



*Saint George  
Antiochian Orthodox Church  
Cicero, Illinois*

كَنِيسَةُ الْقَدِيسِ جَاوْرِجِيوسِ  
الْأَنْطَاكِيَّةِ الْأَرْثُوذُكْسِيَّةِ

**ORTHROS (MATINS) SERVICE FOR  
THE FOURTH SUNDAY OF GREAT LENT  
(SAINT JOHN OF THE LADDER)**

خِدْمَةُ صَلَاةِ السَّحَرِ  
الْأَحَدُ الرَّابِعِ مِنَ الصَّوْمِ  
(وَأَحَدُ الْقَدِيسِ يُوْحَنَّا السُّلْمِيِّ)



**ORTHROS ON SUNDAY, APRIL 14, 2024; TONE 4 / EOTHINON 1**  
**FOURTH SUNDAY OF GREAT LENT**  
**COMMEMORATION OF JOHN CLIMACUS, AUTHOR OF "THE LADDER"**  
APOSTLES ARISTARCHOS, PUDENS AND TROPHYMOS OF THE SEVENTY

**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.

**الكاهن:** تَبَارَكَ اللهُ إِلَهُنَا كُلَّ حِينٍ، الْآنَ وَكُلَّ  
أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.  
**الجوقة:** آمين.

**الكاهن:** الْمَجْدُ لَكَ يَا إِلَهُنَا الْمَجْدُ لَكَ.  
أَيُّهَا الْمَلِكُ السَّمَاوِيِّ الْمُعَزِّي، رُوحَ الْحَقِّ،  
الْحَاضِرُ فِي كُلِّ مَكَانٍ وَالْمَالِيُ الْكُلِّ، كُنْزُ  
الصَّالِحَاتِ وَرَازِقُ الْحَيَاةِ، هَلُمَّ وَاسْكُنْ فِيْنَا،  
وَطَهِّرْنَا مِنْ كُلِّ دَنَسٍ، وَخَلِّصْ أَيُّهَا الصَّالِحُ  
نُفُوسَنَا.

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

الْمَجْدُ لِأَبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ  
أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمين.  
أَيُّهَا الثَّالُوثُ الْقُدُّوسُ اِرْحَمْنَا، يَا رَبُّ اغْفِرْ  
خَطَايَانَا، يَا سَيِّدُ تَجَاوَزْ عَنْ سَيِّئَاتِنَا، يَا قُدُّوسُ  
اطَّلِعْ وَاشْفِ أَمْرَاضَنَا، مِنْ أَجْلِ اسْمِكَ.  
يَا رَبُّ اِرْحَمْنَا. (ثلاثاً)

الْمَجْدُ لِأَبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ  
أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمين.  
أَبَانَا الَّذِي فِي السَّمَاوَاتِ، لِيَتَقَدَّسَ اسْمُكَ، لِيَأْتِ  
مَلَكُوتُكَ، لِيَتَكُنْ مَشِيئَتُكَ كَمَا فِي السَّمَاءِ كَذَلِكَ  
عَلَى الْأَرْضِ، خُبِّرْنَا الْجَوْهَرِيِّ اعْطِنَا الْيَوْمَ،  
وَاتْرِكْ لَنَا مَا عَلَيْنَا كَمَا نَتْرِكُ نَحْنُ لِمَنْ لَنَا  
عَلَيْهِ، وَلَا تَدْخِلْنَا فِي التَّجْرِيبَةِ، لَكِنْ نَجِّنَا مِنَ  
الشَّرِيرِ.

**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.

**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.

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

**القارئ:** آمين. خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ  
مِيرَاثَكَ، وَامْنَحْ عِبِيدَكَ الْمُؤْمِنِينَ الْعَلْبَةَ عَلَى  
الشَّرِيرِ، وَاحْفَظْ بِقُوَّةِ صَلَيبِكَ جَمِيعَ الْمُخْتَصِّينَ  
بِكَ.

*الْمَجْدُ لِلْآبِ وَالابْنِ وَالرُّوحِ الْقُدُّوسِ.*

يَا مَنْ ارْتَفَعْتَ عَلَى الصَّلِيبِ مُخْتَاراً، أَيُّهَا  
الْمَسِيحُ الْإِلَهَ، امْنَحْ رَأْفَتَكَ لِشَعْبِكَ الْجَدِيدِ  
الْمُسَمَّى بِكَ، وَفَرِّحْ بِقُوَّتِكَ حُكَّامَنَا الْمُؤْمِنِينَ،  
مَانِحاً إِيَّاهُمْ الْعَلْبَةَ عَلَى مُحَارِبِيهِمْ. لِتَكُنْ لَهُمْ  
مَعُونَتَكَ سِلَاحاً لِلسَّلَامِ، وَظَفْراً غَيْرَ مَقْهُورٍ.

*الآنَ وَكُلَّ أَوَانٍ وَالِي دَهْرِ الدَّاهِرِينَ. آمين.*

أَيُّهَا الشَّفِيعَةُ الرَّهيبَةُ غَيْرُ الْمَخْذُولَةِ، يَا وَالِدَةَ  
الْإِلَهِ الْكَلِيَّةِ التَّسْبِيحِ، لَا تُعْرِضِي يَا صَالِحَةَ عَنْ  
تَوْسَلَاتِنَا، بَلْ وَطِّدِي سِيرَةَ الْمُسْتَقِيمِي الرَّأْيِ،  
وَخَلِّصِي الَّذِينَ أَمَرْتِ أَنْ يَتَمَلَّكُوا، وَامْنَحِيهِمْ  
الْعَلْبَةَ مِنَ السَّمَاءِ، بِمَا أَنَّكَ وَلَدْتِ الْإِلَهَ، أَيُّهَا  
المُبَارَكَةُ وَحْدَكَ.

### الطلبية السلامية

**الكاهن:** إِرْحَمْنَا يَا اللَّهُ بِعَظِيمِ رَحْمَتِكَ، نَطْلُبُ  
إِلَيْكَ فَاسْتَجِبْ وَارْحَمْ.

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

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

**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.

**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.

**الكاهن:** وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ آبِينَا  
وَمِثْرُوبُولِيَّتِنَا (فُلَان) وَرَئِيسِ كَهَنَتِنَا (فُلَان)،  
وَكُلِّ إِخْوَتِنَا فِي الْمَسِيحِ.

**الكاهن:** لِأَنَّكَ إِلَهٌ رَحِيمٌ وَمُحِبٌّ لِلْبَشَرِ، وَلَكَ  
نُرْسِلُ الْمَجْدَ أَيْهَا الْآبُ وَالْابْنُ وَالرُّوحُ الْقُدُّوسُ،  
الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.

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

**الكاهن:** الْمَجْدُ لِلثَّالُوثِ الْقُدُّوسِ، الْمُنْتَسَاوِي فِي  
الْجَوْهَرِ، الْمُخْيِي، غَيْرِ الْمُتَقَسِّمِ، كُلَّ حِينٍ،  
الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.

**الجوقة:** آمين.

**القارئ:** الْمَجْدُ لِلَّهِ فِي الْعُلَى، وَعَلَى الْأَرْضِ  
السَّلَامُ، وَفِي النَّاسِ الْمَسْرَّةُ. (ثَلَاثًا)  
يَا رَبُّ افْتَحْ شَفْتِي فَيُخْبِرَ فَمِي بِتَسْبِيحِكَ.  
(مَرَّتَيْنِ)

### المزمور ٣

يَا رَبُّ لِمَاذَا كَثُرَ الَّذِينَ يُحْزِنُونَنِي؟ كَثِيرُونَ  
قَامُوا عَلَيَّ. كَثِيرُونَ يَقُولُونَ لِنَفْسِي لَا خَلَاصَ  
لَهُ بِاللَّهِ. 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. قُمْ يَا رَبُّ،  
خَلِّصْنِي يَا إِلَهِي، فَإِنَّكَ ضَرَبْتَ كُلَّ مَنْ يُعَادِينِي  
بِاطِلًا، وَسَحَقْتَ أَسْنَانَ الْخَطَاةِ. لِلرَّبِّ الْخَلَاصُ  
وَعَلَى شَعْبِكَ بَرَكَتُكَ.

أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي.



PSALM 37

المزمور ٣٧

O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. For Thine arrows are fastened in me, and Thou hast laid Thy hand heavily upon me. There is no healing in my flesh in the face of Thy wrath; and there is no peace in my bones in the face of my sins. For mine iniquities are risen higher than my head; as a heavy burden have they pressed heavily upon me. My bruises are become noisome and corrupt in the face of my folly. I have been wretched and utterly bowed down until the end; 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

يا رَبُّ، لا بَعْضَبِكَ تُؤَبِّخْنِي، ولا بِرِجْزِكَ تُؤَدِّبْنِي. فَإِنَّ سِهَامَكَ قَدْ نَشَبَتْ فِيَّ، وَمَكَنْتَ 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 أَتْنَنْتُ وَقَاحَتْ جِرَاحَاتِي مِنْ قِبَلِ جَهَالَتِي. شَقِيتُ وَأُنْحَيْتُ إِلَى الْغَايَةِ، وَالنَّهَارَ كُلَّهُ مَشَيْتُ عَابِسًا. لِأَنَّ مَتْنِي قَدْ امْتَلَأَ مَهَازِرِي وَلَيْسَ لِجَسَدِي شِفَاءٌ. شَقِيتُ وَأَنْصَعْتُ جِدًّا، وَكُنْتُ أَيْنٌ مِنْ تَنْهَدِ قَلْبِي. يَا رَبُّ، إِنَّ بُغْيَتِي كُلَّهَا أَمَامَكَ، وَتَنْهَدِي لَمْ يَخْفَ عَنْكَ. قَدْ اضْطَرَبَ قَلْبِي وَفَارَقْتَنِي قُوَّتِي، وَنُورُ عَيْنِي أَيْضًا لَمْ يَبْقَ مَعِي. أَصْدِقَائِي وَأَقْرِبَائِي دَنَوْا مِنِّي وَوَقَفُوا لَدَيَّ، وَجِنْسِي وَقَفَ مِنِّي بَعِيدًا. وَأَجْهَدَنِي الَّذِينَ يَطْلُبُونَ نَفْسِي، وَالْمُلْتَمِسُونَ لِي الشَّرَّ تَكَلَّمُوا بِالْبَاطِلِ، وَغَشُوشًا طُولَ النَّهَارِ دَرَسُوا. أَمَا أَنَا فَكَأَصَمٌ لَا يَسْمَعُ، وَكَأَخْرَسٌ لَا يَفْتَحُ فَاهَهُ. وَصِرْتُ كإِنْسَانٍ لَا يَسْمَعُ وَلَا فِي فَمِهِ تَبْكِيَةٌ. لِأَيِّي عَلَيْكَ، يَا رَبُّ، تَوَكَّلْتُ، أَنْتَ تَسْتَجِيبُ لِي يَا رَبِّي وَالْهَي. لِأَيِّي قُلْتُ لَا يَشْمَتُ بِي أَعْدَائِي، وَعِنْدَمَا زَلْتُ قَدَمَائِي عَظَّمُوا عَلَيَّ الْكَلَامَ. لِأَيِّي أَنَا لِلضَّرْبِ مُسْتَعِدٌّ، وَوَجَعِي لَدَيَّ فِي كُلِّ حِينٍ. لِأَيِّي أَنَا أَخْبِرُ بِإِثْمِي، وَأَهْتَمُّ

continually before me. For I will declare mine iniquity, and I will take heed concerning my sin. But mine enemies live and are made stronger than I, and they that hated me unjustly are multiplied. They that render me evil for good slandered me, because I pursued goodness. Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

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

### PSALM 62

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

مِنْ أَجْلِ خَطِيئَتِي. أَمَّا أَعْدَائِي فَأَحْيَاءُ، وَهُمْ أَشَدُّ مِنِّي، وَقَدْ كَثُرَ الَّذِينَ يُبْغِضُونِي ظُلْمًا، الَّذِينَ جَازَوْنِي بَدَلَ الْخَيْرِ شَرًّا، مَحَلُّوا بَيْنِي 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 ٦٢

يَا اللَّهُ الْهَي إِلَيْكَ أَبْتَكِرُ. عَطِشْتُ إِلَيْكَ نَفْسِي، وَاشْتَقَاقٌ إِلَيْكَ جَسَدِي، فِي أَرْضٍ بَرِّيَّةٍ وَغَيْرِ مَسْلُوكَةٍ وَعَادِمَةِ الْمَاءِ. هَكَذَا ظَهَرْتُ لَكَ فِي الْقُدْسِ لِأَعْيُنِ قُوَّتِكَ وَمَجْدِكَ. لِأَنَّ رَحْمَتَكَ أَفْضَلُ مِنَ الْحَيَاةِ، وَشَفَتِي تُسَبِّحَانِكَ. هَكَذَا أُبَارِكُكَ فِي حَيَاتِي وَبِاسْمِكَ أَرْفَعُ يَدَيَّ، فَتَمْتَلِي نَفْسِي كَمَا مِنْ شَحْمٍ وَدَسَمٍ، وَبِشِفَاهِ الْإِبْتِهَاجِ يُسَبِّحُكَ فَمِي. إِذَا ذَكَرْتُكَ عَلَى فِرَاشِي، هَذَذْتُ بِكَ فِي الْأَسْحَارِ، لِأَنَّكَ صِرْتَ لِي عَوْنًا وَبِظِلِّ جَنَاحَيْكَ أَسْتَتِرُ. الْتَصَّقَتْ نَفْسِي بِكَ، وَإِيَّايَ عَضَدَتْ يَمِينُكَ. أَمَّا الَّذِينَ يَطْلُبُونَ نَفْسِي بَاطِلًا، فَسَيَدْخُلُونَ فِي أَسَافِلِ الْأَرْضِ، وَيُدْفَعُونَ إِلَى أَيْدِي السُّيُوفِ، وَيَكُونُونَ أَنْصَبَةً لِلثَّعَالِبِ. أَمَّا الْمَلِكُ فَيَسُرُّ بِاللَّهِ، وَيُمْتَدِّحُ كُلُّ مَنْ يَحْلِفُ بِهِ، لِأَنَّهُ قَدْ سَدَّتْ 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

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

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

هَلِوِيَا، هَلِوِيَا، هَلِوِيَا، الْمَجْدُ لَكَ يَا اللَّهُ.  
(ثَلَاثًا)

يَا رَبُّ ارْحَمِ. (ثَلَاثًا)

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ.

### المزمور ٨٧

الآن وكلَّ أوانٍ وإلى دهرِ الداهرين. آمين.

يَا رَبُّ إِلَهَ خَلَاصِي، فِي النَّهَارِ صَرَخْتُ وَفِي  
اللَّيْلِ أَمَامَكَ، فَلْتَدْخُلْ قُدَّامَكَ صَلَاتِي، أَمَلٌ  
أَذُنُّكَ إِلَى طَلِبَتِي، فَقَدْ ائْتَلَّاتُ مِنَ الشُّرُورِ  
نَفْسِي، وَدَنَّتُ مِنَ الْجَحِيمِ حَيَاتِي. حُسِبْتُ مَعَ  
الْمُنْحَدِرِينَ فِي الْجُبِّ، صِرْتُ مِثْلَ إِنْسَانٍ لَيْسَ  
لَهُ مَعِينٌ، مَطْرُوحًا بَيْنَ الْأَمْوَاتِ مِثْلَ الْقَتْلَى  
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  
أُسَلِمْتُ وَمَا خَرَجْتُ، وَعَيْنَايَ ضَعُفَتْ مِنَ  
الْمَسْكَنَةِ. صَرَخْتُ إِلَيْكَ، يَا رَبُّ، النَّهَارَ كُلَّهُ  
وَإِلَيْكَ بَسَطْتُ يَدَيَّ. أَلْعَلَّكَ لِلْأَمْوَاتِ تَصْنَعُ

may give thanks unto Thee? Nay, shall any in the grave tell of Thy mercy, and of Thy truth in that destruction? Nay, shall Thy wonders be known in that darkness, and Thy righteousness in that land that is forgotten? But as for me, unto Thee, O Lord, have I cried; and in the morning shall my prayer come before Thee. Wherefore, O Lord, dost Thou cast off my soul and turnest Thy face away from me? A poor man am I, and in troubles from my youth; yea, having been exalted, I was humbled and brought to distress. Thy furies have passed upon me, and Thy terrors have sorely troubled me. They came round about me like water, all the day long they compassed me about together. Thou hast removed afar from me friend and neighbor, and mine acquaintances because of my misery.

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

### PSALM 102

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

العجائب؟ أم الأطباء يُقيمونهم، فيعترفون لك؟ هل يُحدِّث أحدٌ في القبرِ بِرَحْمَتِكَ، وفي الهلاكِ بِحَقِّكَ؟ هل تُعرَفُ في الظُّلْمَةِ عَجَائِبُكَ، وَعَدْلُكَ في أرضٍ مَنْسِيَّةٍ؟ وأنا إليك، يا رَبُّ، صرَّختُ فَتَبَلَّغْ في الغدَاةِ صَلَاتِي. لِمَاذَا، يا رَبُّ، نُقِصِي نَفْسِي وَتَصْرِفُ وَجْهَكَ عَنِّي؟ فَقِيرٌ أنا، وفي الشَّقَاءِ مُنْذُ شَبَابِي، وحينَ ارْتَفَعْتُ انْتَضَعْتُ وَتَحَيَّرْتُ. عَلَيَّ جَارَ رِجْزِكَ، وَمُفْزِعَاتِكَ أَرْعَجْتَنِي. أَحَاطَتْ بي كالماءِ، والنَّهَارَ كُلَّهُ اكْتَنَفْتَنِي مَعًا. أَبْعَدْتَ عَنِّي الصَّدِيقَ وَالْقَرِيبَ وَمَعَارِفِي مِنَ الشَّقَاءِ.

يا رَبُّ إلهَ خَلَاصِي، في النَّهَارِ صرَّختُ وفي اللَّيْلِ أَمَامَكَ، فَلْتَدْخُلْ قُدَّامَكَ صَلَاتِي، أَمِنْ أَدْنِكَ إِلَى طَلِبَتِي.

### المزمور ١٠٢

بارِكِي يا نَفْسِي الرَّبَّ، وَيَا جَمِيعَ ما في داخِلِي اسْمُهُ الْقُدُّوسِ. بارِكِي يا نَفْسِي الرَّبَّ، وَلَا تَنْسِي جَمِيعَ مُكَافَأَتِهِ. الَّذِي يَغْفِرُ جَمِيعَ آثَامِكَ، الَّذِي يَشْفِي جَمِيعَ أَمْرَاضِكَ، الَّذِي يُنَجِّي مِنَ الْفَسَادِ حَيَاتِكَ، الَّذِي يُكَلِّلُكَ بِالرَّحْمَةِ وَالرَّأْفَةِ، الَّذِي يُشْبِعُ بِالْخَيْرَاتِ شَهَوَاتِكَ، فَيَتَجَدَّدُ كَالنَّسْرِ شَبَابُكَ. الرَّبُّ صَانِعُ الرَّحْمَاتِ وَالْقَضَاءِ لِجَمِيعِ الْمَظْلُومِينَ. عَرَفَ مُوسَى طُرُقَهُ، وَبَنِي إِسْرَائِيلَ مَشِيئَاتِهِ. الرَّبُّ رَحِيمٌ وَرَوْوْفٌ، طَوِيلُ الْأَنَاءِ وَكَثِيرُ الرَّحْمَةِ، لَيْسَ إِلَى الْإِنْقِضَاءِ يَسْخَطُ، وَلَا



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

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

### PSALM 142

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

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

فِي كُلِّ مَوْضِعِ سِيَادَتِهِ. بَارِكِي يَا نَفْسِي الرَّبَّ.

### المزمور ١٤٢

يَا رَبُّ اسْتَمِعْ صَلَاتِي، وَأَنْصِتْ بِحَقِّكَ إِلَيَّ  
طَلِبَتِي. اسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي  
الْمُحَاكَمَةِ مَعَ عَبْدِكَ، فَإِنَّهُ لَنْ يَتَرَكَ أَمَامَكَ أَيُّ  
حَيٍّ. لِأَنَّ الْعَدُوَّ قَدْ اضْطَهَدَ نَفْسِي، وَأَذَلَّ إِلَيَّ  
الْأَرْضَ حَيَاتِي، وَأَجَلَسَنِي فِي الظُّلُمَاتِ مِثْلَ

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!

المَوْتَى مِنْذُ الدَّهْرِ، فَصَجِرَتْ رُوحِي واضطربَ  
قَلْبِي فِي دَاخِلِي. تَذَكَّرْتُ الأَيَّامَ القَدِيمَةَ. هَدَدْتُ  
فِي كُلِّ أَعْمَالِكَ، وَتَأَمَّلْتُ فِي صَنَائِعِ يَدَيْكَ.  
بَسَطْتُ يَدَيَّ إِلَيْكَ وَنَفْسِي لَكَ كَأَرْضٍ لَا تُمْطَرُ.  
أَسْرِعْ فَاسْتَجِبْ لِي يَا رَبُّ، فَقَدْ فَنَيْتُ رُوحِي. لَا  
تَصْرِفْ وَجْهَكَ عَنِّي، فَأُشَابِهَ الهَابِطِينَ فِي  
الجُبِّ. اجْعَلْنِي فِي العِدَاةِ مُسْتَمِعًا رَحْمَتَكَ، فَإِنِّي  
عَلَيْكَ تَوَكَّلْتُ. عَرَّفْنِي يَا رَبُّ الطَّرِيقَ الَّذِي  
أَسْلُكُ فِيهِ، فَإِنِّي إِلَيْكَ رَفَعْتُ نَفْسِي. أَنْقِذْنِي مِنْ  
أَعْدَائِي يَا رَبُّ، فَإِنِّي قَدْ لَجَأْتُ إِلَيْكَ. عَلَّمْنِي أَنْ  
أَعْمَلَ مَرْضَاتِكَ، لِأَنَّكَ أَنْتَ إِلَهِي. رُوحَكَ  
الصَّالِحَ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ. مِنْ أَجْلِ  
اسْمِكَ، يَا رَبُّ، تُحْيِينِي. بَعْدَكَ تُخْرِجُ مِنَ  
الحُزْنِ نَفْسِي، وَبِرَحْمَتِكَ تَسْتَأْصِلُ أَعْدَائِي،  
وَتُهْلِكُ جَمِيعَ الَّذِينَ يُحْزِنُونَ نَفْسِي لِأَنِّي أَنَا  
عَبْدُكَ.

إِسْتَجِبْ لِي بَعْدَكَ، وَلَا تَدْخُلْ فِي المُحَاكَمَةِ مَعِ  
عَبْدِكَ. *(مرتين)*

رُوحَكَ الصَّالِحَ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ.

المَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ القُدُسِ، الآنَ وَكُلَّ  
أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

هَلِّلُوبِيَا، هَلِّلُوبِيَا، هَلِّلُوبِيَا، المَجْدُ لَكَ يَا اللهُ.  
*(ثلاثاً)*

يَا إِلَهَنَا وَرَجَاءَنَا المَجْدُ 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.

## الطَّلْبَةُ السَّلَامِيَّةُ الْكُبْرَى

الكاهن: بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.

الجوقة: يَا رَبُّ ارْحَمِ. (تُعَادُ بَعْدَ كُلِّ طَلْبَةٍ)

الكاهن: مِنْ أَجْلِ السَّلَامِ الَّذِي مِنَ الْعُلَى  
وَحَلَاصِ 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 آبِينَا وَمِتْرُوبُولِيْتِنَا (فُلَانِ)  
وَرَّئِيسِ كَهَنَتِنَا (فُلَانِ)، وَالْكَهَنَةِ الْمُكْرَمِينَ،  
وَالشَّمَامِسَةَ، خُدَّامِ الْمَسِيحِ، وَجَمِيعِ الْإِكْلِيروسِ  
وَالشَّعْبِ، إِلَى الرَّبِّ نَطْلُبُ.

الكاهن: مِنْ أَجْلِ حُكَّامِ هَذَا الْبَلَدِ وَمُؤَارَرَتِهِمْ 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، وَخِصْبِ  
ثَمَارِ الْأَرْضِ وَأَوْقَاتِ سَلَامِيَّةٍ، إِلَى الرَّبِّ  
نَطْلُبُ.

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

**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.

#### “GOD IS THE LORD” (IN TONE FOUR)

**Chanter:** 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.

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

الكاهن: أَعُذُّ وَخَلِّصْ وَارْحَمْ واحفظنا يا الله  
بِنِعْمَتِكَ.

الكاهن: بَعْدَ ذِكْرِنَا الكَلِيَّةَ القَدَاسَةَ الطَّاهِرَةَ  
الفَائِقَةَ البَرَكَاتِ المَجِيدَةِ، سَيِّدَتَنَا وَالِدَةَ الإِلهِ  
الدَّائِمَةَ البَتُولِيَّةِ مَرِيَمَ، مَعَ جَمِيعِ القَدِيسِينَ،  
لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا  
لِلْمَسِيحِ الإِلهِ.

الجوقة: لَكَ يَا رَبِّ.

الكاهن: لِأَنَّهُ يَنْبَغِي لَكَ كُلُّ تَمَجِيدٍ وَإِكْرَامٍ  
وَسُجُودٍ، أَيُّهَا الأبُ وَالإِبْنُ وَالرُّوحُ القُدُسُ، الآنَ  
وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.

الجوقة: آمين.

#### "الله الرَّبُّ" (باللحن الرابع)

المُرْتِّل: اللهُ الرَّبُّ ظَهَرَ لَنَا، مُبَارَكٌ الآتِي بِاسْمِ  
الرَّبِّ. (تعاد بعد الإستيخونات)

١. إَعْتَرِفُوا لِلرَّبِّ وَادْعُوا بِاسْمِهِ القُدُوسِ.

٢. كُلُّ الأُمَمِ أَحاطوا بي وباسْمِ الرَّبِّ قَهَرْتُهُمْ.

٣. مِنْ قَبْلِ الرَّبِّ كَانَتْ هَذِهِ وَهِيَ عَجِيبَةٌ فِي  
أَعْيُنِنَا.



**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.

**APOLYTIKION FOR ST. JOHN  
CLIMACUS (IN TONE EIGHT)**

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

The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father John Climacus, intercede with Christ God to save our souls.

**RESURRECTIONAL THEOTOKION  
(IN TONE EIGHT)**

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

Thou Who for our sake wast born of a Virgin, and didst suffer crucifixion, O good One, and didst despoil death through death, and as God didst reveal Resurrection. Despise not those whom Thou hast created with Thine own hand, show forth Thy love for mankind, O merciful One. Accept the intercessions of Thy mother, the Theotokos, for us, and save Thy despairing people, O our Savior.

**أبوليتيكيون القيامة  
(باللحن الرابع)**

إِنَّ تَلْمِذَاتِ الرَّبِّ تَعَلَّمْنَ مِنَ الْمَلَائِكَةِ الْكَرُزِ  
بِالْقِيَامَةِ الْبَهْجِ، وَطَرَحْنَ الْقَضَاءَ الْجَدِّيَّ،  
وَخَاطَبْنَ الرَّسُلَ مُفْتَخِرَاتٍ وَقَائِلَاتٍ: سُبِي الْمَوْتُ  
وَقَامَ الْمَسِيحُ الْإِلَهُ، وَمَنَحَ الْعَالَمَ الرَّحْمَةَ  
الْعُظْمَى.

**طُروبارية للقديس يوحنا السلميّ  
(باللحن الثامن)**

*المَجْدُ لِلآبِ وَالِابْنِ وَالرُّوحِ الْقُدْسِ.*

لِلْبَرِّيَّةِ غَيْرِ الْمُثْمِرَةِ بِمَجَارِي دُمُوعِكَ أَمْرَعَتْ،  
وَبِالتَّنْهَدَاتِ الَّتِي مِنَ الْأَعْمَاقِ أَثْمَرَتْ بِأَتْعَابِكَ  
إِلَى مِئَةِ ضِعْفٍ، فَصِرْتَ كَوْكَبًا لِلْمَسْكُونَةِ  
مُتَلَأِنًا بِالْعَجَائِبِ، يَا أَبَانَا الْبَارَّ يوحنا، فَتَشَفَّعْ  
إِلَى الْمَسِيحِ الْإِلَهُ أَنْ يُخَلِّصَ نُفُوسَنَا.

**والديّة القيامة  
(باللحن الثامن)**

*الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمين.*

يَا مَنْ وُلِدَ مِنَ الْبَتُولِ مِنْ أَجْلِنَا، وَكَابَدَ الصَّلْبَ،  
أَيُّهَا الصَّالِحُ، يَا مَنْ سَبَى الْمَوْتَ بِمَوْتِهِ، وَأَرَى  
الْقِيَامَةَ بِمَا أَنَّهُ إِلَهُ. لَا تُعْرِضْ عَنِ الَّذِينَ  
جَبَلْتَهُمْ بِيَدَيْكَ، بَلْ أَظْهَرِ تَعَطُّفَكَ عَلَى النَّاسِ  
أَيُّهَا الرَّحِيمُ. وَتَقَبَّلْ وَالدَّتْكَ، وَالدَّةَ الْإِلَهُ، مُتَشَفِّعَةً  
مِنْ أَجْلِنَا، وَخَلِّصْ يَا مُخَلِّصَنَا شَعْبًا يائِسًا.

## 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 (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.

## الطلبَةُ السَّلامِيَّةُ الصُّغرى

**الكاهن:** أيضاً وأيضاً بِسَلامٍ إلى الرَّبِّ نَطْلُبُ.

**الجوق:** يا ربُّ ارْحَمْ.

**الكاهن:** أُعْضِدُ وَخَلِّصُ وارْحَمْ واحْفَظْنا يا اللهُ بِنِعْمَتِكَ.

**الجوق:** يا ربُّ ارْحَمْ.

**الكاهن:** بَعْدَ ذِكْرِنَا الكَلِيَّةِ القَداسَةِ، الطاهِرَةِ، الفائِقَةِ البَرَكاتِ المَجيدة، سَيِّدَتِنَا والِدَةَ الإلهِ الدائِمَةَ البَتولِيَّةِ مَرِيَمَ مَعَ جَميعِ القَدِيسين، لِنودِعْ أَنْفُسَنَا وبِعَضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الإلهِ.

**الجوق:** لَكَ يا رَبِّ.

**الكاهن:** لِأَنَّ لَكَ العِزَّةَ وَلَكَ المُلْكُ والقُوَّةُ والمَجْدُ أَيُّهَا الآبُ والإبْنُ والروحُ القُدُسُ، الآنَ وَكُلَّ أوانٍ وإلى دهرِ الداهرين.

**الجوق:** آمين.

## كاثِسماتُ القِيامةِ (باللحنِ الرَّابِعِ) (قراءة)

### الكاثِسمَا الأوَلَى

إِنَّ حَامِلاتِ الطَّيبِ تَطَلَّعْنَ ناظِرَاتٍ إلى مَدْخَلِ القَبْرِ، وَلَمَّا لَمْ يُطْفَنَ لَمَعَ المَلَكِ السَّاطِعِ، انْذَهَلْنَ بِرِعْدَةٍ، قائلَاتٍ: هلْ سُرِقَ الذي فَتَحَ الفِرْدَوْسَ لِلصِّ؟ أَمْ قامَ ناهِضاً الذي بَشَرَ قَبْلَ الألامِ بالقِيامةِ؟ حَقاً قَدْ قامَ المَسِيحُ الإلهُ، واهِباً الذينَ في الجَحيمِ القِيامةَ والحياةَ.

*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.

### **(Theotokion of the Resurrectional Apolytikion)**

*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.

### **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.

المَجْدُ لِلآبِ وَالإِبْنِ وَالرُّوحِ الْقُدْسِ.

أَيُّهَا الْمُخْلِصُ، إِنَّكَ اخْتَمَلْتَ الصَّلْبَ طَوْعاً  
بِإِرَادَتِكَ، وَوَضَعَكَ النَّاسُ الْمَائِتُونَ فِي رَمْسِ  
جَدِيدٍ، يَا مَنْ ثَبَّتَ الْأَقْطَارَ بِكَلِمَةٍ. وَلِذَلِكَ قُبِدَ  
الْمَوْتُ الْغَرِيبُ وَسُبِي مَقْهُوراً، وَكُلُّ الَّذِينَ فِي  
الْجَحِيمِ هَتَفُوا حِينَ قِيَامَتِكَ الْمُحْيِيَةِ: حَقّاً قَدْ قَامَ  
الْمَسِيحُ مُعْطِي الْحَيَاةَ، إِذْ هُوَ الْبَاقِي إِلَى  
الدَّهْرِ.

### **(والديّة للقيامة)**

الآن وكلّ أوَانٍ وإِلَى دَهْرِ الدَّاهِرِينَ. آمين.

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

### **الكاسما الثانية**

أَيُّهَا الْمَسِيحُ الْمُخْلِصُ، إِهْنَا، لَقَدْ قُمتَ مِنَ  
الْقَبْرِ بِمَا أَنَّكَ عَادِمُ الْمَوْتِ، وَأَنْهَضْتَ مَعَكَ  
عَالَمَكَ بِقِيَامَتِكَ، وَسَحَقْتَ بِقُوَّتِكَ عِزَّةَ الْمَوْتِ،  
وَأَعْلَنْتَ الْقِيَامَةَ لِجَمِيعٍ. فَلِذَلِكَ نُمَجِّدُكَ أَيُّهَا  
الرَّحُومُ وَحَدَّكَ، وَالْمُحِبُّ الْبَشَرَ.

*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.

*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.

المَجْدُ لِلآبِ وَالإِبْنِ وَالرُّوحِ الْقُدُسِ.

إِنَّ جِبْرَائِيلَ أَنْحَدَرَ مِنَ الْعُلُوِّ السَّامِيِّ، مُتَوَشِّحاً حُلَّةً بَيْضَاءَ، وَأَتَى إِلَى الْحَجَرِ حَيْثُ صَخْرَةُ الْحَيَاةِ، وَهَتَفَ نَحْوَ الْبَاكِيَاتِ قَائِلاً: اكْفُفْنَ مِنَ النَّوْحِ وَالْعَوِيلِ، وَأَقْبِلْنَ الْبَشَاشَةَ وَالْفَرَحَ مُطْمَئِنَّاتٍ، لِأَنَّ الَّذِي تَطْلُبُنَّهُ بِاِكِيَاتٍ قَدْ قَامَ بِالْحَقِيقَةِ، فَاهْتَفْنَ بِالرُّسُلِ أَنَّ الرَّبَّ قَدْ قَامَ.

الآنَ وَكَلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

أَيُّهَا النَّقِيَّةُ، إِنَّ مَصَافَّ الْمَلَائِكَةِ أَجْمَعِينَ، قَدْ أَنْدَهَلُوا مِنْ سِرِّ مَوْلِدِكَ الرَّهيبِ، كَيْفَ أَنَّ الْحَاوِيَّ الْكُلَّ قَدْ اخْتُوِيَ بِإِرَادَتِهِ فِي أَحْضَانِكَ كَطِفْلِ، وَالَّذِي قَبْلَ الدُّهُورِ أَخَذَ ابْتِدَاءً زَمَنِيًّا، وَالْمَعْذِيَّ كُلَّ نَسَمَةٍ بِجُودَةٍ صَلاَحِهِ الَّذِي لَا يُوصَفُ، اغْتَدَى بِاللَّبَنِ. لِذَلِكَ مَجْدُوكِ مَا دَحِينَ، بِمَا أَنَّكَ وَالِدَةُ الْإِلَهِ حَقًّا.

### **إِفْلُوجِيطَارِيَات (بِالْحَنِّ الْخَامِسِ)**

مُبَارِكُ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.

جَمْعُ الْمَلَائِكَةِ أَنْدَهَلَ مُتَحِيرًا، عِنْدَ مُشَاهَدَتِهِمْ إِيَّاكَ مَحْسُوبًا بَيْنَ الْأَمْوَاتِ أَيُّهَا الْمُخْلِصُ، وَدَاجِضًا قُوَّةَ الْمَوْتِ، وَمُنْهَضًا آدَمَ مَعَكَ، وَمُعْتَقًا إِيَّانَا مِنَ الْجَحِيمِ كَافَةً.

مُبَارِكُ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.

الْمَلَائِكَةُ اللَّامِعَةُ عِنْدَ الْقَبْرِ تَقَوَّهَ نَحْوَ حَامِلَاتِ الطَّيِّبِ قَائِلاً: لِمَ تَمْرُجْنَ الطُّيُوبَ بِالذَّمُوعِ، بِنَرْتِ يَا تَلْمِيذَاتِ؟ أَنْظُرْنَ اللَّحْدَ وَأَفْرَحْنَ، لِأَنَّ الْمُخْلِصَ قَدْ قَامَ مِنَ الْقَبْرِ.



مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.

*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.

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.

*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.

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

الْمَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُسِ.

*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.

نَسْجُدُ لِلآبِ، وَلِابْنِهِ، وَلِرُوحِ قُدْسِهِ، ثَالِوثًا قُدُّوسًا فِي جَوْهَرٍ وَاحِدٍ، هَاتِفِينَ مَعَ السَّرَافِيمِ: 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.

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

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

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

هَلِّلُوِيَا، هَلِّلُوِيَا، هَلِّلُوِيَا الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا)

O our God and our Hope, glory to Thee.

يَا إِلَهَنَا وَرَجَاءَنَا لَكَ الْمَجْدُ.

### THE LITTLE LITANY

الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى

**Priest:** Again and again, in peace, let us pray to the Lord.

الكَاهِنُ: أَيْضًا وَأَيْضًا بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.

**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.

#### (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.

**الجوق:** يا رب ارحم.

**الكاهن:** أعضد وخلص وارحم واحفظنا يا الله بنعمتك.

**الجوق:** يا رب ارحم.

**الكاهن:** بعد نكرنا الكليّة القداسة، الطاهرة، الفائقة البركات المجيدة، سيدتنا والدة الإله الدائمة البتولية مريم مع جميع القديسين، لنودغ أنفسنا وبعضنا بعضاً وكلّ حياتنا للمسيح الإله.

**الجوق:** لك يا رب.

**الكاهن:** لأن اسمك مبارك ومُلكك مُجدد أيها الأب والابن والروح القدس، الآن وكلّ أوان وإلى دهر الدهرين.

**الجوق:** آمين.

#### إيباكوي القيامة (باللحن الرابع) (قراءة)

إنّ حاملات الطيب سبّغن مُحاضراتٍ إلى الرُّسل، وبشرن بحوادث قيامتك المعجزة، أيها المسيح، قائلات: إنك قد فُمت بما أنك إله، مانحاً العالم الرحمة العظمى.

#### أنافثميات القيامة (باللحن الرابع) (قراءة)

##### الانتيفونا الأولى

- + منذ شبابي آلام كثيرة تُحارِبني، لكن أنت يا مُخلصي أعضدني وخلصني.
- + يا مُبغضي صهيون اخزوا من تجاه الرب، لأنكم ستصيرون جافين كالعشب اليابس بالنار.
- + المجد للأب والابن والروح القدس، الآن وكلّ أوان وإلى دهر الدهرين، آمين.
- + بالروح القدس تحيا كلُّ نفس وتتنقى، مُرتفعةً ولا معةً بالثالث الواحد الحفي الطاهر.

## 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.

## 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

## الأنتيفونا الثانية

- + إِلَيْكَ يَا رَبُّ صَرَخْتُ بِحَرَارَةٍ مِنْ صَمِيمِ النَّفْسِ، فَلْتَكُنْ أذُنَاكَ الْإِلَهِيَّتَانِ سَامِعَتَيْنِ لِي.
- + كُلُّ الَّذِينَ وَضَعُوا رِجَاءَهُمْ عَلَى الرَّبِّ، هُمْ أَعْلَى مِنْ جَمِيعِ الْمُحْزَنَاتِ.
- + الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.
- + بِالرُّوحِ الْقُدُسِ تَفِيضُ سَوَاقِي النِّعْمَةِ وَمَجَارِيهَا، وَتُرْوِي الْبَرَايَا بِأَسْرَهَا بِالْحَيَاةِ الْمُحْيِيَّةِ.

## الأنتيفونا الثالثة

- + لِيَرْتَفِعْ قَلْبِي نَحْوَكْ أَيُّهَا الْكَلِمَةُ، وَلَا تُشْغِفْنِي مُطْرِبَاتِ الْعَالَمِ إِلَى مُنَافَسَةِ الْعَيْشَةِ التُّرَابِيَّةِ.
- + لِكُلِّ مِنَّا غَرَامٌ مُفْرِطٌ لِوَالِدَتِهِ، فَكَمْ بِالْأُخْرَى يَجِبُ عَلَيْنَا أَنْ نُحِبَّ الرَّبَّ بِأَشَدِّ حَرَارَةٍ.
- + الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.
- + بِالرُّوحِ الْقُدُسِ غِنَى الْمَعْرِفَةِ الْإِلَهِيَّةِ، وَالنَّظَرُ الْإِلَهِيُّ، وَالْحِكْمَةُ، لِأَنَّ بِهِ يُعْلَنُ الْكَلِمَةُ الْأَوَامِرَ الْأَبَوِيَّةَ بِأَسْرَهَا.

## بروكيمن 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: إلى الرَّبِّ نَطْلُبُ.

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

المرتل: يا ربُّ ارحم.

**Choir:** Lord, have mercy.

**Priest:** For Holy art Thou, O our God, Who restest in the Holy Place, 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.

الكاهن: لِأَنَّكَ قُدُّوسٌ أَنْتَ يَا إِلَهَنَا، وَفِي الْقَدِيسِينَ تَسْتَقِرُّ وَتَسْتَرِيحُ، وَلَكَ نُرْسِلُ الْمَجْدَ أَيُّهَا الْآبُ، وَالْإِبْنُ، وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.

المرتل: آمين.

**Chanter:** 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.

كُلُّ نَسَمَةٍ، فَلْتَسَبِّحِ الرَّبَّ. (مرتين)

سَبِّحُوا اللَّهَ فِي قَدِيسِيهِ، سَبِّحُوهُ فِي فَلَكَ قُوَّتِهِ.

فَلْتَسَبِّحِ الرَّبَّ، كُلُّ نَسَمَةٍ.

### THE FIRST 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 **Matthew**. (28:16-20)

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

**Deacon:** Let us attend!

### إنجيلُ الإيوثينا الأولى

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

المرتل: يا ربُّ ارحم. (ثلاثاً)

الشماس: الْحِكْمَةُ، فَلْنَسْتَقِمْ وَلْنَسْمَعْ الْإِنْجِيلَ الْمُقَدَّسَ.

الكاهن: السَّلَامُ لِجَمِيعِكُمْ.

المرتل: ولروحِكَ.

الكاهن: فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ مَتَّى الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ.

المرتل: الْمَجْدُ لَكَ يَا رَبُّ، الْمَجْدُ لَكَ.

الشماس: لِنُصْغِ!



**Priest:** At that time, the eleven disciples went to Galilee to the mountain to which Jesus had directed them. And when they saw Him, they worshipped Him; but some doubted. And Jesus came and said to them, “All power in heaven and on earth has been given to Me. Go therefore and make disciples of all nations, baptizing them in the Name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age.” Amen.

**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.

### 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.

**الكاهن:** في ذلك الزمان، ذهب التلاميذ الأحد عشر إلى الجليل، إلى الجبل حيث أمرهم يسوع فلما رأوه سجدوا له، ولكن بعضهم شكوا فدنا يسوع وكلمهم قائلاً: إني قد أعطيت كل سلطان في السماء وعلى الأرض فاذهبوا الآن وتلمذوا كل الأمم، معمدين إياهم باسم الآب والابن والروح القدس، وعلموهم أن يحفظوا جميع ما أوصيتكم به، وها أنا معكم كل الأيام، إلى منتهى الدهر. أمين.

**المرتل:** المجد لك يا رب المجد لك.

**القارئ:** إذ قد رأينا قيامة المسيح، فلنسجد للربّ القدوس، يسوع المعصوم من الخطأ وحده. لصليبك أيها المسيح نسجد ولقيامتك المقدسة نُسبح 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 الربّ في كل حين ونسبح قيامته، لأنه إذ احتمل الصلب من أجلنا، الموت بالموت حطم.

### المزمور ٥٠

ارحمني يا الله بعظيم رحمتك، وكمثل كثرة رافتك امح ماثمي.

اغسلني كثيراً من إثمي، ومن خطيئتي طهرني.

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.

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.

لَأَنِّي أَنَا عَارِفٌ بِإِثْمِي، وَخَطِيئَتِي أَمَامِي فِي كُلِّ حِينٍ.

إِلَيْكَ وَحْدَكَ أَخْطَأْتُ، وَالشَّرَّ قُدَّامَكَ صَنَعْتُ، لَكَي تَصْدُقَ فِي أَقْوَالِكَ وَتَغْلِبَ فِي مُحَاكَمَتِكَ.

هَاءِنَذَا بِالْآثَامِ حُبِلَ بِي، وَبِالْخَطَايَا وَلَدَتْنِي أُمِّي.

لَأَنَّكَ قَدْ أَحْبَبْتَ الْحَقَّ، وَأَوْضَحْتَ لِي غَوَامِضَ حِكْمَتِكَ وَمَسْتَوْرَاتِهَا.

تَنْضَحْنِي بِالزُّوْفَى فَأَطْهُرُ، تَغْسِلْنِي فَأَبْيَضُ أَكْثَرَ مِنَ الثَّلْجِ.

تُسْمِعْنِي بِهَجَّةٍ وَسُرُورًا، فَتَبْتَهِجَ عِظَامِي الدَّلِيلَةَ.

اصْرِفْ وَجْهَكَ عَن خَطَايَايَ، وَامْنَحْ كُلَّ مَاثِمِي.

قَلْبًا نَقِيًّا اخْلُقْ فِيَّ يَا اللَّهُ، وَرُوحًا مُسْتَقِيمًا جَدِّدْ فِي أَحْشَائِي.

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

امْنَحْنِي بِهَجَّةٍ خَلَاصِكَ، وَبِرُوحِ رِئَاسِيِّ اعْضُدْنِي.

فَاعْلَمِ الْأَثَمَةَ طُرُقَكَ، وَالْكَفْرَةَ إِلَيْكَ يَرْجِعُونَ.

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

يَا رَبُّ افْتَحْ شَفْتِي، فَيُخْبِرَ فَمِي بِتَسْبِيحَتِكَ.

لَأَنَّكَ لَوْ أَنْزَرْتَ الدَّبِيحَةَ، لَكُنْتُ الْآنَ أُعْطِي، لَكِنَّكَ لَا تُسَرُّ بِالْمُحْرَقَاتِ.

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

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.*

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.

الذبيحة لله روح مُنْسَحِقٌ، القلبُ المُتَخَشِّعُ  
والمُتَوَاضِعُ لا يَزُدُّهُ اللهُ.

أُصَلِّحْ يا رَبُّ بِمَسَرَّتِكَ صِهْيُونَ وَلِنُثْبِنَ أَسْوَارَ  
أورشليم.

حينئذٍ تُسَرُّ بِذبيحةِ العَدْلِ قُرْباناً ومُحْرَقات.

حينئذٍ يُقَرَّبُونَ على مَذْبَحِكَ العُجُول.

### طُروباريات الصوم (باللحن الثامن)

المَجْدُ لِلآبِ وَالإِبْنِ وَالرُّوحِ القُدْسِ.

إفْتَحْ لي أَبْوابَ التَّوْبَةِ يا واهِبَ الحَيَاةِ، لأنَّ  
روحي تَبَتَّكِرُ إلى هَيْكَلِ قُدْسِكَ، آتِياً بِهَيْكَلِ  
جَسَدِي مُدْنَساً بِجُمَلَتِهِ. لَكِنْ، بِما أَنْكَ مُتَعَطِّفٌ،  
نَقِّنِي بِتَحَنُّنِ مَرَاحِمِكَ.

الآنَ وَكُلَّ أَوْانٍ وَإِلى دَهْرِ الدَّاهِرِينَ. آمين.

سَهِّلِي لي مَناهِجَ الخِلاصِ يا وَالِدَةَ الإِلهِ، فَإِنِّي  
قَدْ دَنَسْتُ نَفْسِي بِخَطايا سَمِجَةٍ، وَأَفْنَيْتُ عُمْرِي  
كُلَّهُ بِالتَّوَانِي. لَكِنْ بِشِفاعاتِكَ، نَقِّنِي مِنْ كُلِّ  
رِجاسَةٍ.

(باللحن السادس) يا رَحِيمُ، ارْحَمْنِي يا اللهُ  
كِعْظِيمِ رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَاتِكَ امْحُ ماثِمِي.  
إِذا تَصَوَّرْتُ كَثْرَةَ أَفعالِي الرَّدِيئَةِ أَنَا الشَّقِي،  
فإِنِّي أرتَعِدُ مِنْ يَوْمِ الدَّيْنُونَةِ الرَّهيبِ. لَكِنِّي إِذْ  
أنا واثِقٌ بِتَحَنُّنِكَ، أَهْتِفُ إِلَيْكَ مِثْلَ داود:  
إِرْحَمْنِي يا اللهُ، بِحَسَبِ عَظِيمِ رَحْمَتِكَ.

## 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 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

## طَلْبَةُ الشَّفَاعَةِ

**الشماس:** خَلِّصْ يَا اللَّهُ شَعْبَكَ، وَبَارِكْ مِيرَاثَكَ، وَافْتَقِدْ عَالَمَكَ بِالرَّحْمَةِ وَالرَّافَاتِ، وَارْفَعْ شَأْنَ الْمَسِيحِيِّينَ الْأَرْتُوذُكْسِيِّينَ، وَأَسْبِغْ عَلَيْنَا مَرَاحِمَكَ الْغَنِيَّةَ، بِشَفَاعَاتِ سَيِّدَتِنَا وَالِدَةِ الْإِلَهِ الْكُلِّيَّةِ الطَّهَارَةِ وَالِدَائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ؛ وَبِقُوَّةِ الصَّلِيبِ الْكَرِيمِ الْمُحْيِي؛ وَبِطَلَبَاتِ الْقُوَاتِ السَّمَاوِيَّةِ الْمُكَرَّمَةِ الْعَادِمَةِ الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا الْمَعْمَدَانِ؛ وَالْقَدِيسِينَ الْمُشْرَفِينَ الرَّسُولَيْنِ بُطْرُسَ وَبُولُسَ، وَسَائِرِ الرُّسُلِ الْمُشْرَفِينَ الْجَدِيرِينَ بِكُلِّ مَدِيحٍ؛ وَأَبَائِنَا الْقَدِيسِينَ مُعَلِّمِي الْمَسْكُونَةِ، رُؤَسَاءِ الْكَهَنَةِ الْمُعْظَمِينَ بَاسِيلْيُوسَ الْكَبِيرِ، وَغَرِيغُورْيُوسَ الْلَاهُوتِي، وَيُوْحَنَّا الذَّهَبِيِّ الْقَمِّ؛ وَأَبَائِنَا الْقَدِيسِينَ أَنْتَاسْيُوسَ وَكَيْرْلُسَ وَيُوْحَنَّا الرَّحِيمِ بَطَارِكَةَ الْإِسْكَنْدَرِيَّةِ؛ وَأَبِينَا الْقَدِيسِ نِيْقُولَاوَسَ رَئِيسِ أَسَاقِفَةِ مِيرَا الْلِيكِيَّةِ، وَاسْبِيرِيدُونَ أُسْقُفِ تْرِيمِيثُوسَ، وَنِكْتَارْيُوسَ أُسْقُفِ الْمُدُنِ الْخَمْسِ الْعَجَائِبِيِّينَ، وَأَبِينَا الْقَدِيسِ تِيخُونَ بَطْرِيْرِكِ مُوسَكَو، وَالْقَدِيسِ رَافَائِيلِ أُسْقُفِ بَرُوكْلِينَ؛ وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْعُظْمَاءِ جَاوْرَجْيُوسَ الْلَايْسِ الظُّفْرِ، وَدِيمِيْتْرْيُوسَ الْمُفِيضِ الطَّيْبِ، وَثِيوْدُورَسَ التَّيْرُونِي، وَثِيوْدُورَسَ قَائِدِ الْجَيْشِ، وَمِينَاسَ الصَّانِعِ الْعَجَائِبِ؛ وَالْقَدِيسِينَ الشُّهَدَاءِ إِغْنَاطْيُوسَ الْمُتَوَشَّحِ بِاللَّهِ، خَرَالْمُبُوسَ وَالْفَثِيرْيُوسَ؛ وَالشُّهَدَاتِ الْعَظِيمَاتِ تَقْلَا، بَرَبَارَةَ، أَنْسْطَاسِيَا، كَاثْرِينَا، كِيرْيَاكِي، فُوتِينِي، مَارِينَا،

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, of our venerable and God-bearing Father John (Climacus) of Sinai, author of 'The Ladder,' whose memory we celebrate today, 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.

**(FOURTH TONE) RESURRECTIONAL  
KONTAKION AND OIKOS (Plain  
Reading)**

Now hath my Deliverer and mighty Savior raised the earthborn from the grave and from their bonds, since He is God. And He hath crushed Hades' brazen gates and is arisen on the third day as Sovereign Lord.

Let us, the earthborn, all praise Christ, the Giver of Life, Who is risen from the dead on the third day out of the grave, and hath shattered the gates of death today by His own power. He hath put Hades to death, broken the sting of death, and freed Adam together with Eve. In gratitude, let us cry out our praise with fervor. For, as the only mighty God, He is arisen on the third day as Sovereign Lord.

باراسكيفا، وآيرين؛ والقديسين المجيدين الشهداء المتألفين بالظفر؛ وآبائنا الأبرار المتوثحين بالله؛ وخاصة القديس بايبيسيوس الآثوسي، والقديس (فلان) شفيع هذه الكنيسة المقدسة؛ والقديسين الصديقين جدّي المسيح الإله يواكيم وحنّة؛ والقديس البار يوحنا السيناوي كاتب كتاب "سلم الفضائل"، الذي نقيم تذكاره اليوم، وجميع قديسيك، نتضرّع إليك أيها الربّ العزيز الرحمة، فاستجب لنا نحن الخطاة الطالبيين إليك وارحمننا.

**المرتل:** يا ربّ ارحم. (12 مرة)

**الكاهن:** برحمة ورأفات ابنك الوحيد ومحبّته للبشر، الذي أنت مبارك معه ومع روحك الكلّي قدسه الصالح والمحيي، الآن وكلّ أوانٍ وإلى دهر الداهرين.

**المرتل:** آمين.

**القنّاق والبيت للقيامة (باللحن الرابع)  
(قراءة)**

إنّ مخلصي ومُنقذي السيّد قام في اليوم الثالث، وبما أنّه الإله، أقام الأرضيين حالاً قيودهم، وسحق أبواب الجحيم، وقام في اليوم الثالث بما أنّه الإله القدير والسيّد العزيز.

لنسبحن نحن الأرضيين كافة المسيح المانح الحياة، الذي قام من القبر في اليوم الثالث، وسحق اليوم أبواب الموت بقدرته، وأمات الجحيم، وحطّم شوكة الموت، وأعتق آدم مع حواء، هاتفين نحوه عن شكر بالتسبيح المتواصل، أنّه قد قام في اليوم الثالث بما أنّه وحده الإله القدير والسيّد العزيز.



## THE SYNAXARION (Plain Reading)

## السِّنْكَسَار (قراءة)

On April 14 in the Holy Orthodox Church, we commemorate the Apostles Aristarchos, Pudens and Trophymos of the Seventy.

On this same day, the Fourth Sunday of Great Lent, we make remembrance of our godly father, John, the author of *The Ladder of Divine Ascent* (or Climacus).

### Verses

John, dead in the flesh and also living,  
Liveth eternally, even though appearing dead and without breath.  
Leaving letters, a ladder for the journey upwards,  
He showeth forth his pursuit of the journey upwards.

The celebration of his feast on this day arose from the custom prevalent in the honorable monasteries of starting Great Lent with the reading of his lessons. John describes the method of elevating the soul to God as ascending a ladder. He teaches those who seek salvation how to lay a firm foundation for struggles, how to detect and fight every passion, how to avoid demonic snares, and how to rise from the rudimental virtues to the heights of Godlike love and humility. John of the Ladder came to Mount Sinai at age 16 and remained there, first as a novice under obedience, then as a recluse, and finally as abbot until his eightieth year. One time, his disciple, Moses, fell asleep under the shade of a large stone. John, in prayer in his cell, saw that his disciple was in danger and prayed to God for him. Later, when Moses returned, he fell on his knees and gave thanks to his spiritual father for saving him from certain death. He related how, in a dream, he heard John calling him and he jumped up and, at that moment, the stone tumbled. Had he not jumped, the stone would have crushed him. John Climacus died on March 30, 606.

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

### KATAVASIAE OF THE AKATHIST CANON (IN TONE FOUR)

### كَطَاڤَاسِيَاةِ السَّيِّدَةِ (بِالْحَنِّ الرَّابِعِ)

**Ode 1.** I shall open my mouth and it will be filled with the Spirit; and I shall speak forth to the Queen and Mother. I shall be seen joyfully singing her praises, and I shall delight to sing of her wonders.

(الأولى) أَفْتَحُ فَمِي فَيَمْتَلِي رُوحًا، وَأُبْدِي قَوْلًا  
فَائِضًا نَحْوَ الْأُمِّ الْمَلِكَةِ، وَأُظْهِرُ مُعَيِّدًا لِلْمَوْسِمِ  
بَابْتِهَاجٍ، وَأُتَرِّثُكُمْ بِعَجَائِبِهَا مَسْرُورًا.

**Ode 3.** As a living and copious fountain, O Theotokos, do thou strengthen those who hymn thy praises, and are joined together in spiritual company for thy service; and in thy divine glory make them worthy of crowns of glory.

(الثالثة) يَا وَالِدَةَ الْإِلَهِ، بِمَا أَنَّكَ الْيَنْبُوعُ الْحَيُّ  
الْمُتَدَفِّقُ بِسَخَاءٍ، وَطَّيِّدِنَا نَحْنُ الْمُتَشِدِّينَ  
تَسَابِيحِكَ، الْمُتَلْتَمِّينَ مَخْفِلًا رُوحِيًّا، وَفِي مَجْدِكَ  
الْإِلَهِيِّ أَهْلِينَا لِأَكَالِيلِ الْمَجْدِ وَالشَّرَفِ.

**Ode 4.** He who sits in clouds of glory upon the throne of Godhead, Jesus the Most High God, came with mighty hand and saved those who cried out unto Him: Glory to Thy power, O Christ.

**Ode 5.** All creation was amazed at thy divine glory, for thou, O unwedded Virgin, didst hold in thee the God of all, and didst bear the Eternal Son, who rewards with salvation all those who hymn thy praises.

**Ode 6.** As we the Godly minded, celebrate this sacred and all-honorable feast of the Mother of God: come, let us clap our hands together and glorify the God whom she bore.

**Ode 7.** The godly-minded children worshipped not the creature rather than the Creator, but trampling upon the threat of fire in manly fashion, they rejoiced and sang: O All-praised Lord and God of our Fathers, blessed art Thou.

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

**Ode 8.** The three holy children in the furnace the Child of the Theotokos saved; then was the type, now is its fulfillment, and the whole world gathers to sing: ‘All ye works praise the Lord and magnify Him unto all ages.’

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

(الرابعة) إِنَّ يَسُوعَ الْفَائِقَ التَّالِّهِ، الْجَالِسَ بِمَجْدٍ عَلَى سُدَّةِ اللاهوتِ، قَدْ وَرَدَ عَلَى سَحَابَةٍ خَفِيفَةٍ، وَخَلَّصَ بِقَبْضَتِهِ غَيْرَ الْفَاسِدَةِ الصَّارِخِينَ نَحْوَهُ: الْمَجْدُ لِقَدْرَتِكَ أَيُّهَا الْمَسِيحُ.

(الخامسة) أَيُّهَا الْبَتُولُ الَّتِي لَمْ تَعْرِفْ زَوْجاً، إِنَّ الْبَرَايَا بِأَسْرِهَا قَدْ انْدَهَلَتْ مِنْ مَجْدِكَ الْإِلَهِيِّ، لِأَنَّكَ حَمَلْتِ فِي حَشَاكِ إِلَهَ الْكُلِّ، وَوَلَدْتِ الْإِبْنَ غَيْرَ الْمَحْدُودِ فِي زَمَنِ، وَمَنْحَتِ الْخَلَاصَ لِكُلِّ الَّذِينَ يُسَبِّحُونَكَ.

(السادسة) هَلُمُّوا أَيُّهَا الْمُتَأَلِّهُو الْعُقُولِ، لِنُصَفِّقْ بِالْأَيْدِي مُقِيمِينَ هَذَا الْعِيدَ الْإِلَهِيِّ الْكُلِّيِّ الْإِكْرَامِ، الَّذِي لَوْلَادَةِ الْإِلَهِ، وَنَمَجَّدِ الْإِلَهَ الَّذِي وُلِدَ مِنْهَا.

(السابعة) إِنَّ الْفَتِيَّةَ الْمُتَأَلِّهِةَ الْعُقُولِ، لَمْ يَعْْبُدُوا الْخَالِقَةَ دُونَ الْخَالِقِ، بَلْ وَطِئُوا وَعِيدَ النَّارِ بِشَجَاعَةٍ، فَرْتَلُّوا فَرِحِينَ: أَيُّهَا الْفَائِقُ التَّسْبِيحِ، مُبَارِكٌ أَنْتَ يَا إِلَهَ آبَائِنَا.

نُسَبِّحُ وَنُبَارِكُ وَنَسُجُدُ لِلرَّبِّ.

(الثامنة) إِنَّ مَوْلِدَ وَالِدَةِ الْإِلَهِ قَدْ حَفِظَ الْفَتِيَّةَ الْأَطْهَارَ فِي الْأَتُونِ سَالِمِينَ، إِذْ كَانَ حِينئِذٍ مَرْسُوماً وَأَمَّا الْآنَ فَقَدْ حَصَلَ مَفْعُولاً، فَهُوَ يُنْهَضُ الْمَسْكُونَةَ بِأَسْرِهَا إِلَى التَّرْتِيلِ هَاتِفَةً: يَا جَمِيعَ أَعْمَالِ الرَّبِّ سَبِّحُوا الرَّبَّ، وَزِيدُوهُ رِفْعَةً عَلَى مَدَى الْأَذْهَارِ.

الشَّمْسُ: لَوْلَادَةِ الْإِلَهِ وَأَمَّ النُّورِ بِالتَّسَابِيحِ نَكْرِمُ مُعْظَمِينَ.

## MAGNIFICATIONS (IN TONE FOUR)

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.** Let all the earth-born mortals rejoice in the Spirit, bearing their lamps. And let the nature of Bodiless Minds celebrate with honor the holy festival of the Mother of God, and cry out: 'Hail! All-blessed, pure, and ever-virgin Theotokos!'

## تَعْظِيمَات (بِالْحَنِ الرَّابِعِ)

تُعْظِمُ نَفْسِي الرَّبِّ، وَتَبْتَهِجُ رُوحِي بِاللَّهِ مُخْلِصِي.

اللازمة: يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ مَجْدًا بِغَيْرِ قِيَاسٍ مِنَ السَّارَافِيمِ، الَّتِي مِنْ دُونِ فَسَادٍ وَوَلَدَتْ كَلِمَةَ اللَّهِ، حَقًّا أَنْتِ وَالِدَةُ الْإِلَهِ إِيَّاكَ نُعْظِمُ.

لَأَنَّهُ نَظَرَ إِلَى تَوَاضَعِ أُمَّتِهِ، فَهَا مُنْذُ الْآنَ تُطَوِّبُنِي جَمِيعُ الْأَجْيَالِ. (اللازمة)

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

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

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

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

(التاسعة) كُلُّ الْأَرْضِيِّينَ فَلْيَبْتَهِجُوا بِالرُّوحِ حَامِلِينَ الْمَصَابِيحَ، وَطَبِيعَةَ الْعَقْلِيِّينَ غَيْرِ الْهَيُولِيِّينَ فَلْتَحْتَفِلْ مَعًا، مُعَيَّدَةً لِمَوْسِمِ أُمِّ الْإِلَهِ الشَّرِيفِ وَهَاتِفَةً: إِفْرَحِي يَا وَالِدَةَ الْإِلَهِ النَّقِيَّةِ، الدَّائِمَةَ الْبَتُولِيَّةِ، وَالْكَلْبِيَّةِ الطُّوبَى.

## 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 FIRST EOTHINON EXAPOSTEILARION (IN TONE TWO)

(\*\**The original melody*\*\*)

Upon that mount in Galilee, \* let us join the disciples \* to look in faith on Christ, Who saith \* He hath received dominion \* o'er things on earth and in Heaven. \* Let us learn how He teacheth \* to baptize all the nations \* in the Name of the Father, \* and of the Son, \* and the Holy Spirit, and how He promised \* to be with His initiates \* until the end of all things.

## الطلبَةُ السَّلامِيَّةُ الصُّغرى

**الشماس:** أيضاً وأيضاً بِسَلامٍ إلى الرَّبِّ نَطْلُبُ.  
**الجوق:** يا رَبُّ ارْحَمْ.

**الشماس:** أَعُضِدْ وَخَلِّصْ وارْحَمْ واحْفَظْنَا يا اللهُ  
بِنِعْمَتِكَ.

**الجوق:** يا رَبُّ ارْحَمْ.

**الشماس:** بعدَ ذِكْرنا الكَلِيَّةِ القَداسَةِ، الطاهِرَةِ،  
الفائِقَةِ البَرَكاتِ المَجيدةِ، سَيِّدَتنا وِالدَّةِ الإلهِ  
الدائِمَةِ البتولِيَّةِ مَرِيَمَ مَعَ جَميعِ القَدِيسينَ، لِنودِغَ  
أَنفُسنا وبَعْضنا بَعْضاً وَكُلَّ حَياتنا لِلْمَسِيحِ الإلهِ.

**الجوق:** لك يا رَب.

**الكاهن:** لأنَّه إِيّاكَ تُسَبِّحُ كُلُّ قُوّاتِ السَّماواتِ،  
وَلَكَ يُرْسِلونَ المَجْدَ أَيُّها الأبُّ والإبْنُ والرُّوحُ  
القُدسُ، الآنَ وَكُلَّ أوانٍ وإلى دَهْرِ الداهِرِين.

**الجوق:** آمين.

قُدوسٌ هُوَ الرَّبُّ إلهنا. (ثلاثاً)

إِرْفَعوا الرَّبَّ إلهنا، واسجُدوا لِمَوْطِي قَدَمِيهِ، لأنَّ  
الرَّبَّ إلهنا قُدوسٌ هُو.

## إكسابوستيلاري الإيوثينا الأولى

(بالحنِ الثاني)

لِنَجْتَمِعَنَّ مَعَ التَّلَامِيذِ في جَبَلِ الجَليلِ، فَنُعايِنَ  
المَسِيحَ بِإيمانٍ قائِلاً: قَدْ أَخَذْتُ سُلطانَ العُلُوِيِّينَ  
والسُّفْلِيِّينَ. وَنَتَعَلَّمُ كَيْفَ يُعَلِّمُ تَعْمِيدَ كُلِّ الأُمَّمِ  
بِاسْمِ الأبِّ والإبْنِ والرُّوحِ القُدسِ، وَأَنَّهُ يَكُونُ  
حاضِراً مَعَ مُسارِيهِ إلى انقِضاءِ الدَّهْرِ كما  
وَعَدَ.

**EXAPOSTEILIARION &  
THEOTOKION FOR  
ST. JOHN CLIMACUS  
(IN TONE TWO) (\*\*Hearken ye  
women\*\*)**

The joy and comfort of the world \* thou  
didst reject as wearisome \* and with strict  
fasting didst wither \* the flesh, while fully  
renewing \* thy strength of soul, O righteous  
John, \* and thou becamest very rich \* in  
glory great and heavenly; \* hence never  
cease interceding \* for us, O far-famed  
ascetic.

All we who have been saved through thee \*  
confess thee verily to be \* the Theotokos, O  
Lady; \* for thou ineffably didst bear \* our  
God, Who hath abolished death \* by His  
divine and precious Cross, \* and Who hath  
drawn unto Himself \* the multitudes of the  
righteous, \* with whom we laud thee, O  
Virgin.

**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  
ووالديّة للقديس يوحنا السلميّ  
(بالحن الثاني)**

أيّها البارّ يوحنا الدائم الذّكر، لقد عرّفت عن  
التنعم الدنيويّ لأنّه ممّقوت، وأذويت الجسد  
بالإمساك، فجددت قوّة النفس، وأغنيتها بالمجد  
السمّويّ، فلا تزلّ متشفّعاً من أجلنا.

أيّتها السيّدة، نحنُ المُخلصين بك، نعتّرف أنّك  
أمّ الإله، لأنّك ولدت بحالٍ لا يوصف، الإله  
الذي حلّ الموت بصليبه، واجتذب إليه محافل  
الأبرار، الذين معهم نُسبحك أيّتها البتول.

**الإينوس (بالحن الرابع)**

كلّ نسمةٍ فلنُسبح الرّب. سبّحوا الرّب من  
السمّوات، سبّحوه في الأعالي، لأنّه لك يليق  
التسبيح يا الله.

سبّحوه يا جميع ملائكته، سبّحوه يا سائر قوّاته،  
لأنّه لك يليق التسبيح يا الله.

**للقيامّة**

**(بالحن الرابع)**

**استيخن ١ . هذا المجد يكون لجميع أبراره .**  
نمجد انبعاثك أيّها الرّب القادر على كلّ شيء،  
يا من احتمل الصّلب والموت، وقام من بين  
الأموات.



*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.

استيخن ٢ . سَبِّحُوا اللَّهَ فِي قَدَيْسِيهِ، سَبِّحُوهُ فِي  
فَلَكَ قُوَّتِهِ .

أَيُّهَا الْمَسِيحُ لَقَدْ أَعْتَقْتَنَا بِصَلِيبِكَ مِنَ اللَّعْنَةِ  
الْأُولَى، وَبِمَوْتِكَ ضَمَحْتَ تَمَرْدَ الْمَحَالِ  
الْمُنْتَسِلِ عَلَى طَبِيعَتِنَا، وَبِقِيَامَتِكَ مَلَأْتَ الْكُلَّ  
فَرَحاً. فَلِذَا نَهَيْتُ نَحْوِكَ: يَا مَنْ قَامَ مِنْ بَيْنِ  
الْأَمْوَاتِ، يَا رَبُّ الْمَجْدُ لَكَ.

استيخن ٣ . سَبِّحُوهُ عَلَى مَقْدَرَتِهِ، سَبِّحُوهُ نَظِيرَ  
كَثْرَةِ عَظَمَتِهِ .

أَيُّهَا الْمَسِيحُ الْمُخَلِّصُ، يَا مَنْ قَامَ مِنْ بَيْنِ  
الْأَمْوَاتِ، اهْدِنَا بِصَلِيبِكَ إِلَى حَقِّكَ، وَنَجِّنَا مِنْ  
فِخَاخِ الْعَدُوِّ، وَامْدُدْ سَاعِدَكَ، وَأَنْهِضْنَا نَحْنُ  
السَّاقِطِينَ فِي الْخَطَايَا، بِشَفَاعَةِ قَدَيْسِيكَ أَيُّهَا  
الرَّبُّ الْمُحِبُّ الْبَشَرَ .

استيخن ٤ . سَبِّحُوهُ بِلُحْنِ الْبُوقِ، سَبِّحُوهُ  
بِالْمَزْمَارِ وَالْقَيْتَارَةِ .

يَا كَلِمَةَ اللَّهِ الْوَحِيدِ، لَقَدْ وَافَيْتَ إِلَى الْأَرْضِ وَلَمْ  
تَنْفِصِلْ عَنِ الْأَحْضَانِ الْأَبَوِيَّةِ. وَمِنْ أَجْلِ  
مَوَدَّتِكَ لِلْأَنَامِ صِرْتَ إِنْسَاناً خُلُواً مِنْ اسْتِحَالَةٍ،  
وَاحْتَمَلْتَ الصَّلْبَ وَالْمَوْتَ بِالْجَسَدِ، يَا مَنْ هُوَ  
بِلاهُوتِهِ غَيْرُ مُتَأَلِّمٍ، وَقُمْتَ مِنْ بَيْنِ الْأَمْوَاتِ،  
وَمَنْحْتَ جِنْسَ الْبَشَرِ عَدَمَ الْمَوْتِ، بِمَا أَنْكَ قَادِرٌ  
عَلَى كُلِّ شَيْءٍ وَحْدَكَ.

**For St. John Climacus (in Tone Eight)**

**(\*\*O strange wonder\*\*)**

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

Righteous Father John, in very truth, \* thou hadst the high praise of God \* in thy throat every day and hour; \* and with active diligence \* thou didst earnestly meditate \* on the divinely inspired oracles \* and wast made rich in the grace that they pour forth; \* through this, O man most wise, \* thou becamest blessed and didst utterly \* overturn the counsels of all base and godless men.

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

Righteous Father John, in very truth, \* thou hadst the high praise of God ... (Repeat above)

*Verse 7. Blessed is the man that feareth the Lord; in His commandments shall he greatly delight.*

Righteous Father John most glorious, \* with streaming fountains of tears, \* thou didst wash thy soul clean of stain; \* standing all the night in prayer, \* thou becamest a friend of God; \* and thou didst soar as on wings unto His love \* and His divine beauty, which thou worthily \* now dost enjoy on high \* with thy fellow athletes evermore in joy, \* O most blest and godly-minded Saint and man of prayer.

**لِلْقَدِيسِ يُوْحَنَّا السُّلَمِيِّ  
(بِالْحَنِّ الثَّامِنِ)**

**استيخن ٥ . سَبِّحُوهُ بِالطَّبْلِ وَالْمَصَافِ . سَبِّحُوهُ  
بِالْأُوتَارِ وَآلَةِ الطَّرَبِ .**

أَيُّهَا الْأَبُ الْبَارُّ يُوْحَنَّا الْكَامِلُ الْحِكْمَةَ، لَقَدْ  
حَمَلْتَ دَائِمًا مَرَاقِيَ الْإِلَهِ فِي فَمِكَ، دَارِسًا عَمَلِيًّا  
الْأَقْوَالَ الْمُلهَمَةَ، وَمِنْ ثَمَّ غَزَرْتَ لَكَ النِّعْمَةَ،  
وَعَدَوْتَ مُعَبِّطًا، وَمُحْبِطًا مَوَامِرَاتِ الْكُفْرَةِ  
بَأْسَرِهِمْ .

**استيخن ٦ . سَبِّحُوهُ بِنَعْمَاتِ الصُّنُوجِ، سَبِّحُوهُ  
بِصُنُوجِ التَّهْلِيلِ، كُلُّ نَسَمَةٍ فَلْتَسْبِحِ الرَّبَّ .**

أَيُّهَا الْأَبُ الْبَارُّ يُوْحَنَّا الْكَامِلُ الْحِكْمَةَ ...  
(تعداد)

**استيخن ٧ . طُوبَى لِلرَّجُلِ الَّذِي يَخَافُ اللَّهَ،  
وَبَشْرِيْعَتِهِ يَبْتَهِجُ دَائِمًا .**

أَيُّهَا الْأَبُ يُوْحَنَّا الْمَجِيدُ الْبَارُّ، لَقَدْ طَهَّرْتَ نَفْسَكَ  
بَيْنَابِيعِ الدُّمُوعِ، وَالْوُقُوفِ طَوَّلَ اللَّيَالِي مُسْتَعْطِفًا  
اللَّهَ، وَمِنْ ثَمَّ طَرَبْتَ، أَيُّهَا الْمَغْبُوطُ الْمُتَأَلِّهِ الْعِزْمَ،  
نَحْوَ مَحَبَّتِهِ وَجَمَالِهِ، الَّذِينَ نَلْتَهُمَا الْآنَ بِفَرَحٍ  
وَاسْتِحْقَاقٍ إِلَى الْأَبَدِ مَعَ الْمُجَاهِدِينَ مَعَكَ .

*Verse 8. Precious in the sight of the Lord is the death of His saints.*

Righteous Father John most glorious, \* since thou hadst given thy mind \* wings to soar up to God by faith, \* thou didst hate the turbulence \* and impermanence of the world. \* For thou didst take up thy cross with ardent zeal \* to follow after Him that beholdeth all; \* and thou didst subjugate \* the reluctant body to thy sovereign mind \* by ascetic labors through the Holy Spirit's might.

### DOXASTICON FOR THE FOURTH SUNDAY OF LENT (IN TONE ONE)

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

Come, let us labor in the mystical field, working therein fruits of repentance. Let us not spend ourselves in food and drink, but reap virtues with fasting and prayer; for these doth the Master of labor accept, and for them He giveth us the pence through which He redeemeth our souls from the debt of sin; for He alone is most compassionate.

*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.

استيخن ٨. كريم في عيني الرب موت ابراره.

ايها الاب البار يوحنا المجيد، لقد سموت بالعقل نحو الله بواسطة الايمان، وتجافيت عن الاضطراب العالمي العادم الثبات، وحملت صليبك تابعا الناظر الكل، مخضعا الجسد للعقل بروادع النسك، وبمعونة الروح الالهي.

### ذكصا للاحد الرابع من الصوم (بالحن الاول)

المجد للاب والابن والروح القدس.

هلموا نعمل في الكرم السري، صانعين فيه اثمار التوبة. ولا نتعب بالطعمة والاشربة، بل لنجتن الفضائل بالصلوات والاصوام، فبهذه يرتضي رب العمل، ويهبنا الدينار، الذي به يقتدي النفوس من دين الخطيئة، بما انه الجزيل الرحمة وحده.

الآن وكل اوان والى دهر الدهرين. امين.

انت هي الفائقة على كل البركات، يا والدة الاله العذراء، لان الجحيم قد سبيت بواسطة المتجسد منك، وادم دعي ثانية، واللعنة بادت، وحواء انعتقت، والموت اميت، ونحن قد حيينا. فلذلك نسبح هاتين: مبارك انت ايها المسيح الهنا، يا من هكذا سر، المجد لك.

## THE GREAT DOXOLOGY

(IN TONE ONE)

Glory to Thee, who has shown us the Light.  
Glory to God in the highest, and on earth  
peace, good will among men.

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

O Lord, heavenly King, God the Father  
Almighty; O Lord, the only begotten Son,  
Jesus Christ; and the 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.

## الدوكصولوجيا الكبرى

(بالحن الأول)

المَجْدُ لَكَ يَا مُظْهِرَ النُّورِ، المَجْدُ لِلَّهِ فِي  
العَالَمِ، وَعَلَى الأَرْضِ السَّلَامُ، وَفِي النَّاسِ  
المَسْرَةَ.

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

أَيُّهَا الرَّبُّ المَلِكُ، السَّمَاوِيِّ، الإِلَهُ، الآبُ  
الضَّابِطُ الكُلِّ. أَيُّهَا الرَّبُّ الإِبْنُ الوَحِيدُ، يَا يَسُوعُ  
المَسِيحُ، وَيَا أَيُّهَا الرُّوحُ القُدُسُ.

أَيُّهَا الرَّبُّ الإِلَهُ، يَا حَمَلَ اللّهِ يَا ابْنَ الآبِ، يَا  
رَافِعَ خَطِيئَةِ العَالَمِ ارْحَمْنَا، يَا رَافِعَ خَطَايَا  
العَالَمِ.

تَقَبَّلْ نَضْرَعَنَا أَيُّهَا الجَالِسُ عَنِ يَمِينِ الآبِ  
وَارْحَمْنَا.

لَأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ، أَنْتَ وَحْدَكَ الرَّبُّ  
يَسُوعُ المَسِيحُ، فِي مَجْدِ اللّهِ الآبِ، آمِينَ.

فِي كُلِّ يَوْمٍ أُبَارِكُكَ، وَأُسَبِّحُ اسْمَكَ إِلَى الأَبَدِ،  
وَالِى أَبَدِ الأَبَدِ.

أَهْلُنَا يَا رَبُّ أَنْ نُحْفَظَ فِي هَذَا اليَوْمِ بِغَيْرِ  
خَطِيئَةٍ.

Blessed art Thou, O Lord God of our Fathers, and praised and glorified be Thy Name forever. Amen.

Let Thy mercy, O Lord, be upon us, as we do put our hope in thee.

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

Lord, Thou hast been our refuge in all generations. I said: 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 lovingkindness 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.

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

لِتَكُنْ يَا رَبُّ رَحْمَتُكَ عَلَيْنَا، كَمَا نَلْتَجِي بِكَ فِي الْوَجْهِ.

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمْنِي حُقُوقَكَ. (ثَلَاثًا)

يَا رَبُّ مَلْجَأٌ كُنْتَ 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.

لِأَنَّ مِنْ قِبَلِكَ عَيْنَ الْحَيَاةِ، وَبِنُورِكَ نَعَايِنُ النُّورَ.

فَابْسُطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ.

قُدُّوسُ اللَّهِ، قُدُّوسُ الْقُوَى، قُدُّوسُ الَّذِي لَا يَمُوتُ  
ارْحَمْنَا. (ثَلَاثًا)

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ.

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.

قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا.



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

قُدُّوسَ اللهُ، قُدُّوسَ القَوِيِّ، قُدُّوسَ الَّذِي لَا يَمُوتُ  
ارْحَمْنَا.

### TROPARION IN TONE FOUR

### طَرُوبَارِيَّةٌ بِاللَّحْنِ الرَّابِعِ

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

اليَوْمَ صَارَ الخَلَاصُ للعَالَمِ فَلنُسَبِّحِ الَّذِي قَامَ  
مِنَ القَبْرِ، عُنُصَرَ حَيَاتِنَا، لِأَنَّهُ إِذْ قَدْ حَطَّمَ  
المَوْتَ بِالمَوْتِ، مَنَحَنَا الظَّفَرَ والرَّحْمَةَ العُظْمَى.



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

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