



*Saint George  
Antiochian Orthodox Church  
Cicero, Illinois*

*كَنِيسَةُ الْقَدِيسِ جَاوْرِجِيوسَ  
الْأَنْطَاكِيَّةِ الْأَرْثُوذُكْسِيَّةِ*

**ORTHROS (MATINS) SERVICE FOR  
THE THIRD SUNDAY OF GREAT LENT  
(VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS)**

*خِدْمَةُ صَلَاةِ السَّحَرِ  
لِلْأَحَدِ الثَّالِثِ مِنَ الصَّوْمِ  
(أَحَدِ السُّجُودِ لِلصَّلِيبِ الْكَرِيمِ الْمُحْيِي)*



**ORTHROS ON SUNDAY, MARCH 15, 2026; TONE 7 / EOTHINON 7**

**THIRD SUNDAY OF GREAT LENT**

**VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS**

MARTYR AGAPIOS OF PALESTINE AND THOSE WITH HIM; APOSTLE ARISTOBOULOS OF THE SEVENTY,  
FIRST BISHOP OF BRITAIN; NEW-MARTYRS MANUEL OF CRETE AND PARTHENIOS

**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  
وإلى دَهْرٍ الدَّاهِرِينَ.

الجوقة: آمين.

الكاهن: المَجْدُ لَكَ يَا إِلَهُنَا المَجْدُ لَكَ.

أَيُّهَا المَلِكُ السَّمَاوِيِّ، المَعَزِّي، رُوحَ الحَقِّ،  
الحَاضِرُ فِي كُلِّ مَكَانٍ وَالمَالِي الكُلِّ، كُنْزُ  
الصَّالِحَاتِ، وَرَازِقُ الحَيَاةِ، هَلِّمْ وَاسْكُنْ فِيْنَا وَطَهِّرْنَا  
مِنْ كُلِّ دَنَسٍ، وَخَلِّصْ أَيُّهَا الصَّالِحِ نُفُوسَنَا.

القارئ: قُدُّوسُ اللهُ، قُدُّوسُ القَوِيِّ، قُدُّوسُ الَّذِي لَا  
يَمُوتُ، ارحمنا. (ثلاثاً)

المَجْدُ لِأَبِ وَالمَبْنِيِّ وَالرُّوحِ القُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ  
وإلى دَهْرٍ الدَّاهِرِينَ. آمين.

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

يَا رَبِّ ارحمنا. (ثلاثاً)

المَجْدُ لِأَبِ وَالمَبْنِيِّ وَالرُّوحِ القُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ  
وإلى دَهْرٍ الدَّاهِرِينَ. آمين.

أَبَانَا الَّذِي فِي السَّمَاوَاتِ، لِيَتَقَدَّسَ اسْمُكَ، لِيَأْتِ  
مَلَكُوتُكَ، لِتَكُنْ مَشِيئَتُكَ كَمَا فِي السَّمَاءِ كَذَلِكَ عَلَى  
الأَرْضِ، خُبِّرْنَا الجَوْهَرِيَّ اعْطِنَا اليَوْمَ، وَاتْرُكْ لَنَا مَا  
عَلَيْنَا كَمَا نَتْرُكُ نَحْنُ لِمَنْ لَنَا عَلَيْهِ، وَلَا تُدْخِلْنَا فِي  
التَّجْرِيبَةِ، لَكِنْ نَجِّنَا مِنَ الشَّرِّيرِ.

الكاهن: لِأَنَّ لَكَ المُلْكُ وَالقُدْرَةُ وَالمَجْدُ، أَيُّهَا الأَبِ  
وَالمَبْنِيِّ وَالرُّوحِ القُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرٍ  
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. خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيراثَكَ،  
وَأَمْنَحْ عِبِيدَكَ الْمُؤْمِنِينَ الْعَلْبَةَ عَلَى الشَّرِيرِ، وَاحْفَظْ  
بِقُوَّةِ صَلَيبِكَ جَمِيعَ الْمُخْتَصِّينَ بِكَ.  
الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدْسِ.

يَا مَنْ ارْتَفَعْتَ عَلَى الصَّلِيبِ مُخْتَاراً، أَيُّهَا الْمَسِيحُ  
الإله، اْمْنَحْ رَأْفَتَكَ لِشَعْبِكَ الْجَدِيدِ الْمُسَمَّى بِكَ،  
وَفَرِّحْ بِقُوَّتِكَ حُكَّامَنَا الْمُؤْمِنِينَ، مَانِحاً إِيَّاهُمْ الْعَلْبَةَ  
عَلَى مُحَارِبِيهِمْ. لَتَكُنْ لَهُمْ مَعُونَتَكَ سِلَاحاً لِلسَّلَامِ،  
وَوَظْراً غَيْرَ مَقْهُورٍ.

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. آمين.  
أَيُّهَا الشَّفِيعَةُ الرَّهِيْبَةُ غَيْرَ الْمَحْدُولَةِ، يَا وَالِدَةُ الإلهِ  
الْكَلِيَّةِ التَّسْبِيحِ، لَا تُعْرِضِي يَا صَالِحَةَ عَنْ  
تَوْسُلَاتِنَا، بَلْ وَطِّدِي سِيرَةَ الْمُسْتَقِيمِي الرَّأْيِ،  
وَوَخِّلِصِي الَّذِينَ أَمَرْتِ أَنْ يَتَمَلَّكُوا، وَأَمْنَحِيهِمُ الْعَلْبَةَ  
مِنَ السَّمَاءِ، بِمَا أَنْكَ وَلِدْتِ الإلهِ، أَيُّهَا الْمُبَارَكَةُ  
وَوَحْدَكَ.

### الطلبية السلامية

**الكاهن:** اِرْحَمْنَا يَا اللهُ بِعَظِيمِ رَحْمَتِكَ، نَطْلُبُ إِلَيْكَ  
فَأَسْتَجِبْ وَارْحَم.

**الجوقة:** يَا رَبُّ ارْحَم. (ثلاثاً) (تُعَادُ بَعْدَ كُلِّ طَلْبَةٍ)

**الكاهن:** وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ الْمَسِيحِيِّينَ  
الْحَسَنِي الْعِبَادَةِ الْأَرْثُوذُكْسِيِّينَ.

**الكاهن:** وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ آبِينَا وَمِتْرُوبُولِيْتِنَا  
(فُلَان) وَرَأْسِي كَهْنَتِنَا (فُلَان)، وَكُلِّ إِخْوَتِنَا فِي  
الْمَسِيحِ.

**الكاهن:** لِأَنَّكَ إِلَهٌ رَحِيمٌ وَمُحِبٌّ لِلْبَشَرِ، وَلَكَ نُرْسِلُ  
الْمَجْدَ أَيُّهَا الآبُ وَالابْنُ وَالرُّوحُ الْقُدْسُ، الْآنَ وَكُلَّ  
أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ.

**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

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

**الكاهن:** الْمَجْدُ لِلثَّالُوثِ الْقُدُّوسِ، الْمَتَسَاوِي فِي الْجَوْهَرِ، الْمُخْيِي، غَيْرِ الْمُنْقَسِمِ، كُلَّ حِينٍ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.

**الجوقة:** آمين.

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

### المزمور 3

يَا رَبُّ لِمَاذَا كَثُرَ الَّذِينَ يُخْزِنُونِي؟ كَثِيرُونَ قَامُوا عَلَيَّ. كَثِيرُونَ يَقُولُونَ لِنَفْسِي لَا خَلَاصَ لَهُ بِإِلَهِهِ. وَأَنْتَ يَا رَبُّ، نَاصِرِي وَمَجْدِي وَرَافِعُ رَأْسِي. بِصَوْتِي إِلَى الرَّبِّ صَرَخْتُ، فَأَجَابَنِي مِنْ جَبَلِ قُدْسِهِ. أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي. فَلَا أَخَافُ مِنْ رِبَوَاتِ الشَّعْبِ الْمُحِيطِينَ بِي، الْمُتَوَازِرِينَ عَلَيَّ. فَمُ يَا رَبُّ، خَلِّصْنِي يَا إِلَهِي، فَإِنَّكَ ضَرَبْتَ كُلَّ مَنْ يُعَادِينِي بَاطِلًا، وَسَحَقْتَ أَسْنَانَ الْخَطَاةِ. لِلرَّبِّ الْخَلَاصُ وَعَلَى شَعْبِكَ بَرَكَاتُكَ.

أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي.

### المزمور 37

يَا رَبُّ، لَا بَغْضَبِكَ تُوبِّخْنِي، وَلَا بِرَجْزِكَ تُؤَدِّبْنِي. فَإِنَّ سِهَامَكَ قَدْ نَشَبَتْ فِيَّ، وَمَكَّنْتَ عَلَيَّ يَدَكَ. لَيْسَ لِحَسَدِي شِفَاءٌ مِنْ وَجْهِ غَضَبِكَ، وَلَا سَلَامَةٌ فِي عِظَامِي مِنْ وَجْهِ خَطَايَايَ. لِأَنَّ آثَامِي قَدْ تَعَالَتْ فَوْقَ رَأْسِي، كَحِمْلٍ ثَقِيلٍ قَدْ ثَقَلَتْ عَلَيَّ. قَدْ أَنْتَنَتْ وَقَاحَتْ جِرَاحَاتِي مِنْ قَبْلِ جَهَالَتِي. شَقِيبْتُ

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

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

## PSALM 62

O God, my God, unto Thee I rise early at dawn. My soul hath thirsted for Thee; how often hath my flesh longed after Thee in a land barren and untrodden and unwatered. So in the sanctuary

وَأَنْحَنَيْتُ إِلَى الْغَايَةِ، وَالنَّهَارَ كُلَّهُ مَشَيْتُ عَابِسًا. لَأَنَّ مَتْنِي قَدْ اِمْتَلَأَ مَهَازِيٍّ وَلَيْسَ لِحَسَدِي شِفَاءٌ. شَقِيْتُ وَأَتَّصَعْتُ جِدًّا، وَكُنْتُ أَيْنٌ مِنْ تَتَهَدَّى قَلْبِي. يَا رَبُّ، إِنَّ بُعْيَتِي كُلُّهَا أَمَامَكَ، وَتَتَهَدِّي لَمْ يَخْفَ عَنْكَ. قَدْ اضْطَرَبَ قَلْبِي وَفَارَقْتَنِي قُوَّتِي، وَنُورُ عَيْنِي أَيْضًا لَمْ يَبْقَ مَعِي. أَصْدِقَائِي وَأَقْرِبَائِي دَنَوْا مِنِّي وَوَقَفُوا لَدَيَّ، وَجَنَسِي وَقَفَ مِنِّي بَعِيدًا. وَأَجْهَدَنِي الَّذِينَ يَطْلُبُونَ نَفْسِي، وَالْمُلْتَمِسُونَ لِي الشَّرَّ تَكَلَّمُوا بِالْبَاطِلِ، وَغَشُوشًا طُولَ النَّهَارِ دَرَسُوا. أَمَا أَنَا فَكَأَصَمٌ لَا يَسْمَعُ، وَكَأَخْرَسٌ لَا يَفْتَحُ فَاةً. وَصِرْتُ كَأِنْسَانٍ لَا يَسْمَعُ وَلَا فِي فَمِهِ تَبْكِيَةٌ. لِأَنِّي عَلَيْكَ، يَا رَبُّ، تَوَكَّلْتُ، أَنْتَ تَسْتَجِيبُ لِي يَا رَبِّي وَالْهَي. لِأَنِّي قُلْتُ لَا يَشْمَتُ بِي أَعْدَائِي، وَعِنْدَمَا زَلْتُ قَدَمَائِي عَظُمُوا عَلَيَّ الْكَلَامَ. لِأَنِّي أَنَا لِلضَّرْبِ مُسْتَعِدٌّ، وَوَجَعِي لَدَيَّ فِي كُلِّ حِينٍ. لِأَنِّي أَنَا أُخْبِرُ بِإِثْمِي، وَأَهْتَمُّ مِنْ أَجْلِ خَطِيئَتِي. أَمَا أَعْدَائِي فَأَحْيَاءُ، وَهُمْ أَشَدُّ مِنِّي، وَقَدْ كَثُرَ الَّذِينَ يُبْغِضُونَنِي ظُلْمًا، الَّذِينَ جَازَوْنِي بَدَلَ الْخَيْرِ شَرًّا، مَحَلُّوا بِي لِأَجْلِ ابْتِغَائِي الصَّلَاحِ. فَلَا تُهْمَلْنِي يَا رَبِّي وَالْهَي وَلَا تَتْبَاعِدْ عَنِّي. أَسْرِعْ إِلَى مَعُونَتِي يَا رَبَّ خَلَّاصِي.

فَلَا تُهْمَلْنِي يَا رَبِّي وَالْهَي وَلَا تَتْبَاعِدْ عَنِّي. أَسْرِعْ إِلَى مَعُونَتِي يَا رَبَّ خَلَّاصِي.

## المزمور 62

يَا اللَّهُ إِلَهِي إِلَيْكَ أَبْتَكِرُ. عَطِشْتُ إِلَيْكَ نَفْسِي، وَأَشْتَقُ إِلَيْكَ جَسَدِي، فِي أَرْضٍ بَرِّيَّةٍ وَغَيْرِ مَسْلُوكَةٍ وَعَادِمَةِ الْمَاءِ. هَكَذَا ظَهَرْتُ لَكَ فِي

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 swearth by Him; for the mouth of them is stopped that speak unjust things.

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

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

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

Lord, have mercy. (*thrice*)

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

### PSALM 87

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

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication, for filled with evils is my soul, and my life unto Hades hath drawn nigh. I am counted with them that go down into the pit; I am become as a man without help, free among

الْقُدْسِ لِأَعْيُنِ قُوَّتِكَ وَمَجْدِكَ. لِأَنَّ رَحْمَتَكَ أَفْضَلُ مِنَ الْحَيَاةِ، وَشَفَّتِي تُسَبِّحَانِكَ. هَكَذَا أُبَارِكُكَ فِي حَيَاتِي وَبِاسْمِكَ أَرْفَعُ يَدَيَّ، فَتَمَلِّئْ نَفْسِي كَمَا مِنْ شَحْمٍ وَدَسَمٍ، وَبِشِفَاهِ الْإِبْتِهَاجِ يُسَبِّحُكَ فَمِي. إِذَا ذَكَرْتُكَ عَلَى فِرَاشِي، هَدَدْتُ بِكَ فِي الْأَسْحَارِ، لِأَنَّكَ صِرْتَ لِي عَوْنًا وَبِظِلِّ جَنَاحَيْكَ أُسْتَتِرُ. اِلْتَصَقْتُ نَفْسِي بِكَ، وَإِيَّايَ عَضَدْتَ يَمِينُكَ. أَمَّا الَّذِينَ يَطْلُبُونَ نَفْسِي بَاطِلًا، فَسَيَدْخُلُونَ فِي أَسَافِلِ الْأَرْضِ، وَيُدْفَعُونَ إِلَى أَيْدِي السُّيُوفِ، وَيَكُونُونَ أَنْصَبَةً لِلنُّعَالِبِ. أَمَّا الْمَلِكُ فَيَسْرُ بِاللَّهِ، وَيُمْتَدِّحُ كُلُّ مَنْ يَخْلِفُ بِهِ، لِأَنَّهُ قَدْ سُدَّتْ أَفْوَاهُ الْمُتَكَلِّمِينَ بِالظُّلْمِ.

هَدَدْتُ بِكَ فِي الْأَسْحَارِ لِأَنَّكَ صِرْتَ لِي عَوْنًا، وَبِظِلِّ جَنَاحَيْكَ أُسْتَتِرُ. اِلْتَصَقْتُ نَفْسِي بِكَ، وَإِيَّايَ عَضَدْتَ يَمِينُكَ.

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

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

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدْسِ.

### المزمور 87

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

يَا رَبُّ إِلَهَ خَلَاصِي، فِي النَّهَارِ صَرَخْتُ وَفِي اللَّيْلِ أَمَامَكَ، فَلْتَدْخُلْ قُدَّامَكَ صَلَاتِي، أَمِلْ أُذُنَكَ إِلَى طَلِبَتِي، فَقَدْ امْتَلَأْتُ مِنَ الشُّرُورِ نَفْسِي، وَدَنْتُ مِنَ الْجَحِيمِ حَيَاتِي. حُسِبْتُ مَعَ الْمُنْحَدِرِينَ فِي

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, 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

الجِبِّ، صِرْتُ مِثْلَ إِنْسَانٍ لَيْسَ لَهُ مُعِينٌ، مَطْرُوحًا بَيْنَ الْأَمْوَاتِ مِثْلَ الْقَتْلِ الرَّاقِدِينَ فِي الْقُبُورِ، الَّذِينَ لَا تَذْكُرُهُمْ أَيْضًا، وَهُمْ مِنْ يَدِكَ مُقْصُونَ. جَعَلُونِي فِي جُبِّ أَسْفَلِ السَّافِلِينَ، فِي ظُلُمَاتِ الْمَوْتِ وَظِلَالِهِ. عَلَيَّ اسْتَقَرَّ غَضَبُكَ، وَجَمِيعُ أَهْوَالِكَ أَجَزَّتْهَا عَلَيَّ. أَبْعَدْتَ عَنِّي مَعَارِفِي، جَعَلُونِي لَهُمْ رَجَاسَةً. قَدْ أَسْلَمْتُ وَمَا خَرَجْتُ، وَعَيْنَايَ ضَعُفَتْ مِنَ الْمَسْكَنَةِ. صَرَخْتُ إِلَيْكَ، يَا رَبُّ، النَّهَارَ كُلَّهُ وَإِلَيْكَ بَسَطْتُ يَدَيَّ. أَلْعَلَّكَ لِلْأَمْوَاتِ تَصْنَعُ الْعَجَائِبَ؟ أَمْ الْأَطِبَاءُ يُقِيمُونَهُمْ، فَيَعْتَرِفُونَ لَكَ؟ هَلْ يُحَدِّثُ أَحَدٌ فِي الْقَبْرِ بِرَحْمَتِكَ، وَفِي الْهَلَاكِ بِحَقِّكَ؟ هَلْ تُعْرِفُ فِي الظُّلْمَةِ عَجَائِبُكَ، وَعَدْلُكَ فِي أَرْضٍ مَنْسِيَّةٍ؟ وَأَنَا إِلَيْكَ، يَا رَبُّ، صَرَخْتُ فَتَبَلُّغْكَ فِي الْغَدَاةِ صَلَاتِي. لِمَاذَا، يَا رَبُّ، تُقْصِي نَفْسِي وَتَصْرِفُ وَجْهَكَ عَنِّي؟ فَقِيرٌ أَنَا، وَفِي الشَّقَاءِ مُنْذُ شَبَابِي، وَحِينَ ارْتَفَعْتُ اتَّضَعْتُ وَتَحَيَّرْتُ. عَلَيَّ جَارَ رِجْرُوكَ، وَمُفْرَعَاتِكَ أَرَعَجْتَنِي. أَحَاطَتْ بِي كَالْمَاءِ، وَالنَّهَارَ كُلَّهُ اكْتَفَفْتَنِي مَعًا. أَبْعَدْتَ عَنِّي الصَّدِيقَ وَالْقَرِيبَ وَمَعَارِفِي مِنَ الشَّقَاءِ.

يَا رَبُّ إِلَهَ خَلَاصِي، فِي النَّهَارِ صَرَخْتُ وَفِي اللَّيْلِ أَمَامَكَ، فَلْتَدْخُلْ قُدَامَكَ صَلَاتِي، أَمِلْ أُذُنَكَ إِلَى طَلِبَتِي.

### المزمور 102

باركي يا نفسي الربِّ، ويا جميع ما في داخلي اسمه القُدوس. باركي يا نفسي الربِّ، ولا تنسي جميع مكافآته. الذي يَغْفِرُ جَمِيعَ آثَامِكَ، الذي

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 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.

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

فِي كُلِّ مَوْضِعِ سَيَادَتِهِ. بَارِكِي يَا نَفْسِي الرَّبَّ.

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 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!

يا رَبِّ 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، وَأَجَلَسَنِي فِي الظُّلُمَاتِ مِثْلَ الْمَوْتَى مُنْذُ الدَّهْرِ، فَضَجِرْتُ رُوحِي وَاضْطَرَبَ قَلْبِي فِي دَاخِلِي. تَذَكَّرْتُ الْأَيَّامَ الْقَدِيمَةَ. هَدَذْتُ فِي كُلِّ أَعْمَالِكَ، وَتَأَمَّلْتُ فِي صَنَائِعِ يَدَيْكَ. بَسَطْتُ يَدَيَّ إِلَيْكَ وَنَفْسِي لَكَ كَأَرْضٍ لَا تُمَطَّرُ. أَسْرِعْ فَاسْتَجِبْ لِي يَا رَبِّ، فَقَدْ فَنَيْتُ رُوحِي. لَا تَصْرِفْ وَجْهَكَ عَنِّي، فَأُشَابِهَ الْهَابِطِينَ فِي الْجُبِّ. اجْعَلْنِي فِي الْغَدَاةِ مُسْتَمِعًا رَحْمَتَكَ، فَإِنِّي عَلَيْكَ تَوَكَّلْتُ. عَرَّفْنِي يَا رَبُّ الطَّرِيقَ الَّذِي أَسْلُكُ فِيهِ، فَإِنِّي إِلَيْكَ رَفَعْتُ نَفْسِي. أَنْقِذْنِي مِنْ أَعْدَائِي يَا رَبِّ، فَإِنِّي قَدْ لَجَأْتُ إِلَيْكَ. عَلَّمْنِي أَنْ أَعْمَلَ مَرْضَاتِكَ، لِأَنَّكَ أَنْتَ إِلَهِي. رُوحُكَ الصَّالِحُ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ. مِنْ أَجْلِ اسْمِكَ، يَا رَبِّ، تُحْيِينِي. بِعَدْلِكَ تُخْرِجُ مِنَ الْحُزْنِ نَفْسِي، وَبِرَحْمَتِكَ تَسْتَأْصِلُ أَعْدَائِي، وَتُهْلِكُ جَمِيعَ الَّذِينَ يُحْزِنُونَ نَفْسِي لِأَنِّي أَنَا عَبْدُكَ.

اسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعَ عَبْدِكَ. (مَرَّتَيْنِ)

رُوحُكَ الصَّالِحُ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ.

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

هَلِّلُويَا، هَلِّلُويَا، هَلِّلُويَا، الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا)  
يا إِلَهنا وَرَجاءنا الْمَجْدُ لَكَ.

## 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.

**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.

## الطَّلْبَةُ السَّلَامِيَّةُ الْكُبْرَى

**الكاهن:** بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.  
**الجوقة:** يَا رَبُّ ارْحَمْنَا. (تُعَادُ بَعْدَ كُلِّ طَّلْبَةٍ)

**الكاهن:** مِنْ أَجْلِ السَّلَامِ الَّذِي مِنَ الْعُلَى وَخَلَاصِ  
نَفُوسِنَا، إِلَى الرَّبِّ نَطْلُبُ.

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

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

**الكاهن:** مِنْ أَجْلِ آبِنَا وَمِتْرُوبُولِيْتِنَا (فُلَان) وَرَبِّيسِ  
كَهَنَتِنَا (فُلَان)، وَالْكَهَنَةِ الْمُكْرَمِينَ، وَالشَّمَامِسَةَ،  
خُدَّامِ الْمَسِيحِ، وَجَمِيعِ الْإِكْلِيْرُوسِ وَالشَّعْبِ، إِلَى  
الرَّبِّ نَطْلُبُ.

**الكاهن:** مِنْ أَجْلِ حُكَّامِ هَذَا الْبَلَدِ وَمُؤَاوَرَتِهِمْ 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، وَخُصْبِ ثَمَارِ  
الْأَرْضِ وَأَوْقَاتِ سَلَامِيَّةٍ، إِلَى الرَّبِّ نَطْلُبُ.

**الكاهن:** مِنْ أَجْلِ الْمُسَافِرِينَ فِي الْبَحْرِ وَالْبَرِّ  
وَالجَوِّ، وَالْمَرْضَى وَالْمُتَأَلِّمِينَ وَالْأَسْرَى، وَخَلَاصِهِمْ،  
إِلَى الرَّبِّ نَطْلُبُ.

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

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

**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.

### “GOD IS THE LORD” IN TONE SEVEN

**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 SEVEN

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

الكاهن: أَعْضُدْ وَخَلِّصْ وَارْحَمْ واحْفَظْنَا يَا اللَّهُ  
بِنِعْمَتِكَ.

الكاهن: بَعْدَ نِكْرِنَا الْكَلِيَّةَ الْقَدَاسَةَ الطَّاهِرَةَ الْفَائِقَةَ  
الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتْنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ  
الْبَتُولِيَّةَ مَرْيَمَ، مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعَ أَنْفُسَنَا  
وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.  
الجوقة: لَكَ يَا رَبِّ.

الكاهن: لِأَنَّهُ يَنْبَغِي لَكَ كُلُّ تَمَجِيدٍ وَإِكْرَامٍ وَسُجُودٍ،  
أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ  
وَالِي دَهْرِ الدَّاهِرِينَ.  
الجوقة: آمِينَ.

### "اللهُ الرَّبُّ" بِاللَّحْنِ السَّابِعِ

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

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

### أَبُولِيْتِيْكَيُونُ الْقِيَامَةِ بِاللَّحْنِ السَّابِعِ

حَطَمْتَ بِصَلِيبِكَ الْمَوْتَ، وَفَتَحْتَ لِلصِّ الْفِرْدَوْسَ،  
وَحَوَّلْتَ نَوْحَ حَامِلَاتِ الطَّيِّبِ، وَأَمَرْتَ رُسُلَكَ أَنْ  
يَكْرِرُوا، بِأَنَّكَ قَدْ قُمْتَ أَيُّهَا الْمَسِيحُ الْإِلَهِ، مَانِحًا  
العَالَمَ الرَّحْمَةَ الْعُظْمَى.

## APOLYTIKION OF THE HOLY CROSS IN TONE ONE

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

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.

## RESURRECTIONAL THEOTOKION IN TONE ONE

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

As Gabriel cried unto thee, "Hail, O Virgin," with that cry did the Lord of all become incarnate in thee, O holy ark, as spake the righteous David; and Thou wast revealed as more spacious than the heavens, in that thou bore thy Creator. Wherefore, glory to Him Who abode in thee; glory to Him Who came from thee; glory to Him, Who through thy birthing hath set us free.

## 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.

## أبوليتيكيون الصليب المقدس باللحن الأول

المَجْدُ لِلآبِ وَالإِبْنِ وَالرُّوحِ الْقُدُسِ.

خَلِّصْ يَا رَبُّ شَعْبَكَ، وَبَارِكْ مِيراثَكَ، وَامْنَحْ عبيدَكَ الْمُؤْمِنِينَ العَلْبَةَ على الشَّرِيرِ، وَاحْفَظْ بِقُوَّةِ صَلَيبِكَ جَمِيعَ الْمُخْتَصِّينَ بِكَ.

## ثيوطوكية القيامة باللحن الأول

الآنَ وَكُلَّ أوانٍ وَإلى دهرِ الداهرينَ. آمين.

إِنَّ جِبْرَائِيلَ لَمَّا نَقَّوهُ نَحْوِكَ أَيُّهَا العَذْرَاءُ بِالسَّلَامِ، فَمَعَ الصَّوْتِ تَجَسَّدَ سَيِّدُ الكُلِّ فِيكَ، أَيُّهَا السَّفِينَةُ المُقَدَّسَةُ، كَمَا قَالَ داوُدُ الصِّدِّيقِ. وَظَهَرْتَ أَرْحَبَ مِنَ السَّمَاوَاتِ حَامِلَةً خالِقِكَ. فَالْمَجْدُ لِلَّذِي حَلَّ فِيكَ، الْمَجْدُ لِلَّذِي أَتَى مِنْكَ، الْمَجْدُ لِلَّذِي أَعْتَقَنَا بِوِلادَتِهِ مِنْكَ.

## الطلبَةُ السَّلامِيَّةُ الصُّغرى

الكاهن: أَيضاً وَأيضاً بِسَلامٍ إِلى الرَّبِّ نَطْلُبُ.

الجوق: يا رَبُّ ارْحَمْ.

الكاهن: أَعْضُدْ وَخَلِّصْ وَارْحَمْ وَاحْفَظْنَا يا اللهُ بِنِعْمَتِكَ.

الجوق: يا رَبُّ ارْحَمْ.

الكاهن: بَعْدَ ذِكْرِنَا الكَلِيَّةَ القُدَّاسَةَ، الطاهِرَةَ، الفائِقَةَ البَرَكَاتِ المَجيدةَ، سَيِّدَتِنَا وَالِدَةَ الإِلهِ الدائِمَةَ البَتُولِيَّةِ مَرِيَمَ مَعَ جَمِيعِ القَدِّيسِينَ، لِنودِعْ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الإِلهِ.

الجوق: لَكَ يا رَبِّ.

الكاهن: لِأَنَّ لَكَ العِزَّةَ وَلَكَ المُلْكَ وَالقُوَّةَ وَالْمَجْدَ أَيُّهَا الآبُ وَالإِبْنُ وَالرُّوحُ الْقُدُسُ، الآنَ وَكُلَّ أوانٍ وَإلى دهرِ الداهرينَ.

Choir: Amen.

الجوق: آمين.

**SEVENTH TONE RESURRECTIONAL  
KATHISMATA HYMNS (Plain Reading)**

ترانيم كاثيسماتات القيامة للحن السابع (قراءة)

**First Kathisma**

**الكاثيسما الأولى**

Verily, Life was placed in a grave, and a seal was placed on the stone, and the soldiers guarded Christ as they would a slumbering king. The angels, therefore, did glorify Him; for He was a deathless God, and the women cried, saying: The Lord hath risen, Who giveth the world Great Mercy.

إِنَّ الْحَيَاةَ قَدْ وُضِعَ فِي الرَّمْسِ، وَجُعِلَ خَتْمٌ عَلَى الْحَجَرِ، وَالْجُنُدُ حَرَسُوا الْمَسِيحَ كَأَنَّهُ مَلِكٌ رَاقِدٌ. فَالْمَلَائِكَةُ مَجَّدُوهُ بِمَا أَنَّهُ إِلَهُ غَيْرُ مَائِتٍ، وَالنِّسْوَةُ هَتْفَنَ قَائِلَاتٍ: قَدْ قَامَ الرَّبُّ الْمَانِحُ الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

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

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ.

O Lord Christ, Thou hast led Death captive by Thy three-day burial, and didst raise corrupt man by Thy life-bearing Resurrection. Wherefore, glory to Thee, O Thou alone the Lover of mankind.

أَيُّهَا الْمَسِيحُ إِلَهُ، إِنَّكَ سَبَيْتَ الْمَوْتَ بِدَفْنِكَ الثَّلَاثِيَّ الْأَيَّامِ، وَأَنْهَضْتَ بِقِيَامَتِكَ الْمُتَسَرِّبَةَ الْحَيَاةَ الْإِنْسَانَ الْفَاسِدَ. فَالْمَجْدُ لَكَ أَيُّهَا الْمُحِبُّ الْبَشَرَ وَحَدَّكَ.

(Theotokion of the Resurrectional Apolytikion)

(ثيوطوكية أبوليتيكيون للقيامة)

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

الآنَ وَكَلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

In that thou art the treasury of our resurrection, O all-praised one, lead thou forth from the pit and bottom of transgression those who set their hope in thee. For thou hast saved those who were guilty of sin, in that thou didst give birth to our Salvation; O thou who before giving birth wast virgin, and at giving birth and after giving birth was virgin still.

بِمَا أَنَّكَ كَنْزُ قِيَامَتِنَا أَيُّهَا الْكَلِيَّةُ التَّسْبِيحِ، فَاثْتَشَلِي الْوَاتِقِينَ بِكَ مِنْ عُمُقِ جُبِّ الزَّلَّاتِ، لِأَنَّكَ أَنْتِ خَلَّصْتِ السَّاقِطِينَ تَحْتَ طَائِلَةِ الْخَطِيئَةِ لَمَّا وَلَدْتِ الْخَلَاصَ. يَا مَنْ هِيَ قَبْلَ الْوِلَادَةِ عَذْرَاءُ، وَفِي الْوِلَادَةِ عَذْرَاءُ، وَبَعْدَ الْوِلَادَةِ أَيْضاً عَذْرَاءُ.

**Second Kathisma**

**الكاثيسما الثانية**

While the tomb was sealed, Thou didst shine forth from it, O Life; and while the doors were closed, Thou didst come in to Thy Disciples, O Christ God, Resurrection of all, renewing in us through them an upright spirit, according to the greatness of Thy mercy.

إِذْ كَانَ الْقَبْرُ مَخْتوماً أَشْرَفَتْ مِنْهُ أَيُّهَا الْحَيَاةُ، وَلَمَّا كَانَتْ الْأَبْوَابُ مُغْلَقَةً، وَافِيَتْ التَّلَامِيذَ أَيُّهَا الْمَسِيحُ إِلَهُ قِيَامَةُ الْكُلِّ، وَجَدَّدْتَ لَنَا بِهِمْ رُوحاً مُسْتَقِيماً بِحَسَبِ عَظِيمِ رَحْمَتِكَ.

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

The women bearing ointment mixed with tears did hasten to Thy grave. And when they saw the soldiers guarding Thee, O King of all, they said to themselves: Who shall roll for us the stone? But the Messenger of the great counsel did rise, trampling down Death. Wherefore, O Almighty One, O Lord, glory to Thee.

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

Rejoice, O Virgin full of grace, Theotokos, O Haven of mankind and their Intercessor; for from thee was incarnate the Savior of the world; for thou alone art Mother and Virgin at the same time. Wherefore, intercede with Christ our God, that He grant safety to the universe, O ever-blessed and glorified one.

### **Third Kathisma for the Holy Cross**

In Paradise of old the tree stripped me bare; for by giving me its fruit to eat, the enemy brought in death. But now the Tree of the Cross that clothes men with the garment of life has been set up on earth, and the whole world is filled with boundless joy. Beholding it venerated, O ye people, let us with one accord raise in faith our cry to God: His house is full of glory.

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

In Paradise of old the tree stripped me bare; for by giving me its fruit to eat, the enemy brought in death. But now the Tree of the Cross that clothes men with the garment of life has been set up on earth, and the whole world is filled with boundless joy. Beholding it venerated, O ye people, let us with one accord raise in faith our cry to God: His house is full of glory.

المَجْدُ لِلآبِ وَالإِبْنِ وَالرُّوحِ الْقُدُسِ.

إِنَّ النِّسْوَةَ أَسْرَعْنَ إِلَى قَبْرِكَ حَامِلَاتٍ طَيِّبًا مُمْتَرِجَةً بِدُمُوعٍ، وَإِذْ رَأَيْنَ الْجُنْدَ يَحْرُسُونَكَ يَا مَلِكِ الْكُلِّ، قُلْنَ فِي أَنْفُسِهِنَّ: مَنْ يُدْخِرُ لَنَا الْحَجَرَ؟ لَكِنَّ رَسُولَ الرَّأْيِيِّ الْعَظِيمِ قَامَ دَائِسًا الْمَوْتِ. فَيَا أَيُّهَا الْقَادِرُ عَلَى كُلِّ شَيْءٍ، يَا رَبُّ الْمَجْدُ لَكَ.

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. آمِينَ.

إِفْرَحِي أَيُّهَا الْبَتُولُ وَالِدَّةُ الإِلَهِيَّةُ الْمُنْعَمُ عَلَيْهَا، مِينَاءُ جِنْسِ الْبَشَرِ وَشَفِيعَتُهُمْ، لِأَنَّهُ مِنْكَ تَجَسَّدَ مُنْقِذُ الْعَالَمِ، وَأَنْتِ وَحْدَكَ لَمْ تَزَالِي وَالِدَّةً وَعِذْرَاءَ مَعًا. فَتَشَقَّعِي إِلَى الْمَسِيحِ إِهْنَا لِكَيْ يَهَبَ الْمَسْكُونَةَ السَّلَامَةَ، أَيُّهَا الْمُبَارَكَةُ وَالْمُمَجَّدَةُ دَائِمًا.

### **الكاثيسما الثالثة للصليب المقدس**

إِنَّ الْعَدُوَّ فِي الْفِرْدُوسِ قَدِيمًا عَرَى آدَمَ بِوَأَسِطَةِ الْعُودِ، وَجَلَبَ الْمَوْتَ لِأَجْلِ الْمَذَاقَةِ، وَأَمَّا عُودُ الصَّلِيبِ فَانْعَرَسَ عَلَى الْأَرْضِ آتِيًا لِلْبَشَرِ بِلِبَاسِ الْحَيَاةِ، وَاسْتَوْعَبَ الْعَالَمَ بِأَسْرِهِ كُلِّ فَرَحٍ. فَلْنُشَاهِدْهُ أَيُّهَا الشُّعُوبُ مَسْجُودًا لَهُ، وَنُصْرُخْ لِلَّهِ بِإِيمَانٍ وَنِعْمَاتٍ مُؤْتَلِفَةً أَنْ بَيْتَهُ مَمْلُوءٌ مَجْدًا.

المَجْدُ لِلآبِ وَالإِبْنِ وَالرُّوحِ الْقُدُسِ؛ الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ، آمِينَ.

إِنَّ الْعَدُوَّ فِي الْفِرْدُوسِ قَدِيمًا عَرَى آدَمَ بِوَأَسِطَةِ الْعُودِ، وَجَلَبَ الْمَوْتَ لِأَجْلِ الْمَذَاقَةِ، وَأَمَّا عُودُ الصَّلِيبِ فَانْعَرَسَ عَلَى الْأَرْضِ آتِيًا لِلْبَشَرِ بِلِبَاسِ الْحَيَاةِ، وَاسْتَوْعَبَ الْعَالَمَ بِأَسْرِهِ كُلِّ فَرَحٍ. فَلْنُشَاهِدْهُ أَيُّهَا الشُّعُوبُ مَسْجُودًا لَهُ، وَنُصْرُخْ لِلَّهِ بِإِيمَانٍ وَنِعْمَاتٍ مُؤْتَلِفَةً أَنْ بَيْتَهُ مَمْلُوءٌ مَجْدًا.

**EVLOGETARIA (BENEDICTIONS)  
IN TONE FIVE**

**إفلوجيطاريات باللحن الخامس**

*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.

*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.

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمِنِي حُقُوقَكَ.

جَمْعُ الْمَلَائِكَةِ انْذَهَلَ مُتَحَيِّرًا، عِنْدَ مُشَاهَدَتِهِمْ إِيَّاكَ مَحْسُوبًا بَيْنَ الْأَمْوَاتِ أَيُّهَا الْمُخَلِّصُ، وَدَاحِضًا قُوَّةَ الْمَوْتِ، وَمُنْهَضًا آدَمَ مَعَكَ، وَمُعْتَقًا إِيَّانَا مِنَ الْجَحِيمِ كَافَّةً.

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمِنِي حُقُوقَكَ.

الْمَلَائِكَةُ اللَّامِعَةُ عِنْدَ الْقَبْرِ تَقْوَهُ نَحْوَ حَامِلَاتِ الطِّيبِ قَائِلًا: لِمَ تَمَزُجْنَ الطُّيُوبَ بِالدَّمُوعِ، بِتَرْتِّبِهَا يَا تَلْمِيزَاتِ؟ أَنْظُرْنَ اللَّحْدَ وَأَفْرَحْنَ، لِأَنَّ الْمُخَلِّصَ قَدْ قَامَ مِنَ الْقَبْرِ.

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمِنِي حُقُوقَكَ.

إِنَّ حَامِلَاتِ الطِّيبِ سَحَرًا جِدًّا، سَارَعْنَ إِلَى قَبْرِكَ نَائِحَاتٍ. إِلَّا أَنَّ الْمَلَائِكَةَ وَقَفَ بِهِنَّ، وَقَالَ لَهُنَّ: زَمَانُ النَّوْحِ قَدْ كَفَّ وَبَطَلَ فَلَا تَبْكِينَ، بَلْ بَشِّرْنَ الرُّسُلَ بِالْقِيَامَةِ.

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمِنِي حُقُوقَكَ.

إِنَّ النِّسْوَةَ حَامِلَاتِ الطِّيبِ، وَافَيْنَ بِالْحَنُوطِ إِلَى قَبْرِكَ أَيُّهَا الْمُخَلِّصُ. فَسَمِعْنَ مَلَكَاً مُتَنَغِّمًا نَحْوَهُنَّ قَائِلًا: لِمَ تَحْسِبْنَ الْحَيَّ مَعَ الْمَوْتَى؟ فَبِمَا أَنَّهُ إِلَهُ، قَدْ قَامَ مِنَ الْقَبْرِ نَاهِضًا.

الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُّوسِ.

نَسْجُدُ لِلآبِ وَلِابْنِهِ وَلِرُوحِ قُدُّوسِهِ، ثَالِوثًا قُدُّوسًا فِي جَوْهَرٍ وَاحِدٍ، هَاتِفِينَ مَعَ السَّارَافِيمِ: قُدُّوسٌ، قُدُّوسٌ، قُدُّوسٌ أَنْتَ يَا رَبُّ.

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.

**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.

### SEVENTH TONE RESURRECTIONAL HYPAKOE (Plain Reading)

O Thou Who hast taken our image and our likeness, and endured crucifixion in the flesh, save me by Thy Resurrection, O Christ God, for Thou art the Lover of Mankind.

الآن وُكِّلَ أوانٍ وإلى دهرِ الدهرين. آمين.

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

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

### الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى

الكاهن: أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.

الجوق: يَا رَبُّ ارْحَمْنَا.

الكاهن: أَعْضُدْ وَخَلِّصْ وَارْحَمْنَا وَاحْفَظْنَا يَا اللَّهُ  
بِنِعْمَتِكَ.

الجوق: يَا رَبُّ ارْحَمْنَا.

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

الجوق: لَكَ يَا رَبُّ.

الكاهن: لِأَنَّ اسْمَكَ مُبَارَكٌ وَمُلْكُكَ مُمَجَّدٌ أَيْهَا  
الْأَبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أوانٍ وَإِلَى  
دَهْرِ الدَّاهِرِينَ.

الجوق: آمين.

### إِبْيَاكُوي الْقِيَامَةِ لِلْحَنِّ السَّابِعِ (قِرَاءَةٌ)

يَا مَنْ اتَّخَذَ صُورَتَنَا وَمِثَالَنَا، وَاحْتَمَلَ الصَّلْبَ  
بِالْجَسَدِ، خَلِّصْنِي بِقِيَامَتِكَ أَيْهَا الْمَسِيحُ الْإِلَهِيُّ، بِمَا  
أَنَّكَ مُحِبُّ الْبَشَرِ.

**SEVENTH TONE RESURRECTIONAL  
ANABATHMOI (Plain Reading)**

**First Antiphony**

- + O Savior, Who didst restore Zion from the captivity of error, deliver me from the bondage of sufferings and restore my life.
- + He that soweth sorrow in the south, fasting with tears, the same shall reap sheaves of reviving and ever-nourishing joys.
- + *Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*
- + In the Holy Spirit is the fountain of divine treasures; for from Him cometh wisdom, awe, and understanding. To Him, therefore, be praise, glory, might, and honor.

**Second Antiphony**

- + If the Lord buildeth not the house of the soul, then vainly do we labor; for without Him, no deed nor word is perfected.
- + Verily, the saints who are the hire of the fruit of Thy womb, by the moving of the spirit flourish the beliefs of fatherly adoption.
- + *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 Spirit was existence bestowed on all creation; for He is of the Godhead before existence, and He is the unapproachable Light, the God of all, and their life.

**Third Antiphony**

- + Verily, they who fear the Lord are now forever blessed; for they have found the way of life in the never-decaying glory.
- + O high Priest, as thou seest thy children's children like plants around thy table, rejoice and be happy, and offer them to Christ.
- + *Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*

**أناتميات القيامة للحن السابع (قراءة)**

**الأنتيفونا الأولى**

- + أَيُّهَا الْمُخْلِصُ، يَا مَنْ رَدَدْتَ سَبْيَ صِهْيُونَ مِنَ الضَّلَالَةِ، أَعْتَقْنِي مِنْ عُبُودِيَّةِ الْأَلَامِ وَأَخِينِي.
- + إِنَّ الزَّرَاعَ فِي الْجَنُوبِ حُزْناً وَصَوْماً وَدُمُوعاً، هَذَا يَجْنِي أَغْمَارَ الْفَرْحِ الْمُحْيِيَّةِ وَالْمَغْدِيَّةِ دَائِماً.
- + الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.
- + بِالرُّوحِ الْقُدُّوسِ يَنْبُوعُ الذَّخَائِرِ الْإِلَهِيَّةِ، لِأَنَّ مِنْهُ الْحِكْمَةَ وَالرَّهْبَةَ وَالْفَهْمَ. فَلَهُ السُّبْحُ وَالْمَجْدُ وَالْعِزَّةُ وَالْإِكْرَامُ.

**الأنتيفونا الثانية**

- + إِنَّ لَمْ يَبْنِ الرَّبُّ بَيْتَ النَّفْسِ فَباطِلاً نَتَعَبُ. لِأَنَّهُ بِدُونِهِ لَا يَكْمُلُ عَمَلٌ وَلَا قَوْلٌ أَبَداً.
- + إِنَّ الْقِدِّيسِينَ الَّذِينَ هُمْ أَجْرَةٌ ثَمَرَةُ الْبَطْنِ، بِتَحَرُّكِهِمْ مِنَ الرُّوحِ، يُؤَلِّفُونَ اعْتِقَادَاتِ التَّبْنِيِّ الْأَبُويَّةِ.
- + الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.
- + بِالرُّوحِ الْقُدُّوسِ أُعْطِيَ الْوُجُودَ لِكُلِّ الْبَرَايَا، لِأَنَّهُ ذُو الرَّبُوبِيَّةِ مِنْ قَبْلِ الْوُجُودِ، وَهُوَ النُّورُ الَّذِي لَا يُدْنِي مِنْهُ وَإِلَهُ الْكُلِّ وَحَيَاتِهِمْ.

**الأنتيفونا الثالثة**

- + إِنَّ خَائِفِي الرَّبِّ يُعْبَطُونَ دَائِماً، لِأَنَّهُمْ قَدْ وَجَدُوا طَرِيقَ الْحَيَاةِ فِي الْمَجْدِ الَّذِي لَنْ يَبْلَى أَبَداً.
- + يَا رَئِيسَ الرُّعَاةِ، إِذَا نَظَرْتَ بَنِي بَنِيكَ كَالْغُرُوسِ حَوْلَ مَائِدَتِكَ، إِفْرَحْ، وَسُرَّ، وَقَدِّمُهُمْ إِلَى الْمَسِيحِ.
- + الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

+ By the Holy Spirit is the abundance of gifts, the richness of glory, and depth of the great ordinances; for He is worshipful and coeternal in glory with the Father and the Son.

+ إِنَّ الرُّوحَ الْقُدُسَ هُوَ غَوْزُ الْمَوَاهِبِ، وَغِنَى الْمَجْدِ، وَلُجَّةُ الْأَحْكَامِ الْعَظِيمَةِ، لِأَنَّهُ مَعْبُودٌ وَمُسَاوٍ لِلآبِ وَالْإِبْنِ فِي الْمَجْدِ.

### PROKEIMENON FOR THE RESURRECTION IN TONE SEVEN

Arise, O Lord my God, and let Thy hand be exalted. Forget not Thy wretched ones to the end of time. (*twice*)

**Stichos:** To Thee do I confess, O my Lord, from my whole heart.

Arise, O Lord my God, and let Thy hand be exalted. Forget not Thy wretched ones to the end of time.

**Deacon:** Let us pray to the Lord.

**Choir:** Lord, have mercy.

**Priest:** For Holy art Thou, O our God, Who retest in the Holies, and unto Thee do we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.

**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.

### THE SEVENTH 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.

### بروكيمنون للقيامة بالحن السابع

قُمْ أَيُّهَا الرَّبُّ إِلَهِي وَتَرْتَفِعْ يَدُكَ. لَا تَنْسَ بِأَيْسِيكَ إِلَى الْإِنْقِضَاءِ. (مرتين)

سَتِيخِن: أَعْتَرِفُ لَكَ يَا رَبُّ مِنْ كُلِّ قَلْبِي.

قُمْ أَيُّهَا الرَّبُّ إِلَهِي وَتَرْتَفِعْ يَدُكَ. لَا تَنْسَ بِأَيْسِيكَ إِلَى الْإِنْقِضَاءِ.

الشماس: إِلَى الرَّبِّ نَطْلُبُ.

المرتل: يَا رَبُّ ارْحَمْ.

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

الجوق: آمِينَ.

كُلُّ نَسَمَةٍ، فَلْتَسْبِحِ الرَّبَّ. (مرتين)

سَبِّحُوا اللَّهَ فِي قَدِيسِيهِ، سَبِّحُوهُ فِي قَلْبِكَ قُوَّتِهِ.

فَلْتَسْبِحِ الرَّبَّ، كُلُّ نَسَمَةٍ.

### إنجيل الإيوثينا السابعة

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

المرتل: يَا رَبُّ ارْحَمْ. (ثلاثاً)

الشماس: الْحِكْمَةَ. فَلْنَسْتَقِمْ وَلْنَسْمَعْ الْإِنْجِيلِ الْمُقَدَّسِ.

الكاهن: السَّلَامُ لِجَمِيعِكُمْ.

**Choir:** And to thy spirit.

**Priest:** The Reading from the Holy Gospel according to Saint **John**. (20:1-10)

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

**Deacon:** Let us attend!

**Priest:** On the first day of the week, Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. So she ran, and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb and we do not know where they have laid Him." Peter then came out with the other disciple, and they went toward the tomb. They both ran, but the other disciple outran Peter and reached the tomb first; and stooping to look in, he saw the linen cloths lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb; he saw the linen cloths lying, and the napkin, which had been on Jesus' head, not lying with the linen cloths but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not know the Scripture, that Jesus must rise from the dead. Then the disciples went back to their homes.

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

**Reader:** In that we have beheld the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. Thy cross do we adore, O Christ, and Thy holy resurrection we praise and glorify; for Thou art our God, and we know none other beside Thee; we call upon Thy name. O come, all ye faithful, let us adore Christ's holy 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.

**المرتل: ولروحك.**

**الكاهن: فصل شريف من بشارة القديس يوحنا الإنجيلي البشير والتلميذ الطاهر. (10-1:20)**  
**المرتل: المجد لك يا رب، المجد لك.**

**الشماس: لنصغ!**

**الكاهن: في أول الأسبوع، جاءت مريم المجدلية إلى القبر في الغداة والظلام باق، فرأت الحجر مخرجاً عن القبر فأسرعت وجاءت إلى سمعان بطرس وإلى التلميذ الآخر الذي كان يسوع يحبّه، وقالت لهما: "قد أخذوا الرب من القبر ولا نعلم أين وضعوه". فخرج بطرس والتلميذ الآخر، وأقبلا إلى القبر وكانا مسرعين معاً، فسبق التلميذ الآخر بطرس وجاء إلى القبر أولاً وانحنى فرأى الأكفان موضوعة، لكنه لم يدخل. ثم جاء سمعان بطرس يتبعه، ودخل القبر، فرأى الأكفان موضوعة، والمنديل الذي كان على رأسه غير موضوع مع الأكفان، بل ملفوفاً في موضع على جدته، فحينئذ دخل التلميذ الآخر، الذي جاء أولاً إلى القبر، فرأى وأمن لأنهم لم يكونوا بعد يعرفون الكتاب أنه ينبغي أن يقوم من بين الأموات. وانصرف التلميذان عائدتين إلى مقرهما.**

**المرتل: المجد لك يا رب المجد لك.**

**القارئ: إذ قد رأينا قيامة المسيح، فلنسجد للرب القدوس، يسوع المعصوم من الخطأ وحده. لصليبك أيها المسيح نسجد ولقيامتك المقدسة نسبح ونمجد، لأنك أنت هو إلهنا وآخر سواك لا نعرف وباسمك نسمي. هلم يا معشر المؤمنين نسجد لقيامته المسيح المقدسة، لأن هودا بالصليب قد أتى الفرح لكل العالم. لنبارك الرب في كل حين ونسبح قيامته، لأنه إذ احتمل الصلب من أجلنا، الموت بالموت حطم.**

## PSALM 50

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

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

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

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.

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

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

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

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

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

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.

## المزمور 50

إِرْحَمْنِي يَا اللَّهُ بِعَظِيمِ رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَتِكَ  
أَمْحُ مَآثِمِي.

إِغْسِلْنِي كَثِيراً مِنْ إِثْمِي، وَمِنْ خَطِيئَتِي طَهِّرْنِي.

لَأَنِّي أَنَا عَارِفٌ بِإِثْمِي، وَخَطِيئَتِي أَمَامِي فِي كُلِّ  
حِينٍ.

إِلَيْكَ وَحْدَكَ أَخْطَأْتُ، وَالشَّرَّ قُدَّامَكَ صَنَعْتُ، لَكِي  
تَصُدَّقَ فِي أَقْوَالِكَ وَتَغْلِبَ فِي مُحَاكَمَتِكَ.

هَاءَ نَذَا بِالْآثَامِ حُبِلَ بِي، وَبِالْخَطَايَا وَلَدَتْنِي  
أُمِّي.

لَأَنَّكَ قَدْ أَحْبَبْتَ الْحَقَّ، وَأَوْضَحْتَ لِي غَوَامِضَ  
حِكْمَتِكَ وَمَسْتَوْرَاتِهَا.

تَنْضَخُنِي بِالزَّوْفِيِّ فَأَطْهُرُ، تَغْسِلُنِي فَأَبْيَضُ  
أَكْثَرَ مِنَ الثَّلْجِ.

تُسْمِعُنِي بِهَجَاةٍ وَسُرُوراً، فَتَبْتَهِجُ عِظَامِي  
الدَّلِيلَةَ.

إِصْرِفْ وَجْهَكَ عَنِ خَطَايَايَ، وَأَمْحُ كُلَّ مَآثِمِي.

قَلْباً نَقِيّاً اخْلُقْ فِيَّ يَا اللَّهُ، وَرُوحاً مُسْتَقِيماً جَدِّدْ  
فِي أَحْشَائِي.

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

إِمْنَحْنِي بِهَجَاةٍ خَلَاصِكَ، وَبِرُوحِ رِئَاسِي  
أَعِضُدْنِي.

فَأَعْلِمِ الْأَثَمَةَ طُرُقَكَ، وَالْكَفْرَةَ إِلَيْكَ يَرْجِعُونَ.

أُنْقِذْنِي مِنَ الدِّمَاءِ يَا اللَّهُ إِلَهَ خَلَاصِي، فَيَبْتَهِجُ  
لِسَانِي بِعَدْلِكَ.

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.

*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.*

يا ربُّ افْتَحْ شَفَتَيَّ، فَيُخْبِرَ فَمِي بِتَسْبِيحَتِكَ.

لأنك لو آثرت الذبيحة، لكنت الآن أعطي،  
لكنك لا تسر بالمحرقات.

فالذبيحة لله روح منسحق، القلب المتخشع  
والمتواضع لا يرذله الله.

أصلح يا ربُّ بمسرتك صهيون ولتبن أسوار  
أورشليم.

حينئذ تسر بذبيحة العدل قرباناً ومحرقات.

حينئذ يقربون على مذبحك العجول.

طروباريات الصوم بعد المزمور 50 بالحن الثامن

المجد للآب والابن والروح القدس.

افتح لي أبواب التوبة يا واهب الحياة، لأن روعي  
تبتكر إلى هيكل قدسك، آتياً بهيكل جسدي مدنساً  
بجملته. لكن، بما أنك متعطف، نقني بتحن  
مراحمك.

الآن وكل أوان وإلى دهر الدهرين. آمين.

سهلي لي مناهج الخلاص يا والد الإله، فإني قد  
دنست نفسي بخطايا سمجة، وأفنيت عمري كله  
بالتواني. لكن بشفاعتك، نقني من كل رجاسة.

(بالحن السادس) يا رحيم، ارحمني يا الله العظيم  
رحمتك، وكمثل كثرة رافاتك امح مائمي.

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—which we venerate today—by the protection of the honorable bodiless powers of heaven; at the supplication of the honorable, glorious Prophet, Forerunner and Baptist John; of the holy, glorious, all-laudable and foremost of the apostles, Peter and Paul, and of all the holy apostles; of our fathers among the saints, great hierarchs and ecumenical teachers Basil the Great, Gregory the Theologian and John Chrysostom; Athanasios, Cyril and John the Merciful, patriarchs of Alexandria; Nicholas of Myra in Lycia, Spyridon of Trimythous and Nektarios of Pentapolis, the wonder-workers; of our fathers among the saints Tikhon, patriarch of Moscow, and Raphael, bishop of Brooklyn; of the holy, glorious great martyrs George the Trophy-bearer, Demetrios the Myrrh-streaming, Theodore the Soldier, Theodore the General and Menas the Wonder-worker; of the hieromartyrs Ignatius the God-bearer of Antioch, Charalampos and Eleutherios; of the holy, glorious and great women martyrs Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photini, Marina, Paraskeva and Irene; of the holy glorious and right-victorious martyrs; of our venerable and God-bearing fathers who shone in the ascetic life; *of Saint N., the patron*

إِذَا تَصَوَّرْتُ كَثْرَةَ أَعْمَالِي الرَّدِيئَةِ أَنَا الشَّقِيّ، فَإِنِّي أَرْتَعِدُ مِنْ يَوْمِ الدِّينُونَةِ الرَّهِيْب. لَكِنِّي إِذْ أَنَا وَاثِقٌ بِتَحَنُّنِكَ، أَهْتَفُ إِلَيْكَ مِثْلَ دَاوُدَ: اِرْحَمْنِي يَا اللَّهُ، بِحَسَبِ عَظِيمِ رَحْمَتِكَ.

### طَلِبَةُ الشَّفَاعَةِ

**الشماس:** خَلِّصْ يَا اللَّهُ شَعْبَكَ، وَبَارِكْ مِيرَاثَكَ، وَافْتَقِدْ عَالَمَكَ بِالرَّحْمَةِ وَالرَّافَاتِ، وَارْفَعْ شَأْنَ الْمَسِيحِيِّينَ الْأَرْثُوذُكْسِيِّينَ، وَأَسْبِغْ عَلَيْنَا مَرَاحِمَكَ الْغَنِيَّةَ، بِشَفَاعَاتِ سَيِّدَتِنَا وَالِدَةِ الْإِلَهِ الْكُلِّيَّةِ الطَّهَارَةِ وَالِدَائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ؛ وَبِقُوَّةِ الصَّلِيبِ الْكَرِيمِ الْمُحْيِي — الَّذِي نَكْرِمُهُ الْيَوْمَ — بِطِلْبَاتِ الْقُوَاتِ السَّمَاوِيَّةِ الْمُكْرَّمَةِ الْعَادِمَةِ الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا الْمَعْمَدَانَ؛ وَالْقَدِيسَيْنِ الْمَشْرَفَيْنِ الرَّسُولَيْنِ بُطْرُسَ وَبُولُسَ، وَسَائِرِ الرُّسُلِ الْمَشْرَفَيْنِ الْجَدِيرِينَ بِكُلِّ مَدِيحٍ؛ وَأَبَائِنَا الْقَدِيسِينَ مُعَلِّمِي الْمَسْكُونَةِ، رُؤَسَاءِ الْكَهَنَةِ الْمُعْظَمِينَ بِأَسِيلْيُوسَ الْكَبِيرِ، وَغْرِغُورِيُوسَ الْلَاهُوتِي، وَيُوْحَنَّا الذَّهَبِيِّ الْقَمِّ؛ وَأَبَائِنَا الْقَدِيسِينَ أُنْتَاَسِيُوسَ وَكِيرْلُسَ وَيُوْحَنَّا الرَّحِيمِ بَطَارِكَةَ الْإِسْكَنْدرِيَّةِ؛ وَأَبِينَا الْقَدِيسِ نِيْقُولَاوَسَ رَئِيسِ أَسَاقِفَةِ مِيرَا الْليْكِيَّةِ، وَأَسْبِيرِيدُونَ أَسْقَفِ تْرِيمِيثُوسَ، وَنِكْتَارِيُوسَ أَسْقَفِ الْمُدُنِ الْخَمْسِ الْعَجَائِبِيِّينَ، وَأَبِينَا الْقَدِيسِ تِيخُونَ بَطْرِيْرِكِ مُوسْكَو، وَالْقَدِيسِ رَافَائِيلِ أَسْقَفِ بَرُوكْلِينَ؛ وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْعُظْمَاءِ جَاورْجِيُوسَ الْلَابِسِ الظَّفَرِ، وَدِيمِيْتْرِيُوسَ الْمُفِيضِ الطَّيْبِ، وَثِيُودُورَسَ التِّيْرُونِي، وَثِيُودُورَسَ قَائِدَ الْجَيْشِ، وَمِينَاَسَ الصَّانِعِ الْعَجَائِبِ؛ وَالْقَدِيسِينَ الشُّهَدَاءِ إِغْنَاطِيُوسَ الْمُتَوَشِّحِ بِاللَّهِ، خَرَالْمُبُوسَ وَالْفِثِيرِيُوسَ؛ وَالشُّهَدَاءِ الْعَظِيمَاتِ نَقْلًا، بَرَبَارَةَ، أُنْسْطَاسِيَا، كَاثْرِينَا، كِيرِيَاكِي، فُوتِينِي، مَارِينَا، بَارَاسْكِيفَا، وَآيرِينَ؛ وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْمُتَأَلِّقِينَ بِالظَّفَرِ؛ وَأَبَائِنَا الْأَبْرَارِ الْمُتَوَشِّحِينَ بِاللَّهِ؛ وَالْقَدِيسِ (فَلَان) شَفِيعِ هَذِهِ الْكَنِيسَةِ الْمُقَدَّسَةِ؛

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 & OIKOS FOR THIRD SUNDAY OF GREAT LENT (Plain Reading)

The fiery sword no longer guards the gate of Eden, for in a strange and glorious way the wood of the Cross has quenched its flames. The sting of death and the victory of hades are now destroyed, for Thou art come, my Savior, crying unto those in hades: "Return again to Paradise."

Pilate set up three crosses in the place of the Skull, two for the thieves and one for the Giver of Life. Seeing Him, hades cried to those below: "O my ministers and my powers! Who is this that has fixed a nail in my heart? A wooden spear has pierced me suddenly, and I am torn apart. Inwardly I suffer; anguish has seized my belly and my senses. My spirit trembles, and I am constrained to cast out Adam and his posterity. A tree brought them to my realm, but now the Tree of the Cross brings them back again to Paradise."

وَالْقَدِيسَيْنِ الصِّدِّيقَيْنِ جَدِّي الْمَسِيحِ الْإِلَهِ يُوَاكِمَ وَحَنَّةً،  
وَجَمِيعِ قَدِيسِيكَ، نَتَضَرَّعُ إِلَيْكَ أَيُّهَا الرَّبُّ الْجَزِيلُ  
الرَّحْمَةَ، فَاسْتَجِبْ لَنَا نَحْنُ الْخَطَاةَ الطَّالِبِينَ إِلَيْكَ  
وَارْحَمْنَا.

المرتل: يا ربُّ ارْحَمِ. (12 مَرَّةً)

الكاهن: بِرَحْمَةِ وَرَأْفَاتِ ابْنِكَ الْوَحِيدِ وَمَحَبَّتِهِ  
لِلْبَشَرِ، الَّذِي أَنْتَ مُبَارَكٌ مَعَهُ وَمَعَ رُوحِكَ  
الْكَلْبِيِّ قُدْسُهُ الصَّالِحِ وَالْمُحْيِي، الْآنَ وَكُلَّ أَوَانٍ  
وَالِي دَهْرٍ الدَّاهِرِينَ.

المرتل: آمين.

### القِنْدَاقِ وَالْبَيْتِ لِلأَحَدِ الثَّالِثِ مِنَ الصَّوْمِ (قِرَاءة)

إِنَّ السَّيْفَ النَّارِيَّ لَنْ يَحْرُسَ مِنْ بَعْدِ عَدْنٍ، لِأَنَّ  
عُودَ الصَّلِيبِ قَدْ أَطْفَأَهُ إِطْفَاءً مُدْهَشًا. فَكُسِرَتْ  
شَوْكَةُ الْمَوْتِ، وَبَادَتْ غَلْبَةُ الْجَحِيمِ، وَوَقَفَتْ يَا  
مُخْلِصِي، هَاتِفًا بِالَّذِينَ فِيهَا: أُدْخِلُوا مِنْ جَدِيدٍ إِلَى  
الْفِرْدَوْسِ.

إِنَّ بِيلاطُسَ نَصَبَ فِي الْجُلْجَلَةِ ثَلَاثَةَ صُلْبَانِ،  
إِثْنَيْنِ لِلصَّيْنِ وَوَاحِدًا لَوَاهِبِ الْحَيَاةِ، الَّذِي لَمَّا  
أَبْصَرَهُ الْجَحِيمُ قَالَ لِلَّذِينَ فِي أَسْفَلٍ: يَا خُدَّامِي  
وَقُوَّاتِي، مَنْ هُوَ هَذَا الَّذِي شَكَّ قَلْبِي بِمِسْمَارٍ،  
وَطَعَنَنِي بَعْتَةً بِحَرْبَةٍ خَشْبِيَّةٍ؟ وَهَا أَنَا أْتَمَرُّ فِي  
دَوَاخِلِي، وَتَتَوَجَّعُ أَحْشَائِي، وَتُظْلِمُ حَوَاسِي،  
وَتُضْطَرِّبُ رُوحِي، وَأُضْطَرُّ مُكْرَهًا أَنْ أَقْدِفَ آدَمَ  
وَدُرِّيَّتَهُ كُلَّهَا، الْمَدْفُوعِينَ إِلَيَّ بِسَبَبِ الْعُودِ، لِأَنَّ  
الْعُودَ يُدْخِلُهُمْ مِنْ جَدِيدٍ إِلَى الْفِرْدَوْسِ.

On March 15 in the Holy Orthodox Church, we commemorate the Martyr Agapios of Palestine and those with him; Apostle Aristoboulos of the Seventy, first bishop of Britain; and New-martyrs Manuel of Crete and Parthenios.

On this same day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross.

*Verses*

Let the whole world entire worship the Cross  
through Which it truly knew to worship Thee, O Word.

Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God's grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast.

By its power, O Christ God, preserve us from the crafty designs of the evil one and account us worthy to worship Thy divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as Thou alone art good and the Lover of mankind. Amen.

**KATAVASIAE OF THIRD SUNDAY OF  
GREAT LENT CANON IN TONE ONE**

**كُتَابَاسِيَاةِ قَانُونِ الْأَحَدِ الثَّلَاثِ مِنَ الصَّوْمِ  
بِالْحَنِّ الْأَوَّلِ**

**Ode 1.** The divine God-seer Moses once prefigured Thy Cross, when he led through the Red Sea Thy people Israel, as he smote the water with his staff and sang unto Thee that song of the Exodus, in thanksgiving, O Christ our God.

(الأولى) إِنَّ مُوسَى الْإِلَهِيِّ قَدْ سَبَقَ فَرَسَمَ صَلَيبِكَ قَدِيمًا، وَأَجَازَ إِسْرَائِيلَ فِي الْبَحْرِ الْأَحْمَرِ، لَمَّا ضَرَبَ الْجَوْهَرَ الرَّطْبَ بِالْعَصَا، مُرْتَلًّا لَكَ، أَيُّهَا الْمَسِيحُ الْإِلَهُ، تَسْبِيحًا عَلَى الْخُرُوجِ.

**Ode 3.** O Master Christ, by Thy Cross establish me on the rock of faith, lest my mind be shaken by the attacks of the hostile enemy; for Thou alone art holy.

(الثالثة) أَيُّهَا الْمَسِيحُ السَّيِّدُ، ثَبَّتْنِي بِصَلِيبِكَ عَلَى صَخْرَةِ الْإِيمَانِ، لِئَلَّا يَتَزَعَّزَعَ قَلْبِي مِنْ صَدَمَاتِ الْعَدُوِّ الْعَاتِي، لِأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ.

**Ode 4.** When the great luminary with trembling beheld Thee lifted up upon the Cross, O Most Mighty, he withdrew his rays and hid them; and in fear the whole creation praised Thy long-suffering, for the earth was filled with Thy praise.

(الرابعة) إِنَّ النُّورَ الْأَعْظَمَ، لَمَّا شَاهَدَكَ مُعَلَّقًا عَلَى الصَّلِيبِ أَيُّهَا الْمُقْتَدِرُ، ارْتَعَدَ، وَجَمَعَ أَشْعَتَهُ وَأَخْفَاهَا. وَالْخَلِيقَةُ بِأَسْرَهَا سَبَّحَتْ بِخَوْفٍ طَوَّلَ أَنْتِكَ، لِأَنَّ الْأَرْضَ قَدْ ائْتَلَّتْ مِنْ تَسْبِيحَتِكَ.

**Ode 5.** Rising early, we praise Thee, O Savior of the world, having found peace through Thy Cross; whereby Thou hast renewed the race of man, leading us toward the unwaning light.

**Ode 6.** Once Jonas formed the holy Cross in a type, with hands outstretched in the sea-monster's belly, prefiguring Thy divine Cross, O Word, and sprang forth again, being rescued from the beast by Thy power, O Savior.

**Ode 7.** Now He that saved the Children from burning flames, Himself having taken flesh, cometh on the earth, and being nailed unto the Cross, freely giveth salvation unto us all: The only most blessed God of our Fathers, in truth supremely glorious.

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

**Ode 8.** Cast into the den of the ravenous lions, the great among the Prophets, wise Daniel, stretched out his hands in the type and form of a cross and was saved unscathed from being devoured by them, while praising and blessing Christ God unto the ages.

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

### MAGNIFICATIONS IN TONE ONE

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)*

(الخامسة) إِلَيْكَ نَدْلُجُ يَا مُخْلِصَ الْعَالَمِ، مُسَبِّحِينَ  
إِيَّاكَ، لِأَنَّنا وَجَدْنَا سَلاماً بِصَلِيبِكَ، الَّذِي بِهِ جَدَدْتِ  
الْجِنْسَ الْبَشَرِيَّ، وَأَقْدَمْتَنَا إِلَى النُّورِ الَّذِي لَا يَغْرُبُ.

(السادسة) إِنَّ يُونَانَ النَّبِيَّ سَبَقَ فَرَسَمَ الصَّلِيبَ  
الإلهيَّ، لَمَّا بَسَطَ يَدَيْهِ فِي جَوْفِ الْحَوْتِ، وَطَفَرَ  
ناجِياً مِنَ الْوَحْشِ، بِقُدْرَتِكَ أَيُّهَا الْكَلِمَةُ.

(السابعة) إِنَّ الَّذِي أُنْقَذَ الْفَتِيَّةَ مِنَ اللَّهيبِ أَتَى إِلَى  
الأَرْضِ مُتَّخِذاً جَسَداً، وَقَدْ سَمَرَ عَلَى الصَّلِيبِ  
مَناحاً إِيَّانا الْخَلاصَ، وَهُوَ الْمُبارِكُ وَحْدَهُ، وَالْفائقُ  
التَّمجيدِ، إِلَهُ آبائنا.

نُسَبِّحُ وَنُبارِكُ وَنَسُجُدُ لِلرَّبِّ.

(الثامنة) إِنَّ دَانِيالَ الْمُعَظَّمَ فِي الْأَنْبياءِ، لَمَّا طُرِحَ  
فِي جُبِّ الْأَسودِ قَدِيماً، وَبَسَطَ ذِرَاعَيْهِ بِشَكْلِ  
صَلِيبٍ، نَجَا مِنْ أَفْتِراسِها بِغَيْرِ أذى، مُبارِكاً  
المَسِيحَ الإلهَ عَلَى مَدَى الدَّهْرِ.

الشَّماسُ: لَوالِدَةُ الإلهِ وَأَمَّ النُّورِ بِالتَّسابيحِ نَكْرَمُ  
مُعَظِّمِينَ.

### تَعْظِيماَتُ بِاللَّحْنِ الْأَوَّلِ

تُعَظِّمُ نَفْسِي الرَّبِّ، وَتَبْتَهِجُ رُوحِي بِاللَّهِ مُخْلِصِي.

اللازِمَةُ: يا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ  
مَجْداً بِغَيْرِ قِياسٍ مِنَ السَّارافِيمِ، الَّتِي مِنْ دُونِ  
فَسادٍ وَوَلَدَتْ كَلِمَةَ اللَّهِ، حَقّاً أَنْتِ وَالِدَةُ الإلهِ إِيَّاكَ  
نُعَظِّمُ.

لِأَنَّه نَظَرَ إِلَى تَواضُعِ أُمَّتِهِ، فَها مُنْذُ الْآنَ تُطَوِّبُنِي  
جَميعُ الأَجيالِ. (اللازِمَةُ)

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.** O virgin and Mother, the Theotokos in all truth, who without seed hast purely given birth to Christ our God, Who was raised up on the Cross in the flesh, thee now with Him do all we the faithful rightly and worthily magnify.

### 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.

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

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

حَطَّ الْمُقْتَدِرِينَ عَنِ الْكَرَاسِيِّ وَرَفَعَ الْمُتَوَاضِعِينَ،  
مَلَأَ الْجِياعَ مِنَ الْخَيْرَاتِ، وَالْأَغْنِيَاءَ أَرْسَلَهُمْ  
فَارغِينَ. *(اللازمة)*

عَضَدَ إِسْرَائِيلَ فَتَاهُ لِيَذْكُرَ رَحْمَتَهُ، كَمَا قَالَ لِأَبَائِنَا  
إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الأَبَدِ. *(اللازمة)*

*(الأودية التاسعة)* أَيُّهَا الأُمُّ العِزْرَاءُ، وَالِدَةُ الإِلَهِ  
بِالْحَقِيقَةِ، يَا مَنْ وَلَدَتْ خُلُوعاً مِنْ زَرْعِ الْمَسِيحِ  
إِلَيْنَا، الَّذِي رُفِعَ بِالْجَسَدِ عَلَى الصَّلِيبِ، نُعْظِمُكَ  
الآنَ مَعَهُ، نَحْنُ الْمُؤْمِنِينَ، بِوَجِبِ الاسْتِئْهَالِ.

### الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى

الشَّمْسُ: أَيضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.

الجوق: يَا رَبُّ ارْحَمْ.

الشَّمْسُ: أَعْضُدْ وَخَلِّصْ وَارْحَمْ وَاحْفَظْنَا يَا اللهُ  
بِنِعْمَتِكَ.

الجوق: يَا رَبُّ ارْحَمْ.

الشَّمْسُ: بَعْدَ ذِكْرِنَا الْكَلِيَّةَ الْقَدَّاسَةَ، الطَّاهِرَةَ،  
الْفَائِقَةَ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتَنَا وَالِدَةَ الإِلَهِ الدَّائِمَةَ  
الْبَتُولِيَّةَ مَرْيَمَ مَعَ جَمِيعِ الْقَدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا  
وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الإِلَهِ.

الجوق: لَكَ يَا رَبُّ.

الكاهن: لِأَنَّهُ إِيَّاكَ تُسَبِّحُ كُلُّ قُوَاتِ السَّمَاوَاتِ، وَلَكَ  
يُرْسَلُونَ الْمَجْدَ أَيُّهَا الأَبُ وَالإِبْنُ وَالرُّوحُ الْقُدُّسُ،  
الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.

**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 SEVENTH EOTHINON  
EXAPOSTEILARION IN TONE TWO**

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

Alas, they took the Lord away; \* as soon as Mary said this, \* then Simon Peter ran in haste \* to the tomb with that other \* initiate loved by Jesus; \* and when they both came running, \* they found the linen clothes within \* set apart from the napkin \* once on His head, \* each abandoned, cast off, and lying sep'rate. \* And so again they held their peace, \* until they had beheld Christ.

**EXAPOSTEILIARION & THEOTOKION  
FOR THE HOLY CROSS IN TONE TWO**

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

Seeing the precious Cross of Christ \* today here set before us, \* let us bow down and worship it, \* and faithfully rejoicing, \* let us all kiss it with longing, \* as we entreat the Lord God \* Who willingly was crucified \* thereupon, that He grant us \* that we might all \* worship His most honored and most divine Cross, \* that we, all being uncondemned, \* might reach the Resurrection.

We worship piously the Tree \* whereon thy Son once stretched out \* His spotless hands in our behalf \* when He was nailed upon it. \* O all-august Theotokos, \* now grant us peace and also \* to come to that all-holy day \* of the world-saving Passion \* suffered for us, \* and to worship also the light-bestowing \* and bright and world-delighting day\* of the Lord's holy Pascha.

**الجوق:** آمين.

قُدُّوسٌ هُوَ الرَّبُّ إِلَهُنَا. (ثلاثاً)

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

**إِكْسَابُوسْتِيلَارِي الإِيوْثِينَا السَّابِعَةُ بِاللَّحْنِ الثَّانِي**

*\*وزن لِنَقْفٍ مَعَ التَّلَامِيذِ\**

عِنْدَمَا قَالَتْ مَرْيَمٌ قَدْ حَمَلُوا رَبِّي، أَسْرَعَ إِلَى الْقَبْرِ سَمْعَانُ بُطْرُسُ، وَمَسَارُ الْمَسِيحِ الْآخِرُ الَّذِي كَانَ يُحِبُّهُ، فَحَضَرَا كِلَاهُمَا فَوَجَدَا الْأَكْفَانَ دَاخِلًا مَوْضُوعَةً وَحَدَّهَا، وَالْعِمَامَةَ الَّتِي كَانَتْ عَلَى رَأْسِهِ مُنْعَزَلَةً نَاحِيَةً، لِذَلِكَ اسْتَقَرَّا إِلَى أَنْ أَبْصَرَا الْمَسِيحَ حَقًّا.

**إِكْسَابُوسْتِيلَارِي وَثِيُوطُوكِيَّةٌ لِلصَّلِيبِ الْمُقَدَّسِ**

*(\*\*نَقْفٍ مَعَ التَّلَامِيذِ\*\*)*

إِنَّا الْيَوْمَ إِذْ نَرَى صَلِيبَ الْمَسِيحِ الْكَرِيمِ، فَلْنَسْجُدْ بِإِيمَانٍ لَهُ، وَلْنُصَافِحْهُ بِفَرَحٍ، مُبْتَهَلِينَ لِلَّذِي صُلبَ بِاخْتِيَارِهِ، لِكَيْمَا يُؤَهِّلَنَا جَمِيعًا لِلسُّجُودِ لِلصَّلِيبِ الْكَرِيمِ، وَلِنَبْلُغَ مَعًا نَهَارَ الْقِيَامَةِ الْبَهِيِّ، خُلُوعًا مِنْ دَيْنُونَةٍ.

يَا كَلِيَّةَ النِّقَاوَةِ، نَجْتُو بِحُسْنِ عِبَادَةِ لِلعُودِ الَّذِي بَسَطَ ابْنُكَ عَلَيْهِ يَدَيْهِ الطَّاهِرَتَيْنِ، إِذْ سَمَّرَ. فَاْمُنْحِنَا السَّلَامَةَ، لِنَبْلُغَ بِهَا السُّجُودَ إِلَى الْأَلَامِ الْبَاعِثَةِ الْخَلَاصَ، وَإِلَى يَوْمِ الفِضْحِ السَّيِّدِيِّ الْكَلِيِّ ضِيَاؤُهُ، وَالْمُبْهَجِ الْعَالَمِ.

## AINOI (PRAISES) IN TONE SEVEN

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 Seven

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

Christ hath risen from the dead, loosening the bonds of death. Be of good cheer, and of great joy, and, O Heavens, praise the glory of God.

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

Seeing the Resurrection of Christ, let us worship the holy Lord Jesus, Who alone is blameless of all error.

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

Verily, we cease not worshipping the Resurrection of Christ; for we are saved from our sins. Holy, therefore, is the Lord Jesus Who didst manifest the Resurrection.

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

With what shall we reward the Lord for all that He hath given us? For God, for our sakes, dwelt among men; and for corrupt nature the Word became flesh and lived among us. Yea, He hath done this, the Benefactor of ingrates, the Savior of captives, the Sun of justice to those lying in darkness, the Passionless on the Cross, the Light in Hades, the Life in death, and the Resurrection of the fallen. Wherefore, do we cry to Him: O our God, glory to Thee.

## الإينوس بالحن السابع

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

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

## للقيامة بالحن السابع

*استيخن 1. هذا المجد يكون لجميع أبنائه.*

لَقَدْ قَامَ الْمَسِيحُ مِنْ بَيْنِ الْأَمْوَاتِ حَالاً عَقَلَاتِ الْمَوْتِ، فَاسْتَبْشِرِي أَيُّهَا الْأَرْضُ بِالْفَرَحِ الْأَعْظَمِ، وَيَا سَمَاوَاتٍ سَبِّحِي مَجْدَ اللَّهِ.

*استيخن 2. سبِّحوا الله في قدسيه، سبِّحوه في فلك قوته.*

إِذْ قَدْ رَأَيْنَا قِيَامَةَ الْمَسِيحِ، فَلِنَسْجُدْ لِلرَّبِّ الْقُدُّوسِ يَسُوعَ الْبَرِيِّ مِنَ الْخَطِئِ وَحْدَهُ.

*استيخن 3. سبِّحوه على مقدراته، سبِّحوه نظير كثرة عظمته.*

إِنَّا لَا نَقْتَرُ مِنَ السُّجُودِ لِقِيَامَةِ الْمَسِيحِ، لِأَنَّهُ قَدْ خَلَّصَنَا مِنْ آثَامِنَا، فَقُدُّوسٌ هُوَ الرَّبُّ يَسُوعُ الَّذِي أَظْهَرَ الْقِيَامَةَ.

*استيخن 4. سبِّحوه بلحن البوق، سبِّحوه بالمزمار والقيثارة.*

بِمَاذَا نُكَافِي الرَّبَّ عَنْ كُلِّ مَا أَعْطَانَا؟ لِأَنَّ الْإِلَهَ مِنْ أَجْلِنَا سَاكِنَ الْبَشَرِ، وَمِنْ أَجْلِ الطَّبِيعَةِ الْمَفْسُودَةِ صَارَ الْكَلِمَةُ لَحْمًا وَحَلَّ فِيْنَا، وَالْمُحْسِنُ لِلْعَادِمِي الشُّكْرِ، وَالْمُنْقِذُ لِلْمَسِيْبِيْنَ، وَشَمْسُ الْعَدْلِ لِلتَّائِبِيْنَ فِي الظَّلَامِ، وَغَيْرُ الْمُتَأَلِّمِ عَلَى الصَّلِيبِ، وَالنُّورُ فِي الْجَحِيمِ، وَالْحَيَاةُ فِي الْمَوْتِ، وَالْقِيَامَةُ لِلسَّاقِطِيْنَ. فَلِذَلِكَ نَهْتَفُ إِلَيْهِ: يَا إِلَهَنَا الْمَجْدُ لَكَ.

**For the Third Sunday of Great Lent  
in Tone Four (\*\*As one valiant\*\*)**

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

With our voice let us cry aloud \* and with songs let us magnify \* the most precious Cross, while embracing it with love; \* and let us cry to it: O divine, all-ven'erable, blessed Cross, \* by thy power, sanctify \* both our bodies and ailing souls \* and preserve unhurt \* from all manner of harm from adversaries those who piously and rightly \* offer thee homage and worship thee.

*Verse 6. Praise Him upon the loud cymbals; praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord.*  
With our voice let us cry aloud \* and with songs let us magnify ... (repeat above)

*Verse 7. Exalt ye the Lord our God, and worship at His footstool, for He is holy.*  
Now approach and draw for yourselves \* from the streams inexhaustible \* issuing by grace from the Savior's hallowed Cross; \* behold and see how is set before us all the all-holy Wood, \* that abundant fount of gifts \* which is watered by the divine \* Water and the Blood \* of the Master of all, Who of His own will was exalted once upon it \* and hath exalted all mortal men.

*Verse 8. God is our King before the ages; He has worked salvation in the midst of the earth.*  
The foundation of Holy Church, \* the invincible strength of kings, \* both the preservation and glorying of monks \* art thou, all-ven'erable Cross of Christ. And so, as we worship thee, \* we receive enlightenment \* in our hearts and our souls today, \* through the grace divine \* of Him willingly fixed to thee, Who overturned the guileful foe's dominion \* and hath abolished the ancient curse.

**للأحد الثالث من الصوم بالحن الرابع  
(\*\*يا جاورجيوس الشجاع\*\*)**

*استيخن 5. سَبِّحُوهُ بِالطَّبَلِ وَالْمَصَافِ، سَبِّحُوهُ  
بِالْأوتارِ وَآلَةِ الطَّرَبِ.*

لِنُهَلِّلَ بِالنِّعَمَاتِ، وَنُعْظِمَ بِالتَّسَابِيحِ، صَلِيبَ الرَّبِّ  
الْكَرِيمِ، مُصَافِحِينَ إِيَّاهُ وَنَهْتِفُ نَحْوَهُ: قَدِّسْنَا  
بِقُوَّتِكَ، نُفُوساً وَأَجْسَاداً، أَيُّهَا الصَّلِيبُ الْكَلْبِيُّ وَقَارُهُ،  
وَمِنْ أَضْرَارِ الْمُضَادِّينَ احْفَظْنَا، وَصُنَّا نَحْنُ  
الْجَائِثِينَ لَكَ بِحُسْنِ عِبَادَةٍ.

*استيخن 6. سَبِّحُوهُ بِنِعَمَاتِ الصُّنُوجِ، سَبِّحُوهُ  
بِصُنُوجِ التَّهْلِيلِ، كُلُّ نَسَمَةٍ فَلْتَسَبِّحِ الرَّبَّ.  
لِنُهَلِّلَ بِالنِّعَمَاتِ، وَنُعْظِمَ بِالتَّسَابِيحِ ... (تعاود)*

*استيخن 7. اِرْزُقُوا الرَّبَّ إِلَهَنَا وَاسْجُدُوا لِمَوْطِي  
قَدَمَيْهِ، فَإِنَّهُ قُدُّوسٌ.*

تَقَدَّمُوا فَاسْتَقُوا الْآنَ مِنْ مِيَاهِ لَا تَفْرَعُ، تَجْرِي مِنْ  
جَدَاوِلِ نَعِيمِ الصَّلِيبِ. إِذْ نَرَى الْعُودَ الْمُقَدَّسَ،  
يَنْبُوعَ الْمَوَاهِبِ، مَوْضُوعاً أَمَامَنَا. الْمُرْتَوِي مِنَ الدَّمِ  
وَالْمَاءِ الْجَارِيَيْنِ مِنْ سَيِّدِ الْكُلِّ، مَنْ رَفَعَ بِاخْتِيَارِهِ  
عَلَيْهِ، كَيْ يَرْفَعَ الْبَشَرَ.

*استيخن 8. اللَّهُ مَلَكْنَا مِنْ قَبْلِ الدَّهْرِ، صَنَعَ  
خَلَاصاً فِي وَسْطِ الْأَرْضِ.*

أَنْتَ رُكْنٌ مُوَطَّدٌ لِلْكَنِيسَةِ وَالْمُلُوكِ، فَخَرَّ وَخَلَّاصٌ  
لِلْمُتَوَحِّدِينَ، أَيُّهَا الصَّلِيبُ الْمَوْقَرُ. لِذَلِكَ نَجْتُو لَكَ،  
مُسْتَنْبِرِينَ الْيَوْمَ، بِقُلُوبِنَا وَالنُّفُوسِ، بِنِعْمَةٍ مَنْ قَدْ  
بُسِطَ عَلَيْكَ الْإِلَهِيَّةُ، مُحْطِماً بِأَسِ الْغَاشِّ، وَمُبِيداً  
قُوَّةَ اللَّعْنَةِ.

## DOXASTICON FOR THIRD SUNDAY OF GREAT LENT IN TONE EIGHT

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

The Lord of all taught us by a proverb to run away from the haughtiness of the evil Pharisees; and instructed all not to exalt themselves in their opinions from duty, having Himself become a Symbol and an Exemplar, emptying Himself unto the Cross and death. Wherefore, with the publican, let us offer Him thanks, saying, O Thou Who didst suffer for our sakes and remained an unsuffering God, deliver us from sufferings and save our souls.

## THEOTOKION IN TONE EIGHT

*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 EIGHT

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.

## ذُكُصَا لِأَحَدِ الثَّالِثِ مِنَ الصُّومِ بِاللَّحْنِ الثَّامِنِ

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ.

إِنَّ رَبَّ الْكُلِّ، قَدْ عَلَّمَ بِمَثَلٍ بَأْنَ نَهْرُبَ مِنْ شُمُوحِ الْفَرِيسِيِّينَ الْأَزْدِيَاءِ، وَأَدَّبَ الْجَمِيعَ كَيْ لَا يَتَرَفَّعُوا بِأَرَائِهِمْ عَنِ الْوَاجِبِ، إِذْ صَارَ هُوَ نَفْسُهُ رَسْمًا وَنُموذَجًا، وَأَفْرَغَ ذَاتَهُ حَتَّى إِلَى الصَّلِيبِ وَالْمَوْتِ. فَلَنَرَفَعْ لَهُ الشُّكْرَ مَعَ الْعَشَارِ قَائِلِينَ: يَا مَنْ تَأَلَّمَ مِنْ أَجْلِنَا، وَلَبِثَ إِلَهًا غَيْرَ مَأْلُومٍ، نَجِّنَا مِنَ الْآلَامِ، وَخَلِّصْ نَفُوسَنَا.

## ثِيُوطُوكِيَّةٌ بِاللَّحْنِ الثَّامِنِ

الْآنَ وَكَلَّ أُولَانِ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

أَنْتِ هِيَ الْفَائِزَةُ عَلَى كُلِّ الْبَرَكَاتِ، يَا وَالِدَةَ الْإِلَهِ الْعِذْرَاءِ، لِأَنَّ الْجَحِيمَ قَدْ سُبِّيتَ بِوِاسِطَةِ الْمُتَجَسِّدِ مِنْكَ، وَآدَمَ دُعِيَ ثَانِيَةً، وَاللَّعْنَةَ بَادَتْ، وَحَوَاءَ انْعَتَقَتْ، وَالْمَوْتَ أُمِيتَ، وَنَحْنُ قَدْ حَيِينَا. فَلِذَلِكَ نُسَبِّحُ هَاتِفِينَ: مُبَارَكٌ أَنْتَ أَيُّهَا الْمَسِيحُ إِلَهُنَا، يَا مَنْ هَكَذَا سُرَّ، الْمَجْدُ لَكَ.

## الذُّوكُصُولُوجِيَا الْكُبْرَى بِاللَّحْنِ الثَّامِنِ

الْمَجْدُ لَكَ يَا مُظْهِرَ النُّورِ، الْمَجْدُ لِلَّهِ فِي الْعِلَآءِ، وَعَلَى الْأَرْضِ السَّلَامُ، وَفِي النَّاسِ الْمَسْرَّةُ.

نُسَبِّحُكَ نُبَارِكُكَ، نَسْجُدُ لَكَ نُمَجِّدُكَ، نَشْكُرُكَ مِنْ أَجْلِ عَظِيمِ جَلَالِ مَجْدِكَ.

أَيُّهَا الرَّبُّ الْمَلِكُ، السَّمَاوِيِّ، الْإِلَهُ، الْآبِ الضَّابِطِ الْكُلِّ. أَيُّهَا الرَّبُّ الْإِبْنُ الْوَحِيدُ، يَا يَسُوعَ الْمَسِيحُ، وَيَا أَيُّهَا الرُّوحُ الْقُدُّوسُ.

أَيُّهَا الرَّبُّ الْإِلَهُ، يَا حَمَلَ اللَّهِ يَا ابْنَ الْآبِ، يَا رَافِعَ خَطِيئَةَ الْعَالَمِ ارْحَمْنَا، يَا رَافِعَ خَطَايَا الْعَالَمِ.

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

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.

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.

تَقَبَّلْ تَضَرُّعَنَا أَيُّهَا الْجَالِسُ عَنِ يَمِينِ الْآبِ  
وَارْحَمْنَا.

لَأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ، أَنْتَ وَحْدَكَ الرَّبُّ يَسُوعُ  
الْمَسِيحُ، فِي مَجْدِ اللَّهِ الْآبِ، آمِينَ.

فِي كُلِّ يَوْمٍ أُبَارِكُكَ، وَأَسْبِّحُ اسْمَكَ إِلَى الْأَبَدِ، وَإِلَى  
أَبَدِ الْأَبَدِ.

أَهْلُنَا يَا رَبُّ أَنْ نَحْفَظَ فِي هَذَا الْيَوْمِ بِغَيْرِ خَطِيئَةٍ.

مُبَارَكٌ أَنْتَ يَا رَبُّ إِلَهَ آبَائِنَا، وَمُسَبَّحٌ وَمُمَجَّدٌ  
اسْمُكَ إِلَى الْأَبَدِ، آمِينَ.

لِنَكُنْ يَا رَبُّ رَحْمَتِكَ عَلَيْنَا، كَمَا كُنَّا عَلَيْكَ.

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمْنِي حُقُوقَكَ. (ثلاثاً)

يَا رَبُّ مَلْجَأُ كُنْتُمْ لَنَا 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.

لَأَنَّ مِنْ قِبَلِكَ عَيْنَ الْحَيَاةِ، وَبِنُورِكَ نَعَايُنُ النُّورَ.

فَابْسُطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ.

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

الْمَجْدُ لِلْآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ.

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.

قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا.

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

## TROPARION IN TONE EIGHT

Having risen from the tomb, and having burst the bonds of Hades, Thou didst loose the condemnation of death, O Lord, releasing all mankind from the snares of the enemy. Having manifested Thyself to Thine Apostles, Thou didst send them forth to proclaim Thee; and through them Thou hast granted Thy peace unto the civilized world, O Thou Who alone art plenteous in mercy.

## طَرُوبَارِيَّةٌ بِاللَّحْنِ الثَّامِنِ

إِذْ قُمْتَ يَا رَبُّ مِنَ الْقَبْرِ، وَقَطَعْتَ رِبَاطَاتِ  
الْجَحِيمِ، غَلَبْتَ حُكُومَةَ الْمَوْتِ، وَأَنْقَذْتَ الْكُلَّ مِنْ  
فِيَاخِ الْعَدُوِّ، وَلَمَّا أَظْهَرْتَ ذَاتَكَ لِرُسُلِكَ أَرْسَلْتَهُمْ  
إِلَى الْكِرَازَةِ، وَمَنْحْتَ بِهِمْ سَلَامَكَ لِلْمَسْكُونَةِ يَا  
جَزِيلَ الرَّحْمَةِ وَحَدَّكَ.

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