



*Saint George  
Antiochian Orthodox Church  
Cicero, Illinois*

كَنِيسَةُ الْقَدِّيسِ جَاوَرَجِيُوسَ  
الْأَنْطَاكِيَّةِ الْأَرْثُوذُكْسِيَّةِ

**ORTHROS ON SUNDAY, APRIL 11, 2021**

THE FOURTH SUNDAY OF GREAT LENT  
(COMMEMORATION OF SAINT JOHN OF THE LADDER)

الأحد الرابع من الصوم (واحد تذكار القديس يوحنا كليماكوس السلمي)



**ORTHROS ON SUNDAY, APRIL 11, 2021; TONE 3 / EOTHINON 11**  
**FOURTH SUNDAY OF GREAT LENT**  
**COMMEMORATION OF JOHN CLIMACUS, AUTHOR OF "THE LADDER"**

HIEROMARTYR ANTYPAS, BISHOP OF PERGAMUM; RIGHTEOUS MOTHERS TRYPHAINA AND MATRONA OF CYZICUS

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

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

**Choir:** Amen.

**الجوقة:** آمين.

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

**المرتل:** قُدُّوسُ اللهُ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ، اِرْحَمْنَا. (ثلاثاً)

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

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for Thy Name's sake.

أَيُّهَا الثَّلَاثُ الْقُدُّوسُ اِرْحَمْنَا، يَا رَبُّ اغْفُرْ خَطَايَانَا، يَا سَيِّدُ تَجَاوَزْ عَنَّا سَيِّئَاتِنَا، يَا قُدُّوسُ اطَّلِعْ وَاشْفِ أَمْرَاضَنَا، مِنْ أَجْلِ اسْمِكَ.

Lord, have mercy. (*Thrice*)

يَا رَبُّ اِرْحَمْ. (ثلاثاً)

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

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

Our Father, Who art in heaven, hallowed be Thy Name. Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from the evil one.

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

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

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

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

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

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 Champion dread, 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 goodness, we pray Thee, hearken and have mercy.

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

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

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

**Priest:** Again we pray for our Father and Metropolitan \_\_\_\_\_, and for Bishop \_\_\_\_\_, and all our brethren in Christ.

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

**Priest:** For Thou art a merciful God, and lovest mankind, 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.

المَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُسِ.

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

الآن وكلّ أوانٍ وإلى دهرِ الداهرين. آمين.

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

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

الجوقة: يا رب ارحم. (ثلاثاً)

الكاهن: وأيضاً نطلب من أجل المسيحيين الحسنيين العبادة الأرثوذكسيين.

الجوقة: يا رب ارحم. (ثلاثاً)

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

الجوقة: يا رب ارحم. (ثلاثاً)

الكاهن: لأنك إله رحيم ومحب للبشر، ولك نرسل المجد أيها الأب والابن والروح القدس، الآن وكلّ أوانٍ وإلى دهرِ الداهرين.

**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.

Glory to God in the highest, and on earth peace, and good will toward men. (*Thrice*)

O Lord, open Thou my lips, and my mouth shall show forth Thy praise. (*Twice*)

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

**الكاهن:** المَجْدُ لِلتَّالُوثِ القُدُّوسِ، الواحدِ في الجَوْهَرِ، المُخَيِّ، غَيْرِ المُنْقَسِمِ، كُلِّ حِينٍ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.

**الجوقة:** آمين.

المَجْدُ لِلَّهِ فِي العُلَى، وَعَلَى الأَرْضِ السَّلَامِ، وَفِي النَّاسِ المَسْرَّةِ. (ثلاثاً)

يا رَبِّ افْتَحْ شَفَتَيَّ فَيُخْبِرَ فَمِي بِتَسْبِحَتِكَ. (مَرَّتَيْنِ)

### 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.

يا رَبِّ لِمَاذَا كَثُرَ الَّذِينَ يُحْزِنُونَنِي؟ كَثِيرُونَ قَامُوا عَلَيَّ. كَثِيرُونَ يَقُولُونَ لِنَفْسِي لا خَلاصَ لَهُ بِإِلَهِهِ. وَأَنْتَ يَا رَبِّ، ناصِرِي وَمَجْدِي وَرافِعُ رَأْسِي. بِصَوْتِي إِلَى الرَّبِّ صَرَخْتُ، فَأَجابَنِي مِنْ جَبَلِ قُدْسِهِ. أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنصُرُنِي. فلا أَخافُ مِنْ رِبَواتِ الشَّعْبِ المُحيطِينَ بي، المُتَوازِرِينَ عَلَيَّ. قُمْ يا رَبِّ، خَلِّصْنِي يا إلهي، فَإِنَّكَ ضَرَبْتَ كُلَّ مَنْ يُعاديَنِي باطلاً، وَسَحَقْتَ أَسنانَ الخَطَاةِ. لِلرَّبِّ الخَلاصُ وَعَلَى شَعْبِكَ بَرَكَتُكَ.

أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنصُرُنِي.

### 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

يا رَبِّ، لا بَعْضَبِكَ تُوبِخْني، ولا بِرِجْزِكَ تُؤدِّبْني. فَإِنَّ سِهَامَكَ قَدْ نَشَبَتْ فِيَّ، وَمَكَّنْتَ عَلَيَّ يَدَكَ. لَيْسَ لِجَسَدِي شِفاءً مِنْ وَجْهِ غَضَبِكَ، وَلا سَلامَةً في عِظامي مِنْ وَجْهِ خَطاياي. لِأَنَّ آثامِي قَدْ تَعالَتْ فَوْقَ رَأْسِي، كَحِمْلٍ ثَقِيلٍ قَدْ ثَقَلَتْ عَلَيَّ. قَدْ أُنْتَنَتْ وَقاحَتْ

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 craftiness 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.

جِرَاحَاتِي مِنْ قَبْلِ جَهَالَتِي. شَقِيتُ وَأَنْحَنَيْتُ إِلَى الْغَايَةِ،  
وَالنَّهَارَ كُلَّهُ مَشَيْتُ عَابِسًا. لِأَنَّ مَتْنِي قَدْ اِمْتَلَأَ مَهَازِيً  
وَلَيْسَ لِحَسَدِي شِفَاءٌ. شَقِيتُ وَاتَّضَعْتُ جِدًّا، وَكُنْتُ أَيْنُ  
مِنْ تَتَهَّدِ قَلْبِي. يَا رَبُّ، إِنَّ بُغْيَتِي كُلَّهَا أَمَامَكَ، وَتَتَهَّدِي  
لَمْ يَخْفَ عَنْكَ. قَدْ اضْطَرَبَ قَلْبِي وَفَارَقْتَنِي قُوَّتِي،  
وَنُورُ عَيْنَيَّ أَيْضًا لَمْ يَبْقَ مَعِي. أَصْدِقَائِي وَأَقْرَبَائِي دَنَوْا  
مَنِّي وَوَقَفُوا لَدَيَّ، وَجِنْسِي وَقَفَ مِنِّي بَعِيدًا. وَأَجْهَدَنِي  
الَّذِينَ يَطْلُبُونَ نَفْسِي، وَالْمُلْتَمِسُونَ لِي الشَّرَّ تَكَلَّمُوا  
بِالْبَاطِلِ، وَغَشَوْشًا طَوَّلَ النَّهَارَ دَرَسُوا. أَمَّا أَنَا فَكَأَصَمٌ  
لَا يَسْمَعُ، وَكَأَخْرَسٌ لَا يَفْتَحُ فَاهَهُ. وَصِرْتُ كَأِنْسَانٍ لَا  
يَسْمَعُ وَلَا فِي فَمِهِ تَبَكُّيْتُ. لِأَنِّي عَلَيْكَ، يَا رَبُّ، تَوَكَّلْتُ،  
أَنْتَ تَسْتَجِيبُ لِي يَا رَبِّي وَالْهِي. لِأَنِّي قُلْتُ لَا يَشْمَتُ  
بِي أَعْدَائِي، وَعِنْدَمَا زَلَّتْ قَدَمَايَ عَظُمُوا عَلَيَّ الْكَلَامَ.  
لِأَنِّي أَنَا لِلضَّرْبِ مُسْتَعِدٌّ، وَوَجَعِي لَدَيَّ فِي كُلِّ حِينٍ.  
لِأَنِّي أَنَا أُخْبِرُ بِإِثْمِي، وَأَهْتَمُّ مِنْ أَجْلِ خَطِيئَتِي. أَمَّا  
أَعْدَائِي فَأَحْيَاءُ، وَهُمْ أَشَدُّ مِنِّي، وَقَدْ كَثُرَ الَّذِينَ  
يُبْغِضُونَنِي ظُلْمًا، الَّذِينَ جَارُونِي بَدَلَ الْخَيْرِ شَرًّا،  
مَحَلُّوا بِي لِأَجْلِ ابْتِغَائِي الصَّلَاحَ. فَلَا تُهْمَلْنِي يَا رَبِّي  
وَالْهِي وَلَا تَتْبَاعِدْ عَنِّي. أَسْرِعْ إِلَى مَعُونَتِي يَا رَبُّ  
خَلَّاصِي.

فَلَا تُهْمَلْنِي يَا رَبِّي وَالْهِي وَلَا تَتْبَاعِدْ عَنِّي. أَسْرِعْ إِلَى  
مَعُونَتِي يَا رَبُّ خَلَّاصِي.

## 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.

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.*

يا اللهُ إِلَهِي إِلَيْكَ أُنْبَكِرُ. عَطِشَتْ إِلَيْكَ نَفْسِي، وَاشْتَاقَ إِلَيْكَ جَسَدِي، فِي أَرْضٍ بَرِّيَّةٍ وَغَيْرِ مَسْلُوكَةٍ وَعَادِمَةِ الْمَاءِ. هَكَذَا ظَهَرْتُ لَكَ فِي الْقُدْسِ لِأَعْيُنِ قُوَّتِكَ وَمَجْدِكَ. لِأَنَّ رَحْمَتَكَ أَفْضَلُ مِنَ الْحَيَاةِ، وَشَفَقَتِي تُسَبِّحَانِكَ. هَكَذَا أُبَارِكُكَ فِي حَيَاتِي وَبِاسْمِكَ أَرْفَعُ يَدَيَّ، فَتَمْتَلِي نَفْسِي كَمَا مِنْ شَحْمٍ وَدَسَمٍ، وَبِشِفَاهِ الْإِبْتِهَاجِ يُسَبِّحُكَ فَمِي. إِذَا ذَكَرْتُكَ عَلَى فِرَاشِي، هَدَدْتُ بِكَ فِي الْأَسْحَارِ، لِأَنَّكَ صِرْتَ لِي عَوْنًا وَبِظِلِّ جَنَاحَيْكَ أَسْتَتِرُ. الْتَصَقَتْ نَفْسِي بِكَ، وَإِيَّايَ عَضَدْتَ يَمِينُكَ. أَمَّا الَّذِينَ يَطْلُبُونَ نَفْسِي بَاطِلًا، فَسَيَدْخُلُونَ فِي أَسَافِلِ الْأَرْضِ، وَيُدْفَعُونَ إِلَى أَيْدِي السُّيُوفِ، وَيَكُونُونَ أَنْصَبَةً لِلتَّعَالِبِ. أَمَّا الْمَلِكُ فَيُسِّرُ بِاللَّهِ، وَيُمْتَدِّحُ كُلُّ مَنْ يَخْلِفُ بِهِ، لِأَنَّهُ قَدْ سَدَّتْ أَفْوَاهُ الْمُتَكَلِّمِينَ بِالظُّلْمِ.

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

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

هَلْلُويَا، هَلْلُويَا، هَلْلُويَا، الْمَجْدُ لَكَ يَا اللهُ. (ثلاثاً)

يَا رَبُّ ارْحَمِ. (ثلاثاً)

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدْسِ.

## PSALM 87

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

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication, for filled with evils is my soul, and my life unto Hades hath drawn nigh. I am counted with them that go down into the pit; I am become as a man without help, free among the dead, like the bodies of the slain that sleep in the grave, whom Thou rememberest no more, and they are cut off from Thy hand. They laid me in the lowest pit, in darkness and in the shadow of death. Against me is Thine anger made strong, and all Thy billows hast Thou brought upon me. Thou hast removed my friends afar from me; they have made me an abomination unto themselves. I have been delivered up, and have not come forth; mine eyes are grown weak from poverty. I have cried unto Thee, O Lord, the whole day long; I have stretched out my hands unto Thee. Nay, for the dead wilt Thou work wonders? Or shall physicians raise them up that they may give thanks unto Thee? Nay, shall any in the grave tell of Thy mercy, and of Thy truth in that destruction? Nay, shall Thy wonders be known in that darkness, and Thy righteousness in that land that is forgotten? But as for me, unto Thee, 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

الآن وكلّ أوانٍ، وإلى دهرِ الداهرين. آمين.

يا ربّ إله خلاصي، في النهارِ صرّختُ وفي الليلِ أمامك، فلتدخُلْ قدامك صلاتي، أملِ أُنْذَكَ إلى طَلْبَتِي، فقدِ امتلأتُ مِنَ الشُّرُورِ نَفْسي، ودنّت مِن الجحيمِ حياتي. حُسِبْتُ مَعَ المُنْحَدِرِينَ في الجُبِّ، صِرْتُ مِثْلَ إنسانٍ لَيْسَ لَهُ مُعِينٌ، مَطْرُوحاً بَيْنَ الأَمْواتِ مِثْلَ القَتلى الرّاقِدِينَ في القُبُورِ، الَّذِينَ لا تَذْكُرُهُمْ أيضاً، وَهُمْ مِنْ يَدِكَ مُقْصُونَ. جَعَلُونِي في جُبِّ أَسْفَلِ السَّافِلِينَ، في ظُلُماتِ المَوْتِ وَظِلالِهِ. عَلَيَّ اسْتَقَرَّ غَضَبُكَ، وَجَمِيعُ أَهْوالِكَ أَجْرَتْها عَلَيَّ. أَبْعَدْتَ عَنِّي مَعارِفِي، جَعَلُونِي لَهُمْ رِجاسَةً. قَدْ أُسْلِمْتُ وما خَرَجْتُ، وَعَيْناي ضَعُفَتا مِنَ المَسْكَنَةِ. صرّختُ إِلَيْكَ، يا ربّ، النَّهارَ كُلَّهُ وإِلَيْكَ بَسَطْتُ يَدَيَّ. أَلْعَلَّكَ لِلامْواتِ تَصْنَعُ العِجابِ؟ أَمْ الأَطْباءُ يُقِيمُونَهُمْ، فَيَعْتَرِفُونَ لَكَ؟ هَلْ يُحَدِّثُ أَحَدٌ في القَبْرِ بِرِحْمَتِكَ، وفي الهلاكِ بِحَقِّكَ؟ هَلْ تُعَرِّفُ في الظُّلْمَةِ عِجابِكَ، وَعَدْلَكَ في أرضِ مَنْسِيَّةٍ؟ وأنا إِلَيْكَ، يا ربّ، صرّختُ فَتَبَلُّغْكَ في العِداةِ صلاتي. لِمَذا، يا ربّ، تُقْصِي نَفْسي وَتَصْرِفُ وَجْهَكَ عَنِّي؟ فَفِيرُ أنا، وفي الشَّقَاءِ مُنْذُ شِبابي، وحينَ ارْتَفَعْتُ اتَّضَعْتُ وَتَحَيَّرْتُ. عَلَيَّ جازَ رِجْزُكَ، وَمُفْزِعاتُكَ أَرعَجَتْنِي. أَحاطَتْ بي كالماءِ، والنَّهارَ كُلَّهُ اكَتَنَفَتْنِي مَعاً. أَبْعَدْتَ عَنِّي الصِّدِيقَ وَالقَرِيبَ وَمَعارِفِي مِنَ الشَّقَاءِ.

neighbor, and mine acquaintances because of my misery.

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

### PSALM 102

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

يا رَبُّ إِلَهَ خَلَّاصِي، فِي النَّهَارِ صَرَخْتُ وَفِي اللَّيْلِ  
أَمَامَكَ، فَلْتَدْخُلْ قُدَّامَكَ صَلَاتِي، أَمِلْ أذُنَكَ إِلَى  
طَلِبَتِي.

بَارِكِي يَا نَفْسِي الرَّبَّ، وَيَا جَمِيعَ مَا فِي دَاخِلِي اسْمَهُ  
الْقُدُّوسِ. بَارِكِي يَا نَفْسِي الرَّبَّ، وَلَا تَنْسِي جَمِيعَ  
مُكَافَاتِهِ. الَّذِي يَغْفِرُ جَمِيعَ آثَامِكَ، الَّذِي يَشْفِي جَمِيعَ  
أَمْرَاضِكَ، الَّذِي يُنَجِّي مِنَ الْفَسَادِ حَيَاتِكَ، الَّذِي يُكَلِّكُ  
بِالرَّحْمَةِ وَالرَّأْفَةِ، الَّذِي يُشْبِعُ بِالْخَيْرَاتِ شَهْوَاتِكَ، فَيَتَجَدَّدُ  
كَالنَّسْرِ شَبَابِكَ. الرَّبُّ صَانِعُ الرَّحْمَاتِ وَالْقَضَاءِ لِجَمِيعِ  
الْمَظْلُومِينَ. عَرَفَ مُوسَى طُرُقَهُ، وَبَنِي إِسْرَائِيلَ  
مَشِيئَاتِهِ. الرَّبُّ رَحِيمٌ وَرَوْوْفٌ، طَوِيلُ الْأَنَاءِ وَكَثِيرُ  
الرَّحْمَةِ، لَيْسَ إِلَى الْإِنْقِضَاءِ يَسْخَطُ، وَلَا إِلَى الدَّهْرِ  
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  
وَدَكَرَ أَنَّنَا تُرَابٌ نَحْنُ. الْإِنْسَانُ كَالْعُشْبِ أَيَّامُهُ وَكَزَهْرِ  
الْحَقْلِ كَذَلِكَ يُزْهَرُ، لِأَنَّهُ إِذَا هَبَّتْ فِيهِ الرِّيحُ لَيْسَ يَنْبُتُ  
وَلَا يُعْرَفُ أَيْضًا مَوْضِعُهُ. أَمَّا رَحْمَةُ الرَّبِّ فَهِيَ مِنْذُ  
الدَّهْرِ، وَإِلَى الدَّهْرِ عَلَى الَّذِينَ يَتَّقُونَهُ، وَعَدْلُهُ عَلَى  
أَبْنَاءِ الْبَنِينَ الْحَافِظِينَ عَهْدَهُ وَالذَّاكِرِينَ وَصَايَاهُ  
لِيَصْنَعُوهَا. الرَّبُّ هَيَّا عَرْشَهُ فِي السَّمَاءِ، وَمَمْلَكَتُهُ



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.

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.

### PSALM 142

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I 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

يَا رَبِّ اسْتَمِعْ صَلَاتِي، وَأَنْصِتْ بِحَقِّكَ إِلَى طِلْبَتِي.  
اسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعَ عَبْدِكَ،  
فَإِنَّهُ لَنْ يَتَرَكِيَ أَمَامَكَ أَيُّ حَيٍّ. لِأَنَّ الْعَدُوَّ قَدْ اضْطَهَدَ  
نَفْسِي، وَأَذَلَّ إِلَى الْأَرْضِ حَيَاتِي، وَأَجْلَسَنِي فِي  
الظُّلُمَاتِ مِثْلَ الْمَوْتَى مُنْذُ الدَّهْرِ، فَضَجِرْتُ رُوحِي  
وَاضْطَرَبَ قَلْبِي فِي دَاخِلِي. تَذَكَّرْتُ الْأَيَّامَ الْقَدِيمَةَ.  
هَدَدْتُ فِي كُلِّ أَعْمَالِكَ، وَتَأَمَّلْتُ فِي صَنَائِعِ يَدَيْكَ.  
بَسَطْتُ يَدَيَّ إِلَيْكَ وَنَفْسِي لَكَ كَارِضٍ لَا تُمْطَرُ. أَسْرِعْ  
فَاسْتَجِبْ لِي يَا رَبِّ، فَقَدْ فَنَيْتُ رُوحِي. لَا تَصْرِفْ  
وَجْهَكَ عَنِّي، فَأَشَابَهُ الْهَابِطِينَ فِي الْجُبِّ. اجْعَلْنِي فِي  
الْعِدَاةِ مُسْتَمِعًا رَحْمَتَكَ، فَإِنِّي عَلَيْكَ تَوَكَّلْتُ. عَرَّفْنِي يَا  
رَبِّ الطَّرِيقَ الَّذِي أَسْلُكُ فِيهِ، فَإِنِّي إِلَيْكَ رَفَعْتُ نَفْسِي.  
أَنْقِذْنِي مِنْ أَعْدَائِي يَا رَبِّ، فَإِنِّي قَدْ لَجَأْتُ إِلَيْكَ. عَلَّمْنِي  
أَنْ أَعْمَلَ مَرْضَاتِكَ، لِأَنَّكَ أَنْتَ إِلَهِي. رُوحَكَ الصَّالِحَ  
يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ. مِنْ أَجْلِ اسْمِكَ، يَا رَبِّ،  
تُحْيِينِي. بِعَدْلِكَ تُخْرِجُ مِنَ الْحُزْنِ نَفْسِي، وَبِرَحْمَتِكَ

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.

O Lord, give ear unto my supplication 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!*

تَسْتَأْصِلُ أَعْدَائِي، وَتُهْلِكُ جَمِيعَ الَّذِينَ يُحْزِنُونَ نَفْسِي  
لَأَنِّي أَنَا عَبْدُكَ.

إِسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعَ عَبْدِكَ.  
(مرتين)

رُوحُكَ الصَّالِحُ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ.

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

هَلْلُويَا، هَلْلُويَا، هَلْلُويَا، الْمَجْدُ لَكَ يَا اللَّهُ. (ثلاثاً)  
يا إِلَهَنَا، وَرَجَاءَنَا، لَكَ الْمَجْدُ.

### THE GREAT LITANY

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

**Choir:** Lord, have mercy.

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

**Choir:** Lord, have mercy.

**Priest:** For the peace of the whole world; for the good estate of the holy churches of God, and for the union of all men, let us pray to the Lord.

**Choir:** Lord, have mercy.

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

**Choir:** Lord, have mercy.

**Priest:** For our father and Metropolitan N., (and for our Bishop N.), for the venerable Priesthood, the Diaconate in Christ, for all the clergy and the people, let us pray to the Lord.

الكَاهِنُ: بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.

الجوقة: يَا رَبُّ ارْحَمِ.

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

الجوقة: يَا رَبُّ ارْحَمِ.

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

الجوقة: يَا رَبُّ ارْحَمِ.

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

الجوقة: يَا رَبُّ ارْحَمِ.

الكَاهِنُ: مِنْ أَجْلِ آبِينَا وَمِتْرُوبُولِيَّتِنَا (فَلَان) وَرئِيسِ  
كَهَنَتِنَا (فَلَان)، وَالكَهَنَةِ الْمُكْرَمِينَ، وَالشَّمَامِسَةَ، خُدَّامِ  
الْمَسِيحِ، وَجَمِيعِ الْإِكْلِيروسِ وَالشَّعْبِ، إِلَى الرَّبِّ  
نَطْلُبُ.

**Choir:** Lord, have mercy.

الجوقة: يا رَبُّ ارْحَم.

**Priest:** For Metropolitan PAUL, Archbishop JOHN, and for their quick release from captivity and safe return, let us pray to the Lord.

الكاهن: مِنْ أَجْلِ الْمَثْرُوبُولِيَّتِ بُولُسَ وَالْمِطْرَانِ يُوْحَنَّا وَفَكَ أَسْرِهِمَا وَعَوْدَتِهِمَا سَالِمِينَ، إِلَى الرَّبِّ نَطْلُب.

**Choir:** Lord, have mercy.

الجوقة: يا رَبُّ ارْحَم.

**(In the U.S.) Priest:** For the President of the United States and all civil authorities and for our Armed Forces everywhere, let us pray to the Lord.

(في أمريكا) الكاهن: مِنْ أَجْلِ حُكَّامِ هَذَا الْبَلَدِ، وَمُؤَارِثَتِهِمْ فِي كُلِّ عَمَلٍ صَالِحٍ، إِلَى الرَّبِّ نَطْلُب.

**(In Canada) Priest:** For Her Majesty, the Queen, for the Prime Minister of Canada, and all civil authorities and for our Armed Forces everywhere, let us pray to the Lord.

(في كندا) الكاهن: مِنْ أَجْلِ جَلَالَةِ الْمَلِكَةِ وَرئيسِ وَرَءَاءِ كَنَدَا وَسُلْطَاتِهَا الْمَدَنِيَّةِ وَقُوَّاتِهَا الْعَسْكَرِيَّةِ، إِلَى الرَّبِّ نَطْلُب.

**Choir:** Lord, have mercy.

الجوقة: يا رَبُّ ارْحَم.

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

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

**Choir:** Lord, have mercy.

الجوقة: يا رَبُّ ارْحَم.

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

الكاهن: مِنْ أَجْلِ اعْتِدَالِ الْأَهْوِيَّةِ، وَخِصْبِ ثَمَارِ الْأَرْضِ وَأَوْقَاتِ سَلَامِيَّةٍ، إِلَى الرَّبِّ نَطْلُب.

**Choir:** Lord, have mercy.

الجوقة: يا رَبُّ ارْحَم.

**Priest:** For travelers by sea, by land, and by air; for the sick and the suffering; for captives and their salvation, let us pray to the Lord.

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

**Choir:** Lord, have mercy.

الجوقة: يا رَبُّ ارْحَم.

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

الكاهن: مِنْ أَجْلِ نَجَاتِنَا مِنْ كُلِّ ضَيْقٍ وَعَظْبٍ وَخَطَرٍ وَشِدَّةٍ إِلَى الرَّبِّ نَطْلُب.

**Choir:** Lord, have mercy.

الجوقة: يا رَبُّ ارْحَم.

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

الكاهن: أَعْضُدْ وَخَلِّصْ وَارْحَمْ واحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ.

**Choir:** Lord, have mercy.

الجوقة: يا رب ارحم.

**Priest:** Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-Virgin Mary, with all the Saints, let us commend ourselves and each other, and all our life unto Christ our God.

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

**Choir:** To Thee, O Lord.

الجوقة: لَكَ يَا رَب.

**Priest:** For unto Thee are due all glory, honor, and worship: to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages.

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

**Choir:** Amen.

الجوقة: آمين.

### “GOD IS THE LORD” IN TONE THREE

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

المُرْتِّل: اللهُ الرَّبُّ ظَهَرَ لَنَا، مُبَارَكٌ الْآتِي بِاسْمِ الرَّبِّ.  
(تُعَادُ بَعْدَ الْإِسْتِيخُونَاتِ)

1. O give thanks unto the Lord, and call upon His holy Name.

1 - اعْتَرَفُوا لِلرَّبِّ وادعوا باسمه القدوس.

2. All nations compassed me about, but in the Name of the Lord will I destroy them.

2 - كُلُّ الْأُمَمِ أَحَاطُوا بِي وَبِاسْمِ الرَّبِّ قَهَرْتُهُمْ.

3. This is the Lord's doing; it is marvelous in our eyes.

3 - مِنْ قَبْلِ الرَّبِّ كَانَتْ هَذِهِ وَهِيَ عَجِيبَةٌ فِي أَعْيُنِنَا.

### RESURRECTIONAL APOLYTIKION IN TONE THREE

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

لِتَفْرَحِ السَّمَاوِيَّاتُ وَتَلْتَبَهَجِ الْأَرْضِيَّاتُ، لِأَنَّ الرَّبَّ صَنَعَ عِزًّا بِسَاعِدِهِ، وَوَطِئَ الْمَوْتَ بِالْمَوْتِ، وَصَارَ بَكْرًا الْأَمْوَاتِ، وَأَنْقَذَنَا مِنْ جَوْفِ الْجَحِيمِ، وَمَنَحَ الْعَالَمَ الرَّحْمَةَ الْعَظْمَى.

## APOLYTIKION OF 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.

المجد للآب، والابن، والروح القدس.

لِلْبَرِّيَّةِ غَيْرِ الْمُثْمِرَةِ بِمَجَارِي دُمُوعِكَ أَمْرَعْتَ،  
وَبِالتَّنَهَّدَاتِ الَّتِي مِنَ الْأَعْمَاقِ أَثْمَرْتَ بِأَتْعَابِكَ إِلَى مِئَةِ  
ضِعْفٍ، فَصِرْتَ كَوْكَبًا لِلْمَسْكُونَةِ مُتَلَأْلَأًا بِالْعَجَائِبِ، يَا  
أَبَانَا الْبَارَّ يُوْحَنَّا، فَتَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهِ أَنْ يُخَلِّصَ  
نُفُوسَنَا.

## 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.

الآن وكلَّ أوانٍ وإلى دهرِ الدهرين. آمين.

يَا مَنْ وُلِدَ مِنَ الْبَتُولِ مِنْ أَجْلِنَا، وَكَابَدَ الصَّلْبَ أَيُّهَا  
الصَّالِحُ، يَا مَنْ سَبَى الْمَوْتَ بِمَوْتِهِ وَأَرَى الْقِيَامَةَ بِمَا  
أَنَّهُ إِلَهٌ، لَا تُعْرِضْ عَنِ الَّذِينَ جَبَلْتَهُمْ بِيَدَيْكَ، بَلْ أَظْهَرِ  
تَعَطُّفَكَ عَلَى النَّاسِ أَيُّهَا الرَّحِيمُ. وَتَقَبَّلْ وَالِدَتَكَ، وَالِدَةَ  
الْإِلَهِ، مُتَشَفِّعَةً مِنْ أَجْلِنَا، وَخَلِّصْ يَا مُخَلِّصَنَا شَعْبًا  
يَائِسًا.

## 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 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.

الكاهن: أيضاً وأيضاً بسلامٍ إلى الرَّبِّ نَطْلُبُ.

الجوق: يَا رَبُّ ارْحَمْنَا.

الكاهن: أَعِزُّدْ، 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  
بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.

الجوق: لَكَ يَا رَبُّ.

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

**Choir:** Amen.

**الكاهن:** لَأَنَّ لَكَ الْعِزَّةَ وَلَكَ الْمُلْكَ وَالْقُوَّةَ وَالْمَجْدَ أَيُّهَا  
الآبُ وَالابْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى  
دَهْرِ الدَّاهِرِينَ.  
**الجوق:** آمين.

### THIRD TONE RESURRECTIONAL KATHISMATA (Plain Reading)

#### First Kathisma

Christ is risen from the dead, He Who is the first-fruits of those that slept: the First-born of creation and the Creator of all things created! He hath renewed by Himself the nature of our corrupt race. Wherefore, Thou shalt reign no more, O Death; for the Lord of all hath nullified thy power and dissolved it.

لَقَدْ قَامَ الْمَسِيحُ مِنْ بَيْنِ الْأَمْوَاتِ، بَاكُورَةَ الرَّاقِدِينَ،  
وَبِكْرُ الْخَلِيقَةِ، وَخَالِقُ كُلِّ الْمَبْرُوءَاتِ، وَجَدَّدَ فِي نَفْسِهِ  
طَبِيعَةَ جِنْسِنَا الْبَالِيَةِ. فَلَسْتَ مُتَسَلِّطاً بَعْدُ يَا مَوْتُ، لَأَنَّ  
سَيِّدَ الْكُلِّ قَدْ حَلَّ عِزَّتَكَ.

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

الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُّوسِ.

When Thou didst taste death in the flesh, O Lord, Thou didst check bitter Death by Thy Resurrection, and didst make man to prevail over it, restoring victory over the old curse. Wherefore, O Supporter and Champion of our life, glory to Thee.

لَقَدْ ذُقْتَ الْمَوْتَ بِالْجَسَدِ، يَا رَبِّ، فَأَقْتَلَعْتَ مَرَارَةَ الْمَوْتِ  
بِقِيَامَتِكَ، وَقَوَّيْتَ الْإِنْسَانَ عَلَيْهِ، وَخَلَّصْتَهُ مِنْ تَعَلُّبِ  
اللَّعْنَةِ الْقَدِيمَةِ. فَيَا عَاضِدَ حَيَاتِنَا، يَا رَبِّ، الْمَجْدُ لَكَ.

*(Theotokion of the Resurrectional Apolytikion)*

(والديّة طروبارية اللحن الأول)

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

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمين.

Thee, who art the mediatrix for the salvation of our race, we praise, O Virgin Theotokos; for in the flesh assumed from thee, after that He had suffered the passion of the Cross, thy Son and our God delivered us from corruption, because He is the Lover of mankind.

إِيَّاكَ أَيُّهَا الْمُتَوَسِّطَةُ لِخَلَاصِ جِنْسِنَا نُسَبِّحُ يَا وَالِدَةَ  
الِإِلَهِ الْعَذْرَاءِ. لَأَنَّ ابْنَكَ وَإِلَهَنَا بِالْجَسَدِ الَّذِي اتَّخَذَهُ مِنْكَ  
قَبْلَ الْآلَامِ بِالصَّلِيبِ، وَأَعْتَقْنَا مِنَ الْفَسَادِ، بِمَا أَنَّهُ مُحِبٌّ  
لِلْبَشَرِ.

## Second Kathisma

Because of Thine immutable Divinity, O Lord, and Thy voluntary sufferings, Hades was overwhelmed, and moaned within itself, saying, Verily, I am in dread fear of the Person of this incorruptible body; for I see the unseen fighting me secretly, and behold those whom I have held shouting, Glory to Thy Resurrection, O Christ.

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

Let us believers speak of divine things, of the secret of Thine inscrutable Crucifixion, of Thine ineffable Resurrection; for today have Death and Hades been led captive, and the race of man hath been invested with incorruption. Therefore, do we cry in gratitude, Glory to Thy Resurrection, O Christ.

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

Verily, O Theotokos, the incomprehensible and boundless, consubstantial with the Father and the Spirit, hast thou held secretly in thy womb. And by thy birth-giving we have learned to glorify in the world the act of the one immiscible Trinity. Therefore, with gratitude we cry to thee, Rejoice, O thou that art full of grace.

### 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, destroyed the power of death, with Thee raising up Adam and releasing all men from Hell.

لَقَدْ دُهِشَ الْجَحِيمُ فِي نَفْسِهِ مِنْ عَدَمِ تَغْيِيرِ لاهوتِكَ،  
وَمِنْ اِحْتِمَالِكَ الْآلَامِ طَوْعاً، يَا رَبِّ، فَاَنْتَحَبَ قَائِلاً: اِنِّي  
اَرْتَعِدُ مِنْ اَقْنُومِ هَذَا الْجَسَدِ غَيْرِ الْبَالِي، وَاَرَى غَيْرَ  
الْمَنْظُورِ يُحَارِبُنِي عَلَى طَرِيقَةٍ سِرِّيَّةٍ. فَلِذَلِكَ، يَصْرُخُ  
الَّذِينَ فِي قَبْضَتِي قَائِلِينَ: الْمَجْدُ لِقِيَامَتِكَ أَيُّهَا الْمَسِيحُ.

الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُسِ.

إِنَّا لَدَى تَكَلُّمِنَا نَحْنُ الْمُؤْمِنِينَ لاهوتياً، نَعْتَرِفُ أَنْ  
صَلْبَكَ غَيْرَ الْمُدْرِكِ، وَقِيَامَتَكَ غَيْرَ الْمُفَسَّرَةِ، هُمَا سِرٌّ  
لَا يُعْبَرُ عَنْهُ. فَإِنَّ الْمَوْتَ وَالْجَحِيمَ سُبِيَا الْيَوْمِ، وَجِنْسُ  
الْبَشَرِ لَيْسَ عَدَمَ الْبَلِي. فَلِذَلِكَ، نَصْرُخُ عَنْ شُكْرِ  
قَائِلِينَ: الْمَجْدُ لِقِيَامَتِكَ أَيُّهَا الْمَسِيحُ.

الآن وكلّ أوانٍ وإلى دهرِ الدهرين. آمين.

لَقَدْ وَسِعَتْ فِي بَطْنِكَ، عَلَى مَنَوَالٍ لَا يُفَسَّرُ، الْابْنُ  
الَّذِي لَا يُدْرِكُ وَلَا يُوصَفُ، الْمُسَاوِي لِلآبِ وَالرُّوحِ فِي  
الْجَوْهَرِ. وَبِوِلَادَتِكَ، تَعَلَّمْنَا أَنْ نَمَجِّدَ فِي الْعَالَمِ فِعْلاً  
لِلْأَهْوَتِ وَاحِدٍ غَيْرِ مُخْتَلِطٍ. فَلِذَلِكَ نَهْتَفُ إِلَيْكَ عَنْ  
شُكْرِ قَائِلِينَ: السَّلَامُ عَلَيْكَ أَيُّهَا الْمُنْعَمُ عَلَيْهَا.

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.

جَمْعُ الْمَلَائِكَةِ انْدَهَلَ مُتَحَيِّراً، عِنْدَ مُشَاهَدَتِهِمْ إِيَّاكَ  
مَحْسُوباً بَيْنَ الْأَمْوَاتِ أَيُّهَا الْمَخْلَصُ، وَدَاحِضاً قُوَّةَ  
الْمَوْتِ، وَمُنْهَضاً آدَمَ مَعَكَ، وَمُعْتَقاً إِيَّانَا مِنَ الْجَحِيمِ  
كَافَةً.

*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.

*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!

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.

الْمَلَائِكَةُ اللَّامِعَةُ عِنْدَ الْقَبْرِ تَقْوَةٌ نَحْوَ حَامِلَاتِ الطَّيِّبِ قَائِلًا: لِمَ تَمْرُجْنَ الطُّيُوبَ بِالذَّمُوعِ، بِيَرْتٍ يَا تَلْمِيزَاتِ؟ أَنْظُرْنَ اللَّحْدَ وَافْرَحْنَ، لِأَنَّ الْمُخَلِّصَ قَدْ قَامَ مِنَ الْقَبْرِ.

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.

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

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.

إِنَّ النِّسْوَةَ حَامِلَاتِ الطَّيِّبِ، وَافِينَ بِالْحَنُوطِ إِلَى قَبْرِكَ أَيُّهَا الْمُخَلِّصُ. فَسَمِعْنَ مَلَكَامًا مُتَنَعِمًا نَحْوَهُنَّ قَائِلًا: لِمَ تَحْسِبْنَ الْحَيِّ مَعَ الْمَوْتَى؟ فَبِمَا أَنَّهُ إِلَهُ، قَدْ قَامَ مِنَ الْقَبْرِ نَاهِيًا.

الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدْسِ.

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

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.

أَيُّهَا الْعَذْرَاءُ، لَقَدْ وُلِدْتَ مُعْطِيَةَ الْحَيَاةِ، وَأَنْقَذْتِ آدَمَ مِنَ الْخَطِيئَةِ، وَمَنْحَتِ حَوَاءَ الْفَرْحِ عَوَضَ الْحُزْنِ، لَكِنَّ الْإِلَهَ وَالْإِنْسَانَ الْمُتَجَسِّدَ مِنْكَ، أَرْشَدَهُمَا إِلَى الْحَيَاةِ الَّتِي قَدْ تَهَوَّرَا مِنْهَا.

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

يَا إِلَهَنَا وَرَجَاءَنَا لَكَ الْمَجْدُ.



## 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 Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.

**Choir:** To Thee, O Lord.

**Priest:** For blessed is Thy Name, and glorified is Thy kingdom: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

**Choir:** Amen.

الكاهن: أيضاً وأيضاً بسلامٍ إلى الربِّ نطلب.

الجوق: يا ربُّ ارحم.

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

الجوق: يا ربُّ ارحم.

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

الجوق: لك يا رب.

الكاهن: لأن اسمك مبارك وملكك ممجد أيها الأب والإبن والروح القدس، الآن وكلّ أوانٍ وإلى دهر الداهرين.

الجوق: آمين.

### THIRD TONE RESURRECTIONAL HYPAKOE (Plain Reading)

To the ointment-bearing women the brilliant angel of sweet words, startling them, did say: Why seek ye the living One in the grave? He is verily risen, and hath emptied the tombs. Know ye, therefore, that the changeless One hath changed corruption to incorruption. And say to God: How dreadful are Thy works; for Thou hast saved mankind.

ذو المنظر العجب والكلام العذب، الملاك اللامع قال لحاملات الطيب: لم تطلبن الحي في القبر؟ قد قام وأفرغ القبور. فاعلمن أن غير المتغير قد بدل البلى، وقلن لله ما أزهب أعمالك، لأنك خلصت جنس البشر.

### THIRD TONE RESURRECTIONAL ANABATHMOI (Plain Reading)

#### First Antiphony

- + Thou didst verily deliver the captivity of Zion from Babylon, O Word. Likewise, draw thou me out of suffering into life.
- + They who sow in Timan with divine tears, shall reap with rejoicing the sheaves of eternal life.

+ أيها الكلمة أنت أنقذت سبي صهيون من بابل. هكذا اجتذبتني أيضاً من الآلام إلى الحياة.  
+ إن الذين يزرعون في التيمن بدموع الهيّة، سيخصدون بفرح سنبل الحياة الأبدية.

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

+ With the Holy Spirit every gift is good; for He doth shine forth together with the Father and the Son; and in Him doth all creation live and move.

+ المَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ  
وَالِي دَهْرِ الدَاهِرِينَ، آمِينَ.

+ مِنَ الرُّوحِ الْقُدُسِ تَنَحَدِرُ كُلُّ عَطِيَّةٍ صَالِحَةٍ، بِمَا أَنَّهُ  
يُشْرِقُ مَعَ الآبِ وَالابْنِ، وَبِهِ كُلُّ الْبَرَايَا تَحْيَا  
وَتَتَحَرَّكُ.

### Second Antiphony

+ If the Lord buildeth not the house of virtues, then vainly do we labor; but if He defend and protect our lives, none shall prevail against our city.

+ The saints are verily the hire of the fruit of the womb. And they have not ceased to be Thy sons, in the Spirit, O Christ, and Thou art like a father.

+ *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 hath all holiness and wisdom been observed; for He is the Creator of all the essence of creation. Therefore, let us worship Him; for He is God, as is the Father and the Word.

+ إِنْ لَمْ يَبْنِ الرَّبُّ بَيْتَ الْفَضَائِلِ، فَبَاطِلًا نَتَعَبُ، وَإِذَا  
وَقَى نُفُوسَنَا وَسَتَرَهَا فَلَا أَحَدٌ يَتَسَلَّطُ عَلَي مَدِينَتِنَا.

+ إِنَّ الْقَدِيسِينَ هُمْ أَجْرَةٌ ثَمَرَةِ الْبَطْنِ، وَلَمْ يَزَالُوا بِالرُّوحِ  
بَنِينَ لَكَ أَيُّهَا الْمَسِيحُ، وَأَنْتَ لَهُمْ كَأَبٍ.

+ المَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ  
وَالِي دَهْرِ الدَاهِرِينَ، آمِينَ.

+ بِالرُّوحِ الْقُدُسِ شُوهِدَتْ كُلُّ قَدَاسَةٍ وَحِكْمَةٍ، لِأَنَّهُ  
خَالِقُ كُلِّ جَوَاهِرِ الْخَلِيقَةِ، وَلِذَلِكَ فَلْنَعْبُدْهُ لِأَنَّهُ إِلَهٌ  
كَالآبِ وَالْكَلِمَةِ.

### Third Antiphony

+ Happy are they who fear the Lord; for they walk in the way of His commandments, and eat of the fruits of universal life.

+ Rejoice with gladness, O chief Shepherd, as thou beholdest thy children's children around thy table, offering branches of good deeds.

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

+ Verily, all the riches of honor are of the Holy Spirit. And of Him too is grace and life for all creation. Wherefore, He is to be praised with the Father and the Word.

+ إِنَّ خَائِفِي الرَّبِّ لَمَغْبُوطُونَ، لِأَنَّهُمْ يَسْلُكُونَ فِي  
سَبِيلِ وَصَايَاهُ، وَيَأْكُلُونَ ثِمَارَ الْحَيَاةِ الْأَبَدِيَّةِ.

+ إِفْرَحْ مَسْرُورًا يَا رَبِّيسَ الرُّعَاةِ إِذَا شَاهَدْتَ بَنِي بَنِيكَ  
حَوْلَ مَائِدَتِكَ، مُقَدِّمِينَ أَغْصَانِ أَفْعَالِ الصَّلَاحِ.

+ المَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ  
وَالِي دَهْرِ الدَاهِرِينَ، آمِينَ.

+ إِنَّ غِنَى الشَّرَفِ كُلِّهِ مِنَ الرُّوحِ الْقُدُسِ. وَمِنْهُ النِّعْمَةُ  
وَالْحَيَاةُ لِكُلِّ الْخَلِيقَةِ، لِذَلِكَ يُسَبِّحُ مَعَ الآبِ وَالْكَلِمَةِ.

## PROKEIMENON FOR THE RESURRECTION IN TONE THREE

Say among the heathen that the Lord reigneth.  
The world also shall be so established that it  
shall not be moved. (*Twice*)

قولوا في الأممِ إِنَّ الرَّبَّ قَدْ مَلَكَ، لِأَنَّهُ ثَبَّتَ الْمَسْكُونَةَ  
فَلَنْ تَتَرَعَزَّعَ. (مرتين)

**Stichos:** Praise the Lord with a new praise.

سَتِيخِن: سَبِّحُوا الرَّبَّ سُبْحاً جَدِيداً.

Say among the heathen that the Lord reigneth.  
The world also shall be so established that it  
shall not be moved.

قولوا في الأممِ إِنَّ الرَّبَّ قَدْ مَلَكَ، لِأَنَّهُ ثَبَّتَ الْمَسْكُونَةَ  
فَلَنْ تَتَرَعَزَّعَ.

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

الشماس: إِلَى الرَّبِّ نَطْلُبُ.

**Choir:** Lord, have mercy.

المرتل: يَا رَبُّ ارْحَمِ.

**Priest:** For Holy art Thou, O our God, Who  
restand 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، وَالابْنُ،  
وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ.

**Chanter:** Amen. Let everything that hath  
breath praise the Lord. (*Twice*)

الْمُرْتَل: آمِينَ. كُلُّ نَسَمَةٍ، فَلْتُسَبِّحِ الرَّبَّ. (مرتين)

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

سَبِّحُوا اللَّهَ فِي قَدِيسِيهِ، سَبِّحُوهُ فِي قَلْبِكِ قُوَّتِهِ.

Let everything that hath breath praise the  
Lord.

فَلْتُسَبِّحِ الرَّبَّ، كُلُّ نَسَمَةٍ.

## THE ELEVENTH EOTHINON GOSPEL

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

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

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

المرتل: يَا رَبُّ ارْحَمِ. (ثلاثاً)

**Deacon:** Wisdom! Attend! Let us hear the  
Holy Gospel

الشماس: الْحِكْمَةُ، فَلْنَسْتَقِمْ وَلْنَسْمَعْ الْإِنْجِيلَ الْمُقَدَّسَ،  
الكاهن: السَّلَامُ لِجَمِيعِكُمْ.

**Priest:** Peace be to all.

المرتل: وَلِرُوحِكَ.

**Choir:** And to thy spirit.

الكاهن: فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ يُوْحَنَّا  
الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّمِيذِ الطَّاهِرِ.

**Priest:** The Reading from the Holy Gospel  
according to Saint John (21:14-25).

المرتل: الْمَجْدُ لَكَ، يَا رَبُّ، الْمَجْدُ لَكَ.

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

**Deacon:** Let us attend!

الشماس: لِنُصْغِ!

**Priest:** At that time, Jesus revealed Himself to His disciples after He was raised from the dead, and said to Simon Peter, “Simon, son of Jonah, do you love Me more than these?” He said to Him, “Yes, Lord; You know that I love You.” Jesus said to him, “Tend my lambs.” A second time Jesus said to him, “Simon, son of Jonah, do you love Me?” He said to Him, “Yes, Lord, You know that I love You.” Jesus said to him, “Tend my sheep.” Jesus said to him a third time, “Simon, son of Jonah, do you love Me?” Peter was grieved because He said to him a third time, “Do you love me?” and he said to Him, “Lord, You know everything; You know that I love You.” Jesus said to him, “Tend My sheep. Truly, truly, I say to you, when you were young, you girded yourself and walked where you would; but when you are old, you will stretch out your hands, and another will gird you and carry you where you do not wish to go.” (This was said to show by what death Peter was to glorify God.) And after this, He said to him, “Follow Me.” Peter turned and saw following them the disciple whom Jesus loved, who had lain close to His breast at the supper and had said, “Lord, who is it that is going to betray you?” When Peter saw him, he said to Jesus, “Lord, what about this man?” Jesus said to him, “If it is my will that he remain until I come, what is that to you? Follow Me!” The saying spread abroad among the brethren that this disciple was not to die; yet Jesus did not say to him that he was not to die, but, “If it is my will that he remain until I come, what is that to you?” This is the disciple who is bearing witness to these things, and who has written these things; and we know that his testimony is true. But there are also many other things that Jesus did; were every one of them to be written, I suppose that the world itself could not contain the books that would be written. Amen.

**الكاهن:** فِي ذَلِكَ الزَّمَانِ، أَظْهَرَ يَسُوعُ نَفْسَهُ لِتَلَامِيذِهِ مِنْ بَعْدِ مَا قَامَ مِنْ بَيْنِ الْأَمْوَاتِ وَقَالَ لِسِمْعَانَ بُطْرُسَ: "يَا سِمْعَانُ بَنَ يُونَا، أَتُحِبُّنِي أَكْثَرَ مِنْ هَؤُلَاءِ؟" قَالَ لَهُ: "نَعَمْ يَا رَبِّ، أَنْتَ تَعْلَمُ أَنِّي أَوُدُّكَ." قَالَ لَهُ: "ارْزَعْ حِمْلَانِي." ثُمَّ قَالَ لَهُ ثَانِيَةً: "يَا سِمْعَانُ بَنَ يُونَا، أَتُحِبُّنِي؟" قَالَ لَهُ: "نَعَمْ يَا رَبِّ، أَنْتَ تَعْلَمُ أَنِّي أَوُدُّكَ." قَالَ لَهُ: "ارْزَعْ خِرَافِي." ثُمَّ قَالَ لَهُ ثَالِثَةً: "يَا سِمْعَانُ بَنَ يُونَا، أَتُحِبُّنِي؟" فَحَزِنَ بُطْرُسُ لِأَنَّهُ قَالَ لَهُ ثَالِثَةً "أَتَوُدُّنِي." فَقَالَ لَهُ: "يَا رَبِّ، أَنْتَ تَعْلَمُ كُلَّ شَيْءٍ، وَأَنْتَ تَعْلَمُ أَنِّي أَوُدُّكَ." فَقَالَ لَهُ: "ارْزَعْ خِرَافِي. الْحَقُّ الْحَقُّ أَقُولُ لَكَ إِذْ كُنْتَ شَابًّا كُنْتَ تُمْنِطِقُ نَفْسَكَ وَتَذْهَبُ حَيْثُ تَشَاءُ، فَإِذَا شِخْتَ فَسَتَمُدُّ يَدَيْكَ وَأُخْرُ يُمْنِطِقُكَ وَيَذْهَبُ بِكَ حَيْثُ لَا تَشَاءُ"، وَإِنَّمَا قَالَ هَذَا دَالًّا عَلَى آيَةِ مِيْتَةٍ كَانَتْ مُزْمَعًا أَنْ يُمَجِّدَ اللَّهُ بِهَا. فَلَمَّا قَالَ هَذَا قَالَ لَهُ: "اتَّبِعْنِي." فَالْتَقَتْ بُطْرُسُ، فَرَأَى التَّلْمِيذَ الَّذِي كَانَ يَسُوعُ يُحِبُّهُ يَتَّبِعُهُ، وَهُوَ الَّذِي كَانَ أَنْكَأً فِي الْعِشَاءِ عَلَى صَدْرِهِ وَقَالَ "يَا رَبِّ، مِنَ الَّذِي يُسَلِّمُكَ." فَلَمَّا رَأَى بُطْرُسُ، قَالَ لِيَسُوعَ: "يَا رَبِّ، مَا لِهَذَا؟" قَالَ لَهُ يَسُوعُ "إِنْ شِئْتُ أَنْ يَثْبُتَ إِلَى أَنْ أَجِيءَ، فَمَاذَا لَكَ؟ أَنْتَ اتَّبِعْنِي." فَذَاعَتْ هَذِهِ الْكَلِمَةُ فِيمَا بَيْنَ الْإِخْوَةِ أَنَّ ذَلِكَ التَّلْمِيذَ لَا يَمُوتُ، وَلَمْ يَقُلْ يَسُوعُ إِنَّهُ لَا يَمُوتُ بَلْ "إِنْ شِئْتُ أَنْ يَثْبُتَ إِلَى أَنْ أَجِيءَ فَمَاذَا لَكَ؟" هَذَا هُوَ التَّلْمِيذُ الشَّاهِدُ بِهَذِهِ الْأُمُورِ وَالكَاتِبُ لَهَا، وَقَدْ عَلِمْنَا أَنَّ شَهَادَتَهُ حَقٌّ. وَأَشْيَاءُ أُخْرُ كَثِيرَةٌ صَنَعَهَا يَسُوعُ، لَوْ أَنَّهَا كُتِبَتْ وَاحِدَةً فَوَاحِدَةً، لَمَا ظَنَنْتُ الْعَالَمَ يَسَعُ الصُّحُفَ الْمَكْتُوبَةَ. آمِينَ.

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

**Reader:** In that we have beheld the Resurrection of Christ, let us bow down before 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:** المَجْدُ لَكَ، يَا رَبُّ، المَجْدُ لَكَ.

**القارئ:** إِذْ قَدْ رَأَيْنَا قِيَامَةَ المَسِيحِ، فَلنَسْجُدُ لِلرَّبِّ القُدُوسِ، يَسُوعَ المَعْصُومِ مِنَ الخَطَا وَحَدَهُ. لِصَلِيبِكَ أَيُّهَا المَسِيحُ نَسْجُدُ، وَلِقِيَامَتِكَ المُقَدَّسَةِ نُسَبِّحُ وَنُجَدِّدُ، لِأَنَّكَ أَنْتَ هُوَ إِلَهُنَا، وَآخِرَ سِوَاكَ لَا نَعْرِفُ، وَبِاسْمِكَ نُسَمِّي. هَلُمَّ يَا مَعْشَرَ المُؤْمِنِينَ نَسْجُدُ لِقِيَامَةِ المَسِيحِ المُقَدَّسَةِ، لِأَنَّ هُوَذَا بِالصَلِيبِ قَدْ أَتَى الفَرَحُ لِكُلِّ العَالَمِ. لِتُبَارِكِ الرَّبَّ فِي كُلِّ حِينٍ وَنُسَبِّحُ قِيَامَتَهُ، لِأَنَّهُ إِذْ احْتَمَلَ الصَّلْبَ مِنْ أَجْلِنَا، المَوْتَ بِالمَوْتِ حَطَّمَ.

### 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.

ارْحَمْنِي يَا اللَّهُ بِعَظِيمِ رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَتِكَ امْحُ مَاثِمِي.

اغْسِلْنِي كَثِيرًا مِنْ إِثْمِي، وَمِنْ خَطِيئَتِي طَهِّرْنِي.

لَأَنِّي أَنَا عَارِفٌ بِإِثْمِي، وَخَطِيئَتِي أَمَامِي فِي كُلِّ حِينٍ.

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

هَاءَ نَذَا بِالْآثَامِ حُبِلَ بِي، وَبِالْخَطَايَا وَلَدَتْنِي أُمِّي.

لَأَنَّكَ قَدْ أَحْبَبْتَ الحَقَّ، وَأَوْضَحْتَ لِي غَوَامِضَ حِكْمَتِكَ وَمَسْتَوْرَاتِهَا.

تَنْضَحْنِي بِالزُّوفِيِّ فَأَطْهُرُ، تَغْسِلْنِي فَأَبْيَضُ أَكْثَرَ مِنَ التَّلْجِ.

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.

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.

تَسْمِعُنِي بِهَجَّةٍ وَسُرُورًا، فَتَبْتَهِجَ عِظَامِي الذَّلِيلَةَ.

أَصْرِفْ وَجْهَكَ عَن خَطَايَايَ، وَامْحُ كُلَّ مَآثِمِي.

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

لَا تَطْرَحْنِي مِنْ أَمَامِ وَجْهِكَ، وَرُوحَكَ الْقُدُّوسُ لَا تَنْزِعُهُ مِنِّي.

أَمْنَحْنِي بِهَجَّةٍ خَلَاصِكَ، وَبِرُوحِ رِئَاسِيِّ اعْضُدْنِي.

فَأَعْلِمِ الْأَثَمَةَ طُرُقَكَ، وَالْكَفْرَةَ إِلَيْكَ يَرْجِعُونَ.

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

يَا رَبُّ افْتَحْ شَفَتَيْ، فَيُخْبِرَ فَمِي بِتَسْبِيحَتِكَ.

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

الذَّبِيحَةُ لِلَّهِ رُوحٌ مُنْسَحِقٌ، الْقَلْبُ الْمُتَخَشِّعُ وَالْمُتَوَاضِعُ لَا يَرِذْلُهُ اللَّهُ.

أَصْلِحْ يَا رَبُّ بِمَسَرَّتِكَ صِهْيُونَ وَلُنْبُنَ أَسْوَارِ أُورُشَلِيمَ.

حِينَئِذٍ تَسُرُّ بِذَّبِيحَةِ الْعَدْلِ قُرْبَانًا وَمُحْرَقَاتِ.

حِينَئِذٍ يُقَرِّبُونَ عَلَى مَذْبَحِكَ الْعُجُولَ.

الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُّوسِ.

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

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

Prepare for me the way of salvation, O Theotokos; for I have profaned myself with coarse sins, and consumed my whole life with procrastination. But by thine intercessions purify thou me from all abomination.

*(TONE SIX) Have mercy upon me, O God, according to Thy loving-kindness: according unto 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.

الآن وكلّ أوانٍ وإلى دهرِ الدهرين. آمين.

سَهِّلِي لِي مَنَاهِجَ الْخَلَاصِ يَا وَالِدَةَ الْإِلَهِ، فَإِنِّي قَدْ دَنَسْتُ نَفْسِي بِخَطَايَا سَمِجَةٍ، وَأَفْنَيْتُ عُمْرِي كُلَّهُ بِالتَّوَانِي. لَكِنْ بِشَفَاعَاتِكَ، نَقِّنِي مِنْ كُلِّ رَجَاسَةٍ.

*(باللحن السادس) يَا رَحِيمُ، ارْحَمْنِي يَا اللَّهُ كَعَظِيمِ رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَاتِكَ امْحُ مَاثِمِي.*

إِذَا تَصَوَّرْتُ كَثْرَةَ أَفْعَالِي الرَّدِيئَةِ أَنَا الشَّقِيّ، فَإِنِّي أُرْتَعِدُ مِنْ يَوْمِ الدِّينُونَةِ الرَّهيبِ. لَكِنِّي إِذْ أَنَا وَاثِقٌ بِتَحَنُّنِكَ، أَهْتَفُ إِلَيْكَ مِثْلَ دَاوُدَ: ارْحَمْنِي يَا اللَّهُ، 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 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 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; Athanasius, Cyril and John the Merciful, patriarchs of Alexandria; Nicholas of Myra, Spyridon of Trimythous and Nektarios of Pentapolis the Wonderworkers; of our fathers among the saints Tikhon, patriarch of Moscow and Raphael, bishop of Brooklyn; of the holy, glorious, great-martyrs, George the

الشماس: خَلِّصْ يَا اللَّهُ شَعْبَكَ، وَبَارِكْ مِيرَاتِكَ، وَافْتَقِدْ عَالَمَكَ بِالرَّحْمَةِ وَالرَّأْفَاتِ، وَارْفَعْ شَأْنَ الْمَسِيحِيِّينَ الْأَرْتُوذُكْسِيِّينَ، وَأَسْبِغْ عَلَيْنَا مَرَاحِمَكَ الْغَنِيَّةَ، بِشَفَاعَاتِ سَيِّدَتِنَا وَالِدَةِ الْإِلَهِ الْكَلِيَّةِ الطَّهَارَةِ وَالِدَائِمَةِ الْبَتُولِيَّةِ مَرِيَمَ؛ وَبِقُوَّةِ الصَّلِيبِ الْكَرِيمِ الْمُخْيِي؛ وَبِطِبْلَابَاتِ الْقُوَاتِ السَّمَاوِيَّةِ الْمُكْرَمَةِ الْعَادِمَةِ الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا الْمَعْمَدَانِ؛ وَالْقَدِيسَيْنِ الْمُشْرِفَيْنِ الرَّسُولَيْنِ بُطْرُسَ وَبُولُسَ، وَسَائِرِ الرُّسُلِ الْمُشْرِفَيْنِ الْجَدِيرَيْنِ بِكُلِّ مَدِيحٍ؛ وَأَبَائِنَا الْقَدِيسِينَ مُعَلِّمِي الْمَسْكُونَةِ رُؤَسَاءِ الْكَهَنَةِ الْمُعْظَمِينَ بَاسِيلْيُوسَ الْكَبِيرِ، وَغَرِيغُورْيُوسَ الْلاهوتِي، وَيُوْحَنَّا الذَّهَبِيِّ الْقَمِّ؛ وَأَبَائِنَا الْقَدِيسِينَ أَنْتَاسْيُوسَ وَكَيْرْلُوسَ وَيُوْحَنَّا الرَّحِيمِ بَطَارِكَةَ الْإِسْكَندَرِيَّةِ، وَأَبِينَا الْقَدِيسِ نِيْقُولَاوسَ رَئِيسِ أَسَاقِفَةِ مِيرَا الْليكيَّةِ، وَاسْبِيرِيدُونَ أَسْقَفِ ثَرِيمِيثُوسَ، وَنِكْتَارْيُوسَ أَسْقَفِ الْمُدُنِ الْخَمْسِ الْعَجَائِبِيِّينَ، وَأَبِينَا الْقَدِيسِ تِيخُونَ بَطْرِيْرِكَ مُوسْكَو، وَالْقَدِيسِ رَافَائِيلَ أَسْقَفِ بَرُوكْلِينَ؛

Trophy-bearer, Demetrios the Myrrh-streamer, Theodore the Soldier, Theodore the General, and Menas the Wonderworker; of the hieromartyrs Ignatius the God-bearer of Antioch, Charalampos and Eleutherios; of the holy, glorious great women martyrs, Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photeini, Marina, Paraskeva and Irene; of the holy, glorious, right-victorious martyrs; of our venerable and God-bearing fathers who shone in the ascetic life; of Saint N., the patron and protector of this holy community; of the holy and righteous ancestors of God, Joachim and Anna; of our venerable and God-bearing Father John (Climacus) of Sinai, author of 'The Ladder;' of the Hieromartyr Antypas, bishop of Pergamum; Righteous Mothers Tryphaina and Matrona of Cyzicus, whose memory we celebrate today, and of all the 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.

**Chanter:** Lord, have mercy. Lord, have mercy. Lord, have mercy. *(Repeat 4 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.

### THIRD TONE RESURRECTIONAL KONTAKION AND OIKOS (Plain Reading)

On this day didst Thou arise out of the grave and didst lead us from the bars and gates of death, Thou Who art great in compassion. On this day, both Adam danceth and Eve rejoiceth; and with them, all of the Patriarchs and the Prophets chant unceasing hymns in praise of the godly power of Thy dominion and might.

والقديسين المجيدين الشهداء العظماء جاورجيوس  
اللابس الظفر، وديميتريوس المفيض الطيب،  
وثيودورس التيروني، وثيودورس قائد الجيش، وميناس  
الصانع العجايب؛ والقديسين الشهداء اغناطيوس  
المؤشح بالله، خرمبوس والفثيريوس؛ والشهيدات  
العظيمات تقلا، بزارة، أنسطاسيا، كاترينا، كيرياكي،  
فوتيني، مارينا، باراسكيفا، وآيرين؛ والقديسين  
المجيدين الشهداء المتألقين بالظفر؛ وآبائنا الأبرار  
المؤشحين بالله؛ والقديس (ة) (فلان، فلانة) شفيع (ة)  
وحمي (ة) هذه الرعية المقدسة؛ والقديسين الصديقين  
جدّي المسيح الإله، يواكيم وحنة؛ البار يوحنا  
كلايماكوس السيناوي كاتب كتاب سلم الفضائل،  
والشهيد في الكهنة أنتيباس أسقف برغاموس،  
والأمهات الباربات تريفانيا ومطرونا من سيديوس،  
الذين نقيم تذكارتهم اليوم؛ وجميع قديسيك، نتضرع  
إليك، أيها الرب الجزيل الرحمة، فاستجب لنا نحن  
الخطاة الطالبن إليك وارحمنا.

**المرتل:** يا رب ارحم، يا رب ارحم، يا رب ارحم.  
(4 مرات)

**الكاهن:** برحمة ورأفات ابنك الوحيد ومحبتته  
للإنسان، الذي أنت مبارك معه ومع روحك الكلي  
قدسه الصالح والمحيي، الآن وكل أوان وإلى دهر  
الداهرين.

**المرتل:** آمين.

لقد قمت اليوم من القبر، أيها الرؤوف، وأخرجتنا من  
أبواب الموت. فالיום يرفص آدم طرباً، وتفرح حواء  
مسرورة، والأنبياء مع رؤساء الآباء لا ينفكون  
مُسبحين عزة سلطانك الإلهية.



Let Heaven and earth dance today, and let them praise Christ God with one accord; for He hath raised from the grave them that were in bonds. All creation rejoiceth together as it offereth fitting songs unto our Redeemer, the Creator of all. For having drawn mortals with Himself out of Hades today, as the Giver of Life, He exalteth them with Himself up to the Heavens. He dasheth down the arrogance of the enemy, and breaketh in pieces the gates of Hades, by the godly power of His dominion and might.

لَتَرْقُصِ الْيَوْمَ السَّمَاءُ وَالْأَرْضُ طَرَبًا، وَلْتُسَبِّحَانَ  
الْمَسِيحَ الْإِلَهَ بِاتِّفَاقِ الْأَصْوَاتِ، لِأَنَّهُ قَدْ أَقَامَ الْمُقَيَّدِينَ  
فِي الْقُبُورِ. فَالْخَلِيقَةُ كُلُّهَا تَفْرَحُ رَافِعَةً إِلَى خَالِقِ الْكُلِّ  
وَفَادِينَا الْأَنَاشِيدَ اللَّائِقَةَ، لِأَنَّهُ قَدْ انْتَشَلَ الْيَوْمَ الْبَشَرَ مِنَ  
الْجَحِيمِ، بِمَا أَنَّهُ الْمَانِحُ الْحَيَاةَ، وَرَفَعَهُمْ إِلَى السَّمَاوَاتِ،  
وَحَطَّمَ كِبْرِيَاءَ الْعَدُوِّ وَصَلَفَهُ، وَسَحَقَ أَبْوَابَ الْجَحِيمِ  
بِعِزَّةِ سُلْطَانِهِ الْإِلَهِيَّةِ

### THE SYNAXARION (Plain Reading)

On April 11 in the Holy Orthodox Church, we commemorate the Hieromartyr Antypas, bishop of Pergamum; Righteous Mothers Tryphaina and Matrona of Cyzicus.

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.

## THE KATAVASIAE OF THE AKATHIST CANON IN TONE FOUR

**(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.

**(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.

**(Ode 4)** He Who sits in clouds of glory upon the throne of the 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.

(الأولى) أَفْتَحُ فَمِي فَيَمْتَلِي رَوْحاً، وَأُبْدِي قَوْلًا فَائِضاً  
نَحْوَ الْأُمِّ الْمَلَكَةِ، وَأُظْهِرُ مُعَيِّدًا لِلْمُؤَسِّمِ بَابْتِهَاجٍ، وَأَتَرَنِّمُ  
بِعَجَائِبِهَا مَسْرُوراً.

(الثالثة) يَا وَالِدَةَ الْإِلَهِ، بِمَا أَنْكَ الْيَنْبُوعُ الْحَيُّ الْمُنْتَفِقُ  
بِسَخَاءٍ، وَطَّدِينَا نَحْنُ الْمُنْشِدِينَ تَسَابِيحِكَ، الْمُلتَمِّينَ  
مَخْفِلاً رَوْحِيّاً، وَفِي مَجْدِكَ الْإِلَهِيِّ أَهْلِينَا لِأَكَالِيلِ الْمَجْدِ  
وَالشَّرَفِ.

(الرابعة) إِنَّ يَسُوعَ الْفَائِقَ التَّالِّهِ، الْجَالِسَ بِمَجْدٍ عَلَى  
سُدَّةِ الْلاهُوتِ، قَدْ وَرَدَ عَلَى سَحَابَةٍ خَفِيفَةٍ، وَخَلَّصَ  
بِقَبْضَتِهِ الْغَيْرِ الْفَاسِدَةَ الصَّارِحِينَ نَحْوَهُ: الْمَجْدُ لِقُدْرَتِكَ  
أَيُّهَا الْمَسِيحِ.

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

(السادسة) هَلُمُّوا أَيُّهَا الْمُتَأَلِّهُوا الْعُقُولِ، لِنُصَفِّقْ  
بِالْأَيْدِي مُقِيمِينَ هَذَا الْعِيدَ الْإِلَهِيِّ الْكُلِّيَّ الْإِكْرَامِ، الَّذِي  
لِوَالِدَةِ الْإِلَهِ، وَنُمَجِّدِ الْإِلَهَ الَّذِي وُلِدَ مِنْهَا.

(السابعة) إِنَّ الْفَتْيَةَ الْمُتَأَلِّهِي الْعُقُولِ، لَمْ يَعْبُدُوا الْخَلِيقَةَ  
دُونَ الْخَالِقِ، بَلْ وَطَّنُوا وَعِيدَ النَّارِ بِشَجَاعَةٍ، فَرْتَلُوا  
فَرِحِينَ: أَيُّهَا الْفَائِقُ التَّسْبِيحِ، مُبَارَكٌ أَنْتَ يَا إِلَهَ آبَائِنَا.

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.

### 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 bearest 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)**

نُسَبِّحُ وَنُبَارِكُ وَنَسْجُدُ لِلرَّبِّ.

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

**الشماس:** لَوَالِدَةِ الْإِلَهِ وَأَمِّ النُّورِ بِالتَّسَابِيحِ نُكْرِمُ مُعْظَمِينَ.

تُعْظِمُ نَفْسِي الرَّبِّ، وَتَبْتَهِجُ رُوحِي بِاللَّهِ مُخْلِصِي.

**اللازمة:** يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ مَجْدًا بَغَيْرِ قِيَاسٍ مِنَ السَّارَافِيمِ، الَّتِي مِنْ دُونِ فَسَادٍ وَلَدَتْ كَلِمَةَ اللَّهِ، حَقًّا إِنَّكَ وَالِدَةُ الْإِلَهِ إِيَّاكَ نُعْظِمُ.

لَأَنَّهُ نَظَرَ إِلَى تَوَاضِعِ أَمَتِهِ، فَهَا مُنْذُ الْآنَ تُطَوِّبُنِي جَمِيعُ الْأَجْيَالِ. **(اللازمة)**

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

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

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

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

**Ode 9.** Let all 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!

(التاسعة) كُلُّ الْأَرْضِيِّينَ فَلْيَبْتَهِجُوا بِالرُّوحِ حَامِلِينَ الْمَصَابِيحَ، وَطَبِيعَةُ الْعَقْلِيِّينَ الْغَيْرِ الْهَيُولِيِّينَ فَلْتَحْتَفِلْ مَعاً، مُعَيَّدَةً لِمَوْسِمِ أُمِّ الْإِلَهِ الشَّرِيفِ وَهَاتِفَةً: اِفْرَحِي يَا وَالِدَةَ الْإِلَهِ النَّقِيَّةِ، الدَّائِمَةَ الْبَتُولِيَّةِ، وَالْكَلِيَّةِ الطَّوْبِي.

### THE LITTLE LITANY

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

الشماس: أيضاً وأيضاً بسلام إلى الرب نطلب.

**Choir:** Lord, have mercy.

الجوق: يا رب ارحم.

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

الشماس: أعضد، وخلص، وارحم، واحفظنا يا الله بنعمتك.

**Choir:** Lord, have mercy.

الجوق: يا رب ارحم.

**Deacon:** Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.

الشماس: بعد ذكرنا الكليّة القداسة، الطاهرة، الفائقة البركات المجيدة، سيدتنا والدة الإله الدائمة البتولية مريم مع جميع القديسين، لنودع أنفسنا وبعضنا بعضاً وكل حياتنا للمسيح الإله.

**Choir:** To Thee, O Lord.

الجوق: لك يا رب.

**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.

الكاهن: لأنه إياك تسبح كل قوأت السماوات، ولك يُرسلون المجد أيها الأب والابن والروح القدس، الآن وكل أوان وإلى دهر الداهرين.

**Choir:** Amen.

الجوق: آمين.

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

قدوس هو الرب الهنا. (ثلاثاً)

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

ارفعوا الرب الهنا، واسجدوا لموطئ قدميه، لأن الرب الهنا قدوس هو.

### THE ELEVENTH EOTHINON EXAPOSTELARION IN TONE TWO

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

When He arose again as God, \* the Lord thrice questioned Peter: \* Lovest thou Me? Then afterward \* He made of him chief shepherd \* of His own sheep; and when Peter \* saw the loved one by Jesus \* coming behind and following, \* then he asked of the Master: \* And what of him? \* If I will, He said, that this man should tarry \* until I come again, O friend, \* what carest thou, O Peter?

إنَّ الرَّبَّ لَمَّا سَأَلَ بُطْرُسَ، بَعْدَ قِيَامَتِهِ الْإِلَهِيَّةِ ثَلَاثًا: أَتَوَدُّنِي؟ أَقَامَهُ رَئِيسَ رِعَاةِ غَنَمِهِ. الَّذِي لَمَّا أَبْصَرَ التِّلْمِيذَ الَّذِي كَانَ يَسُوعُ يُحِبُّهُ تَابِعًا، سَأَلَ السَّيِّدَ قَائِلًا: مَا لِهَذَا؟ فَقَالَ لَهُ: إِنَّ شَيْئًا أَنْ يَثْبُتَ هَذَا إِلَى أَنْ أَجِيءَ أَيْضًا، مَاذَا لَكَ يَا بُطْرُسُ حَبِيبِي؟

## EXAPOSTELARION & THEOTOKION FOR ST. JOHN CLIMACUS IN TONE TWO

(\*\*Hearken, ye women\*\*)

O righteous John of perpetual memory, thou didst turn aside from worldly luxury because it is loathsome; and, emaciating thy body with abstinence, thou didst renew the power of thy soul, and enriched it with heavenly glory. Wherefore, thou ceasest not to intercede for our sakes.

أَيُّهَا الْبَارُّ يَوْحَنَّا الدَّائِمُ الذِّكْرِ، لَقَدْ عَرَفْتَ عَنِ التَّنَعُّمِ  
الدُّنْيَوِيِّ لِأَنَّهُ مَمْقُوتٌ، وَأَذْوَيْتَ الْجَسَدَ بِالْإِمْسَاكِ،  
فَجَدَّدْتَ قُوَّةَ النَفْسِ، وَأَغْنَيْتَهَا بِالْمَجْدِ السَّمَاوِيِّ، فَلَا تَزَلْ  
مُتَشَفِّعاً مِنْ أَجْلِنَا.

Saved through thee, O Lady, we acknowledge thee to be in truth the Theotokos; for in ways past speech thou hast borne God, who hast destroyed Death by the Cross and called to Himself the assemblies of the saints. With them, we praise thee, O Virgin.

أَيُّهَا السَّيِّدَةَ، نَحْنُ الْمُخَلَّصِينَ بِكَ، نَعْتَرِفُ أَنَّكَ أُمُّ  
الْإِلَهِ، لِأَنَّكَ وَلَدْتِ بِحَالٍ لَا يُوَصَّفُ، الْإِلَهَ الَّذِي حَلَّ  
المَوْتَ بِصَلِيبِهِ، وَاجْتَذَبَ إِلَيْهِ مَحَافِلَ الْأَبْرَارِ، الَّذِينَ  
مَعَهُمْ نُسَبِّحُكَ أَيُّهَا الْبَتُول.

### AINOI (PRAISES) IN TONE THREE

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.

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

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

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

### For the Resurrection in Tone Three

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

1- هَذَا الْمَجْدُ يَكُونُ لِجَمِيعِ أَبْرَارِهِ.

Come together, all ye people, and know the power of the dreadful secret; for Christ our Savior, the eternal Word, hath been crucified for our sake, and was buried willingly, and hath risen from the dead to save all. To Him let us bow down in worship.

هَلِّمُوا أَيُّهَا الشُّعُوبُ جَمِيعاً، وَاعْلَمُوا قُوَّةَ هَذَا السِّرِّ  
الرَّهيبِ، لِأَنَّ الْمَسِيحَ مُخَلَّصَنَا الْكَلِمَةَ الْأَزَلِيَّةَ، قَدْ  
صَلَبَ مِنْ أَجْلِنَا، وَدُفِنَ بِاخْتِيَارِهِ، وَقَامَ مِنْ بَيْنِ الْأَمْوَاتِ  
لِيُخَلِّصَ الْكُلَّ، فَلَهُ نَسْجُدُ.

2- سَبِّحُوا اللَّهَ فِي قَدَيْسِيهِ، سَبِّحُوهُ فِي قَلْبِكِ قُوَّتِهِ.

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

The guards have published it abroad, O Lord, telling of all Thy wonders. But the assembly of falsehood filled their right hands with bribes, thinking that thereby they might conceal Thy Resurrection which the world doth glorify. Wherefore, have mercy upon us.

أَيُّهَا الرَّبُّ، إِنَّ الْحُرَّاسَ قَدْ أَدَاعُوا مُخْبِرِينَ بِكُلِّ الْعَجَائِبِ، إِلَّا أَنْ مَجْمَعَ الْبَاطِلِ أَفْعَمُوا يَمِينَهُمْ مِنَ الرُّشَى، ظَانِينَ أَنَّهُمْ يُخْفُونَ قِيَامَتَكَ الَّتِي الْعَالَمُ يُمَجِّدُهَا فَارْحَمْنَا.

3- سَبِّحُوهُ عَلَى مَقْدَرَتِهِ، سَبِّحُوهُ نَظِيرَ كَثْرَةِ عَظَمَتِهِ.

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

Verily, all creatures were filled with joy when they received the glad tidings of Thy Resurrection; for Mary Magdalene, coming to Thy grave, met an angel in a brilliant robe sitting on the stone, who said, Why seekest thou the living among the dead? He is not here, but is risen. As He said, He will go before you into Galilee.

إِنَّ الْبَرَايَا بِأَسْرِهَا قَدْ امْتَلَأَتْ حُبوراً لَمَّا قَبِلَتْ بُشْرَى قِيَامَتِكَ، لِأَنَّ مَرْيَمَ الْمَجْدَلِيَّةَ وَاقَتْ إِلَى ضَرِيحِكَ، فَصَادَفَتْ مَلَكَاً جَالِساً عَلَى الْحَجَرِ بِحُلَّةٍ بَهِيَّةٍ وَقَائلاً: لِمَ تَطْلُبِينَ الْحَيِّ مَعَ الْمَوْتَى؟ لَيْسَ هُوَ هَهُنَا، لَكِنَّهُ قَدْ قَامَ كَمَا قَالَ، إِنَّهُ يَسْبِقُكُمْ إِلَى الْجَلِيلِ.

4- سَبِّحُوهُ بِلَحْنِ الْبُوقِ، سَبِّحُوهُ بِالْمَزْمَارِ وَالْقِيثَارَةِ.

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

O Master, Lover of mankind, with Thy light do we behold light; for Thou art risen from the dead, granting salvation to the race of man, that the whole creation may glorify Thee alone, Who art without sin. Have mercy upon us.

أَيُّهَا السَّيِّدُ الْمُحِبُّ الْبَشَرَ، إِنَّا بِنُورِكَ نُعَايِنُ النُّورَ، لِأَنَّكَ نَهَضْتَ مِنْ بَيْنِ الْأَمْوَاتِ وَاهِباً الْخَلَاصَ لِجِنْسِ الْبَشَرِ، لِكَيْ تُمَجِّدَكَ الْخَلِيقَةُ بِأَسْرِهَا، أَيُّهَا الْعَادِمُ الْخَطَا وَحَدَّكَ فَارْحَمْنَا.

### 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.

5- سَبِّحُوهُ بِالطَّبْلِ وَالْمَصَافِ. سَبِّحُوهُ بِالْأُوتَارِ وَآلَةِ الطَّرَبِ.

أَيُّهَا الْأَبُ الْبَارُّ يُوْحَنَّا الْكَامِلُ الْحِكْمَةَ، لَقَدْ حَمَلْتَ دَائِماً مَرَاقِي الْإِلَهِ فِي فَمِكَ، دَارِساً عَمَلِيّاً الْأَقْوَالَ الْمُلهِمَةَ، وَمِنْ ثَمَّ غَزُرْتَ لَكَ النِّعْمَةُ، وَغَدَوْتَ مُعَبِّطاً، وَمُحْبِطاً مَوَامِرَاتِ الْكُفْرَةِ بِأَسْرِهِمْ.

**Verse 6.** Praise Him upon the loud cymbals: praise Him upon the high-sounding cymbals. 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 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.

**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.

6- سَبَّحُوهُ بِنِعْمَاتِ الصُّنُوجِ. سَبَّحُوهُ بِصُنُوجِ التَّهْلِيلِ.  
كُلُّ نَسَمَةٍ فَلْتَسَبِّحِ الرَّبَّ.

أَيُّهَا الْأَبُ الْبَارُّ يُوَحِّنَا الْكَامِلُ الْحِكْمَةَ، لَقَدْ حَمَلْتَ دَائِمًا  
مَرَاقِي الْإِلَهِ فِي فَمِكَ، دَارِسًا عَمَلِيًّا الْأَقْوَالَ الْمُلهِمَةَ،  
وَمِنْ ثَمَّ غَزُرْتَ لَكَ التَّعَمُّةُ، وَغَدَوْتَ مُغَبَّطًا، وَمُحْبَبًا  
مُؤَامِرَاتِ الْكُفْرَةِ بِأَسْرِهِمْ.

7- طُوبَى لِلرَّجُلِ الَّذِي يَخَافُ اللَّهَ، وَبِشَّرِيعَتِهِ يَبْتَهِجُ  
دَائِمًا.

أَيُّهَا الْأَبُ الْبَارُّ الْمَجِيدُ الْبَارُّ، لَقَدْ طَهَّرْتَ نَفْسَكَ  
بِإِنْبَائِعِ الدَّمُوعِ، وَالْوَقُوفِ طَوْلَ اللَّيَالِي مُسْتَعْظِفًا اللَّهَ،  
وَمِنْ ثَمَّ طُرْتَ، أَيُّهَا الْمَغْبُوطُ الْمُتَأَلِّهِ الْعَزْمِ، نَحْوَ مَحَبَّتِهِ  
وَجَمَالِهِ، اللَّذِينَ نَلْتَهُمَا الْآنَ بِفَرَحٍ وَاسْتِحْقَاقٍ إِلَى الْأَبَدِ  
مَعَ الْمُجَاهِدِينَ مَعَكَ.

8- كَرِيمٌ فِي عَيْنِي الرَّبِّ مَوْتُ أْبْرَاهِمَ.

أَيُّهَا الْأَبُ الْبَارُّ يُوَحِّنَا الْمَجِيدُ، لَقَدْ سَمَوْتَ بِالْعَقْلِ نَحْوَ  
اللَّهِ بِوَاسِطَةِ الْإِيمَانِ، وَتَجَافَيْتَ عَنِ الْإِضْطِرَابِ  
الْعَالَمِيِّ الْعَادِمِ الثَّبَاتِ، وَحَمَلْتَ صَلَيبَكَ تَابِعًا النَّاطِرِ  
الْكُلِّ، مُخْضِعًا الْجَسَدَ لِلْعَقْلِ بِرَوَادِعِ النَّسْكِ، وَبِمَعُونَةِ  
الرُّوحِ الْإِلَهِيِّ.

## THE 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.

المَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدْسِ.

هَلَمُوا نَعْمَلْ فِي الْكَرَمِ السَّرِيِّ، صَانِعِينَ فِيهِ أَثْمَارَ التَّوْبَةِ. وَلَا نَتَعَبْ بِالْأَطْعَمَةِ وَالْأَشْرَبَةِ، بَلْ لِنَجْتَنِ الْقَضَائِلَ بِالصَّلَوَاتِ وَالْأَصْوَامِ، فَبِهَذِهِ يَرْتَضِي رَبُّ الْعَمَلِ، وَيَهْبُنَا الدِّينَارَ، الَّذِي بِهِ يَفْتَدِي النُّفُوسَ مِنْ دَيْنِ الْخَطِيئَةِ، بِمَا أَنَّهُ الْجَزِيلُ الرَّحْمَةِ وَحْدَهُ.

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

أَنْتِ هِيَ الْفَائِقَةُ عَلَى كُلِّ الْبَرَكَاتِ، يَا وَالِدَةَ الْإِلَهِ الْعَذْرَاءِ، لِأَنَّ الْجَحِيمَ قَدْ سُبِيَتْ بِوَاسِطَةِ الْمُتَجَسِّدِ مِنْكَ، وَآدَمَ دُعِيَ ثَانِيَةً، وَاللَّعْنَةَ بَادَتْ، وَحَوَاءَ انْعَقَّتْ، وَالْمَوْتَ أُمِيَتْ، وَنَحْنُ قَدْ حَيِينَا. فَلِذَلِكَ نُسَبِّحُ هَاتِفِينَ: مُبَارَكٌ أَنْتِ أَيُّهَا الْمَسِيحُ إِلَهَنَا، يَا مَنْ هَكَذَا سَرَّ، الْمَجْدُ لَكَ.

## 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.

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

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

أَيُّهَا الرَّبُّ الْمَلِكُ، السَّمَاوِيِّ، الْإِلَهِ، الْآبِ الضَّابِطُ الْكُلِّ؛ أَيُّهَا الرَّبُّ الْابْنُ الْوَحِيدُ، يَا يَسُوعَ الْمَسِيحِ؛ وَيَا أَيُّهَا الرُّوحُ الْقُدْسُ.

أَيُّهَا الرَّبُّ الْإِلَهِ، 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 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.

تَقَبَّلْ تَضَرُّعَنَا أَيُّهَا الْجَالِسُ عَنْ 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.

إِهْلِنَا، يَا رَبُّ، أَنْ نُحْفَظَ فِي هَذَا الْيَوْمِ بِغَيْرِ خَطِيئَةٍ.

مُبَارَكٌ أَنْتَ يَا رَبُّ، إِلَهَ آبَائِنَا، وَمُسَبِّحٌ وَمُمَجِّدٌ اسْمُكَ إِلَى الْأَبَدِ. آمِينَ.

لِتَكُنْ، يَا رَبُّ، رَحْمَتُكَ عَلَيْنَا، كَمَا تَكُنْ عَلَيْنَا.

مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. (ثَلَاثًا)

يَا رَبُّ، مَلْجَأٌ كُنْتَ لَنَا فِي جِيلٍ وَجِيلٍ، أَنَا قُلْتُ يَا رَبُّ ارْحَمْنِي وَاشْفِ نَفْسِي لِأَنَّني قَدْ خَطِئْتُ إِلَيْكَ.

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

لِأَنَّ مِنْ قَبْلِكَ عَيْنَ الْحَيَاةِ، وَبِنُورِكَ نَعَايُنُ النُّورَ.

فَابْسُطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ.

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

الْمَجْدُ لِلْآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُّوسِ.

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

Holy Immortal, have mercy on us.

قُدُّوسٌ الَّذِي لَا يَمُوتُ، اِرْحَمْنَا.

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

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

### TROPARION IN TONE FOUR

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

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

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

Portions of the Archdiocesan Service Texts include texts from *The Menaion*, *The Great Horologion*, *The Pentecostarion*, *The Octoechos*, and *The Psalter of the Seventy*, which are Copyright © Holy Transfiguration Monastery, Brookline, Massachusetts, and are used with permission. All rights reserved. These works may not be further reproduced, beyond printing out a single copy for personal non-commercial use, without the prior written authorization of Holy Transfiguration Monastery.