

ORTHROS ON SUNDAY, JANUARY 28, 2024; TONE 1 / EOTHINON 1 OUR RIGHTEOUS FATHER EPHRAIM THE SYRIAN	
Priest: Blessed is our God, always, now and ever, and unto the ages of ages.	الكاهن: تَبَارَكَ اللهُ إلهنا كلَّ حين، الآنَ وَكُلَّ أوانٍ وإلى دَهْرِ الدَّاهِرِينَ.
Choir: Amen.	الجوقة: آمين.
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.	الكاهن: المَجْدُ لَكَ يا إلهنا المَجْدُ لَكَ. أَيُّهَا المَلِكُ السَّمَاوِي المُعْزِّي، رُوحَ الحَقِّ، الحاضِرُ في كُلِّ مَكَانٍ والمالِيُّ الكُلِّ، كَنْزُ الصَّالِحَاتِ ورازِقُ الحَيَاةِ، هَلُمَّ واسْكُنْ فينا، وطَهِّرْنَا مِنْ كُلِّ دَنَسٍ، وَخَلِّصْ أَيُّهَا الصَّالِحُ نَفوسنا.
Reader: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (thrice)	القارئ: قُدُّوسُ اللهُ، قُدُّوسُ القَوِيِّ، قُدُّوسُ الذي لا يَمُوتُ، ارحمنا. (ثلاثاً)
Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.	المَجْدُ لِلأَبِ والابنِ والرُّوحِ القُدُّوسِ، الآنَ وَكُلَّ أوانٍ وإلى دَهْرِ الدَّاهِرِينَ. آمين.
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.	أَيُّهَا الثَّالوثُ القُدُّوسُ ارحمنا، يا رَبُّ اغْفِرْ خَطايانا، يا سَيِّدُ تَجَاوَزْ عَن سَيِّئَاتنا، يا قُدُّوسُ اطَّلِعْ واشْفِ أمراضنا، مِنْ أَجْلِ اسمِكَ.
Lord, have mercy. (thrice)	يا رَبُّ ارحمنا. (ثلاثاً)
Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.	المَجْدُ لِلأَبِ والابنِ والرُّوحِ القُدُّوسِ، الآنَ وَكُلَّ أوانٍ وإلى 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.	أبانا الذي في السَّمَاواتِ، لِيَتَقَدَّسَ اسمُكَ، لِيَأْتِ مَلَكوتُكَ، لِيَتَكُنْ مَشِيئَتُكَ كما في السَّماءِ كَذَلِكَ على الأَرْضِ، خُبِّرنا الجَوْهَرِيَّ أعْطِنا اليَوْمَ، واتْرُكْ لنا ما عَلَيْنَا كما نَتْرُكُ نَحْنُ لِمَنْ لنا عَلَيْهِ، وَلَا تُدْخِلْنا في التَّجْرِبةِ، لَكِنْ نَجِّنْنا 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: لَأَنَّ لَكَ المُلْكَ والقُدْرَةَ والمَجْدَ، أَيُّهَا الأبُ والابنُ والرُّوحِ القُدُّوسِ، الآنَ وَكُلَّ أوانٍ وإلى 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 يا رَبُّ شَعْبَكَ وَبارِكْ مِيراثَكَ، وَاْمُنِّحْ عبيدَكَ المُؤْمِنِينَ العَلْبَةَ على الشَّرِّيرِ، وَاَحْفَظْ بِقُوَّةِ صَليْبِكَ جَميعَ المُخْتَصِّينَ 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.	المَجْدُ لِلأَبِ والابنِ والرُّوحِ القُدُّوسِ. يا مَنْ ازْتَفَعْتَ على الصَّليْبِ مُخْتاراً، أَيُّهَا المَسيحُ الإلهُ، اْمُنِّحْ رَأْفَتَكَ لِشَعْبِكَ الجَدِيدِ المُسَمَّى بِكَ، وَفَرِّحْ بِقُوَّتِكَ حُكَّامنا المُؤْمِنِينَ، مانِحاً إياهمُ العَلْبَةَ على مُحارِبِيهم. لِيَتَكُنْ لَهُمْ مَعونَتُكَ سِلاحاً لِلسَّلَامِ، وَظَفراً غَيْرَ مَقهور.

<p><i>Both now and ever, and unto ages of ages. Amen.</i> O fearsome champion, who cannot be put to confusion, despise not our petitions, O Good and All-praised Theotokos; establish the way of the Orthodox; save those who have been called upon to govern us, leading us to that victory which is from heaven, for thou art she who gavest birth to God, and alone art blessed.</p>		<p>الآن وكلّ أوانٍ وإلى دهرِ الدهرين. آمين. أَيْثُهَا الشَّفِيعَةُ الرَّهْبِيَّةُ غَيْرُ المَحْذُولَةِ، يَا وَالِدَةَ الإِلهِ الكَلِيَّةِ التَّسْبِيحِ، لَا تُعْرِضِي يَا صَالِحَةَ عَنْ تَوْسَلَاتِنَا، بَلْ وَطِّدِي سِيرَةَ المُسْتَقِيمِي الرَّأْيِ، وَخَلِّصِي الَّذِينَ أَمَرْتُ أَنْ يَتَمَلَّكُوا، وَأَمْنَحِيهِمُ العَلْبَةَ مِنَ السَّمَاءِ، بِمَا أَنْكَ وَلَدْتَ الإِلهَ، أَيْتُهَا المُبَارَكَةُ وَخَدِّكَ.</p>
LITANY		الطلبة السلامية
Priest: Have mercy on us, O God, according to Thy great mercy, we pray Thee, hear us, and have mercy.		الكاهن: إِزْحَمْنَا يَا اللهُ بِعَظِيمِ رَحْمَتِكَ، نَطْلُبُ إِايِكَ فَاسْتَجِبْ وَارْحَم.
Choir: Lord, have mercy. (<i>thrice</i>) (use this response until noted below)		الجوقة: يَا رَبِّ ارْحَم. (ثلاثاً) (تُعَادُ بَعْدَ كُلِّ طَلْبَةٍ)
Priest: Again we pray for all pious and Orthodox Christians.	الكاهن: وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ المَسِيحِيِّينَ الحَسَنِي العِبَادَةِ الأَرثوْدُكْسِيِّينَ.	
Priest: Again we pray for our father and metropolitan, N., and all our brotherhood in Christ.	الكاهن: وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ آبِينَا وَمِتْرُوبُولِيْتِنَا (فِلَانِ)، وَكُلِّ إِخْوَتِنَا فِي المَسِيحِ.	
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.	الكاهن: لِأَنَّكَ إِلهٌ رَحِيمٌ وَمُحِبٌّ لِلبَشَرِ، وَلكَ نُرْسِلُ المَجْدَ أَيُّهَا الآبُ وَالابْنُ وَالرُّوحُ القُدُسُ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.	
Choir: Amen. Bless, Father, in the Name of the Lord.		الجوقة: آمين. بِاسْمِ الرَّبِّ بَارِكْ يَا أَب.
Priest: Glory to the holy, consubstantial, life-giving and undivided Trinity, always, now and ever, and unto ages of ages.	الكاهن: المَجْدُ لِلثَّالُوثِ القُدُوسِ، المَتَسَاوِي فِي الجَوْهَرِ، المُحْيِي، غَيْرِ المُنْقَسِمِ، كُلَّ حِينٍ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.	
Choir: Amen.		الجوقة: آمين.
Reader: Glory to God in the highest, and on earth peace, goodwill among men. (<i>thrice</i>) O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. (<i>twice</i>)	القارئ: المَجْدُ لِلَّهِ فِي العُلَى، وَعَلَى الأَرْضِ السَّلَامُ، وَفِي النَّاسِ المَسْرَّةُ. (ثلاثاً) يَا رَبِّ افْتَحْ شَفَتِي فَيُخْبِرَ فَمِي بِتَسْبِيحَتِكَ. (مرتين)	
PSALM 3	المزمور 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.	يَا رَبِّ لِمَاذَا كَثُرَ الَّذِينَ يُحْزِنُونَنِي؟ كَثِيرُونَ قَامُوا عَلَيَّ. كَثِيرُونَ يَقُولُونَ لِنَفْسِي لَا خَلَاصَ لَهُ بِإِلَهِهِ. وَأَنْتَ يَا رَبِّ، نَاصِرِي وَمَجْدِي وَرَافِعُ رَأْسِي. بِصَوْتِي إِلَى الرَّبِّ صَرَخْتُ، فَأَجَابَنِي مِنْ جَبَلِ قُدْسِهِ. أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي. فَلَا أَخَافُ مِنْ رِبَوَاتِ الشَّعْبِ المُحِيطِينَ بِي، المُتَوَازِرِينَ عَلَيَّ. قُمْ يَا رَبِّ، خَلِّصْنِي يَا إِلَهِي، فَإِنَّكَ صَرَبْتَ كُلَّ مَنْ يُعَادِينِي بِاطْتِئَانٍ، وَسَخَقْتَ أَسْنَانَ الخَطَاةِ. لِلرَّبِّ الخَلَاصُ وَعَلَى شَعْبِكَ بَرَكَتُكَ. أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي.	

PSALM 37

O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. For Thine arrows are fastened in me, and Thou hast laid Thy hand heavily upon me. There is no healing in my flesh in the face of Thy wrath; and there is no peace in my bones in the face of my sins. For mine iniquities are risen higher than my head; as a heavy burden have they pressed heavily upon me. My bruises are become noisome and corrupt in the face of my folly. I have been wretched and utterly bowed down until the end; all the day long I went with downcast face. For my loins are filled with mocking, and there is no healing in my flesh. I am afflicted and humbled exceedingly, I have roared from the groaning of my heart. O Lord, before Thee is all my desire, and my groaning is not hid from Thee. My heart is troubled, my strength hath failed me; and the light of mine eyes, even this is not with me. My friends and my neighbors drew nigh over against me and stood, and my nearest of kin stood afar off. And they that sought after my soul used violence; and they that sought evils for me spake vain things, and craftinesses all the day long did they meditate. But as for me, like a deaf man I heard them not, and was as a speechless man that openeth not his mouth. And I became as a man that heareth not, and that hath in his mouth no reproofs. For in Thee have I hoped, O Lord; Thou wilt hearken unto me, O Lord my God. For I said: Let never mine enemies rejoice over me; yea, when my feet were shaken, those men spake boastful words against me. For I am ready for scourges, and my sorrow is continually before me. For I will declare mine iniquity, and I will take heed concerning my sin. But mine enemies live and are made stronger than I, and they that hated me unjustly are multiplied. They that render me evil for good slandered me, because I pursued goodness. Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

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

المزمور 37

يا رَبُّ، لا بَعْضِكَ تُؤَخِّنِي، ولا بِرِجْزِكَ تُؤَدِّبُنِي. فَإِنَّ سِهامَكَ قد نَشَبَتْ فِيَّ، وَمَكَّنْتَ عَلَيَّ يَدَكَ. لَيْسَ لِجَسَدِي شِفاءً مِنْ وَجْهِ غَضَبِكَ، ولا سَلامَةً في عِظامِي مِنْ وَجْهِ حَطاياي. لِأَنَّ أَثامِي قَدْ تَعَالَتْ فَوْقَ رَأْسِي، كَحِمْلي ثَقِيلٍ قَدْ ثَقُلْتُ عَلَيَّ. قَدْ أَثَنَنْتُ وَقاحَتْ جِراحاتِي مِنْ قَبْلِ جِهاَلَتِي. شَقِيْتُ وَأُحْنَيْتُ إلى الغايَةِ، والنَّهارَ كُلَّهُ مَشَيْتُ عابِسا. لِأَنَّ مَنَّتِي قَدْ امْتَلَأَ مَهازِيٌّ وَليسَ لِجَسَدِي شِفاءً. شَقِيْتُ وَأَتَّصَعْتُ جَدًّا، وَكُنْتُ أَيْنُ مِنْ تَتَهَدُّ قَلْبِي. يا رَبُّ، إِنَّ بُعْغيتِي كُلَّها أَمامَكَ، وَتَتَهَدِّي لَمْ يَخَفْ عَنكَ. قَدْ اضْطَرَبَ قَلْبِي وَفازَقَتْنِي قُوَّتِي، وَنُورُ عَيْنِي أَيْضا لَمْ يَبْقَ مَعِي. أَصْديقائِي وَأَقْرَبائِي دَنَوْا مِنِّي وَوَقَفُوا لَدَيَّ، وَجِئْسِي وَوَقَفَ مِنِّي بَعيدا. وَأَجْهَدُنِي الَّذِينَ يَطْلُبُونَ نَفْسِي، وَالْمُؤَلْتَمِسُونَ لِي الشَّرَّ تَكَلَّمُوا بِالْباطِلِ، وَعُشُوشًا طَوَّلَ النَّهارَ دَرَسُوا. أَمَّا أَنَا فَكَأَصَمٌ لا يَسْمَعُ، وَكَأَخْرَسٌ لا يَفْتَحُ فاه. وَصِرْتُ كإنسانٍ لا يَسْمَعُ ولا في فَمِهِ تَبْكِيْتُ. لِأَتِي عَلَيْكَ، يا رَبُّ، تَوَكَّلْتُ، أَنْتَ تَسْتَجِيبُ لي يا رَبِّي وَاللهي. لِأَتِي قُلْتُ لا يَشْمَتُ بي أَعْدائِي، وَعَندَما زَلْتُ قَدَمائِي عَظَمُوا عَلَيَّ الكَلامَ. لِأَتِي أَنَا لِلضَّرْبِ مُسْتَعِدًّا، وَوَجَعِي لَدَيَّ في كُلِّ حِينٍ. لِأَتِي أَنَا أُخْبِرُ بِإِثْمِي، وَأَهْتَمُّ مِنْ أَجْلِ حَطايَتِي. أَمَّا أَعْدائِي فَأَحياءُ، وَهَمُّ أَشَدُّ مِنِّي، وَقَدْ كَثُرَ الَّذِينَ يُبْغِضونَنِي ظُلْمًا، الَّذِينَ جازونِي بِدَلِّ الخَيْرِ شَرًّا، مَحَلُّوا بِي لِأَجْلِ ائْتِغائِي الصَّلاحِ. فلا تُهْمِلْنِي يا رَبِّي وَاللهي ولا تَتَّباعِدْ عَنِّي. أَسْرِعْ إلى مَعونَتِي يا رَبَّ خَلاصِي.

فَلا تُهْمِلْنِي يا رَبِّي وَاللهي ولا تَتَّباعِدْ عَنِّي. أَسْرِعْ إلى مَعونَتِي يا رَبَّ خَلاصِي.

PSALM 62	المزمور 62
<p>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.</p> <p>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.</p>	<p>يا اللهُ إِلَهِي إِلَيْكَ أَبْتَكِرُ . عَطِشَتْ إِيَّاكَ نَفْسِي ، وَاشْتَأَقَ إِلَيْكَ جَسَدِي ، فِي أَرْضٍ بَرِّيَّةٍ وَغَيْرِ مَسْلُوكَةٍ وَعَادِمَةِ الْمَاءِ . هَكَذَا ظَهَرْتُ لَكَ فِي الْقُدْسِ لِأَعْيُنِ قُوَّتِكَ وَمَجْدِكَ . لِأَنَّ رَحْمَتَكَ أَفْضَلُ مِنَ الْحَيَاةِ ، وَشَفَّتِي تُسَبِّحُكَ . هَكَذَا أُبَارِكُكَ فِي حَيَاتِي وَبِاسْمِكَ أَرْفَعُ يَدَيَّ ، فَتَمْتَلِئُ نَفْسِي كَمَا مِنْ شَحْمٍ وَدَسَمٍ ، وَبِشْفَاهِ الْإِبْتِهَاجِ يُسَبِّحُكَ قَمِي . إِذَا ذَكَرْتُكَ عَلَى فِرَاشِي ، هَدَدْتُ بِكَ فِي الْأَسْحَارِ ، لِأَنَّكَ صِرْتَ لِي عَوْنًا وَبِظِلِّ جَنَاحَيْكَ أَسْتَتِرُ . الْتَصَقْتُ نَفْسِي بِكَ ، وَإِيَّايَ عَضَدْتُ يَمِينُكَ . أَمَّا الَّذِينَ يَطْلُبُونَ نَفْسِي بِاطِلًا ، فَسَيَدْخُلُونَ فِي أَسْفَلِ الْأَرْضِ ، وَيُدْفَعُونَ إِلَى أَيْدِي السُّيُوفِ ، وَيَكُونُونَ أَنْصَبَةً لِلثَّعَالِبِ . أَمَّا الْمَلِكُ فَيَسْرُ بِاللَّهِ ، وَيُمْتَدِّحُ كُلُّ مَنْ يَخْلِفُ بِهِ ، لِأَنَّهُ قَدْ سَدَّتْ أَفْوَاهُ الْمُتَكَلِّمِينَ بِالظُّلْمِ .</p> <p>هَدَدْتُ بِكَ فِي الْأَسْحَارِ لِأَنَّكَ صِرْتَ لِي عَوْنًا ، وَبِظِلِّ جَنَاحَيْكَ أَسْتَتِرُ . الْتَصَقْتُ نَفْسِي بِكَ ، وَإِيَّايَ عَضَدْتُ يَمِينُكَ .</p>
<p>Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.</p> <p>Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (thrice)</p> <p>Lord, have mercy. (thrice)</p> <p>Glory to the Father, and to the Son, and to the Holy Spirit.</p>	<p>الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ . آمِينَ .</p> <p>هَلِّلُوِيَا ، هَلِّلُوِيَا ، هَلِّلُوِيَا ، الْمَجْدُ لَكَ يَا اللهُ . (ثَلَاثًا) يَا رَبِّ ارْحَمِ . (ثَلَاثًا)</p> <p>الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ .</p>

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 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.

المزمور 87

الآن وكلّ أوانٍ وإلى دَهْرِ الدّاهرين. آمين.
 يا رَبِّ إلهَ خلاصي، في النَّهارِ صرّختُ وفي اللَّيْلِ
 أمامك، فلْتَدْخُلْ قُدّامَكَ صَلّاتي، أَمَلْ أَدُنْكَ إلى
 طَلِبَتِي، فَقَدْ امْتَلأتُ مِنَ الشُّرُورِ نَفْسي، وَدَنَتْ مِنْ
 الجَحيمِ حَيّاتي. حُسِبْتُ مَعَ المُنْحَدِرِينَ في الجُبِّ،
 صرْتُ مِثْلَ إنسانٍ لَيْسَ لَهُ مُعِينٌ، مَطْرُوحًا بَيْنَ
 الأَمْواتِ مِثْلَ القَتلى الرّاقِدِينَ في القُبُورِ، الذين لا
 تَدْكُرُهُمْ أَيْضًا، وَهُمْ مِنْ يَدِكَ مُقْصُونَ. جَعَلُونِي في
 جُبِّ أَسْفَلِ السّافِلِينَ، في ظُلُماتِ المَوْتِ وَظِلالِهِ. عَلَيَّ
 اسْتَقَرَّ غَضَبُكَ، وَجَمِيعُ أهْوالِكَ أَجْرَتْها عَلَيَّ. أَبْعَدْتَ
 عَنِّي مَعارِفي، جَعَلُونِي لَهُمْ رِجاسَةً. قَدْ أُسْلِمْتُ وَمَا
 خَرَجْتُ، وَعَيْنايَ صَعَفْتا مِنَ المَسْكَنَةِ. صرّختُ إِلَيْكَ،
 يا رَبِّ، النَّهارَ كُلَّهُ وإِلَيْكَ بَسَطْتُ يَدَيَّ. أَلْعَلَّكَ لِأَمْواتِ
 تَصْنَعُ العِجابِ؟ أمِ الأَطِباءُ يُقِيمُونَهُمْ، فَيَعْتَرِفُونَ لَكَ؟
 هَلْ يُحَدِّثُ أَحَدٌ في القَبْرِ بِرِحْمَتِكَ، وفي الهَلالِ
 بِحَقِّكَ؟ هل تُعَرِّفُ في الظُّلْمَةِ عِجابِكَ، وَعَدْلَكَ في
 أَرْضٍ مَنسِيَّةٍ؟ وأنا إِلَيْكَ، يا رَبِّ، صرّختُ فَتَبَلَّغْ في
 العِداةِ صَلّاتي. لِماذا، يا رَبِّ، تُقْصِي نَفْسي وَتَصْرِفُ
 وَجْهَكَ عَنِّي؟ فَغَيَّرَ أنا، وفي الشَّقَاءِ مُنْذُ شِبابي، وَحِينَ
 ارْتَفَعْتُ انْتَصَعْتُ وَتَحَيَّرْتُ. عَلَيَّ جازَ رِجْزُكَ،
 وَمُفْزِعَاتُكَ أزعَجْتَنِي. أَحاطَتْ بي كالماءِ، والنَّهارَ كُلَّهُ
 اكْتَنَفْتَنِي مَعًا. أَبْعَدْتَ عَنِّي الصِّديقَ وَالقَرِيبَ وَمَعارِفي
 مِنَ الشَّقَاءِ.

يا رَبِّ إلهَ خِلاصي، في النَّهارِ صرّختُ وفي اللَّيْلِ
 أمامك، فلْتَدْخُلْ قُدّامَكَ صَلّاتي، أَمَلْ أَدُنْكَ إلى
 طَلِبَتِي.

PSALM 102

Bless the Lord, O my soul, and all that is within me bless His holy name. Bless the Lord, O my soul, and forget not all that He hath done for thee, Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgment for all them that are wronged. He hath made His ways known unto Moses, unto the sons of Israel the things that He hath willed. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy; not unto the end will He be angered; neither unto eternity will He be wroth. Not according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us. Like as a father hath compassion upon his sons, so hath the Lord had compassion upon them that fear Him; for He knoweth whereof we are made, He hath remembered that we are dust. As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him. And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them. The Lord in heaven hath prepared His throne, and His kingdom ruleth over all. Bless the Lord, all ye His angels, mighty in strength, that perform His word, to hear the voice of His words. Bless the Lord, all ye His hosts, His ministers that do His will. Bless the Lord, all ye His works, in every place of His dominion. Bless the Lord, O my soul. In every place of His dominion, bless the Lord, O my soul.

المزمور 102

باركي يا نفسي الرب، ويا جميع ما في داخلي اسمه القدوس. باركي يا نفسي الرب، ولا تنسي جميع مكافاته. الذي يعفر جميع آثامك، الذي يشفي جميع أمراضك، الذي ينجي من الفساد حياتك، الذي يكلك بالرحمة والرأفة، الذي يشبع بالخيرات شهواتك، فيتجدد كالنسر شبابك. الرب صانع الرحمت والقضاء لجميع المظلومين. عرف موسى طريقه، وبنى إسرائيل مشيئته. الرب رحيم ورؤوف، طويل الأناة وكثير الرحمة، ليس إلى الإنقضاء ينحط، ولا إلى الدهر يحقد. لا على حسب آثامنا صنع معنا، ولا على حسب خطايانا جازانا. لأنه بمقدار ارتفاع السماء عن الأرض، قوى الرب رحمته على الذين يتقونه، وبمقدار بُعد المشرق من المغرب أبعد عنا سيئاتنا. كما يتراف الأب بالبنين، يتراف الرب بخائفه، لأنه عرف جبلتنا وذكر أننا تراب نحن. الإنسان كالعشب أيامه وكزهر الحقل كذلك يزهر، لأنه إذا هبت فيه الريح ليس يثبت ولا يعرف أيضا موضعه. أما رحمة الرب فهي منذ الدهر، وإلى الدهر على الذين يتقونه، وعدله على أبناء البنين الحافظين عهده والذاكرين وصاياه ليصنعوها. الرب هيأ عرشه في السماء، ومملكته تسود على الجميع. باركوا الرب يا جميع ملائكته، المقندين بقوة، العاملين بكلمته عند سماع صوته كلامه. باركوا الرب يا جميع قواته، يا خدامه العاملين إرادته. باركوا الرب يا جميع أعماله، في كل موضع سيادته. باركي يا نفسي الرب. في كل موضع سيادته. باركي يا نفسي الرب.

PSALM 142	المزمور 142
<p>O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.</p>	<p>يا رَبُّ اسْتَمِعْ صَلَاتِي، وَأَنْصِتْ بِحَقِّكَ إِلَى طِلْبَتِي. اِسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعَ عَبْدِكَ، فَإِنَّهُ لَنْ يَنْزُكَى أَمَامَكَ أَيُّ حَيٍّ. لِأَنَّ الْعُدُوَّ 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 كَأَرْضٍ لَا تُمْطَرُ. أَسْرِعْ فَاسْتَجِبْ لِي يَا رَبُّ، فَقَدْ فَنَيْتُ رُوحِي. لَا تَصْرِفْ وَجْهَكَ عَنِّي، فَأُشَابِهَ الْهَابِطِينَ فِي الْجُبِّ. اجْعَلْنِي فِي الْغَدَاةِ مُسْتَمِعًا رَحْمَتَكَ، فَإِنِّي عَلَيْكَ تَوَكَّلْتُ. عَرَّفْنِي يَا رَبُّ الطَّرِيقَ الَّذِي أَسْلُكُ فِيهِ، فَإِنِّي إِلَيْكَ رَفَعْتُ نَفْسِي. أَنْقِذْنِي مِنْ أَعْدَائِي يَا رَبُّ، فَإِنِّي قَدْ لَجَأْتُ إِلَيْكَ. عَلِّمْنِي أَنْ أَعْمَلَ مَرْضَاتَكَ، لِأَنَّكَ أَنْتَ إِلَهِي. رُوحَكَ الصَّالِحَ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ. مِنْ أَجْلِ اسْمِكَ، يَا رَبُّ، تُخَيِّنِي. بِعَدْلِكَ تُخْرِجُ مِنَ الْحُزَنِ نَفْسِي، وَبِرَحْمَتِكَ تَسْتَأْصِلُ أَعْدَائِي، وَتُهْلِكُ جَمِيعَ الَّذِينَ يُحْزِنُونَ نَفْسِي لِأَنِّي أَنَا عَبْدُكَ.</p>
<p>Hearken unto me, O Lord, in Thy righteousness and enter not into judgment with Thy servant. (twice) Thy good Spirit shall lead me in the land of uprightness.</p>	<p>اِسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعَ عَبْدِكَ. (مَرَّتَيْنِ) رُوحَكَ الصَّالِحَ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ.</p>
<p>Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen. Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (thrice) O our God and our Hope, glory to Thee!</p>	<p>الْمَجْدُ لِلَّابِ وَالْأَبْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. هَلِّلُويا، هَلِّلُويا، هَلِّلُويا، الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا) يَا إِلَهَنَا وَرَجَاءَنَا الْمَجْدُ لَكَ.</p>
<p>THE GREAT LITANY</p>	<p>الطَّلِبَةُ السَّلَامِيَّةُ الْكُبْرَى</p>
<p>Priest: In peace, let us pray to the Lord.</p>	<p>الكاهن: بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.</p>
<p>Choir: Lord, have mercy. (use this response until noted below)</p>	<p>الجوقة: يَا رَبُّ ارْحَمْنَا. (تُعَادُ بَعْدَ كُلِّ طَّلِبَةٍ)</p>
<p>Priest: For the peace from above and the salvation of our souls, let us pray to the Lord.</p>	<p>الكاهن: مِنْ أَجْلِ السَّلَامِ الَّذِي مِنَ الْعُلَى وَخَلَاصِ نُفُوسِنَا، إِلَى الرَّبِّ نَطْلُبُ.</p>
<p>Priest: For the peace of the whole world, the good estate of the holy churches of God and the union of all, let us pray to the Lord.</p>	<p>الكاهن: مِنْ أَجْلِ سَلَامِ كُلِّ الْعَالَمِ، وَحُسْنِ ثَبَاتِ كَنَائِسِ اللَّهِ الْمُقَدَّسَةِ، وَإِتِّحَادِ الْجَمِيعِ، إِلَى الرَّبِّ نَطْلُبُ.</p>
<p>Priest: For this holy house and those who with faith, reverence and fear of God enter therein, let us pray to the Lord.</p>	<p>الكاهن: مِنْ أَجْلِ هَذَا الْبَيْتِ الْمُقَدَّسِ، وَالَّذِينَ يَدْخُلُونَ إِلَيْهِ بِإِيمَانٍ وَوَرَعٍ وَخَوْفِ اللَّهِ، إِلَى الرَّبِّ نَطْلُبُ.</p>

O Thou Who alone art the lover of mankind.	لِمُلْكِكَ، المَجْدُ لِتَدْبِيرِكَ، يَا مُحِبَّ البَشَرِ وَحَدِّكَ.
APOLYTIKION OF ST. EPHRAIM THE SYRIAN IN TONE THREE (*Thy confession*)	أبوليتيكيون للقديس أفرام السرياني باللحن الثالث؛ وزن: بولس الجديد
<i>Glory to the Father, and to the Son, and to the Holy Spirit. Out of Paradise, a river floweth, * flooding all the earth with joy unending, * cheering souls with compunction and saving fear: * Ephraim, the wine bowl of gladness inspired of God, * from all eternity chosen to light the Church * with his sacred hymns, his sermons, his shining canticles, * whereby he filleth faithful souls with godliness.</i>	المَجْدُ لِلآبِ وَالإِبْنِ وَالرُّوحِ الْقُدُسِ. نَهْرٌ يَنْبَعُ مِنَ الفِرْدَوْسِ * يَرُوي الأَرْضَ بِالْفَرَحِ الدائمِ * وبِالتَقْوَى والمَخَافَةِ يُحيي النُفُوسَ * أعني إفرامَ المُخْتارَ مُنذُ الأَزَلِ * لكي يُنيرَ الكَنيسةَ بالإلهامِ * وليَمَلأ نُفُوسَنَا تقوى بالعِظَمَاتِ * وأبهى التسابيحِ والأناشيدِ.
RESURRECTIONAL THEOTOKION IN TONE THREE	والِدِيَّةُ القِيَامَةِ بِاللحنِ الثالثِ
<i>Both now and ever, and unto ages of ages. Amen. 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.</i>	الآنَ وَكُلَّ أوانٍ وإِلى دهرِ الداهرينِ. آمين. إِيَّاكَ أَيُّهَا المُتَوَسِّطَةُ لِخِلاصِ جِنْسِنَا نُسَبِّحُ يا والِدَةَ الإِلهِ العَذراءِ. لِأَنَّ ابْنَكَ وإِلَهَنَا بِالجَسَدِ الَّذِي اتَّخَذَهُ مِنْكَ قَبْلَ الألامِ بِالصليبِ، وأَعْتَقَنَا مِنَ الفَسادِ، بِما أَنَّهُ مُحِبُّ لِلبَشَرِ.
THE LITTLE LITANY	الطَّلِبَةُ السَّلامِيَّةُ الصُّغرى
Priest: Again and again, in peace, let us pray to the Lord. Choir: Lord, have mercy. Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace. Choir: Lord, have mercy. Priest: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady the Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God. Choir: To Thee, O Lord. Priest: For Thine is the might, and Thine is the kingdom, and the power and the glory of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages. Choir: Amen.	الكاهن: أَيضاً وأيضاً بِسَلامٍ إِلى الرَّبِّ نَطَلِبُ. الجوق: يا رَبُّ ارْحَمِ. الكاهن: أَعِضُدْ، وَخَلِّصْ، وارْحَمِ، واحْفَظْنَا يا اللهُ بِنِعْمَتِكَ. الجوق: يا رَبُّ ارْحَمِ. الكاهن: بَعْدَ ذِكْرِنَا الكَلِيَّةِ القُدَّاسَةِ، الطاهِرَةِ، الفائِئَةِ البرَكَاتِ المَجيدةِ، سَيِّدَتِنَا والِدَةَ الإِلهِ الدائمةِ البَتُولِيَّةِ مَرِيَمَ مَعَ جَميعِ القَدِيسينِ، لِنُودِعَ أَنفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الإِلهِ. الجوق: لَكَ يا رَبُّ. الكاهن: لِأَنَّ لَكَ العِزَّةَ وَلَكَ المُلْكُ والقُوَّةُ والمَجْدُ أَيُّهَا الآبُ والإِبْنُ وَالرُّوحُ الْقُدُسُ، الآنَ وَكُلَّ أوانٍ وإِلى دهرِ الدَّاهرينِ. الجوق: آمين.
FIRST TONE RESURRECTIONAL KATHISMATA (Plain Reading)	كاثيسماتات القِيَامَةِ لِلحنِ الأوَّلِ (قراءة)
First Kathisma	الكاثيسما الأوَّلِي

<p>The soldiers who kept watch over Thy grave, O Savior, became as dead from the shining of the appearing angel who told the good tidings of the Resurrection to the women. Thee, therefore, do we glorify, O Remover of corruption, and to Thee do we bow, O Thou Who didst rise from the grave, O Thou, our only Lord.</p>	<p>أَيُّهَا الْمُخَلِّصُ، إِنَّ الْجُنْدَ الْحَافِظِي قَبْرِكَ قَدْ صَارُوا كَالْأَمْوَاتِ مِنْ بَرَقِ الْمَلَائِكِ الظَّاهِرِ، الْمُبَشِّرِ التَّسْوَةِ بِالْقِيَامَةِ. فَإِيَّاكَ نُمَجِّدُ أَيُّهَا الْمُزِيلُ الْفَسَادَ، وَلَكَ نَجْتُو أَيُّهَا النَّاهِضُ مِنَ الْقَبْرِ، يَا إِلَهَنَا وَحْدَكَ.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Thou was nailed upon the cross willingly, O merciful One; and Thou wast placed in a grave like one who is dead, O Giver of Life, trampling the pride of death, O mighty One; for because of Thee the gatekeepers of Hades did tremble; and Thou didst raise the dead with Thee from eternity; for Thou alone art the Lover of mankind.</p>	<p>الْمَجْدُ لِلآبِ وَالِابْنِ وَالرُّوحِ الْقُدُسِ. قَدْ سُمِّرْتَ عَلَى الصَّلِيبِ طَوْعاً يَا رَوْفُ، وَوَضِعْتَ فِي قَبْرِ كَمَاثِتِ يَا مُعْطِي الْحَيَاةِ. فَسَحَقْتَ بِمَوْتِكَ عِزَّةَ الْمَوْتِ أَيُّهَا الْقَوِيُّ، لِأَنَّ مِنْكَ ارْتَعَدَ بَوَابُ الْجَحِيمِ، وَأَقَمْتَ مَعَكَ الْمَوْتَى مُنْذُ الدَّهْرِ، بِمَا أَنْتَ وَحْدَكَ مُحِبُّ الْبَشَرِ.</p>
<p>(Theotokion of the Resurrectional Apolytikion)</p>	<p>(والديَّة للقيامة)</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> As Gabriel cried unto thee, "Hail, O Virgin," with that cry did the Lord of all become incarnate in thee, O holy ark, as spake the righteous David; and Thou wast revealed as more spacious than the heavens, in that thou bore thy Creator. Wherefore, glory to Him Who abode in thee; glory to Him Who came from thee; glory to Him, Who through thy birth-giving hath set us free.</p>	<p>الآن وكلَّ أوانٍ وإلى دهرِ الدهرين. آمين. إِنَّ جِبْرَائِيلَ لَمَّا تَقَوَّه نَحْوُكَ أَيُّهَا الْعَذْرَاءُ بِالسَّلَامِ، فَمَعَ الصَّوْتِ نَجَسَدَ سَيِّدِ الْكُلِّ فِيكَ، أَيُّهَا السَّفِينَةُ الْمُقَدَّسَةُ، كَمَا قَالَ دَاوُدُ الصِّدِّيقِ. وَظَهَرْتَ أَرْحَبَ مِنَ السَّمَاوَاتِ حَامِلَةً خَالِقِكَ. فَالْمَجْدُ لِلَّذِي حَلَّ فِيكَ، الْمَجْدُ لِلَّذِي أَتَى مِنْكَ، الْمَجْدُ لِلَّذِي أَعْتَقَنَا بِوِلَادَتِهِ مِنْكَ.</p>
<p>Second Kathisma</p>	<p>الكاسِما الثانية</p>
<p>Verily the women did proceed to the grave early, where they beheld an angelic scene, and did tremble. And when the grave shone forth with life they were struck with astonishment. Wherefore, they returned to the disciples and did preach the Resurrection, saying, Verily, Christ hath invaded Hades; for He alone is the powerful and mighty One; and He raised with Him all those who were corrupt, and with the power of His Cross He removed the fear of condemnation.</p>	<p>إِنَّ التَّسْوَةَ وَافَيْنَ الْقَبْرَ مُبْتَكِرَاتٍ، فَرَأَيْنَ مَنْظَرًا مَلَائِكِيًّا، فَارْتَعَدْنَ. وَإِذْ أَشْرَقَ الْقَبْرُ حَيَاةً، أَنْدَهَشْنَ مِنَ الْعَجَبِ. لِأَجْلِ هَذَا حَاضِرْنَ إِلَى التَّلَامِيذِ، وَبَشَّرْنَ بِالْقِيَامَةِ قَائِلَاتٍ: إِنَّ الْمَسِيحَ قَدْ سَبَى الْجَحِيمِ لِأَنَّهُ الْقَوِيُّ الْعَزِيزُ وَحْدَهُ، وَأَقَامَ مَعَهُ جَمِيعَ الْبَالِيْنَ، وَحَلَّ خَوْفَ الدَّيْنُونَةِ بِقُوَّةِ صَلَيبِهِ.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Thou wast verily nailed upon the Cross, O Life of all; and wast numbered among the dead, O deathless Lord. Thou didst rise after three days, O Savior, and didst raise Adam from corruption. Wherefore, the heavenly powers shouted to Thee, O giver of life; Glory to Thy passion, O Christ, Glory to Thy resurrection, Glory to Thy condescension, O Thou alone the Lover of mankind.</p>	<p>الْمَجْدُ لِلآبِ وَالِابْنِ وَالرُّوحِ الْقُدُسِ. قَدْ سُمِّرْتَ عَلَى الصَّلِيبِ يَا حَيَاةَ الْكُلِّ، وَحُسِبْتَ مَعَ الْأَمْوَاتِ أَيُّهَا الرَّبُّ الْفَاقِدُ الْمَوْتِ، وَقُمْتَ بَعْدَ ثَلَاثَةِ أَيَّامٍ يَا مُخَلِّصُ، وَأَنْهَضْتَ آدَمَ مِنَ الْفَسَادِ. لِذَلِكَ هَتَفَتِ الْقُوَّاتُ السَّمَاوِيَّةُ إِلَيْكَ يَا مُعْطِي الْحَيَاةِ: الْمَجْدُ لِأَلَامِكَ أَيُّهَا الْمَسِيحُ، الْمَجْدُ لِقِيَامَتِكَ، الْمَجْدُ لِتَنَزُّلِكَ يَا مُحِبُّ الْبَشَرِ وَحْدَكَ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> O Mary, the reverend abode of the Lord, lift us who have fallen in the abyss of evil despair, trespasses and sorrows; for thou didst give salvation to sinners. Thou art a helper and a strong intercessor, and dost save thy servants.</p>	<p>الآن وكلَّ أوانٍ وإلى دهرِ الدهرين. آمين. يَا مَرْيَمُ الْمَسْكُنُ الْمُوقَّرُ لِلسَّيِّدِ، أَنْهَضِينَا نَحْنُ السَّاقِطِينَ فِي عُمُقِ الْيَأْسِ الرَّدِيءِ وَالرَّزَالَاتِ وَالْأَحْزَانِ، لِأَنَّكَ قَدْ صَبَرْتَ خَلَاصًا لِلْخُطَاةِ، وَمُعِينَةً، وَشَفِيعَةً قَوِيَّةً، وَتَخَلِّصِينَ عِبِيدَكَ.</p>

EVLOGETARIA (BENEDICTIONS) IN TONE FIVE	إفولوجيات بالحن الخامس
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> The company of the Angels was amazed when they beheld Thee numbered among the dead. Yet Thyself, O Savior, destroyed the power of death, with Thee raising up Adam and releasing all men from Hell.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. جَمْعُ الْمَلَائِكَةِ انْدَهَلَ مُتَحَيِّرًا، عِنْدَ مُشَاهَدَتِهِمْ إِيَّاكَ مَحْسُوبًا بَيْنَ الْأَمْوَاتِ أَيُّهَا الْمُخْلِصِ، وَدَاحِضًا قُوَّةَ الْمَوْتِ، وَمُنْهَضًا أَدَمَ مَعَكَ، وَمُعْتَقًا إِيَّانَا مِنَ الْجَحِيمِ كَافَةً.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> Wherefore, O Women Disciples, do ye mingle sweet-smelling spices with your tears of pity? The radiant Angel within the sepulcher cried unto the Myrrh-bearing Women: Behold the grave, and understand, for the Savior is risen from the tomb.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. الْمَلَاكُ اللَّامِعُ عِنْدَ الْقَبْرِ تَقَوَّهَ نَحْوَ حَامِلَاتِ الطَّيِّبِ قَائِلًا: لِمَ تَمْرُجْنَ الطَّيُوبَ بِالذَّمُوعِ، بِتَرْتِّبِ يَا تَلْمِيزَاتِ؟ أَنْظُرْنَ السَّحْدَ وَأَفْرَحْنَ، لِأَنَّ الْمُخْلِصَ قَدْ قَامَ مِنَ الْقَبْرِ.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> Very early in the morning, did the Myrrh-bearing Women run lamenting unto Thy tomb. But an Angel came toward them, saying: The time for lamentation is passed; weep not, but announce unto the Apostles the Resurrection.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. إِنَّ حَامِلَاتِ الطَّيِّبِ سَحَرًا جِدًّا، سَارَعْنَ إِلَى قَبْرِكَ نَائِحَاتٍ. إِلَّا أَنَّ الْمَلَاكَ وَقَفَ بِهِنَّ، وَقَالَ لَهُنَّ: زَمَانُ النَّوْحِ قَدْ كَفَّ وَبَطَلَ فَلَا تَبْكِينَ، بَلْ بَشِّرْنَ الرُّسُلَ بِالْقِيَامَةِ.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> The Myrrh-bearing Women mourned, as bearing spices they drew near Thy tomb, O Savior. But the Angel spake unto them, saying: Why number ye the living among the dead? In that He is God He is risen from the grave.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. إِنَّ النِّسْوَةَ حَامِلَاتِ الطَّيِّبِ، وَافِينَ بِالْحَنُوطِ إِلَى قَبْرِكَ أَيُّهَا الْمُخْلِصِ. فَسَمِعْنَ مَلَاكًا مُتَنَعِّمًا نَحْوَهُنَّ قَائِلًا: لِمَ تَحْسِبْنَ الْحَيَّ مَعَ الْمَوْتَى؟ فِيمَا أَنَّهُ إِلَهُ، قَدْ قَامَ مِنَ الْقَبْرِ نَاهِضًا.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> We adore the Father, as also His Son, and the Holy Spirit, the Holy Trinity in one Essence, crying with the Seraphim: Holy, holy, holy art Thou, O Lord.</p>	<p>الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُسِ. نَسْجُدُ لِلآبِ، وَلِابْنِهِ، وَلِرُوحِ قُدْسِهِ، ثَالِوثًا قُدُوسًا فِي جَوْهَرٍ وَاحِدٍ، هَاتِفِينَ مَعَ السَّرَافِيمِ: قُدُوسٌ، قُدُوسٌ، قُدُوسٌ أَنْتَ يَا رَبُّ.</p>
<p><i>Both now and ever, and unto ages of ages.</i> 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.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. أَيُّتُّهَا الْعَدْرَاءُ، لَقَدْ وُلِدْتَ مُعْطِيَةَ الْحَيَاةِ، وَأَنْقَذْتِ أَدَمَ مِنَ الْخَطِيئَةِ، وَمَنْحَتْ حَوَاءَ الْفَرْخَ عَوْضَ الْحُزْنِ، لَكِنَّ الْإِلَهَ وَالْإِنْسَانَ الْمُتَجَسِّدَ مِنْكَ، أَرْشَدَهُمَا إِلَى الْحَيَاةِ الَّتِي قَدْ تَهَوَّرَا مِنْهَا.</p>
<p>Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE) O our God and our Hope, glory to Thee!</p>	<p>هَلِّلُوبِيَا، هَلِّلُوبِيَا، هَلِّلُوبِيَا، الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا) يَا إِلَهِنَا وَرَجَاءَنَا لَكَ الْمَجْدُ.</p>
<p>THE LITTLE LITANY</p>	<p>الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى</p>
<p>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</p>	<p>الكَاهِنُ: أَيْضًا وَأَيْضًا بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمْنَا. الكَاهِنُ: أَعْضُدْ، وَخَلِّصْ، وَارْحَمْنَا، وَاحْفَظْنَا يَا اللَّهُ بِبِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمْنَا. الكَاهِنُ: بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقِدَاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ</p>

<p>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.</p>	<p>القديسين، لندرج أنفسنا وبعضنا بعضاً وكل حياتنا للمسيح الإله. الجوق: لك يا رب. الكاهن: لأن اسمك مبارك وملكتك ممجدة أيها الأب والابن والروح القدس، الآن وكل أوان وإلى دهر الداهرين. الجوق: آمين.</p>
<p>FIRST TONE RESURRECTIONAL HYPAKOE (Plain Reading)</p>	<p>إيباكوي القيامة للحن الأول (قراءة)</p>
<p>The repentance of the thief gained him paradise by stealth, and the sighing of the ointment-bearing women proclaimed the glad tidings that Thou wast risen, O Christ, and hadst bestowed upon the world Thy Great Mercy.</p>	<p>توبة اللص قد اختلست الفردوس، ونوح حاملات الطيب بشر بالفرح بانك قمت أيها المسيح الإله، مانحاً العالم الرحمة العظيمة.</p>
<p>FIRST TONE RESURRECTIONAL ANABATHMOI (Plain Reading)</p>	<p>أنافثميات القيامة للحن الأول (قراءة)</p>
<p>First Antiphony</p>	<p>الأنثيفونا الأولى</p>
<p>+ O Lord, to Thee in my sorrows do I cry. Hear Thou my cry of pain. + Verily, the divine desire shall be without delay upon the people of the wilderness; for that they have come out of the vain world. + <i>Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.</i> + Verily, glory and honor become the Holy Spirit, as they become the Father and the Son. Wherefore, do we praise the Triune, One in might.</p>	<p>+ أيها الرب، إليك أهتف في حزني، فاستمع توجعي. + إن الشوق الإلهي يصيب أهل البراري بلا فتور، لاغترابهم عن العالم الباطل. + المجد للأب والابن والروح القدس، الآن وكل أوان وإلى دهر الداهرين. آمين. + إن المجد والإكرام يليقان بالروح القدس، كما يليقان بالأب والابن. لأجل هذا نسيح الثالوث ذا العزة الواحدة.</p>
<p>Second Antiphony</p>	<p>الأنثيفونا الثانية</p>
<p>+ O God, since Thou hast raised me to the hills of Thy laws, shed brightly Thy light of virtue upon me, that I may praise Thee. + O Word, hold me fast with Thy right hand; keep me and preserve me, lest the fire of sin consume me. + <i>Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.</i> + Verily, all creation together is regenerated by the Holy Spirit, and returns to its former being: for He is co-omnipotent with the Father and the Word.</p>	<p>+ اللهم إذ رفعتني إلى جبال نواميسك، فأبرزني بالفضائل لامعاً لكي أستبحك. + أيها الكلمة اصبطني بيدك اليمنى، واحفظني وصني لئلا تحرقني نار الخطيئة. + المجد للأب والابن والروح القدس، الآن وكل أوان وإلى دهر الداهرين. آمين. + إن الخليقة تتجدد كلها بالروح القدس، وترجع إلى كيانها الأول، لأنه مساو في القدرة للأب والكلمة.</p>
<p>Third Antiphony</p>	<p>الأنثيفونا الثالثة</p>
<p>+ My soul did rejoice with those who say: Let us go into the courts of the Lord. My heart was exceedingly glad. + Great fear shall be in the house of David, where the seats shall be set, and all tribes and tongues of the earth shall be judged.</p>	<p>+ قد ابتهجت روعي بالقائلين لي لنسع إلى ديار الرب، وفرح قلبي جداً. + خوف عظيم يصير في بيت داود، حيث هناك توضع الكراسي وتحاكم كل قبائل الأرض وألسنتها.</p>

<p>+ Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.</p> <p>+ Verily, it is meet to offer glory, might and power to the Holy Spirit as to the Father and the Son; for the Trinity is one in Substance, not in Person.</p>	<p>+ المَجْدُ لِلآبِ وَالإِبْنِ وَالرُّوحِ الْقُدْسِ، الْآنَ وَكُلَّ أَوَانٍ و إِلَى دَهْرِ الدَاهِرِينَ. آمِينَ.</p> <p>+ إِنَّ تَقْدِيمَ الْمَجْدِ وَالْعِزَّةِ وَالْإِكْرَامِ وَالسُّجُودِ وَاجِبٌ لِلرُّوحِ الْقُدْسِ كَمَا يَجِبُ لِلآبِ وَالإِبْنِ، لِأَنَّ التَّالُوثَ مُوحَّدٌ فِي الطَّبِيعَةِ لَا فِي الْوُجُوهِ.</p>
<p>PROKEIMENON FOR THE RESURRECTION IN TONE ONE</p>	<p>بروكيمن للقيامة باللحن الأول</p>
<p>Now will I arise, saith the Lord; I will set Myself for salvation; I will make no tarrying therein. <i>(twice)</i></p> <p>Stichos: The words of the Lord are pure words.</p> <p>Now will I arise, saith the Lord; I will set Myself for salvation; I will make no tarrying therein.</p>	<p>الآن أقومُ يَقُولُ الرَّبُّ، أَتَحَرَّى الْخَلَاصَ وَأَتَجَلَّى بِهِ. (مرتين)</p> <p>زكجك: كَلَامُ الرَّبِّ كَلَامٌ نَقِيٌّ.</p> <p>الآن أقومُ يَقُولُ الرَّبُّ، أَتَحَرَّى الْخَلَاصَ وَأَتَجَلَّى بِهِ.</p>
<p>Deacon: Let us pray to the Lord.</p> <p>Choir: Lord, have mercy.</p> <p>Priest: For Holy art Thou, O our God, Who restest in the Holies, and unto Thee do we ascribe glory to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.</p>	<p>الشماس: إِلَى الرَّبِّ نَطْلُبُ.</p> <p>المرتل: يَا رَبُّ ارْحَمِ.</p> <p>الكاهن: لِأَنَّكَ قُدُّوسٌ أَنْتَ يَا إِلَهَنَا، وَفِي الْقِدِّيسِينَ تَسْتَقِرُّ وَتَسْتَرِيحُ، وَلَكَ نُرْسِلُ الْمَجْدَ أَيُّهَا الْآبُ، وَالإِبْنُ، وَالرُّوحُ الْقُدْسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ.</p>
<p>Chanter: Amen. Let everything that hath breath praise the Lord. <i>(twice)</i></p> <p><i>Praise ye God in His saints; praise Him in the firm foundation of His power.</i></p> <p>Let everything that hath breath praise the Lord.</p>	<p>المُرْتَل: آمِينَ. كُلُّ نَسَمَةٍ، فَلْتُسَبِّحِ الرَّبَّ. (مرتين)</p> <p><i>سَبِّحُوا اللَّهَ فِي قِدِّيسِيهِ، سَبِّحُوهُ فِي فَالِكِ قُوَّتِهِ.</i></p> <p>فَلْتُسَبِّحِ الرَّبَّ، كُلُّ نَسَمَةٍ.</p>
<p>THE FIRST EOTHINON GOSPEL</p>	<p>إنجيل الإيوثينا الأولى</p>
<p>Deacon: And that we may be accounted worthy to hear the Holy Gospel, let us beseech the Lord our God.</p> <p>Choir: Lord, have mercy. <i>(thrice)</i></p> <p>Deacon: Wisdom! Stand upright! Let us hear the Holy Gospel.</p> <p>Priest: Peace be to all.</p> <p>Choir: And to thy spirit.</p> <p>Priest: The Reading from the Holy Gospel according to Saint Matthew. (28:16-20)</p> <p>Choir: Glory to Thee, O Lord, glory to Thee.</p> <p>Deacon: Let us attend!</p>	<p>الشماس: مِنْ أَجْلِ أَنْ نَكُونَ مُسْتَحَقِّينَ لِسَمَاعِ الْإِنْجِيلِ الْمُقَدَّسِ، إِلَى الرَّبِّ إِلَهِنَا نَطْلُبُ.</p> <p>المرتل: يَا رَبُّ ارْحَمِ. (ثلاثاً)</p> <p>الشماس: الْحِكْمَةُ، فَلْنَسْتَقِمْ وَلْنَسْمَعْ الْإِنْجِيلَ الْمُقَدَّسَ.</p> <p>الكاهن: السَّلَامُ لِجَمِيعِكُمْ.</p> <p>المرتل: وَلِرُوحِكَ.</p> <p>الكاهن: فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقِدِّيسِ مَتَّى الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ.</p> <p>المرتل: الْمَجْدُ لَكَ يَا رَبُّ، الْمَجْدُ لَكَ.</p> <p>الشماس: لِنُضْغِ!</p>
<p>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</p>	<p>الكاهن: فِي ذَلِكَ الزَّمَانِ، ذَهَبَ التَّلَامِيزُ الْأَحَدَ عَشَرَ إِلَى الْجَلِيلِ، إِلَى الْجَبَلِ حَيْثُ أَمَرَهُمْ يَسُوعُ فَلَمَّا رَأَوْهُ سَجَدُوا لَهُ، وَلَكِنَّ بَعْضَهُمْ شَكُّوا فَذَنَا يَسُوعُ وَكَلَّمَهُمْ</p>

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.	قَائِلًا: إِنِّي قَدْ أُعْطِيتُ كُلَّ سُلْطَانٍ فِي السَّمَاءِ وَعَلَى الْأَرْضِ فَادْهَبُوا الْآنَ وَتَلْمِذُوا كُلَّ الْأُمَّمِ، مُعَمِّدِينَ إِيَّاهُمْ بِاسْمِ الْآبِ وَالابْنِ وَالرُّوحِ الْقُدُّوسِ، وَعَلِّمُوهُمْ أَنْ يَحْفَظُوا جَمِيعَ مَا أُوصَيْتُكُمْ بِهِ، وَهَا أَنَا مَعَكُمْ كُلَّ الْأَيَّامِ، إِلَى مُنْتَهَى الدَّهْرِ. آمِينَ.
Choir: Glory to Thee, O Lord, glory to Thee.	المرتل: الْمَجْدُ لَكَ يَا رَبُّ الْمَجْدُ لَكَ.
Reader: In that we have beheld the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. Thy cross do we adore, O Christ, and Thy holy resurrection we praise and glorify; for Thou art our God, and we know none other beside Thee; we call upon Thy name. O come, all ye faithful, let us adore Christ’s holy resurrection. For lo, through the cross is joy come into all the world. Ever blessing the Lord, let us sing His resurrection, for in that He endured the cross for us, He hath destroyed death by death.	القارئ: إِذْ قَدْ رَأَيْنَا قِيَامَةَ الْمَسِيحِ، فَلْنَسْجُدْ لِلرَّبِّ الْقُدُّوسِ، يَسُوعَ الْمَعْصُومِ مِنَ الْخَطَا وَحْدَهُ. لِصَلِيبِكَ أَيُّهَا الْمَسِيحُ نَسْجُدُ وَلِقِيَامَتِكَ الْمُقَدَّسَةِ نُسَبِّحُ وَنُحَمِّدُ، لِأَنَّكَ أَنْتَ هُوَ إِلَهُنَا وَآخِرَ سِوَاكَ لَا نَعْرِفُ وَبِاسْمِكَ نُسَمِّي. هَلُمَّ يَا مَعْشَرَ الْمُؤْمِنِينَ نَسْجُدْ لِقِيَامَةِ الْمَسِيحِ الْمُقَدَّسَةِ، لِأَنَّ هُوَذَا بِالصَّلِيبِ قَدْ أَتَى الْفَرَحُ لِكُلِّ الْعَالَمِ. لِنُبَارِكِ الرَّبَّ فِي كُلِّ حِينٍ وَنُسَبِّحُ قِيَامَتَهُ، لِأَنَّهُ إِذْ اخْتَمَلَ الصَّلْبَ مِنْ أَجْلِنَا، الْمَوْتَ بِالْمَوْتِ حَطَّمَ.
PSALM 50	المزمور 50
Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression.	ارْحَمْنِي يَا اللَّهُ بِعَظِيمِ رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَتِكَ اَمْحُ مَاثِمِي.
Wash me thoroughly from mine iniquity, and cleanse me from my sin.	اغْسِلْنِي كَثِيرًا مِنْ إِثْمِي، وَمِنْ خَطِيئَتِي طَهِّرْنِي.
For I know mine iniquity, and my sin is ever before me.	لَأَنِّي أَنَا عَارِفٌ بِإِثْمِي، وَخَطِيئَتِي أَمَامِي فِي كُلِّ حِينٍ.
Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged.	إِلَيْكَ وَحْدَكَ أَخْطَأْتُ، وَالشَّرُّ قُدَّامَكَ صَنَعْتُ، لَكِي تَصُدَّقَ فِي أَقْوَالِكَ وَتَغْلِبَ فِي مُحَاكَمَتِكَ.
For behold, I was conceived in iniquities, and in sins did my mother bear me.	هَاءِنَذَا بِالْآثَامِ حَبِلْتُ بِي، وَبِالْخَطَايَا وُلِدْتَنِي أُمِّي.
For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me.	لِأَنَّكَ قَدْ أَحْبَبْتَ الْحَقَّ، وَأَوْضَحْتَ لِي غَوَامِضَ حِكْمَتِكَ وَمَسْتَوْرَاتِهَا.
Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow.	تَنْصَحْنِي بِالزُّوْفِيِّ فَأَطْهُرُ، تَغْسِلْنِي فَأَبْيَضُ أَكْثَرَ مِنَ التَّلْجِ.
Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice.	نُسْمِعْنِي بِهَجَّةٍ وَسُرُورًا، فَتَبْتَهِجُ عِظَامِي الدَّلِيلَةَ.
Turn Thy face away from my sins, and blot out all mine iniquities.	اصْرِفْ وَجْهَكَ عَنِ خَطَايَايَ، وَاَمْحُ كُلَّ مَاثِمِي.
Create in me a clean heart, O God, and renew a right spirit within me.	قَلْبًا نَقِيًّا اخْلُقْ فِيَّ يَا اللَّهُ، وَرُوحًا مُسْتَقِيمًا جَدِّدْ فِي أَحْشَائِي.
Cast me not away from Thy presence, and take not Thy Holy Spirit from me.	لَا تَطْرَحْنِي مِنْ أَمَامِ وَجْهِكَ، وَرُوحَكَ الْقُدُّوسَ لَا تَنْزِعْهُ مِنِّي.
Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me.	اْمُنْحِنِي بِهَجَّةٍ خَلَّاصِكَ، وَبِرُوحِ رِئَاسِي اِعْضُدْنِي.

I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee.	فَأَعْلِمَ الْأَثَمَةَ طُرُقَكَ، وَالكَفَرَةَ إِلَيْكَ يَرْجِعُونَ.
Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness.	أُنْقِذْنِي مِنَ الدِّمَاءِ يَا اللَّهُ إِلَهَ خَلَاصِي، فَيَبْتَهِجَ لِسَانِي بِعَدْلِكَ.
O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.	يَا رَبُّ افْتَحْ شَفَتَيَّ، فَيُخْبِرَ فَمِي بِتَسْبِيحَتِكَ.
For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased.	لَأَنَّكَ لَوْ آثَرْتَ الذَّبِيحَةَ، لَكُنْتُ الْآنَ أُعْطِي، لَكِنَّكَ لَا تَسُرُّ بِالْمُحْرَقَاتِ.
A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise.	الذَّبِيحَةُ لِلَّهِ رُوحٌ مُنْسَجِحٌ، الْقَلْبُ الْمُتَخَشِّعُ وَالْمُنَوَاضِعُ لَا يَرْذُلُهُ اللَّهُ.
Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up.	أَصْلِحْ يَا رَبُّ بِمَسَرَّتِكَ صِهْيُونَ وَتُتْبِنِ أَسْوَارُ أُورُشَلِيمَ.
Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings.	حِينَئِذٍ تَسُرُّ بِذَّبِيحَةِ الْعَدْلِ قُرْبَانًا وَمُحْرَقَاتِ.
Then shall they offer bullocks upon Thine altar.	حِينَئِذٍ يَقْرَبُونَ عَلَى مَذْبَحِكَ الْعُجُولَ.
TROPARIA AFTER PSALM 50 IN TONE TWO	طَرُوبَارِيَّاتٍ بِاللَّحْنِ الثَّانِي
<i>Glory to the Father and to the Son and to the Holy Spirit. Through the intercessions of the Apostles, O merciful One, blot out the multitude of mine offenses.</i>	الْمَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدْسِ. بِشَفَاعَاتِ الرُّسُلِ وَطَلِبَاتِهِمْ، أَيُّهَا إِلَهَ الرَّحُومِ، امْحُ كَثْرَةَ خَطَايَانَا وَزَلَاتِنَا.
<i>Both now and ever, and unto ages of ages. Amen. Through the intercessions of the Theotokos, O merciful One, blot out the multitude of mine offenses.</i>	الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. بِشَفَاعَاتِ الْوَالِدَةِ الْإِلَهَةِ وَطَلِبَاتِهَا، أَيُّهَا إِلَهَ الرَّحُومِ، امْحُ كَثْرَةَ خَطَايَانَا وَزَلَاتِنَا.
<i>Have mercy upon me, O God, according to Thy great mercy, and according to the multitude of Thy compassions blot out my transgressions. Jesus, having risen from the grave as He foretold, hath given unto us life eternal and Great Mercy.</i>	يَا رَحِيمُ، ارْحَمْنِي يَا اللَّهُ كَعَظِيمِ رَحْمَتِكَ، وَبِحَسَبِ كَثْرَةِ رَأْفَاتِكَ امْحُ مَاثِمِي. لَقَدْ قَامَ يَسُوعُ مِنَ الْقَبْرِ كَمَا سَبَقَ قَوْلُ، وَمَنْحَنَا الْحَيَاةَ الْأَبَدِيَّةَ، وَالرَّحْمَةَ الْعَظْمَى.
THE INTERCESSION	طِلْبَةُ الشَّفَاعَةِ
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	الشَّمْسِ: خَلِّصْ يَا اللَّهُ شَعْبَكَ، وَبَارِكْ مِيرَاثَكَ، وَافْتَقِدْ عَالَمَكَ بِالرَّحْمَةِ وَالرَّافَاتِ، وَارْفَعْ شَأْنَ الْمَسِيحِيِّينَ الْأَرْتُوذُكْسِيِّينَ، وَأَسْبِغْ عَلَيْنَا مَرَاغِمَكَ الْعَنِيَّةَ، بِشَفَاعَاتِ سَيِّدَتِنَا وَالِدَةِ الْإِلَهَةِ الْكَلِيَّةِ الطَّهَارَةِ وَالِدَائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ؛ وَبِقُوَّةِ الصَّلِيبِ الْكَرِيمِ الْمُحْيِي؛ وَبِطَلِبَاتِ الْقُوَّاتِ السَّمَاوِيَّةِ الْمُكْرَّمَةِ الْعَادِمَةِ الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا الْمَعْمَدَانَ؛ وَالْقَدِيسِينَ الْمُشْرِفِينَ الرَّسُولَيْنِ بُطْرُسَ وَبُولُسَ، وَسَائِرِ الرُّسُلِ الْمُشْرِفِينَ الْجَدِيرِينَ بِكُلِّ مَدِيحٍ؛ وَأَبَائِنَا الْقَدِيسِينَ مُعَلِّمِي الْمَسْكُونَةِ، رُؤْسَاءِ الْكَهَنَةِ

<p>hierarchs and ecumenical teachers Basil the Great, Gregory the Theologian and John Chrysostom; Athanasios, Cyril and John the Merciful, patriarchs of Alexandria; Nicholas of Myra in Lycia, Spyridon of Trimythous and Nektarios of Pentapolis, the wonder-workers; of our fathers among the saints Tikhon, patriarch of Moscow, and Raphael, bishop of Brooklyn; of the holy, glorious great martyrs George the Trophy-bearer, Demetrios the Myrrh-streaming, Theodore the Soldier, Theodore the General and Menas the Wonder-worker; of the hieromartyrs Ignatius the God-bearer of Antioch, Charalampos and Eleutherios; of the holy, glorious and great women martyrs Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photini, Marina, Paraskeva and Irene; of the holy glorious and right-victorious martyrs; of our venerable and God-bearing fathers who shone in the ascetic life, 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 holy and righteous Ephraim the Syrian, 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.</p>	<p>المُعَظَّمِينَ بِاسْيَلْيُوسَ الكَبِيرِ، وَغَرِيغُورِيُوسَ اللّاهُوتِي، وَيُوحَنَّا الذَّهَبِيِّ القَمِّ؛ وَأَبَائِنَا القَدِيسِينَ أَثَنَاسِيُوسَ وَكِرِيْسُوسَ وَيُوحَنَّا الرِّحِيمِ بَطَارِكَةَ الإسْكَنْدرِيَّةِ؛ وَأَبِينَا القَدِيسِ نيقُولَاوسَ رَئِيسَ أسَاقِفَةِ ميرا اللِيكِيَّةِ، وَأَسْبِيرِيدُونَ أُسْقُفِ نَريمِثُوسَ، وَنِكتَارِيُوسَ أُسْقُفِ المُدُنِ الحَمْسِ العَجَائِبِيينَ، وَأَبِينَا القَدِيسِ تِيخُونِ بَطْرِيْرِكِ موسكو، والقَدِيسِ رَافَائِيلِ أُسْقُفِ بروكَلينَ؛ والقَدِيسِينَ المَجِيدِينَ الشُّهَدَاءِ العُظْمَاءِ جاورجيُوسَ اللَيسِ الظَفْرِ، وديميتريُوسَ المُفِيضِ الطيبِ، وثيودورسَ التيروني، وثيودورسَ قَائِدِ الجَيْشِ، ومينَاسَ الصانِعِ العَجَائِبِ؛ والقَدِيسِينَ الشُّهَدَاءِ إِغْناطِيُوسَ المُتَوَشِّحِ باللهِ، حَرَالْمَبُوسَ وَالْفَئْتِريُوسَ؛ والشُّهَدَاتِ العَظِيمَاتِ نَقْلًا، بَرَبَارَةَ، أَنَسْطَاسِيَا، كاترينَا، كيرياكي، فُوتِينِي، مارينا، باراسكيفا، وأيرينَ؛ والقَدِيسِينَ المَجِيدِينَ الشُّهَدَاءِ المُتَالِقِينَ بِالظَفْرِ؛ وَأَبَائِنَا الأَبْرَارِ المُتَوَشِّحِينَ باللهِ؛ وَخَاصَّةً القَدِيسِ باييسِيُوسَ الأَثُوسِي، والقَدِيسِ (فلان) شَفِيعِ هَذِهِ الكَنِيسَةِ المُقَدَّسَةِ؛ والقَدِيسِينَ الصِّدِّيقِينَ جَدِّي المَسِيحِ الإلهِ يواكيمَ وَحَنَّةَ والقَدِيسِ البَارِ الأَرَامِ السَّرِيَانِي، الَّذِينَ نَقِيمُ تَذْكَارَهُمُ اليَوْمَ، وَجَمِيعِ قَدِيسِيكَ، نَتَضَرَّعُ إِلَيْكَ أَيُّهَا الرَّبُّ الجَزِيلُ الرَّحْمَةِ، فَاسْتَجِبْ لَنَا نَحْنُ الحَطَّاءَةُ الطَالِبِينَ إِلَيْكَ وَارْحَمْنَا.</p>
<p>Choir: Lord, have mercy. (twelve times)</p>	<p>المِرتل: يا رَبُّ ارْحَمْنَا. (12 مرّات)</p>
<p>Priest: Through the mercy and compassions and love for mankind of Thine Only-begotten Son, with Whom Thou art blessed, together with Thine all-holy, and good, and life-giving Spirit: now and ever, and unto ages of ages.</p>	<p>الكاهن: بِرَحْمَةِ وَرَأْفَاتِ ابْنِكَ الوَحِيدِ وَمَحَبَّتِهِ لِلبَشَرِ، الَّذِي أَنْتَ مُبَارِكٌ مَعَهُ وَمَعَ رُوحِكَ الكَلْبِيِّ قُدْسُهُ الصَّالِحِ والمُخَيِّ، الآنَ وَكُلَّ أوانٍ وإِلَى دَهْرِ الداهِرِينَ.</p>
<p>Choir: Amen.</p>	<p>المِرتل: آمين.</p>
<p>FIRST TONE RESURRECTIONAL KONTAKION AND OIKOS (Plain Reading)</p>	<p>القِنْدَاقِ وَالْبَيْتِ لِلقِيَامَةِ لِحْنِ الأَوَّلِ (قراءة)</p>
<p>As God, Thou didst arise from the tomb in glory, and Thou didst raise the world together with Thyself. Mortal nature praised Thee as God, and death was obliterated. Adam danceth for joy, O Master, and Eve, now freed from fetters, rejoiceth as she crieth out: Thou, O Christ, dost grant resurrection to all.</p>	<p>لَقَدْ قُمْتَ مِنَ القَبْرِ بِمَجْدٍ أَيُّهَا السَّيِّدُ، كإِلَهٍ، وَأَقَمْتَ مَعَكَ العالَمَ، فَسَبَّحْتَكَ طَبِيعَةُ البَشَرِ كإِلَهٍ، وَالمَوْتُ اصْمَحَلَّ، وَأَدَمُ رَقِصَ طَرَبًا، وَحوَاءُ أُعْتَقَتْ مِنَ القُيُودِ. فَهِيَ تَهْتِفُ الآنَ مَسْرُورَةً: أَنْتَ أَيُّهَا المَسِيحُ، المَانِحُ القِيَامَةَ لِجَمِيعِ.</p>

<p>Let us praise as God omnipotent Him that arose on the third day, Who broke the gates of Hades and raised from the grave the dead from ages past, and Who of His own good pleasure appeared to the myrrh-bearing women, giving them first the greeting: Rejoice; and announcing joy to the apostles, as the only Giver of life. Wherefore, with faith the women proclaim to the disciples the glad tidings of the symbols of victory, Hades groaneth, death lamenteth, the world is joyful, and all men rejoice together; for Thou, O Christ, hast granted resurrection to all.</p>	<p>لِنُسَبِّحَنَّ الَّذِي قَامَ لثَلَاثَةِ أَيَّامٍ نَاهِضًا كَالِهٍ قَدِيرٍ، وَسَحَقَ أَبْوَابَ الْحَجِيمِ، وَأَقَامَ الَّذِينَ فِي الْقُبُورِ مِنْذُ الدَّهْرِ، وَظَهَرَ أَوَّلًا لِحَامِلَاتِ الطَّيِّبِ كَمَا ارْتَضَى، قَائِلًا لَهُنَّ "أَفْرَحَنَّ". وَبَشَّرَ الرُّسُلَ بِالْفَرَحِ، كَوَاهِبِ الْحَيَاةِ. فَلِذَلِكَ، بَشَّرَتِ النِّسْوَةُ التَّلَامِيذَ بِشَارَاتِ الظَّفَرِ بِإِيمَانٍ، وَالْحَجِيمُ تَتَهَدَّى، وَالْمَوْتُ انْتَحَبَ نَادِبًا، وَالْعَالَمُ ابْتَهَجَ، وَالْجَمِيعُ فَرِحُوا مَعًا، لِأَنَّكَ أَيُّهَا الْمَسِيحُ مَنَحْتَ الْقِيَامَةَ لِلْجَمِيعِ.</p>
<p>THE SYNAXARION (Plain Reading)</p>	<p>السِّكْسَار (قراءة)</p>
<p>On January 28 in the Holy Orthodox Church, we commemorate our righteous Father Ephraim the Syrian.</p>	
<p style="text-align: center;"><i>Verses</i></p> <p style="text-align: center;">Ephraim, a Syrian by race and tongue, heard an unknown tongue, As the psalm saith, calling him up to the heights. On the twenty-eighth, angels leddest up Ephraim to sing his praises before God.</p>	
<p>Ephraim was born in Syria of poor parents in about 306. He spent his youth rather tempestuously, but suddenly a change took place in his soul, and he began to burn with love for the Lord Jesus. Ephraim was a disciple of St. James, bishop of Nisibis. Due to the great grace of God, wisdom flowed from Ephraim's tongue like a stream of honey, and ceaseless tears flowed from his eyes. Industrious as a bee, Ephraim continually wrote books, orally taught the monks in the monastery and the people of Edessa, and dedicated himself to prayer and contemplation. Numerous are his books and beautiful are his prayers, the most famous of which is his prayer recited during Great Lent: "O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience and love to me, Thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother; for Thou art blessed unto ages of ages. Amen." When the people wanted to appoint him a bishop by force, he pretended to be insane, racing through the city, dragging his garment behind him. Seeing this, the people left him in peace. Ephraim was a contemporary and friend of St. Basil the Great. Ephraim is considered the apostle of repentance. Even today, his works soften many hearts hardened by sin, returning them to Christ. Ephraim reposed in 378.</p>	
<p>On this day, we also commemorate Venerable Palladios of Antioch; and Venerable Theodosios of Totma. By their intercessions, O Christ God, have mercy upon us. Amen.</p>	
<p>KATAVASIAE OF THE PRESENTATION OF CHRIST CANON IN TONE THREE</p>	<p>كَتَافَاسِيَاةِ عِيدِ دُخُولِ السَّيِّدِ إِلَى الْهَيْكَلِ بِاللَّحْنِ الثَّلَاثِ</p>
<p>Ode 1. The sun once shone on dry land that was begotten of the abyss; for the water became as hard as a wall on either side for the people that crossed the sea by foot, and sang in a God-pleasing manner: Let us sing to the Lord; for gloriously is He glorified.</p>	<p>(الأولى) إِنَّ عُمُقَ الْيَابِسَةِ الْمُؤَلَّدَ اللَّجَجِ، قَدْ اجْتَازَتْ فِيهِ الشَّمْسُ قَدِيمًا، لِأَنَّ الْمَاءَ قَدْ جَمَدَ مِنْ جَانِبَيْهِ كَالْحَائِطِ لِلشَّعْبِ الْمُجْتَازِ فِي عُمُقِهِ مَاشِيًا، وَالْمُرْتَلِ تَرْتِيلًا مَرْضِيًّا لِلَّهِ هَاتِفًا: لِنُسَبِّحِ الرَّبَّ، لِأَنَّهُ بِالْمَجْدِ قَدْ تَمَجَّدَ.</p>
<p>Ode 3. Thou foundation of them that hope in Thee, O Lord, make steadfast the Church, which Thou hast purchased with Thy precious Blood.</p>	<p>(الثالثة) يَا رَبُّ، يَا نَبَاتَ الْمُتَكَلِّينَ عَلَيْكَ، تَبَّتِ الْكَنِيسَةَ الَّتِي اقْتَنَيْتَهَا بِدَمِكَ الْكَرِيمِ.</p>

<p>Ode 4. Thy virtue hath covered the heavens, O Christ; for coming forth from the Ark of Thy holiness, even Thine undefiled Mother, Thou hast appeared in the temple of Thy glory as an infant borne in arms, and all things were filled with Thy praise.</p>	<p>(الرابعة) أَيُّهَا الْمَسِيحُ، إِنَّ فَضِيلَتَكَ قَدْ غَشِيَتْ السَّمَاوَاتِ، لِأَنَّهُ لَمَّا أَتَى تَابُوتُ قُدْسِكَ الَّذِي هُوَ أُمُّكَ الْبَرِيئَةُ مِنَ الْفَسَادِ، ظَهَرْتَ فِي هَيْكَلِ مَجْدِكَ مَحْمُولاً عَلَى السَّاعِدَيْنِ كَطِفْلٍ، فَامْتَلَأَتْ كُلُّ الْبَرَايَا مِنْ تَسْبِيحِكَ.</p>
<p>Ode 5. Isaiah beheld God symbolically on an exalted throne attended by Angels of glory, he cried: O wretched man that I am! For I have seen beforehand the incarnate God, the Lord of peace and unwaning light.</p>	<p>(الخامسة) إِنَّ إِشْعِيَا لَمَّا أَبْصَرَ الْإِلَهَ رَمَزِيًّا عَلَى مَنبَرٍ شَاهِقٍ، مُحْتَفَةً بِهِ مَلَائِكَةُ الْمَجْدِ، هَتَفَ صَارِخًا: وَيْحِي أَنَا الشَّقِي، لِأَنِّي سَبَقْتُ فَنظَرْتُ إِلَهًا مُتَجَسِّدًا، وَهُوَ النُّورُ الَّذِي لَا يَغْرُوهُ مَسَاءٌ، وَسَيِّدُ السَّلَامَةِ.</p>
<p>Ode 6. When the Elder had seen with his eyes the salvation that came from God unto the peoples, he cried to Thee: O Christ, Thou art my God.</p>	<p>(السادسة) إِنَّ الشَّيْخَ لَمَّا أَبْصَرَ بَعَيْنَيْهِ الْخَلَّاصَ الَّذِي قَدْ بَدَأَ لِلشُّعُوبِ، هَتَفَ نَحْوَكُ قَائِلًا: أَيُّهَا الْمَسِيحُ أَنْتَ إِلَهِي، الْآتِي مِنْ لَدُنِ اللَّهِ.</p>
<p>Ode 7. Thee, the Word of God, we praise with hymns, Who in the fire didst once bedew the Three Children that confessed and praised Thee as their God, and Who dweltest in a Virgin who was free of defilement; and with all reverence, we sing: Blessed is the God of our Fathers.</p>	<p>(السابعة) إِيَّاكَ نُسَبِّحُ يَا كَلِمَةَ اللَّهِ، يَا مَنْ نَدَى فِي النَّارِ الْفَتِيَّةَ الْلاهِجِينَ بِاللَّهِ، وَحَلَّتْ فِي بَتُولٍ عَادِمَةٍ الْفَسَادِ، مُرْتَلِينَ بِحُسْنِ عِبَادَةٍ: مُبَارِكُ أَنْتَ يَا إِلَهَ آبَائِنَا.</p>
<p><i>We praise, we bless, and we worship the Lord.</i> Ode 8. Standing together in the unbearable fire, yet not harmed by the flame, the Children, the champions of godliness, sang a divine hymn: O all ye works, bless ye the Lord, and supremely exalt Him unto all the ages.</p>	<p>(الثامنة) نُسَبِّحُ وَنُبَارِكُ وَنَسُجُدُ لِلرَّبِّ. إِنَّ الْفَتِيَّةَ الْمُنَاضِلِينَ عَنْ عِبَادَةِ اللَّهِ، لَمَّا انْتَصَبُوا مُتَّحِدِينَ فِي النَّارِ الَّتِي لَا تُطَاقُ، وَلَمْ يَضُرَّهُمُ اللَّهيبُ أَضْلًا، رَتَّلُوا تَسْبِيحًا إِلَهِيًّا قَائِلِينَ: بَارِكُوا الرَّبَّ يَا جَمِيعَ أَعْمَالِهِ، وَزِيدُوهُ رِفْعَةً مَدَى الدُّهُورِ.</p>
<p>Deacon: The Theotokos and Mother of the Light let us honor and magnify in song.</p>	<p>الشماس: لَوْلَادَةِ الْإِلَهِ وَأَمِّ النُّورِ بِالتَّسَابِيحِ نَكْرِمُ مُعْظَمِينَ.</p>
<p>MAGNIFICATIONS IN TONE THREE</p>	<p>تَعْظِيمَاتٌ بِاللَّحْنِ الثَّلَاثِ</p>
<p>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.</p>	<p>تُعْظِمُ نَفْسِي الرَّبَّ، وَتَبْتَهِجُ رُوحِي بِاللَّهِ مُخْلِصِي. اللازمة: يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ مَجْدًا بِغَيْرِ قِيَاسٍ مِنَ السَّرَافِيمِ، الَّتِي مِنْ دُونِ فُسَادٍ وُلِدَتْ كَلِمَةَ اللَّهِ، حَقًّا أَنْكَ وَالِدَةُ الْإِلَهِ إِيَّاكَ نُعْظِمُ.</p>
<p>For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. (Refrain)</p>	<p>لِأَنَّهُ نَظَرَ إِلَى تَوَاضُعِ أُمَّتِهِ، فَهَا مُنْذُ الْآنَ تُطَوِّبُنِي جَمِيعُ الْأَجْيَالِ. (اللازمة)</p>
<p>For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations. (Refrain)</p>	<p>لِأَنَّ الْقَدِيرَ صَنَعَ بِي عَظَائِمَ وَقُدُوسَ اسْمَهُ، وَرَحْمَتَهُ إِلَى جِيلٍ فَجِيلٍ لِلَّذِينَ يَتَّقُونَهُ. (اللازمة)</p>
<p>He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. (Refrain)</p>	<p>صَنَعَ عِزًّا بِسَاعِدِهِ، وَشَنَّتْ الْمُتَكَبِّرِينَ بِذَهْنِ قُلُوبِهِمْ. (اللازمة)</p>
<p>He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the empty with good things, and the rich hath He sent empty away. (Refrain)</p>	<p>حَطَّ الْمُقْتَدِرِينَ عَنِ الْكِرَاسِيِّ وَرَفَعَ الْمُتَوَاضِعِينَ، مَلَأَ الْجِياعَ مِنَ الْخَيْرَاتِ، وَالْأَغْنِيَاءَ أَرْسَلَهُمْ فَارِغِينَ. (اللازمة)</p>

<p>He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. (Refrain)</p>	<p>عَضَدَ إِسْرَائِيلَ فَتَاهُ لِيَذْكُرَ رَحْمَتَهُ، كَمَا قَالَ لِأَبَائِنَا إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الْأَبَدِ. (اللازمة)</p>
<p>Ode 9. <i>O Theotokos, * thou hope of all Christians; * keep and shelter and preserve * them that set their hope in thee.</i> In the shadow and letter of the Law, let us the faithful contemplate a prefiguring: Every male child that openeth the womb is holy unto God. Therefore, do we magnify the first-born Word, the Son of the Father Who is without beginning, the first-born Child of a Mother who hath not known wedlock.</p>	<p>(التاسعة) إِحْفَظِي أُمَّ الْإِلَهِ، يَا رَجَاءَ الْمُؤْمِنِينَ، مِنْ أَنِّي هُنِي الْحَيَاةِ، طَالِبِيكِ الْوَاتِقِينَ. لِنُعْظِمَ أَيُّهَا الْمُؤْمِنُونَ، الْإِبْنَ الْبِكْرَ كَلِمَةَ الْآبِ الْأَزَلِيِّ، الْمَوْلُودَ بِكْرًا لِأُمِّ لَمْ تَعْرِفْ رَجُلًا، إِذْ قَدْ شَاهَدْنَا فِي ظِلِّ التَّامُوسِ وَالكِتَابِ رَسْمًا، وَهُوَ أَنْ كُلَّ ذَكَرٍ يَفْتَحُ مُسْتَوْدَعًا، يُدْعَى قُدُوسًا لِلَّهِ.</p>
<p>THE LITTLE LITANY</p>	<p>الطَّلِبَةُ السَّلَامِيَّةُ الصَّغْرَى</p>
<p>Deacon: Again and again, in peace, let us pray to the Lord. Choir: Lord, have mercy. Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace. Choir: Lord, have mercy. Deacon: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady the Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God. Choir: To Thee, O Lord. Priest: For all the powers of Heaven praise Thee, and unto Thee do they ascribe glory to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages. Choir: Amen.</p>	<p>الشماس: أَيْضًا وَأَيْضًا بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمْنَا. الشماس: أَعْضُدْ، وَخَلِّصْ، وَارْحَمْ، وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمْنَا. الشماس: بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقِدَاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقُدَيْسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ. الجوق: لَكَ يَا رَبُّ. الكاهن: لِأَنَّكَ إِيَّاكَ تَسْبِيحُ كُلُّ قُوَّاتِ السَّمَاوَاتِ، وَلَكَ يُرْسَلُونَ الْمَجْدَ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. الجوق: آمِينَ.</p>
<p>Holy is the Lord our God. (THRICE) Exalt ye the Lord our God; and worship at His footstool, for He is holy.</p>	<p>قُدُوسٌ هُوَ الرَّبُّ إِلَهُنَا. (ثَلَاثًا) إِرْفَعُوا الرَّبَّ إِلَهُنَا، وَاسْجُدُوا لِمَوْطِي قَدَمِيهِ، لِأَنَّ الرَّبَّ إِلَهُنَا قُدُوسٌ هُوَ.</p>
<p>THE FIRST EOTHINON EXAPOSTEILARION IN TONE TWO (**The original melody**)</p>	<p>إِكْسَابُوسْتِيلَارِي الْإِيوثِينَا الْأُولَى بِاللَّحْنِ الثَّانِي</p>
<p>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.</p>	<p>لِنَجْتَمِعَنَّ مَعَ التَّلَامِيذِ فِي جَبَلِ الْجَلِيلِ، فَنُعَايِنَ الْمَسِيحَ بِإِيمَانٍ قَائِلًا: قَدْ أَخَذْتُ سُلْطَانَ الْعُلُوِّيِّينَ وَالسُّفْلِيِّينَ. وَلِنَتَعَلَّمَ كَيْفَ يُعَلِّمُ تَعْمِيدَ كُلِّ الْأُمَّمِ بِاسْمِ الْآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، وَأَنَّهُ يَكُونُ حَاضِرًا مَعَ مُسَارِيهِ إِلَى انْقِضَاءِ الدَّهْرِ كَمَا وَعَدَ.</p>
<p>EXAPOSTEILARION & THEOTOKION FOR ST. EPHRAIM IN TONE THREE (**Thou Who as God adornest**)</p>	<p>إِكْسَابُوسْتِيلَارِي وَوَالِدِيَّةٌ لِلْقُدَيْسِ أَفْرَامِ السَّرْيَانِيِّ بِاللَّحْنِ الثَّالِثِ وَزَن: زَيْنَتْ بِالْكَوَاكِبِ</p>

Thou art to us like a river * flowing with streams made up of gold, * and rousing all Christian peoples * to take the path of repentance. * O Father Ephraim, implore Christ * and pray for the world's salvation.	إنك لا تزال. نهرًا مفيضًا الذهب. موضحًا سبيل التوبة. يا أيها الأب أفرام. فابتهل إلى المسيح. من أجل خلاص العالم.
O refuge shelt'ring Christians, * O hope of those bereft of hope, * with the Apostles and Prophets * and Martyrs' choirs, do thou entreat * thy Son for all those who praise thee * and with sincere faith revere thee.	رجاء اليائسين. وملجأ المسيحيين. وفرح المحزونين. أيا كلية التسبيح. فأنقذينا واحفظينا. كلنا من الشدائد.
AINOI (PRAISES) IN TONE ONE	الإينوس باللحن الأول
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 فَلْتَسَبِّحِ 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 سَائِرِ قُوَاتِهِ، لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللَّهُ.
For the Resurrection in Tone One	للقِيَامَةِ بِاللْحَنِ الْأَوَّلِ
<i>Verse 1. This glory shall be to all His saints.</i> We praise, O Christ, Thy saving Passion and glorify Thy Resurrection.	عَزَّجْكَ 1. هذا المجد يكون لجميع أبراره. أيها المسيح نُسَبِّحُ ألامك الخلاصية، ونُمدِّدُ قيامتك.
<i>Verse 2. Praise God in His sanctuary; praise Him in the firmament of His power.</i> O Thou Who didst endure the Cross and abolish Death and didst rise again from the dead: give peace to our life, O Lord, for Thou only art almighty.	عَزَّجْكَ 2. سَبِّحُوا اللَّهَ فِي قُدَيْسِيهِ، سَبِّحُوهُ فِي فَلَكِ قُوَّتِهِ. يَا مَنْ اخْتَمَلَ الصَّلِيبَ وَأَبْطَلَ الْمَوْتَ، وَقَامَ مِنْ بَيْنِ الْأَمْوَاتِ، سَلِّمْ حَيَاتِنَا يَا رَبِّ، بِمَا أَنْتَ وَحْدَكَ كُلِّي الْأَقْتَدَارِ.
<i>Verse 3. Praise Him for His mighty acts; praise Him according to His excellent greatness.</i> O Thou Who didst despoil Hell and raise man again from the dead by Thy Resurrection, O Christ, make us worthy with pure hearts to praise and glorify Thee.	عَزَّجْكَ 3. سَبِّحُوهُ عَلَى مَقْدَرَتِهِ، سَبِّحُوهُ تَظْيِيرَ كَثْرَةِ عَظَمَتِهِ. أَيُّهَا الْمَسِيحُ، يَا مَنْ سَبَى الْجَحِيمِ مُبِيدًا، وَأَقَامَ الْإِنْسَانَ بِقِيَامَتِهِ، أَهْلُنَا أَنْ نُسَبِّحَكَ بِقُلُوبٍ نَقِيَّةٍ وَنُمدِّدَكَ.
<i>Verse 4. Praise Him with the sound of the trumpet; praise Him with the psaltery and harp.</i> Glorifying Thy divine condescension, we praise Thee, O Christ, for Thou wast born of a Virgin yet wast not separated from the Father. Thou didst suffer as man and of Thine own free will endured the Cross, and Thou didst rise again from the tomb going forth as from a bridal chamber that Thou mightest save the world. O Lord, glory to Thee.	عَزَّجْكَ 4. سَبِّحُوهُ بِالْحَنِ الْبُوقِ، سَبِّحُوهُ بِالْمُزْمَارِ وَالْقِيَارَةِ. أَيُّهَا الْمَسِيحُ إِنَّا نُسَبِّحُكَ مُمدِّدِينَ تَنَازُلَكَ اللَّائِقَ بِاللَّهِ، يَا مَنْ وُلِدَ مِنَ الْعَدْرَاءِ، وَلَمْ يَنْفَصِلْ عَنْ حُضْنِ الْأَبِ، وَتَأَلَّمَ كإِنْسَانٍ، وَاخْتَمَلَ الصَّلْبَ طَوْعًا، وَانْبَعَثَ مِنَ الرَّمْسِ وَارِدًا كَمَا مِنْ خَدْرِ، لِكَيْ يُخَلِّصَ الْعَالَمَ، يَا رَبُّ الْمَجْدُ لَكَ.
For St. Ephraim in Tone One (**Thou art the joy**)	للقُدَيْسِ أفرام السرياني باللحن الأول وزن: جند السماء
<i>Verse 5. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.</i> Clearly reflecting the beauties of holy Paradise, * and taking great delight in those immaculate meadows, * thou didst bloom with knowledge of God for the world; * as we richly partake thereof * now in the spiritual faculty of our souls, * we all flourish in the spirit, O Saint.	عَزَّجْكَ 5. سَبِّحُوهُ بِالطَّبْلِ وَالْمَصَافِ. سَبِّحُوهُ بِالْأُوتَارِ وَآلَةِ الطَّرْبِ. صرْتَ مُشَاهِدًا حُسْنَ الْفَرْدُوسِ أَيُّهَا الْبَارِ. مُنْعَمًا مَسْرُورًا. فِي الرِّيَاضِ الْخَالِدَةِ. فَأَظْهَرْنَا لَنَا نَحْنُ الْعَالَمِيِّينَ. بوضوح معرفة الله. لكي تشارك فيها نفوسنا. ونصير مثمرين بالروح.

<p>Verse 6. Praise Him upon the loud cymbals: praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord. (repeat above)</p>	<p>وعز نجك 6. سَجِّوهُ بِتَعْمَاتِ الصُّنُوجِ، سَجِّوهُ بِصُنُوجِ التَّهْلِيلِ، كُلُّ نَسَمَةٍ فَلْتَسَبِّحِ الرَّبَّ (تعاد)</p>
<p>Verse 7. Blessed is the man who feareth the Lord; in His commandments shall he greatly delight. Thou didst describe in thy writings the coming of the Judge * and taughtest all to kindle the lamps of their soul brightly * with their streams of tears; and to all, thou didst cry * that the Bridegroom is drawing near: * Let us all put on a spotless and shining robe, * wherewith we may meet the Bridegroom Christ.</p>	<p>وعز نجك 7. مغبوط الرجل الذي يخاف الرب ويسعى باجتهد وراء وصاياه. علمتنا بدموعك عن حضور الديان. وأن نضيء دوماً مصابيح النفوس. هانفاً وقائلاً للجميع: هوذا يأتي الختن. فلنتسربل حلة نيرة. ونستقبل المسيح الختن.</p>
<p>Verse 8. Precious in the sight of the Lord is the death of His saint. Fencing thy body about with unsparing abstinence, * thou slewest all the movements of the passions, O Ephraim, * in prayers and vigils. Hence, the Divine Spirit's might * overshadowed thee mystically; * and thus, O Father, it made thee a spiritual * luminary lighting all the world.</p>	<p>وعز نجك 8. كريم لدى الرب موت بآره. حصنت أيها البار جسدك بالإمساك. وبعزم أمتت. حركات الأهواء. مسلحاً بالصلوات والأسهار. فحللت فيك قوة الروح. فأظهرتك في العالم كوكباً. يستضيء منه المؤمنون.</p>
<p>1st EOTHINON DOXASTICON IN TONE 1</p>	<p>ذوكصا الإيوثينا الأولى باللحن الأول</p>
<p>Glory to the Father, and to the Son, and to the Holy Spirit. As the disciples were hastening to the mountain, the Lord came to them that He might raise them from things earthly; and they worshipped Him and learned of the power given to Him in every place. They were sent forth to every land under heaven to preach the Resurrection from the dead and the restoration to the Heavens. He that cannot lie promised also that He would be with them forever, even Christ God, the Savior of our souls.</p>	<p>المجد للأب والابن والروح القدس. إن الرب قد حصر إلى التلاميذ الداهبين إلى الجبل، للارتفاع عن الأرضيات، فسجدوا له، وتلقفوا السلطان المعطى له في كل مكان. وأرسلوا إلى ما تحت السماء، ليكرزوا بالقيامة من بين الأموات، وبالنقلة إلى السماوات، الذين قد وعدهم، وهو غير كاذب، بأن يكون معهم إلى الأبد، المسيح الإله، ومخلص نفوسنا.</p>
<p>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.</p>	<p>الآن وكل أوان وإلى دهر الدهرين. آمين. أنت هي الفائقة على كل البركات، يا والدة الإله العذراء، لأن الجحيم قد سببت بواسطة المتجسد منك، وآدم دعي ثانية، واللعنة بادت، وحواء انعتقت، والموت أميت، ونحن قد حيينا. فلذلك نُسبح هاتين: مبارك أنت أيها المسيح إلهنا، يا من هكذا سر، المجد لك.</p>
<p>THE GREAT DOXOLOGY IN TONE ONE</p>	<p>الذوكصولوجيا الكبرى باللحن الأول</p>
<p>Glory to Thee, who has shown forth the Light. Glory to God in the highest, and on earth peace, good will among men.</p>	<p>المجد لك يا مظهر النور، المجد لله في العلاء، وعلى الأرض السلام، وفي الناس المسرة.</p>
<p>We hymn thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks unto Thee for Thy great glory.</p>	<p>نُسبحك، نباركك، نَسجدُ لك، نُمجِّدك، نشكرك من أجل عظيم جلال مجدك.</p>
<p>O Lord King, heavenly God, Father Almighty; O Lord, the only-begotten Son, Jesus Christ; and the Holy Spirit.</p>	<p>أيها الرب الملك، السماوي، الإله، الأب الضابط الكل؛ أيها الرب الإبن الوحيد، يا يسوع المسيح؛ ويا أيها الروح القدس.</p>

O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy on us, Thou that takest away the sins of the world.	أَيُّهَا الرَّبُّ الْإِلَهَ، يَا حَمَلَ اللَّهِ يَا ابْنَ الْآبِ، يَا رَافِعَ خَطِيئَةِ الْعَالَمِ، ارْحَمْنَا، يَا رَافِعَ خَطَايَا الْعَالَمِ.
Receive our prayer, Thou that sittest at the right hand of the Father, and have mercy on us.	تَقَبَّلْ تَضَرُّعَنَا أَيُّهَا الْجَالِسُ عَنِ يَمِينِ الْآبِ، وَارْحَمْنَا.
For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the glory of God the Father. Amen.	لَأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ، أَنْتَ وَحْدَكَ الرَّبُّ يَسُوعُ الْمَسِيحُ، فِي مَجْدِ اللَّهِ الْآبِ. آمِينَ.
Every day will I bless Thee, and I will praise Thy Name forever; yea forever and ever.	فِي كُلِّ يَوْمٍ أَبَارِكُكَ، وَأَسَبِّحُ اسْمَكَ إِلَى الْأَبَدِ، وَإِلَى أَبَدِ الْأَبَدِ.
Vouchsafe, O Lord, to keep us this day without sin.	أَهْلُنَا، يَا رَبُّ، أَنْ نَحْفَظَ فِي هَذَا الْيَوْمِ بِغَيْرِ خَطِيئَةٍ.
Blessed art Thou, O Lord, the God of our Fathers, and praised and glorified is Thy Name forever. Amen.	مُبَارَكٌ أَنْتَ يَا رَبُّ، إِلَهَ آبَائِنَا، وَمُسَبِّحٌ وَمُمَجَّدٌ اسْمُكَ إِلَى الْأَبَدِ. آمِينَ.
Let Thy mercy be upon us, O Lord, even as we have set our hope on Thee.	لِتَكُنْ، يَا رَبُّ، رَحْمَتُكَ عَلَيْنَا، كَمَا نَحْمِلُ إِتْكَالِنَا عَلَيْكَ.
Blessed art Thou, O Lord: teach me Thy statutes. (thrice)	مُبَارَكٌ أَنْتَ يَا رَبُّ عَلِّمْنِي حُقُوقَكَ. (ثَلَاثًا)
Lord, Thou hast been our refuge from generation to generation. I said: Lord, be merciful unto me; heal my soul, for I have sinned against Thee.	يَا رَبُّ، مَلْجَأُ كُنْتُ لَنَا فِي جِيلٍ وَجِيلٍ، أَنَا قُلْتُ يَا رَبُّ ارْحَمْنِي وَاشْفِ نَفْسِي لِأَنِّي قَدْ خَطَيْتُ إِلَيْكَ.
Lord, I have fled unto Thee; teach me to do Thy will, for Thou art my God.	يَا رَبُّ، إِلَيْكَ لَجَأْتُ فَعَلِّمْنِي أَنْ أَعْمَلَ رِضَاكَ، لِأَنَّكَ أَنْتَ هُوَ إِلَهِي.
For with Thee is the fountain of life; in Thy light shall we see light.	لِأَنَّ مِنْ قِبَلِكَ عَيْنَ الْحَيَاةِ، وَبِنُورِكَ نُبْصِرُ النُّورَ.
O continue Thy mercy unto them that know Thee. Holy God, Holy Mighty, Holy Immortal: have mercy on us. (thrice)	فَأَبْسُطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ. قُدُّوسَ اللَّهِ، قُدُّوسَ الْقَوِيِّ، قُدُّوسَ الَّذِي لَا يَمُوتُ، ارْحَمْنَا. (ثَلَاثًا)
Glory to the Father and to the Son and to the Holy Spirit.	الْمَجْدُ لِلْآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُّوسِ.
Both now and ever, and unto ages of ages. Amen.	الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.
Holy Immortal: have mercy on us.	قُدُّوسَ الَّذِي لَا يَمُوتُ، ارْحَمْنَا.
Holy God, Holy Mighty, Holy Immortal: have mercy on us.	قُدُّوسَ اللَّهِ، قُدُّوسَ الْقَوِيِّ، 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.	الْيَوْمَ صَارَ الْخَلَاصُ لِلْعَالَمِ فَلنُسَبِّحِ الَّذِي قَامَ مِنَ الْقَبْرِ، عُنْصَرَ حَيَاتِنَا، لِأَنَّهُ إِذْ قَدْ حَطَّمَ الْمَوْتَ بِالْمَوْتِ، مَنَحَنَا الظَّفَرَ وَالرَّحْمَةَ الْعَظْمَى.
<i>These texts have been prepared by Department of Liturgics of the Antiochian Archdiocese</i>	
Portions of the Archdiocesan Service Texts include texts from <i>The Menaion</i> , <i>The Great Horologion</i> , <i>The Pentecostarion</i> , <i>The Octoechos</i> , <i>The Triodion-Holy Week</i> , and <i>The Psalter of the Seventy</i> , which are Copyright © Holy Transfiguration Monastery, Brookline, Massachusetts, and are used with permission. All rights reserved. These works may not be further reproduced, beyond printing out a single copy for personal non-commercial use, without the prior written authorization of Holy Transfiguration Monastery.	
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