ يَدُكَ، وَلَا تَنْسَ بَائِسِيكَ إِلَى الأَنْقِضَاءِ.*

لَقَدْ انْفَتَحَ مَيْدَانُ الفَضَائِلِ، فَادْخُلُوهُ يَا رَاغِبِينَ فِي الجِهَادِ، مُتَمَنِّطِينَ بِكِفَاحِ الصَّوْمِ الحَسَنِ. لِأَنَّ الَّذِينَ يُحْسِنُونَ الجِهَادَ، يُكَلَّلُونَ بِعَدْلٍ. فَلنُحَارِبَنَّ العَدُوَّ مُتَدَرِّعِينَ بِالصَّليبِ، مُعْتَصِمِينَ بِالإِيمَانِ كَسُورٍ لَا يُفْهَرُ، وَبِالصَّلَاةِ كَدِرْعٍ، وَبِالصَّدَقَةِ كَخُوذَةٍ، وَبِالصِّيَامِ حُسَاماً يَقْطَعُ مِنَ القَلْبِ كُلَّ رَذِيلَةٍ. فَالَّذِي يَصْنَعُ هَكَذَا، يُحْرِرُ الإِكْلِيلَ الحَقِيقِيَّ مِنَ المَسِيحِ مَلِكِ الكُلِّ فِي يَوْمِ الدِّينُونَةِ.

**Also for the Sunday of Forgiveness  
in Tone Six**

*Verse 8. I will praise Thee, O Lord, with my whole heart; I will show all Thy marvelous works.*

When Adam partook of the food out of disobedience, he was driven forth from Paradise. But when Moses purified the eyes of his soul by fasting, he became a seer of God. Wherefore, all ye who long to become dwellers of Paradise, let us abstain from unprofitable foods, and ye who desire to see God, let us fast the forty days like Moses. And by sincerely persevering in prayer and supplication, we shall quell the passions of the soul, and calm the rebellions of the flesh. Let us, being light and nimble, pursue the way on high, where with voices never silent the choirs of Angels praise the indivisible Trinity, and where we shall behold the inconceivable beauty of the Master. Even there do Thou deem us who trust in Thee, O Son of God, Giver of Life, worthy to dance for joy with the armies of the Angels, by the intercessions of Thy Mother who bare Thee, O Christ, and of the Apostles and Martyrs, and of all the Saints.

**DOXASTICON FOR THE SUNDAY OF  
FORGIVENESS IN TONE SIX**

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

The time cometh for us to begin our spiritual contests and triumph over the demons. Let us put on the complete armor of abstinence which is the beauty of the angels and the confidence before God; for thereby Moses spoke with the Creator, and he heard the voice of the Invisible One. Thereby, O Lord, make us worthy to worship Thy Passion and holy Resurrection, since Thou art the Lover of mankind.

**أَيْضاً لِأَحَدِ الْغُفْرَانِ بِاللَّحْنِ السَّادِسِ**

**استيخن 8. أَعْتَرِفُ لَكَ يَا رَبُّ مِنْ كُلِّ قَلْبِي،  
وَأُحَدِّثُ بِجَمِيعِ عَجَائِبِكَ.**

إِنَّ آدَمَ لَمَّا تَتَاوَلَ مِنَ الْأَكْلِ كَمُخَالَفِ طُرْدٍ مِنَ  
الْفِرْدَوْسِ. أَمَّا مُوسَى فَلَمَّا نَقَى حَدَقَتِي نَفْسِهِ  
بِالصِّيَامِ، صَارَ مُعَايِنًا لِلَّهِ. فَيَا أَيُّهَا التَّائِقُونَ إِلَى  
سُكْنَى الْفِرْدَوْسِ، هَلُمُّوا نَبْتَعُدْ عَنِ الطَّعَامِ غَيْرِ  
النَّافِعِ. وَيَا أَيُّهَا الرَّاعِبُونَ فِي مُعَايِنَةِ اللَّهِ، هَلُمُّوا  
نَصُمِ الْأَرْبَعِ عَشْرَاتِ الْمَوْسَوِيَّةِ، حَتَّى بِمُوَظَّبَتِنَا  
عَلَى الصَّلَاةِ وَالِابْتِهَالِ بِخُلُوصٍ، نُخَمِدُ أَهْوَاءَ  
النَّفْسِ، وَنَنْزِعُ أَدْرَانَ الْجَسَدِ، فَذَرِّقِي بِخَفَّةٍ نَحْوَ  
الْمَسْلِكِ الْعُلُويِّ، حَيْثُ مَصَافُ الْمَلَائِكَةِ يُسَبِّحُونَ  
الثَّالُوثَ غَيْرَ الْمُتَقَسِّمِ، بِأَصْوَاتٍ لَا تَقْتَرُ، وَنَنْظُرُ  
إِلَى الْجَمَالِ السِّيْدِيِّ الْفَائِقِ. فَيَا ابْنَ اللَّهِ الْمُعْطِي  
الْحَيَاةِ، أَهْلُنَا أَنْ نَتَبَاشَرَ هُنَاكَ، نَحْنُ الْمُتَكِلِينَ  
عَلَيْكَ، مَعَ أَجْنَادِ الْمَلَائِكَةِ. بِشَفَاعَاتِ الْأُمَّ وَالِدَتِكَ  
أَيُّهَا الْمَسِيحُ، وَالرُّسُلِ وَالشَّهَدَاءِ، وَجَمِيعِ الْقَدِيسِينَ.

**نُكْصَا لِأَحَدِ الْغُفْرَانِ بِاللَّحْنِ السَّادِسِ**

**الْمَجْدُ لِلآبِ وَالِابْنِ وَالرُّوحِ الْقُدُسِ.**

قَدْ وَافَى الزَّمَانُ، الَّذِي هُوَ بَدْءُ الْجِهَادَاتِ الرُّوحِيَّةِ،  
وَالْفَوْزِ عَلَى الشَّيَاطِينِ، وَالسَّلَاحِ الْكَامِلِ لِلْإِمْسَاكِ،  
جَمَالِ الْمَلَائِكَةِ، وَالِدَالَّةِ لَدَى اللَّهِ. لِأَنَّ بِهِ صَارَ  
مُوسَى مُنَاجِيًا الْخَالِقِ، وَقَبِلَ فِي مَسْمَعِهِ صَوْتًا،  
بِحَالٍ غَيْرِ مَنظُورَةٍ. فَيَا رَبُّ، أَهْلُنَا بِهَا أَنْ نَسْجُدَ  
لِلْأَمَلِكِ، وَقِيَامَتِكَ الْمُقَدَّسَةِ، بِمَا أَنْتَ مُحِبُّ لِلْبَشَرِ.

## THEOTOKION IN TONE SIX

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

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.

## GREAT DOXOLOGY IN TONE SIX

Glory to Thee, Who hast shown forth the light. Glory to God in the highest, and on earth peace, good will among men.

We hymn Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks unto Thee for Thy great glory.

O Lord King, heavenly God, Father almighty; O Lord, the only-begotten Son, Jesus Christ; and O Holy Spirit.

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.

Receive our prayer, Thou that sittest at the right hand of the Father, and have mercy on us.

For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the glory of God the Father. Amen.

Every day will I bless Thee, and I will praise Thy name forever, yea forever and ever.

Vouchsafe, O Lord, to keep us this day without sin.

Blessed art Thou, O Lord, the God of our Fathers, and praised and glorified is Thy name forever. Amen.

## ثيوطوكية باللحن السادس

الآن وكلّ أولان وإلى دهر الداهرين. آمين.

أنتِ هيَ الفائقَةُ على كُلِّ البركاتِ، يا والِدَةُ الإلهِ العذراءِ، لأنَّ الجحيمَ قد سُبِّيتِ بواسطةِ المُتجسِّدِ مِنكِ، وآدمَ دُعِيَ ثانياً، واللَّعنةُ بادتِ، وحواءُ انعتقتِ، والموتُ أميتُ، ونحنُ قد حيينا. فلدلكَ نُسبِّحُ هاتينِ: مُباركُ أنتِ أيُّها المسيحُ إلهُنا، يا مَنْ هَكَذا سرّاً، المجدُ لكِ.

## الذوكصولوجيا الكبرى باللحن السادس

المجدُ لكِ يا مُظهرَ النورِ، المجدُ لله في العلاءِ، وعلى الأرضِ السَّلامُ، وفي النَّاسِ المَسرَّةُ.

نُسبِّحُكَ نُبارِكُكَ، نَسجُدُ لكِ نُمجِّدُكَ، نشكُرُكَ مِنْ أَجلِ عظيمِ جلالِ مَجْدِكَ.

أيُّها الرَّبُّ المَلِكُ، السَّماويُّ، الإلهُ، الآبُ الضابطُ الكلِّ. أيُّها الرَّبُّ الإبنُ الوَحيدُ، يا يسوعُ المسيحُ، ويا أيُّها الرُّوحُ القُدسُ.

أيُّها الرَّبُّ الإلهُ، يا حَمَلَ اللهُ يا ابنَ الآبِ، يا رافعَ خطيئةِ العالمِ ارحمنا، يا رافعَ خطايا العالمِ.

تَقَبَّلْ تَصَرُّعنا أيُّها الجالسُ عَنْ يَمينِ الآبِ وارحمنا.

لأنَّكَ أنتِ وَحَدَكَ قُدوسُ، أنتِ وَحَدَكَ الرَّبُّ يسوعُ المسيحُ، في مَجْدِ اللهُ الآبِ، آمين.

في كُلِّ يَوْمٍ أبارِكُكَ، وأسبِّحُ اسمَكَ إلى الأبدِ، وإلى أبدِ الأبدِ.

أهلُّنا يا رَبُّ أَنْ نُحَفَظَ في هذا اليَوْمِ بِغَيْرِ خَطِيئَةٍ.

مُباركُ أنتِ يا رَبُّ إلهَ آبائنا، ومُسبِّحُ ومُمجِّدُ اسمِكَ إلى الأبدِ، آمين.

Let Thy mercy be upon us, O Lord, even as we have set our hope on thee.

Blessed art Thou, O Lord; teach me Thy statutes. (*thrice*)

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.

Lord, I have fled unto Thee; teach me to do Thy will, for Thou art my God.

For with Thee is the fountain of life; in Thy light shall we see light.

O continue Thy mercy unto them that know Thee.

Holy God, Holy Mighty, Holy Immortal: have mercy on us. (*thrice*)

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

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

Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal: have mercy on us.

#### TROPARION IN TONE FOUR

Today is Salvation come into the world. Let us sing praises to Him Who arose from the grave, the Author of our life; for having by death destroyed death, He hath given us victory and Great Mercy.

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

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لَتَكُنْ يَا رَبُّ رَحْمَتُكَ عَلَيْنَا، كَمَا كُنَّا نَتَوَكَّلُ عَلَيْكَ.

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمِنِي حُقُوقَكَ. (ثلاثاً)

يَا رَبُّ مَلْجَأُ كُنْتَنَا فِي جِيلٍ وَجِيلٍ، أَنَا قُلْتُ يَا رَبُّ ارْحَمْنِي وَاشْفِ نَفْسِي لِأَنِّي قَدْ خَطِئْتُ إِلَيْكَ.

يَا رَبُّ إِلَيْكَ لَجَأْتُ فَعَلَّمْنِي أَنْ أَعْمَلَ رِضَاكَ، لِأَنَّكَ أَنْتَ هُوَ إِلَهِي.

لِأَنَّ مِنْ قِبَلِكَ عَيْنَ الْحَيَاةِ، وَبِنُورِكَ نَعَايُنُ النُّورَ.

فَابْسُطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ.

قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا. (ثلاثاً)

الْمَجْدُ لِلآبِ وَالِابْنِ وَالرُّوحِ الْقُدُّوسِ.

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.

قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا.

قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا.

#### طَرُوبَارِيَّةٌ بِاللَّحْنِ الرَّابِعِ

الْيَوْمَ صَارَ الْخَلَاصُ لِلْعَالَمِ فَلنُسَبِّحِ الَّذِي قَامَ مِنَ الْقَبْرِ، عُنُصَرَ حَيَاتِنَا، لِأَنَّهُ إِذْ قَدْ حَطَّمَ الْمَوْتَ بِالْمَوْتِ، مَنَحَنَا الظَّفَرَ وَالرَّحْمَةَ الْعَظْمَى.