

ORTHROS ON SUNDAY, MARCH 17, 2024; TONE 8 / EOTHINON 8 SUNDAY OF FORGIVENESS (CHEESE FARE)	
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.
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: الْمَجْدُ لَكَ يَا إِلَهَنَا الْمَجْدُ لَكَ. أَيُّهَا الْمَلِكُ السَّمَاوِيِّ الْمُعَزِّي، رُوحَ الْحَقِّ، الْحَاضِرُ فِي كُلِّ مَكَانٍ وَالْمَالِيُ الْكُلِّ، كَنْزُ الصَّالِحَاتِ وَرَازِقُ الْحَيَاةِ، هَلُمَّ وَاسْكُنْ فِيْنَا، وَطَهِّرْنَا مِنْ كُلِّ دَنَسٍ، وَخَلِّصْ أَيُّهَا الصَّالِحُ نَفُوسَنَا.
Reader: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (<i>thrice</i>)	القارئ: قُدُّوسُ اللهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ، اِرْحَمْنَا. (ثَلَاثًا)
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 One, visit and heal our infirmities for Thy Name's sake.	أَيُّهَا الثَّلَاوِثُ الْقُدُّوسُ اِرْحَمْنَا، يَا رَبُّ اغْفُرْ خَطَايَانَا، يَا سَيِّدُ تَجَاوَزْ عَن سَيِّئَاتِنَا، يَا قُدُّوسُ اطَّلِعْ وَاشْفِ أَمْرَاضَنَا، مِنْ أَجْلِ اسْمِكَ.
Lord, have mercy. (<i>thrice</i>)	يَا رَبُّ اِرْحَمْنَا. (ثَلَاثًا)
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 اعْطِنَا الْيَوْمَ، وَاتْرُكْ لَنَا مَا عَلَيْنَا كَمَا تَتْرُكُ نَحْنُ لِمَنْ نَأْتِي 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 مِيراثَكَ، وَامْنَحْ عِبِيدَكَ الْمُؤْمِنِينَ الْعَلْبَةَ عَلَى الشَّرِّيرِ، وَاحْفَظْ بِقُوَّةِ صَلَيبِكَ جَمِيعَ الْمُخْتَصِمِينَ 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.	الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُّوسِ. يَا مَنْ ارْتَفَعْتَ عَلَى الصَّلِيبِ مُخْتَارًا، أَيُّهَا الْمَسِيحُ إِلَهِي، امْنَحْ رَأْفَتَكَ لِشَعْبِكَ الْجَدِيدِ الْمُسَمَّى بِكَ، وَفَرِّحْ بِقُوَّتِكَ حُكَّامَنَا الْمُؤْمِنِينَ، مَا نَحَا إِيَّاهُمْ الْعَلْبَةَ عَلَى مُحَارِبِهِمْ. لِتَكُنْ لَهُمْ مَعُونَتُكَ سِلَاحًا لِلسَّلَامِ، وَظَفْرًا غَيْرَ مَقْهُورٍ.

<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. أَيْتُهَا الشَّفِيعَةُ الرَّهْبِيَّةُ غَيْرُ المَخْذُولَةِ، يَا وَالِدَةَ الإِلهِ الكَلِيَّةِ التَّسْبِيحِ، لَا تُعْرِضِي يَا صَالِحَةَ عَنْ تَوَسُّلاتِنَا، بَلْ وَطِّدِي سِيْرَةَ المُسْتَقِيمِي الرَّأْيِ، وَخَلِّصِي الَّذِينَ أَمَرْتُ أَنْ يَتَمَلَّكُوا، وَأَمْنِحِيهِم العَلْبَةَ مِنَ السَّمَاءِ، بِمَا أَنْكَ وَوَلَدْتَ الإِلهَ، أَيْتُهَا المُبَارَكَةُ وَخَدِّكَ.</p>	
LITANY		الطلبية السلامية	
<p>Priest: Have mercy on us, O God, according to Thy great mercy, we pray Thee, hear us, and have mercy.</p>		<p>الكاهن: إِزْحَمْنَا يَا اللهُ بِعَظِيمِ رَحْمَتِكَ، نَطْلُبُ إِيَّاكَ فَاسْتَجِبْ وَارْحَم.</p>	
<p>Choir: Lord, have mercy. (<i>thrice</i>) (use this response until noted below)</p>		<p>الجوقة: يَا رَبِّ ارْحَم. (ثلاثاً) (تُعَادُ بَعْدَ كُلِّ طَلْبَةٍ)</p>	
<p>Priest: Again we pray for all pious and Orthodox Christians.</p>		<p>الكاهن: وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ المَسِيحِيِّينَ الحَسَنِي العِبَادَةِ الأَرثوْدُكْسِيِّينَ.</p>	
<p>Priest: Again we pray for our father and metropolitan, N., and all our brotherhood in Christ.</p>		<p>الكاهن: وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ أبِينَا وَمِتْرُوبُولِيْتِنَا (فِلَان)، وَكُلِّ إِخْوَتِنَا فِي المَسِيحِ.</p>	
<p>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.</p>		<p>الكاهن: لِأَنَّكَ إِلهٌ رَحِيمٌ وَمُحِبٌّ لِلبَشَرِ، وَلَكَ نُرْسِلُ المَجْدَ أَيُّهَا الآبُ وَالابْنُ وَالرُّوحُ القُدُّوسُ، الآنَ وَكُلَّ أوانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>	
<p>Choir: Amen. Bless, Father, in the Name of the Lord.</p>		<p>الجوقة: آمين. بِاسْمِ الرَّبِّ بَارِكْ يَا أَب.</p>	
<p>Priest: Glory to the holy, consubstantial, life-giving and undivided Trinity, always, now and ever, and unto ages of ages.</p>		<p>الكاهن: المَجْدُ لِلتَّالُوثِ القُدُّوسِ، المُتَسَاوِي فِي الجَوْهَرِ، المُحْيِي، غَيْرِ المُنْقَسِمِ، كُلَّ حِينٍ، الآنَ وَكُلَّ أوانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>	
<p>Choir: Amen.</p>		<p>الجوقة: آمين.</p>	
<p>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>)</p>		<p>القارئ: المَجْدُ اللهُ فِي العُلَى، وَعَلَى الأَرْضِ السَّلَامُ، وَفِي النَّاسِ المَسْرَّةُ. (ثلاثاً) يَا رَبُّ افْتَحْ شَفَتِي فَيُخْبِرَ فَمِي بِتَسْبِيحِكَ. (مرتين)</p>	
PSALM 3		المزمور 3	
<p>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.</p>		<p>يَا رَبُّ لِمَاذَا كَثُرَ الَّذِينَ يُحْزِنُونَنِي؟ كَثِيرُونَ قَامُوا عَلَيَّ. كَثِيرُونَ يَقُولُونَ لِنَفْسِي لَا خَلَاصَ لَهُ بِإِلهِهِ. وَأَنْتَ يَا رَبُّ، ناصِرِي وَمَجْدِي وَرَافِعُ رَأْسِي. بِصَوْتِي إِلَى الرَّبِّ صَرَخْتُ، فَأَجَابَنِي مِنْ جَبَلِ قُدُّوسِهِ. أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي. فَلَا أَخَافُ مِنْ رِبَوَاتِ الشَّعْبِ المُحِيطِينَ بِي، المُتَوَازِرِينَ عَلَيَّ. قُمْ يَا رَبُّ، خَلِّصْنِي يَا إِلهِي، فَإِنَّكَ صَرَبْتَ كُلَّ مَنْ يُعَادِينِي بِاطِّلا، وَسَخَّفْتَ أَسْنَانَ الخَطَاةِ. لِلرَّبِّ الخَلَاصُ وَعَلَى شَعْبِكَ بَرَكَتُكَ. أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي.</p>	

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 نَشِبَتْ فِيَّ، وَمَكَّنْتَ عَلَيَّ يَدَكَ. لَيْسَ لِجَسَدِي شِفاءً مِنْ وَجْهِ غَضَبِكَ، ولا سَلامَةً في عِظامِي مِنْ وَجْهِ حَطاياي. لِأَنَّ أَثامِي قَدْ تَعَالَتْ فَوْقَ رَأْسِي، كَحِمْزٍ ثَقِيلٍ قَدْ ثَقُلَتْ عَلَيَّ. قَدْ أَثْنَنْتُ وَقاحَتْ جِراحاتِي مِنْ قَبْلِ جِهاَلَتِي. شَقِيئٌ وَأُنْحَنِئْتُ إلى الغايَةِ، والنَّهارَ كُلَّهُ مَشِيئٌ عابِسا. لِأَنَّ مَنَّتِي قَدْ امْتَلَأَ مَهازِيٌّ وَليسَ لِجَسَدِي شِفاءً. شَقِيئٌ وَأَتَّصَعْتُ جَدًّا، وَكُنْتُ أَيْنُ مِنْ تَتَهَدُّ قَلْبِي. يا رَبُّ، إِنَّ بُعْغِي 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 كإنْسانٍ لا يَسْمَعُ ولا في فَمِهِ تَبْكِيَةٌ. لِأَتِي عَلَيْكَ، يا رَبُّ، تَوَكَّلْتُ، أَنْتَ تَسْتَجِيبُ لِي يا رَبِّي وَالهِي. 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 فَأَحْياءُ، وَهَمُّ أَشَدُّ مِنِّي، وَقَدْ كَثُرَ الَّذِينَ يُبْغِضونَنِي ظُلْمًا، الَّذِينَ جازونِي بِدَلِّ الخَيْرِ شَرًّا، مَحَلُّوا بِي لِأَجْلِ ائْتِغائِي الصَّلاحِ. فلا تُهْمِلْنِي يا رَبِّي وَالهِي ولا تَتَّباعِدْ عَنِّي. أَسْرِعْ إلى مَعونَتِي يا رَبَّ خَلاصِي.

فَلا تُهْمِلْنِي يا رَبِّي وَالهِي 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 ، فَتَمْتَلِي 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 فَيَسُرُّ 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 الْقُدُّوسِ ، 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 الْقُدُّوسِ .</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
 الأمواتِ مِثْلَ القَتلى الرّاقِدِينَ في القُبُورِ، الذين لا
 تَدْكُرُهُمْ أَيْضًا، وَهُمْ مِنْ يَدِكَ مُقْصُون. جَعَلُونِي في
 جُبِّ اسْفَلِ السّافِلِينَ، في ظُلُماتِ المَوتِ 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 لِلأمواتِ
 تَصْنَعُ العِجابِ؟ أمِ الأَطِباءُ يُقِيمُونَهُمْ، فَيَعْتَرِفُونَ لَكَ؟
 هَلْ يُحَدِّثُ أَحَدٌ في القَبْرِ بِرِحمَتِكَ، وفي الهلاكِ
 بِحَقِّكَ؟ هل تُعَرِّفُ في الظُّلْمَةِ عِجابِكَ، وَعَدْلَكَ في
 أرضٍ مَنسِيَّةٍ؟ وأنا إِلَيْكَ، يا رَبِّ، صرّختُ فَتَبْلُغْ في
 العِداةِ صَلّاتي. لِمَذا، يا رَبِّ، تُقْصِي نَفْسي وَتَصْرِفُ
 وَجْهَكَ عَنِّي؟ فَتَغيرَ أنا، وفي الشَّقَاءِ مُنْذُ شِبابي، وَحينَ
 ارْتَفَعْتُ انْتَصَعْتُ وَتَحَيَّرْتُ. عَلَيَّ جازَ رِجْزُكَ،
 وَمُفْزَعاتُكَ أزعَجْتَنِي. أَحاطَتْ بي كالماءِ، والنَّهارَ كُلَّهُ
 اكْتَنَفْتَنِي مَعًا. أَبْعَدْتَ عَنِّي الصِّديقَ وَالقَرِيبَ وَمَعارِفي
 مِنَ الشَّقَاءِ.

يا رَبِّ إلهَ خلاصي، 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 يكللك بالرحمة والرأفة، الذي يشبع بالخيرات شهواتك، فيتجدد كالنسر شبابك. الرب صانع الرحمات 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 يترأف الأب بالبنين، يترأف الرب بخائفيه، لأنه عرف جبلتنا وذكر أننا تراب نحن. الإنسان كالعشب أيامه وكزهر الحقل كذلك يزهر، لأنه إذا هبت فيه الريح ليس يثبت ولا يعرف أيضاً 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. اسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعَ عَبْدِكَ، فَإِنَّهُ لَنْ يَتَزَكَّى 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، فَأَشَابَهُ 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. رُوحُكَ الصَّالِحُ 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>اسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعَ عَبْدِكَ. (مَرَّتَيْنِ) رُوحُكَ الصَّالِحُ 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>

Priest: For our father and metropolitan, N., the honorable presbytery, the diaconate in Christ, all the clergy and the people, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ أَبِينَا وَمِتْرُوبُولِيْتِنَا (فِلَانِ)، وَالْكَهَنَةِ الْمُكْرَمِينَ، وَالشَّامَمَسَةَ، خُدَامَ الْمَسِيحِ، وَجَمِيعِ الْإِكْلِيْرُوسِ وَالشَّعْبِ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For our country, its president, civil authorities and armed forces, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ حُكَامِ هَذَا الْبَلَدِ وَمُؤَارَرَتِهِمْ فِي كُلِّ عَمَلٍ صَالِحٍ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For this city and every city and countryside and the faithful who dwell therein, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ هَذِهِ الْمَدِينَةِ، وَجَمِيعِ الْمُدُنِ وَالْقُرَى، وَالْمُؤْمِنِينَ السَّاكِنِينَ فِيهَا، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For healthful seasons, abundance of the fruits of the earth and peaceful times, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ اعْتِدَالِ الْأَهْوِيَةِ، وَخِصْبِ ثِمَارِ الْأَرْضِ وَأَوْقَاتِ سَلَامِيَّةٍ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For travelers by sea, by land and by air, the sick, the suffering, the captive, and for their salvation, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ الْمُسَافِرِينَ فِي الْبَحْرِ وَالْبَرِّ وَالْجَوِّ، وَالْمَرْضَى وَالْمُتَأَلِّمِينَ وَالْأَسْرَى، وَخَلَاصِهِمْ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For our deliverance from all tribulation, wrath, danger and necessity, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ نَجَاتِنَا مِنْ كُلِّ ضَيْقٍ وَغَضَبٍ وَخَطَرٍ وَشِدَّةٍ إِلَى الرَّبِّ نَطْلُبُ.
Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.	الكاهن: أَعُذْ وَخَلِّصْ وَارْحَمْ وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ.
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.	الكاهن: بَعْدَ ذِكْرِنَا الْكُلِّيَّةِ الْقَدَاسَةِ الطَّاهِرَةِ الْفَائِقَةِ الْبَرَكَاتِ الْمَحِيْدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ، مَعَ جَمِيعِ الْقَدِيْسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.
Choir: To Thee, O Lord.	الجوقة: لَكَ يَا رَبِّ.
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 تَمْجِيْدٍ وَإِكْرَامٍ وَسُجُودٍ، أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
Choir: Amen.	الجوقة: آمين.
“GOD IS THE LORD” IN TONE EIGHT	"الله الرَّبُّ" بِاللَّحْنِ الثَّامِنِ
Chanter: God is the Lord and hath appeared unto us. Blessed is He that cometh in the Name of the Lord. (<i>Repeat after verses</i>)	المُرْتِّل: اللهُ الرَّبُّ ظَهَرَ لَنَا، مُبَارَكٌ الْآتِي بِاسْمِ الرَّبِّ. (تَعَادُ بَعْدَ الْإِسْتِيخُونَاتِ)
1. O give thanks unto the Lord, and call upon His holy Name.	1. إِعْتَرِفُوا لِلرَّبِّ وَادْعُوا بِاسْمِهِ الْقُدُّوسِ.
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 عَجِيْبَةٌ فِي أَعْيُنِنَا.
RESURRECTIONAL APOLYTIKION IN TONE EIGHT	أَبُولِيْتِيْكَيونَ الْقِيَامَةِ بِاللَّحْنِ الثَّامِنِ
From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.	انْحَدَرْتَ مِنَ الْعُلُوِّ يَا مُتَحَنِّنٌ، وَقَبِلْتَ الدَّفْنَ ذَا الثَّلَاثَةِ الْأَيَّامِ، لِكَيْ تُعَيِّنَنَا مِنَ الْآلَامِ، فَيَا حَيَاتِنَا وَقِيَامَتَنَا، يَا رَبُّ الْمَجْدُ لَكَ.

<p align="center">RESURRECTIONAL APOLYTIKION IN TONE EIGHT</p>	<p align="center">أبوليتيكيون القيامة باللحن الثامن</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit. From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.</i></p>	<p align="center"><i>المَجْدُ لِلآبِ وَالإِبْنِ وَالرُّوحِ الْقُدُسِ. انْحَدَرْتَ مِنَ الْعُلُوِّ يَا مُتَحَنِّنٌ، وَقَبِلْتَ الدَّفْنَ ذَا الثَّلَاثَةِ الْأَيَّامِ، لِكَيْ تُعْزِمَنَا مِنَ الْآلَامِ، فَيَا حَيَاتِنَا وَقِيَامَتَنَا، يَا رَبَّ الْمَجْدِ لَكَ.</i></p>
<p align="center">RESURRECTIONAL THEOTOKION IN TONE EIGHT</p>	<p align="center">والِدِيَّةُ الْقِيَامَةِ بِاللْحَنِ الثَّامِنِ</p>
<p><i>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.</i></p>	<p align="center"><i>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. آمِينَ. 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 مُخْلِصِنَا شَعْبًا يَائِسًا.</i></p>
<p align="center">THE LITTLE LITANY</p>	<p align="center">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 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.</p>	<p align="center">الكاهن: أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمْنَا. الكاهن: أَعْضُدْ وَخَلِّصْ وَارْحَمْ واحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمْنَا. الكاهن: بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقُدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِيِّ. الجوق: لَكَ يَا رَبُّ. الكاهن: لِأَنَّ لَكَ الْعِزَّةَ وَلَكَ الْمُلْكَ وَالْقُوَّةَ وَالْمَجْدَ أَيُّهَا الْآبُ وَالِإِبْنُ وَالرُّوحُ الْقُدُسُ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. الجوق: آمِينَ.</p>
<p align="center">EIGHTH TONE RESURRECTIONAL KATHISMATA (Plain Reading)</p>	<p align="center">كاثسماطات القيامة للحن السابع (قراءة)</p>
<p align="center">First Kathisma</p>	<p align="center">الكاثيسما الأولى</p>
<p><i>Thou hast risen from the dead, O Life of all. And a resplendent angel shouted to the women: Dry your tears and proclaim to the Apostles, and cry out in praise, that Christ the Lord hath risen, He Who hath been pleased to save mankind, since He is God.</i></p>	<p align="center"><i>إِذْ قُمْتَ مِنَ بَيْنِ الْأَمْوَاتِ يَا حَيَاةَ الْكُلِّ، وَمَلَائِكٌ مُنِيرٌ هَتَفَ نَحْوَ النِّسْوَةِ: أَكْفُسْنَ مِنَ الدُّمُوعِ، وَبَشِّرْنَ الرُّسُلَ، وَاهْتَفْنَ مُسَبِّحَاتٍ بِأَنَّ قَدْ قَامَ الْمَسِيحُ الرَّبُّ الَّذِي سَرَّ، بِمَا أَنَّهُ إِلَهٌ، أَنْ يُخْلِصَ جِنْسَ الْبَشَرِ.</i></p>

<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Thou hast verily risen from the tomb; and Thou didst command the righteous women to preach to the Apostles the Resurrection, as it was written. And as for Peter, he did hasten to the tomb; and when he saw the light in the grave, he was dazzled with surprise. Then he saw the linen clothes lying aside, where it was not possible to see them by night, and he believed, and cried out, Glory to Thee, O Christ God; for Thou hast saved us all, O our Savior, Who still remainest in truth the Radiance of the Father.</p>	<p>المَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدْسِ. حَقًّا قَدْ قُمْتَ مِنَ الْقَبْرِ، وَأَمَرْتَ النِّسْوَةَ الْبَارَاتِ أَنْ يُعَلِّنَ انْبِعَاثَكَ كَمَا كُتِبَ. فَجَاءَ بَطْرُسُ إِلَى الْقَبْرِ رَاكِضًا، وَرَأَى التَّوْرَ فِي الضَّرِيحِ فَذَهَلَ، ثُمَّ عَايَنَ أَيْضًا الْأَكْفَانَ وَحَدَّهَا مَوْضُوعَةً عَلَى حِدَةٍ بِدُونِ الْجَسَدِ الْإِلَهِيِّ، فَأَمَنَ وَهَتَفَ: الْمَجْدُ لَكَ أَيُّهَا الْمَسِيحُ الْإِلَهُ، لِأَنَّكَ تَخَلَّصَ الْجَمِيعَ، يَا مُخَلِّصَنَا، فَإِنَّكَ أَنْتَ شِعَاعُ الْآبِ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> Let us glorify her who is the tabernacle and the heavenly gate, the most holy mountain, the shining cloud, the heavenly ladder, the paradise, endowed with speech, the deliverer of Eve, the precious and great treasure of the universe; for by her did salvation come to the world, and the forgiveness of ancient sins. Wherefore, do we cry to her: Intercede to thy Son and God to grant forgiveness of sins to those who bow in true worship to thy most holy birth-giving.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. لِنُسَبِّحِ الَّتِي هِيَ التَّابُوتُ وَالْبَابُ السَّمَاوِيُّ، الْجَبَلُ الْفَاتِقُ الْقُدْسُ، السَّحَابَةُ الْمُنِيرَةُ، السُّلَّمُ السَّمَاوِيَّةُ، الْفِرْدَوْسُ النَّاطِقُ، مُنْقَذَةُ حَوَاءَ، الْفَرِيدَةُ الْعَظِيمَةُ لِلْمَسْكُونَةِ بِأَسْرِهَا، لِأَنَّ بِهَا صَارَ الْخَلَاصُ لِلْعَالَمِ وَغُفْرَانُ الزَّلَّاتِ الْقَدِيمَةِ، لِذَلِكَ نَهْتَفُ نَحْوَهَا: تَشْفَعِي إِلَى ابْنِكَ وَإِلَهِكَ أَنْ يَهَبَ صَفْحَ الْجَرَائِمِ لِلْسَّاجِدِينَ بِحُسْنِ عِبَادَةِ لِمَوْلِدِكَ الْكَلْبِيِّ الْقُدْسِ.</p>
<p>Second Kathisma</p>	<p>الكاثيسما الثانية</p>
<p>Men did seal Thy tomb, O Savior, and the angels did roll the stone from off Thy grave; and the women witnessed Thy Resurrection from the dead. They proclaimed to Thy Disciples in Zion that Thou didst rise, O Life of all, and didst break asunder the bonds of death, O Lord, glory to Thee.</p>	<p>أَيُّهَا الْمَخَلِّصُ، إِنَّ الْبَشَرَ خَتَمُوا قَبْرَكَ، وَالْمَلَائِكَةُ دَخَرَجَ الْحَجَرَ عَنْ بَابِ اللَّحْدِ، وَالنِّسْوَةَ عَايَنَ قِيَامَتَكَ مِنْ بَيْنِ الْأَمْوَاتِ، وَبَشَّرَنَ تَلَامِيذَكَ فِي صِهْيُونَ بِأَنَّكَ قَدْ قُمْتَ يَا حَيَاةَ الْكُلِّ وَحَلَلْتَ قُبُودَ الْمَوْتِ، يَا رَبُّ الْمَجْدُ لَكَ.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Verily, when the women came with burial ointment, they heard from the grave an angelic voice, saying: Cease your tears and receive joy instead of sorrow; and cry in praise that Christ the Lord is risen, Who being God was pleased to save mankind.</p>	<p>المَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدْسِ. إِنَّ النِّسْوَةَ لَمَّا وَافَيْنَ بِطَيُوبِ الدَّفْنِ، سَمِعْنَ مِنَ الْقَبْرِ صَوْتًا مَلَائِكِيًّا قَائِلًا: اكْفُفْنَ الدَّمُوعَ وَأَقْبِلْنَ الْفَرْحَ عَوْضَ الْحُزْنِ، وَاهْتَفْنَ مُسَبِّحَاتٍ بِأَنَّ قَدْ قَامَ الْمَسِيحُ الرَّبُّ، الَّذِي سُرَّ بِمَا أَنَّهُ إِلَهُ، أَنْ يُخَلِّصَ جِنْسَ الْبَشَرِ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. إِنَّ الْبَرَايَا بِأَسْرِهَا تَفْرَحُ بِكَ يَا مُمْتَلِئَةٌ نِعْمَةً، مَحَافِلُ الْمَلَائِكَةِ وَأَجْنَاسُ الْبَشَرِ. أَيُّهَا الْهَيْكَلُ الْمُتَقَدِّسُ وَالْفِرْدَوْسُ النَّاطِقُ، فَحُرُّ الْبِتُولِيَّةِ مَرِيْمُ الَّتِي مِنْهَا تَجَسَّدَ الْإِلَهُ وَصَارَ طِفْلًا، وَهُوَ إِلَهُنَا قَبْلَ الدُّهُورِ. لِأَنَّهُ صَنَعَ مُسْتَوْدَعَكَ عَرْشًا، وَجَعَلَ بَطْنَكَ أَرْحَبَ مِنَ السَّمَاوَاتِ. لِذَلِكَ يَا مُمْتَلِئَةٌ نِعْمَةً، نَفْرَحُ بِكَ كُلُّ الْبَرَايَا وَتُمَجِّدُكَ.</p>
<p>EVLOGETARIA (BENEDICTIONS) IN TONE FIVE</p>	<p>إفلوجيطاريات باللحن الخامس</p>

<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, destroying 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 أَنْذَهَلْ مُتَحَيِّرًا، عِنْدَ مُشَاهَدَتِهِمْ إِيَّاكَ مَحْسُوبًا بَيْنَ الْأَمْوَاتِ أَيُّهَا الْمُخَلِّصُ، وَدَاحِضًا قُوَّةَ الْمَوْتِ، وَمُنْهَضًا أَدَمَ مَعَكَ، وَمُعْتَقًا إِيَّانَا مِنَ الْجَحِيمِ كَافَّةً.</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 . الْمَلَائِكَةُ اللَّامِعُ عِنْدَ الْقَبْرِ تَقْوَةً نَحْوَ حَامِلَاتِ الطِّيبِ قَائِلًا: لِمَ تَمْرُجْنَ الطُّيُوبَ بِالذَّمُوعِ، بِتَرْتِّبٍ يَا تَلْمِذَاتِ؟ أَنْظُرْنَ اللَّحْدَ وَأَفْرَحْنَ، لِأَنَّ الْمُخَلِّصَ 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 الطِّيبِ سَحَرًا جِدًّا، سَارِعْنَ إِلَى قَبْرِكَ نَائِحَاتٍ. إِلَّا أَنَّ الْمَلَائِكَةَ وَقَفَتْ بِهِنَّ، وَقَالَ لَهُنَّ: زَمَانُ النُّوحِ 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 الطِّيبِ، وَاقِفِينَ بِالْحَنُوطِ إِلَى قَبْرِكَ أَيُّهَا الْمُخَلِّصُ. فَسَمِعْنَ مَلَكَاً 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، وَاللَّابِنِ، وَالرُّوحِ الْقُدُّوسِ . نَسْجُدُ لِلآبِ، وَالابْنِ، وَلِرُوحِ قُدُّوسِهِ، ثَالِوثًا قُدُّوسًا فِي جَوْهَرٍ وَاحِدٍ، هَاتِفِينَ مَعَ السَّرَافِيمِ: قُدُّوسٌ، قُدُّوسٌ، قُدُّوسٌ أَنْتَ يَا رَبُّ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> 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 . أَيُّهَا الْعَذْرَاءُ، لَقَدْ وُلِدْتَ مُعْطِيَةَ الْحَيَاةِ، وَأَنْقَذْتَ أَدَمَ مِنَ الْخَطِيئَةِ، وَمَنْحَتْ حَوَاءَ الْفَرْحَ عَوْضَ الْحُزْنِ، لَكِنَّ الإِلَهَ وَالإِنْسَانَ الْمُتَجَسِّدَ مِنْكَ، أَرَشَدَهُمَا 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 commend ourselves and each other and</p>	<p>الكاهن: أَيْضًا وَأَيْضًا بِسَلَامٍ إِلَى الرَّبِّ تَطَلُّبُ. الجوق: يَا رَبُّ ارْحَمْنَا. الكاهن: أَعْضُدْ وَخَلِّصْ وَارْحَمْنَا يَا اللَّهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمْنَا. الكاهن: بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَإِلَهَةِ الدَّائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِّيسِينَ،</p>

<p>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>لِنُودِغِ أَنْفُسَنَا وَبِعُضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِي. الجوق: لك يا رب. الكاهن: لأن اسمك مبارك ومُلكك مُمجدٌ أيها الأب والإبن والروح القدس، الآن وكلّ أوانٍ وإلى دهرِ الدهرين. الجوق: آمين.</p>
<p>EIGHTH TONE RESURRECTIONAL ANABATHMOI (Plain Reading)</p>	<p>إيباكوي القيامة للحن الثامن (قراءة)</p>
<p>The ointment-bearing women came to the tomb of the Life-giver, seeking among the dead the Lord Who is not dead; and when they received the glad tidings from the angels, they preached to the Apostles that the Lord hath risen, and granted the world the Great Mercy.</p>	<p>إِنَّ حَامِلَاتِ الطَّيِّبِ حَصَرْنَ إِلَى قَبْرِ الْوَاهِبِ الْحَيَاةِ، طَالِبَاتٍ فِي الْأَمْوَاتِ السَّيِّدَ غَيْرِ الْمَائِتِ. وَإِذْ قَبِلْنَ بِشَائِرِ الْفَرَحِ مِنَ الْمَلَائِكَةِ، بَشَّرْنَ الرُّسُلَ بِأَنَّ الرَّبَّ قَدْ قَامَ، مَانِحاً الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.</p>
<p>EIGHTH TONE RESURRECTIONAL ANABATHMOI (Plain Reading)</p>	<p>أناثميات القيامة للحن الثامن (قراءة)</p>
<p>First Antiphony</p>	<p>الأنتيفونا الأولى</p>
<p>+ From my youth the enemy hath tempted me and with temptations hath he beguiled me. But I, O Lord, trusting in Thee, have rejected him in shame. + They who hate Zion shall become like grass before it is pulled up; for Christ shall cut down their necks with the scythe of torment. + <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 in the Holy Spirit all shall live; for He is the Light of Light, a great God. Let us, therefore, praise Him with the Father and the Word.</p>	<p>+ إِنَّ الْعَدُوَّ مِنْذُ شَبَابِي يُجَرِّبُنِي وَبِاللَّذَاتِ يُلْهِنُنِي، وَأَنَا بِاتِّكَالِي عَلَيْكَ يَا رَبُّ أَقْهَرُهُ مُخْزِئاً إِلَيْهِ. + إِنَّ الَّذِينَ يُبَغِضُونَ صِهْيُونَ يَصِيرُونَ نَظِيرَ الْعُشْبِ قَبْلَ أَنْ يُقْلَعُ، لِأَنَّ الْمَسِيحَ سَيَقْطَعُ بِمِغْصَلِ الْعَذَابِ أَعْنَاقَهُمْ. + الْمَجْدُ لِلأَبِ وَالإِبْنِ وَالرُّوحِ الْقُدُسِ. الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ، آمِينَ. + إِنَّهُ بِالرُّوحِ الْقُدُسِ يَحْيَا الْكُلَّ، وَهُوَ نُورٌ مِنْ نُورٍ، إِلَهٌ عَظِيمٌ، فَلْنُسَبِّحْهُ مَعَ الأَبِ وَالْكَلِمَةِ.</p>
<p>Second Antiphony</p>	<p>الأنتيفونا الثانية</p>
<p>+ Yea, let my humble heart be lighted by Thy fear, lest it rise and fall from Thee, O all-compassionate One. + He that trusteth in the Lord shall not fear when God shall judge all with tormenting fire. + <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, by the Holy Spirit every divine one seeth and uttereth things to be, and performeth heavenly wonders; for he singeth to one God in three; for the Godhead, albeit of three Lights, is one in Leadership.</p>	<p>+ لَيْسَتَبْتَزُّ قَلْبِي الْمُنْتَضِعُ بِخَوْفِكَ لِئَلَّا يَرْتَفِعَ فَتُخْفِضَهُ يَا كَلِيَّ الرَّأْفَةِ. + إِنَّ الْوَاضِعَ اتِّكَالَهُ عَلَى الرَّبِّ لَا يَخْشَى عِنْدَمَا يَدِينُ اللَّهُ الْكُلَّ بِالنَّارِ مُعَذِّباً. + الْمَجْدُ لِلأَبِ وَالإِبْنِ وَالرُّوحِ الْقُدُسِ. الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ، آمِينَ. + إِنَّهُ بِالرُّوحِ الْقُدُسِ كُلُّ إِلَهِي يَنْظُرُ وَيَنْطِقُ بِالْمُعْجَلَاتِ، وَيَصْنَعُ آيَاتٍ عُلوِيَّةً، فَإِنَّهُ يُرْتَلُّ لِإِلَهٍ وَاحِدٍ فِي ثَلَاثَةٍ، لِأَنَّ اللَّاهُوتَ وَإِنْ كَانَ ذَا ثَلَاثَةِ أَنْوَارٍ، إِلَّا أَنَّهُ مُوَحَّدُ الرَّئِاسَةِ.</p>
<p>Third Antiphony</p>	<p>الأنتيفونا الثالثة</p>

<p>+ To Thee have I cried, O Lord. Listen and turn Thine ear towards me when I shout. Purify me before Thou raisest me from this place.</p> <p>+ Verily, everyone shall return and disappear in his mother the earth, and shall be dissolved at once, to receive either honors or punishments as reward for what he hath done in his lifetime.</p> <p>+ <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></p> <p>+ Verily, through the Holy Spirit one speaketh of the Godhead, the One, the Thrice-Holy; for from the Father, Who is without beginning, the Son did proceed without time. And the Spirit, Who is Their equal in appearance and on the throne, hath shone forth from the Father likewise.</p>	<p>+ إِلَيْكَ صَرَخْتُ يَا رَبُّ فَأَصْغِ، وَأَمَلْ أذُنَيْكَ نَحْوِي عِنْدَمَا أَهْتَفْتُ إِلَيْكَ. طَهَّرْنِي قَبْلَ أَنْ تَنْقُلَنِي مِنْ هُنَا.</p> <p>+ كُلٌّ وَاحِدٌ يَرْجِعُ مُخْتَفِياً إِلَى أُمِّهِ الَّتِي هِيَ الْأَرْضُ، فَيَنْحَلُّ حَالاً لِيَأْخُذَ إِمَّا كِرَامَاتٍ وَإِمَّا عُقُوبَاتٍ جَزَاءً عَمَّا صَنَعَهُ فِي حَيَاتِهِ.</p> <p>+ الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدْسِ. الْآنَ وَكَلَّ أَوَانٍ وَالِي دَهْرٍ الدَاهِرِينَ، آمِينَ.</p> <p>+ إِنَّهُ بِالرُّوحِ الْقُدْسِ التَّكَلَّمَ فِي اللاهوتِ الْوَاحِدِ الْمُثَلَّثِ الْقُدْسِيِّ، لِأَنَّ الْآبَ، الَّذِي هُوَ غَيْرُ مُبْتَدِيٍّ، صَدَرَ مِنْهُ الْإِبْنُ مُنْذُ الْأَزَلِ، وَكَذَلِكَ الرُّوحُ الْمُعَادِلُ لَهُمَا فِي الصُّورَةِ وَالْجُلْسَةِ قَدْ أَشْرَقَ مِنَ الْآبِ.</p>
Fourth Antiphony	الأنتيفونا الرابعة
<p>+ Behold, how good and how beautiful for the brethren to live together; for of this did the Lord promise eternal life.</p> <p>+ Verily, He Who beautifieth the flowers of the field commandeth that no one take heed for his dress.</p> <p>+ <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></p> <p>+ Verily, the Holy Spirit is the cause of all, and containeth in Himself the harmony of safety; for He is truly equal to the Father and the Son in substance.</p>	<p>+ هُوَذَا مَا أَحْسَنَ وَمَا أَجْمَلَ أَنْ تَسْكُنَ الْإِخْوَةُ جَمِيعاً، لِأَنَّ بِهَذَا وَعَدَّ الرَّبُّ بِحَيَاةٍ أَبَدِيَّةٍ.</p> <p>+ إِنَّ الْمُجْمَلَ أَزْهَرَ الْحَقْلِ يَأْمُرُ بِأَنَّهُ يَجِبُ أَلَّا يَهْتَمَّ أَحَدٌ بِلِبَاسِهِ.</p> <p>+ الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدْسِ. الْآنَ وَكَلَّ أَوَانٍ وَالِي دَهْرٍ الدَاهِرِينَ، آمِينَ.</p> <p>+ إِنَّ الرُّوحَ الْقُدْسَ هُوَ الْعِلَّةُ الْوَحِيدَةُ لِانْتِظَامِ الْخَلِيقَةِ كُلِّهَا وَفَوْزِهَا بِالسَّلَامِ، فَإِنَّهُ إِلَهٌ مُسَاوٍ لِلآبِ، وَحَاوٍ بِذَاتِهِ انْتِلَافَ السَّلَامَةِ، بِمَا أَنَّهُ مُسَاوٍ لِلآبِ وَالْإِبْنِ فِي الْجَوْهَرِ حَقّاً.</p>
PROKEIMENON FOR THE RESURRECTION IN TONE EIGHT	بروكيمنون للقيامة باللحن الثامن
<p>The Lord shall reign forever, thy God, O Zion, from generation to generation. (twice)</p> <p>Stichos: Praise the Lord, O my soul.</p> <p>The Lord shall reign forever, thy God, O Zion, from generation to generation.</p>	<p>يَمْلِكُ الرَّبُّ إِلَى الْأَبَدِ، إِلَهُكَ يَا صِهْيُونُ إِلَى جِيلٍ بَعْدَ جِيلٍ. (مرتين)</p> <p>زكجك: سَبِّحِي يَا نَفْسِي الرَّبَّ.</p> <p>يَمْلِكُ الرَّبُّ إِلَى الْأَبَدِ، إِلَهُكَ يَا صِهْيُونُ إِلَى جِيلٍ بَعْدَ جِيلٍ.</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 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.</p>	<p>الشماس: إِلَى الرَّبِّ نَطْلُبُ.</p> <p>المرتل: يَا رَبُّ ارْحَمِ.</p> <p>الكاهن: لِأَنَّكَ قُدُّوسٌ أَنْتَ يَا إِلَهَنَا، وَفِي الْقِدِّيسِينَ تَسْتَقَرُّ وَتَسْتَرِيحُ، وَلَكَ تُرْسِلُ الْمَجْدَ أَيُّهَا الْآبُ، وَالْإِبْنُ، وَالرُّوحُ الْقُدْسُ، الْآنَ وَكَلَّ أَوَانٍ وَالِي دَهْرٍ الدَاهِرِينَ.</p>
<p>Chanter: Amen. Let everything that hath breath praise the Lord.</p>	<p>المرتل: آمِينَ.</p>

<p>(twice) Praise ye God in His saints; praise Him in the firm foundation of His power. Let everything that hath breath praise the Lord.</p>	<p>كُلُّ نَسَمَةٍ، فَلْتَسَبِّحِ الرَّبَّ. (مرتين) زُكُّنْهُمُ فِي عَمَلِهِمْ بِحَبْنِ زُكُّنِهِمْ فِي عَمَلِهِمْ. فَلْتَسَبِّحِ الرَّبَّ، كُلُّ نَسَمَةٍ.</p>
<p>THE EIGHTH EOTHINON GOSPEL</p>	<p>إنجيل الإيوثينا الثامنة</p>
<p>Deacon: And that we may be accounted worthy to hear the Holy Gospel, let us beseech the Lord our God. Choir: Lord, have mercy. (thrice) Deacon: Wisdom! Stand upright! Let us hear the Holy Gospel. Priest: Peace be to all. Choir: And to thy spirit. Priest: The Reading from the Holy Gospel according to Saint John. (20:11-18) Choir: Glory to Thee, O Lord, glory to Thee. Deacon: Let us attend!</p>	<p>الشماس: مِنْ أَجْلِ أَنْ نَكُونَ مُسْتَحِقِّينَ لِسَمَاعِ الْإِنْجِيلِ الْمُقَدَّسِ، إِلَى الرَّبِّ إِلَهِنَا نَطْلُبُ. المرتل: يَا رَبُّ ارْحَمْنَا. (ثلاثاً) الشماس: الْحِكْمَةُ، فَلْنَسْتَقِمْ وَلْنَسْمَعَ الْإِنْجِيلَ الْمُقَدَّسِ. الكاهن: السَّلَامُ لِجَمِيعِكُمْ. المرتل: وَلِرُوحِكَ. الكاهن: فَضْلٌ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ يُوْحَنَّا الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّيْمِيذِ الطَّاهِرِ. المرتل: الْمَجْدُ لَكَ يَا رَبُّ، الْمَجْدُ لَكَ. الشماس: لِنُصْغِ!</p>
<p>Priest: At that time, Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had lain, one at the head and one at the feet. They said to her, "Woman, why are you weeping?" She said to them, "Because they have taken away my Lord, and I do not know where they have laid Him." Saying this, she turned round and saw Jesus standing, but she did not know that it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom do you seek?" Supposing Him to be the gardener, she said to Him, "Sir, if you have carried Him away, tell me where you have laid Him, and I will take Him away." Jesus said to her, "Mary." She turned and said to Him, "Rabboni!" (which means Teacher). Jesus said to her, "Do not hold Me, for I have not yet ascended to My Father; but go to My brethren and say to them, I am ascending to My Father and your Father, to My God, and your God." Mary Magdalene went and said to the disciples, "I have seen the Lord." And she told them that He had said these things to her.</p>	<p>الكاهن: فِي ذَلِكَ الزَّمَانِ، كَانَتْ مَرْيَمُ وَاقِفَةً عِنْدَ الْقَبْرِ خَارِجاً تَبْكِي. وَفِيمَا هِيَ تَبْكِي انْحَنَّتْ إِلَى الْقَبْرِ فَرَأَتْ مَلَائِكَيْنِ بِنِيَابٍ بَيْضٍ جَالِسَيْنِ حَيْثُ وُضِعَ جَسَدُ يَسُوعَ، أَحَدُهُمَا عِنْدَ الرَّأْسِ وَالْآخَرُ عِنْدَ الرَّجْلَيْنِ فَقَالَا لَهَا: "يَا امْرَأَةُ لِمَ تَبْكِينَ؟" فَقَالَتْ لَهُمَا: "إِنَّهُمْ أَخَذُوا سَيِّدِي وَلَا أَعْلَمُ أَيْنَ وَضَعُوهُ" فَلَمَّا قَالَتْ هَذَا التَّقَنَّتْ إِلَى خَلْفِهَا فَرَأَتْ يَسُوعَ وَاقِفاً وَلَمْ تَعْلَمْ أَنَّهُ يَسُوعُ فَقَالَ لَهَا يَسُوعُ: "يَا امْرَأَةُ لِمَ تَبْكِينَ؟ مَنْ تَطْلُبِينَ؟" فَظَنَّتْ أَنَّهُ الْبِسْتَانِيُّ فَقَالَتْ لَهُ: "يَا سَيِّدِي إِنْ كُنْتُ أَنْتَ حَمَلْتَهُ، فَقُلْ لِي أَيْنَ وَضَعْتَهُ وَأَنَا أَخُذُهُ" فَقَالَ لَهَا يَسُوعُ: "مَرْيَمُ." فَالْتَقَنَتْ هِيَ وَقَالَتْ: "رَابُونِي"، الَّذِي تَفْسِيرُهُ يَا مُعَلِّمِ قَالَ لَهَا يَسُوعُ: "لَا تَلْمُسِينِي لِأَنِّي لَمْ أَصْعَدْ بَعْدُ إِلَى أَبِي. بَلْ امْضِي إِلَى إِخْوَتِي وَقُولِي لَهُمْ إِنِّي صَاعِدٌ إِلَى أَبِي وَأَبِيكُمْ وَاللَّهِ وَالْهَيْكَلِ." فَجَاءَتْ مَرْيَمُ الْمَجْدَلِيَّةُ وَأَخْبَرَتْ التَّلَامِيذَ أَنَّهَا رَأَتْ الرَّبَّ، وَأَنَّهَا قَالَتْ لَهَا هَذَا.</p>
<p>Choir: Glory to Thee, O Lord, glory to Thee.</p>	<p>المرتل: الْمَجْدُ لَكَ يَا رَبُّ الْمَجْدُ لَكَ.</p>

<p>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.</p>	<p>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 وَأَحْرَ سِوَاكَ لَا نَعْرِفُ وَبِاسْمِكَ نُسَمِّي. هَلُمَّ يَا مَعَشَرَ الْمُؤْمِنِينَ نَسْجُدْ لِقِيَامَةِ الْمَسِيحِ الْمُقَدَّسَةِ، لِأَنَّ هُوَذَا بِالصَّلِيبِ قَدْ آتَى الْفَرْحَ لِكُلِّ الْعَالَمِ. لِنُبَارِكَ الرَّبَّ فِي كُلِّ حِينٍ وَنُسَبِّحُ قِيَامَتَهُ، لِأَنَّهُ إِذْ احْتَمَلَ الصَّلْبَ مِنْ أَجْلِنَا، الْمَوْتَ بِالْمَوْتِ حَطَّمَ.</p>
<p>PSALM 50</p>	<p>المزمور 50</p>
<p>Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression.</p>	<p>ارْحَمْنِي يَا اللَّهُ بِعَظِيمِ رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَتِكَ اْمْحُ مَاثِمِي.</p>
<p>Wash me thoroughly from mine iniquity, and cleanse me from my sin.</p>	<p>اغْسِلْنِي كَثِيراً مِنْ إِثْمِي، وَمِنْ خَطِيئَتِي طَهِّرْنِي.</p>
<p>For I know mine iniquity, and my sin is ever before me.</p>	<p>لَأَنِّي أَنَا عَارِفٌ بِإِثْمِي، وَخَطِيئَتِي أَمَامِي فِي كُلِّ حِينٍ.</p>
<p>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.</p>	<p>إِلَيْكَ وَحْدَكَ أَخْطَأْتُ، وَالشَّرُّ قُدَّامَكَ صَنَعْتُ، لَكِي تَصُدَّقَ فِي أَقْوَالِكَ وَتَغْلِبَ فِي مُحَاكَمَتِكَ.</p>
<p>For behold, I was conceived in iniquities, and in sins did my mother bear me.</p>	<p>هَاءَ نَذَا بِالْآثَامِ حُبِلَ بِي، وَبِالْخَطَايَا وَلَدْتَنِي أُمِّي.</p>
<p>For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me.</p>	<p>لَأَنَّكَ قَدْ أَحْبَبْتَ الْحَقَّ، وَأَوْضَحْتَ لِي غَوَامِضَ حِكْمَتِكَ وَمَسْتَوْرَاتِهَا.</p>
<p>Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow.</p>	<p>تَنْضَحْنِي بِالزُّوْفَى فَأَطْهُرُ، تَغْسِلْنِي فَأَبْيَضُ أَكْثَرَ مِنَ الثَّلْجِ.</p>
<p>Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice.</p>	<p>تُسَمِعُنِي بِهَجَّةٍ وَسُرُوراً، فَتَبْتَهِجُ عِظَامِي الدَّلِيلَةَ.</p>
<p>Turn Thy face away from my sins, and blot out all mine iniquities.</p>	<p>اصْرِفْ وَجْهَكَ عَنِ خَطَايَايَ، وَاْمْحُ كُلَّ مَاثِمِي.</p>
<p>Create in me a clean heart, O God, and renew a right spirit within me.</p>	<p>قَلْباً نَقِيّاً اَخْلُقْ فِيَّ يَا اللَّهُ، وَرُوحاً مُسْتَقِيماً جَدِّدْ فِي أَحْشَائِي.</p>
<p>Cast me not away from Thy presence, and take not Thy Holy Spirit from me.</p>	<p>لَا تَطْرَحْنِي مِنْ أَمَامِ وَجْهِكَ، وَرُوحَكَ الْقُدُّوسَ لَا تَنْزِعْهُ مِنِّي.</p>
<p>Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me.</p>	<p>اْمُنِّحْنِي بِهَجَّةٍ خَلَاصِكَ، وَبِرُوحِ رِئَاسِي اِعْضُدْنِي.</p>
<p>I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee.</p>	<p>فَأَعْلِمُ الْأَثَمَةَ طُرُقَكَ، وَالْكَافِرَةَ إِلَيْكَ يَرْجِعُونَ.</p>
<p>Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness.</p>	<p>أَنْقِذْنِي مِنَ الدِّمَاءِ يَا اللَّهُ إِلَهَ خَلَاصِي، فَيَبْتَهِجُ لِسَانِي بِعَدْلِكَ.</p>
<p>O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.</p>	<p>يَا رَبُّ افْتَحْ شَفْتَيَّ، فَيُخَبِّرَ فَمِي بِتَسْبِيحَتِكَ.</p>
<p>For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased.</p>	<p>لِأَنَّكَ لَوْ آتَرْتَ الدَّبِيحَةَ، لَكُنْتُ الْآنَ أُعْطِي، لَكِنَّكَ لَا تَسُرُّ بِالْمَحْرَقَاتِ.</p>

A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise.	الذبيحة لله روحٌ مُنْسَجِقٌ، القَلْبُ المُتَخَشِّعُ والمُتَوَاضِعُ لا يَزِدُّهُ اللهُ.
Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up.	أصْلِحْ يَا رَبُّ بِمَسْرَتِكَ صِهْيُونَ وَلِنُتْبِنَ أُسْوَارَ أورشليم.
Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings.	حينئذٍ تُسَرُّ بِذبيحةِ العَدْلِ قُرْبَانًا وَمُحْرَقَاتٍ.
Then shall they offer bullocks upon Thine altar.	حينئذٍ يُقَرِّبُونَ عَلَيَّ مَذْبِحَكَ العُجُولَ.
LENTEN TROPARIA AFTER PSALM 50 IN TONE EIGHT	طُروباريات الصوم، باللحن الثامن
<i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> 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.	المُجْدُ لِلآبِ وَالإِبْنِ وَالرُّوحِ القُدْسِ. اِفْتَحْ لِي أَبْوَابَ النُّوْبَةِ يَا واهِبَ الحَيَاةِ، لِأَنَّ رُوحِي تَبْتَكِرُ إِلَى هَيْكَلِ قُدْسِكَ، آتِيًّا بِهَيْكَلِ جَسَدِي مُدْنَسًا بِجُمْلَتِهِ. لَكِنْ، بِمَا أَلْتَكُ مُتَعَطِّفٌ، نَقِّنِي بِتَحَنُّنِ مَرَاحِمِكَ.
<i>Both now and ever, and unto ages of ages. Amen.</i> 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.	الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. سَهِّلِي لِي مَنَاهِجَ الخَلَاصِ يَا وَالِدَةَ الإِلهِ، فَإِنِّي قَدْ دَنَسْتُ نَفْسِي بِخَطَايَا سَمِجَةٍ، وَأَفْنَيْتُ عُمْرِي كُلَّهُ بِالتَّوَانِي. لَكِنْ بِشَفَاعَاتِكَ، نَقِّنِي مِنْ كُلِّ رِجَاسَةٍ.
(TONE SIX) <i>Have mercy upon me, O God, according to Thy loving-kindness: according unto the multitude of Thy tender mercies blot out my transgressions.</i> 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.	(باللحن السادس) يَا رَحِيمَ، ارْحَمْنِي يَا اللهُ كَعَظِيمِ رَحْمَتِكَ، وَكَمَثَلِ كَثْرَةِ رَأْفَاتِكَ اِمْحُ مَاثِمِي. إِذَا تَصَوَّرْتُ كَثْرَةَ أَعْمَالِي الرَّذِيئَةِ أَنَا الشَّقِي، فَإِنِّي أَرْتَعِدُ مِنْ يَوْمِ الدَّيْنُونَةِ الرَّهيبِ. لَكِنِّي إِذْ أَنَا وَاثِقٌ بِتَحَنُّنِكَ، أَهْتَفُ إِلَيْكَ مِثْلَ دَاوُدَ: ارْحَمْنِي يَا اللهُ، بِحَسَبِ عَظِيمِ رَحْمَتِكَ.
THE INTERCESSION	طَلِبَةُ 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 hierarchs and ecumenical teachers Basil the Great, Gregory the Theologian and John Chrysostom; Athanasios, Cyril and John the Merciful, patriarchs of Alexandria; Nicholas of	الشماس: خَلِّصْ يَا اللهُ شَعْبَكَ، وَبَارِكْ مِيراثَكَ، وَانْقِدْ عَالَمَكَ بِالرَّحْمَةِ وَالرَأْفَاتِ، وَارْفَعْ شَأْنَ المَسِيحِيِّينَ الأرثوذكسيين، وَأَسْبِغْ عَلَيْنَا مَرَاحِمَكَ العَنِيَّةَ، بِشَفَاعَاتِ سَيِّدَتِنَا وَالِدَةِ الإِلهِ الكَلِيَّةِ الطَّهَارَةِ والدَائِمَةِ البَتُولِيَّةِ مَرْيَمَ؛ وَبِقُوَّةِ الصَّلِيبِ الكَرِيمِ المُحْيِي؛ وَبِطَلْبَاتِ القُوَّاتِ السَّمَاوِيَّةِ المُكْرَمَةِ العَادِمَةِ الأَجْسَادِ؛ وَالنَّبِيِّ الكَرِيمِ السَّابِقِ المَجِيدِ يُوحَنَّا المَعْمَدَانِ؛ وَالقَدِيسِينَ المُشْرِفِينَ الرُّسُولَيْنِ بَطْرُسَ وَيُوحَنَّا، وَسَائِرِ الرُّسُلِ المُشْرِفِينَ الجَدِيرِينَ بِكُلِّ مَدِيحٍ؛ وَأَبَائِنَا القَدِيسِينَ مُعَلِّمِي المَسْكُونَةِ، رُؤَسَاءِ الكَهَنَةِ المُعْظَمِينَ بِاسِيلْيُوسَ الكَبِيرِ، وَغريغوريوس اللاهوتي، وَيُوحَنَّا الذَّهَبِيِّ القَمِّ؛ وَأَبَائِنَا القَدِيسِينَ أَنْتَاَسْيُوسَ وَكَبْرِيْلَسَ وَيُوحَنَّا الرَّحِيمِ بَطْرِيْكَةَ الإسْكَنْدَرِيَّةِ؛ وَأَبِينَا القَدِيسِ نيقولاوسَ رَئِيسِ أساقِفَةِ

<p>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 <i>Saint N., the patron and protector of this holy community</i>; of the holy and righteous ancestors of God, Joachim and Anna, and of all Thy saints, we beseech Thee, O most merciful Lord, hearken unto the petitions of us sinners who make our supplications unto Thee, and have mercy upon us.</p>	<p>ميرا الليكِيَّة، واسبيريديون أسقف تريميثوس، ونكتاريوس أسقف المُدن الحَمَسِ العجائبيين، وأبينا القديس تيوخون بطريرك موسكو، والقديس رافائيل أسقف بروكلين؛ والقديسين المجيدين الشُّهداء العُظماء جاورجيوس اللايس الظفر، وديميتريوس المُفيض الطيب، وثيودورس التيروني، وثيودورس قائد الجيش، وميناس الصانع العجائب؛ والقديسين الشُّهداء إغناطيوس المتوسِّح بالله، خرامبوس وإغثيريوس؛ والشَّهيدات العظيمات ثُقلا، بزبارة، أنسطاسيا، كاترينا، كيرياكي، فوتيني، مارينا، باراسكيفا، وأيرين؛ والقديسين المجيدين الشُّهداء المتألِّقين بالظفر؛ وأبائنا الأبرار المتوسِّحين بالله؛ وخاصَّة القديس بايبيسيوس الأثوسِي، والقديس (فلان) شفيع هذه الكنيسة المقدَّسة؛ والقديسين الصديقين جدِّي المسيح الإله يواكيم وحنَّة؛ وجميع قديسيك، ننصِّرُ إليك أيُّها الرُّبُّ الجزيل الرَّحمة، فاستجب لنا نحنُ الخطاة الطالِبين إليك وارحمننا.</p>
<p>Choir: Lord, have mercy. (<i>twelve times</i>)</p>	<p>المرتل: يا ربُّ ارحم. (12 مرات)</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 ورَأْفَاتِ ابْنِكَ الوحيد ومَحَبَّتِهِ لِلْبَشَرِ، الذي أنتُ مُباركٌ مَعَهُ ومَعَ رُوحِكَ الكَلْبِيِّ قُدْسُهُ الصالح والمُحْيِي، الآنَ وكُلَّ أوانٍ وإلى دَهْرِ الداهرين.</p>
<p>Choir: Amen.</p>	<p>المرتل: آمين.</p>
<p>KONTAKION AND OIKOS FOR SUNDAY OF FORGIVENESS (Plain Reading)</p>	<p>القنداق والبيت لأحد الغفران (قراءة)</p>
<p>O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.</p>	<p>أيُّها الهادي إلى الحِكمة، ورازق الفهم والفطنة، ومؤدب الجهال، وعاضد المساكين، شدِّدْ وفهم قلبي أيُّها السيِّد، وأعطني كلمةً يا كلمة الأب، لأنني هاأنذا لا أمتنع شفتي من الصراخ إليك: يا رحوم، ارحمني أنا الواقع.</p>
<p>Banished from the joys of Paradise, Adam sat outside and wept, and beating his hands upon his face he said, "I am fallen, in Thy compassion have mercy upon me." When Adam saw the angel drive him out and shut the door of the divine garden, he groaned aloud and said, "I am fallen, in Thy compassion have mercy upon me." O Paradise, share in the sorrow of thy Master Who is brought to poverty, and with the sound of thy leaves pray to the Creator that He may not keep thy gate closed forever. I am fallen, in Thy compassion have mercy upon me. O Paradise, perfect, all-holy and blessed, planted for Adam's sake and shut because of Eve, pray to God for the fallen. In Thy compassion, have mercy upon me who am fallen.</p>	<p>إنَّ آدمَ جَلَسَ إذْ ذاكَ إزاءَ نعيمِ الفردوسِ، وانْتَحَبَ ضارباً وجْهَهُ بيديه قائلاً: يا رحوم، ارحمني أنا الواقع. إنَّ آدمَ لما أبصرَ الملاك دافعاً إيَّاه، ومُوصداً بابَ البستانِ الإلهيِّ، تنفَّسَ الصُّعداءَ مُنتهداً وهاتفاً: يا رحوم، ارحمني أنا الواقع. أيُّها الفردوسُ الكليُّ الفضلِ، الكليُّ القدسِ، الكليُّ الإكرامِ، يا مَنْ لأجلِ آدمَ نُصِبْتَ، ومنْ جرى حواءَ أغلقتَ، ابتَهَلْ إلى الله منْ أجلي، أنا الساقطُ، هاتفاً: يا رحوم، ارحمني أنا الواقع.</p>

THE SYNAXARION (Plain Reading)	السِّنْكَسَار (قراءة)
<p>On March 17 in the Holy Orthodox Church, we commemorate Venerable Alexios the 'Man of God,' and Patrick, bishop of Armagh and enlightener of Ireland.</p>	
<p>On this day, we make remembrance of the exile of the first-fashioned, Adam, from the Paradise of delight.</p>	
<p><i>Verses</i></p>	
<p>Let the world mourn bitterly along with ages past; As, by sweet eating, it hath fallen along with those who had fallen.</p>	
<p>It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today's lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve's banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments.</p>	
<p>By Thine ineffable compassion, O Christ our God, make us worthy of the delight of Paradise and have mercy on us, as Thou art alone the Lover of mankind. Amen.</p>	
<p>KATAVASIAE OF THE PHARISEE AND PUBLICAN CANON IN TONE SIX</p>	<p>كُتَافَاسِيَاةِ قَانُونِ الْفَرِيْسِيِّ وَالْعَشَارِ بِالْحَنِ السَّادِسِ</p>
<p>Ode 1. When Israel walked on foot at the bottom of the sea as on dry land, and beheld Pharaoh, the persecutor, drowned, they shouted: Let us praise our God; for He hath triumphed.</p>	<p>(الأولى) إِنَّ إِسْرَائِيلَ لَمَّا سَلَكَ بِالْأَقْدَامِ فِي قَعْرِ الْحَجَّةِ كَانَتْهُ عَلَى الْيَابِسَةِ، وَعَايَنَ فِرْعَوْنَ الْمُضْطَهَدَ غَارِقًا، صَرَخَ هَاتِفًا: لِنُسَبِّحْ إِلَهَنَا تَسْبِيحًا عَلَى الظَّفَرِ.</p>
<p>Ode 3. There is none holy like Thee, O Lord my God, Who didst exalt the horn of those who believe in Thee, O good One, and established them on the rock of Thy confession.</p>	<p>(الثالثة) لَيْسَ قُدُوسٌ مِثْلَكَ أَيُّهَا الرَّبُّ إِلَهِي، يَا مَنْ رَفَعْتَ قَرْنَ الْمُؤْمِنِينَ بِكَ أَيُّهَا الصَّالِحُ، وَتَبَتَّهُمْ عَلَى صَخْرَةِ الْإِعْتِرَافِ بِكَ.</p>
<p>Ode 4. The venerable Church raiseth her voice in song, as is meet to God, celebrating to the Lord with a pure conscience. Christ is my might, my Lord, and my God.</p>	<p>(الرابعة) إِنَّ الْكَنِيسَةَ الْمُوقِّرَةَ، تَهْتِفُ مَرْتَلَةً كَمَا يَلِيقُ بِاللَّهِ، مُعَيِّدَةً لِلرَّبِّ بِضَمِيرٍ نَقِيٍّ: الْمَسِيحُ قُوَّتِي، رَبِّي، وَإِلَهِي.</p>
<p>Ode 5. O Good One, lighten with Thy divine light the souls of those who come to Thee early and eagerly that they may know Thee, O Word of God, the true God, Who callest us from the darkness of iniquities.</p>	<p>(الخامسة) أَيُّهَا الصَّالِحُ، أَضِيءْ بِنُورِكَ الْإِلَهِيِّ نَفُوسَ الْمُتَلَجِّينَ إِلَيْكَ بِشَوْقٍ، لِيَعْرِفُوكَ يَا كَلِمَةَ اللَّهِ بِالْحَقِيقَةِ، الدَّاعِيَ إِلَيْنَا مِنْ قَتَامِ الزَّلَّاتِ.</p>
<p>Ode 6. O most merciful One, when I saw the sea of this life agitated with the tumult of temptations, I hastened to Thy quiet haven, crying: Raise my life from corruption.</p>	<p>(السادسة) أَيُّهَا الْجَزِيلُ الرَّحْمَةِ، مَذُّ رَأَيْتُ بَحْرَ الْعُمْرِ جَائِشًا بِعَاصِفَةِ التَّجَارِبِ، بَادَرْتُ إِلَى مِينَاكَ الْهَادِي هَاتِفًا: أَصْعِدْ مِنْ الْفَسَادِ حَيَاتِي.</p>
<p>Ode 7. Verily, the angel made the furnace overflow with dew for the righteous youths, burning the Chaldeans by the command of God, and constraining the usurper to shout, crying: Blessed art Thou, O God of our Fathers.</p>	<p>(السابعة) إِنَّ الْمَلَكَ قَدْ صَيَّرَ الْأَتُونَ يَفِيضُ نَدَى لِفَتْيَةِ الْأَبْرَارِ، مُحْرِقًا، بِأَمْرِ اللَّهِ، الْكَلْدَانِيِّينَ، وَأَقْنَعَ الْمُغْتَصِبَ أَنْ يَهْتِفَ قَائِلًا: مُبَارَكٌ أَنْتَ يَا إِلَهَ آبَائِنَا.</p>

<p><i>We praise, we bless, and we worship the Lord. Ode 8.</i> Thou didst spring forth from the flames as dew for those righteous ones, and with water Thou didst consume the sacrifice of the righteous one; for Thou doest all things by Thy mere will. Wherefore, we exalt Thee still more to the end of ages.</p>	<p>نَسَبِحُ وَنُبَارِكُ وَنُسَجُدُ لِلرَّبِّ . (الثامنة) لَقَدْ أَنْبَعَتْ مِنَ اللّهِيبِ نَدَى لِّلأَبْرَارِ، وَبِالماءِ أَلْهَبْتَ ذَبِيحَةَ الصِّدِّيقِ . لِأَنَّكَ تَصْنَعُ كُلَّ شَيْءٍ بِمُجَرَّدِ مَشِيئَتِكَ، فَتَزِيدُكَ رِفْعَةً مَدَى الدَّهْرِ .</p>
<p>Deacon: The Theotokos and Mother of the Light let us honor and magnify in song.</p>	<p>الشماس: لوالدة الإله وأمّ النور بالتسابيح نكرم معظمين.</p>
<p>MAGNIFICATIONS IN TONE SIX</p>	<p>تَعْظِيَمَاتٌ بِاللّحْنِ السَّادِسِ</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>تَعْظُمُ نَفْسِي الرَّبِّ، وَتَبْتَهِجُ رُوحِي بِاللهِ مُخْلِصِي . اللازمة: يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ مَجْدًا بِغَيْرِ قِيَاسٍ مِنَ السَّارَافِيمِ، الَّتِي مِنْ دُونِ فَسَادٍ وَوَلَدَتْ كَلِمَةَ اللهِ، حَقًّا أَنْكَ وَالِدَةُ الإِلهِ 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 الأَجْيَالِ . (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 القَدِيرَ 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، وَشَتَّتَ المُتَكَبِّرِينَ 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 المُقْتَدِرِينَ عَنِ الكِرَاسِيِّ وَرَفَعَ المُتَوَاضِعِينَ، مَلَأَ الجِياعَ مِنَ الخَيْرَاتِ، وَالأَغْنِيَاءَ أَرْسَلَهُمْ فارِغِينَ . (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>عَصَدَ إِسْرَائِيلَ فَتَاهُ لِيَذْكَرَ رَحْمَتَهُ، كَمَا قَالَ لِأَبائِنَا إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الأَبَدِ . (اللازمة)</p>
<p>Ode 9. Verily, the God Whom no man can see, nor the ranks of the angels dare to look upon, through thee, O pure one, was seen among men as incarnate Word. Wherefore, with the heavenly hosts, we magnify Him, and thee do we bless.</p>	<p>(الأودية التاسعة) إِنَّ الإِلهَ الَّذِي لَا تَسْتَطِيعُ البَشَرُ أَنْ تُعَايِنَهُ، وَلَا تَجَسُرُ طَعَمَاتُ المَلَائِكَةِ أَنْ تَنْظُرَ إِلَيْهِ، بِكَ أَيُّهَا النَّقِيَّةُ قَدْ شَوَّهَدَ فِي البَشَرِ كَلِمَةَ مُتَجَسِّدَةً . فَذَلِكَ نُعْظِمُهُ مَعَ الأَجْنَادِ السَّمَاوِيَّةِ وَإِيَّاكَ نُعْبِطُ .</p>
<p>THE LITTLE LITANY</p>	<p>الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى</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.</p>	<p>الشماس: أَيْضًا وَأَيْضًا بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ . الجوق: يَا رَبُّ ارْحَمِ . الشماس: أَعُضِدْ وَخَلِّصْ وَارْحَمْ وَاحْفَظْنَا يَا اللهُ بِنِعْمَتِكَ . الجوق: يَا رَبُّ ارْحَمِ . الشماس: بَعْدَ ذِكْرِنَا الكَلِيَّةِ القَدَّاسَةِ، الطَّاهِرَةِ، الفَائِقَةِ البَرَكَاتِ المَجِيدَةِ، سَيِّدَتِنَا وَالِدَةِ الإِلهِ الدَائِمَةِ البَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ القَدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الإِلهِ .</p>

<p>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>الجوق: لك يا رب. الكاهن: لأنه إيتاك تُسبِّحُ كُلُّ قُوَاتِ السَّمَاوَاتِ، وَلَكَ يُرْسَلُونَ المَجْدَ أَيُّهَا الأبُّ وَالإِبْنُ وَالرُّوحُ القُدُسُ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. الجوق: آمين.</p>
<p>Holy is the Lord our God. (<i>thrice</i>) 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 قَدَمَيْهِ، لِأَنَّ الرَّبَّ إِلَهُنَا قُدُوسٌ هُوَ.</p>
<p>8th EOTHINON EXAPOSTEILARION IN TONE 2 (**Upon that mount in Galilee**)</p>	<p>إكسابوستيلاري الإيوثينا الثامنة باللحن الثاني</p>
<p>Seeing two angels in the tomb, * Mary was sore astonished; * and then not recognizing Christ, * she asked Him as the gard'ner: * Sir, where hast thou laid the body * of my longed-after Jesus? * But when she heard Him call her name, * then she verily knew Him, * that it was He, * and heard: Touch Me not, spoken by the Savior; * for to My Father I depart; * go thou and tell My brethren.</p>	<p>إِنَّ مَرِيَمَ لَمَّا أَبْصَرَتْ مَلَائِكَيْنِ دَاخِلِ القَبْرِ انْدَهَلَتْ، وَلَمَّا جَهَلَتْ المَسِيحَ، سَأَلَتْهُ ظَانَّةً أَنَّهُ البُسْتَانِي، وَقَالَتْ: يَا سَيِّدِي، أَيْنَ وَضَعْتَ جَسَدَ يَسُوعَ؟ فَمِنْ دَعْوَتِهِ عَرَفَتْ أَنَّهُ المُخَلِّصُ وَسَمِعَتْ مِنْهُ: لَا تَقْرَبِينِي، لِأَنِّي مَاضٍ إِلَى أَبِي، فَقَوْلِي ذَلِكَ لِإِخْوَتِي.</p>
<p>EXAPOSTEILARION & THEOTOKION FOR THE SUNDAY OF FORGIVENESS IN TONE TWO (**Hearken, ye women**)</p>	<p>إكسابوستيلاري ووالديّة لأحد الغفران باللحن الثاني *وزن إسمعي أيتها النسوة*</p>
<p>Wretch that I am, I disobeyed * Thy bidding and command, O Lord, * and being stripped of Thy glory, * am filled with shame and dishonor; * woe unto me, that am cast out * from the delight of Paradise. * Have mercy, O most Merciful, * on me, O Savior, that rightly * have been deprived of Thy goodness.</p>	<p>وَيْلِي خَالَفْتُ وَصِيَّتَكَ، أَنَا الشَّقِيَّ يَا رَبُّ، وَتَعَرَّيْتُ مِنْ مَجْدِكَ، إِذْ قَدْ أُفْعِمْتُ خِزْيًا، مُبْعَدًا مِنْ نِعْمَى الفِرْدُوسِ، أَيُّهَا المُرْتَحِّنُ. فَيَا رَحِيمٌ، ارْحَمْنِي أَنَا الَّذِي فَقَدْتُ بَعْدَ خَيْرَاتِكَ.</p>
<p>(**Upon that mount in Galilee**)</p>	<p>*وزن لتقف مع التلاميذ*</p>
<p>Though we were driven from our home * of Paradise in old time * for eating from the tree, O Lord, * Thou in return didst lead us * back in again, O my Savior, * through Thy dread Cross and Passion, * through which, O God, give us the strength * to complete the divine Fast * with hearts made pure, * and to worship Thine own divine Arising, * the saving Pascha of the Lord, * through the prayers of Thy Mother.</p>	<p>لَئِنْ تَعَرَّيْنَا قَبْلًا مِنَ الفِرْدُوسِ يَا رَبُّ، بِسَبَبِ الأَكْلِ مِنَ العُودِ، أَدْخَلْتَنَا أَيضًا إِلَيْهِ بِصَلِيبِكَ وَالآلَامِ، يَا مُخَلِّصِي وَالْهَيِّ. فَحَصِّنَا بِهِ لِكِي نُنْتَمِّمَ هَذَا الصِّيَامَ بِنِقَاءٍ، وَنَسْجُدَ لِقِيَامَتِكَ الإِلَهِيَّةِ، وَلِلْفِضْحِ الخَلِصِيِّ، بِشَفَاعَاتِ والدَتِكَ.</p>
<p>AINOI (PRAISES) IN TONE EIGHT</p>	<p>الإينوس باللحن الثامن</p>
<p>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.</p>	<p>كُلُّ نَسَمَةٍ فَلْتَسْبِحِ الرَّبَّ. سَبِّحُوا الرَّبَّ مِنَ السَّمَاوَاتِ، سَبِّحُوهُ فِي الأعَالِي، لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللهُ.</p>
<p>Praise ye Him, all His angels; praise ye Him, all His hosts. To Thee, O God, is due our song.</p>	<p>سَبِّحُوهُ يَا جَمِيعَ مَلَائِكَتِهِ، سَبِّحُوهُ يَا سَائِرَ قُوَاتِهِ، لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللهُ.</p>
<p>For the Resurrection in Tone Eight</p>	<p>للقِيَامَةِ باللحن الثامن</p>
<p><i>Verse 1. This glory shall be to all His saints.</i></p>	<p>عَزَّيْجُكَ 1. هَذَا المَجْدُ يَكُونُ لِجَمِيعِ أُنْبِيَائِهِ.</p>

<p>Though Thou didst stand in judgment, O Lord, condemned by Pilate, Thou didst not vacate Thy throne, sitting with the Father. Thou didst arise from the dead, releasing the world from the bondage of the stranger; for Thou art compassionate and the Lover of mankind.</p>	<p>يا رَبِّ، وَإِنْ كُنْتَ قَدْ وَقَفْتَ فِي الْحُكْمِ مُدَاناً مِنْ بِيلاطسَ، إِلَّا أَنْتَ لَمْ تَخُلْ مِنَ الْكُرْسِيِّ جالِساً مَعَ الآبِ. وَقُمْتَ مِنْ بَيْنِ الْأَمْواتِ، وَأَعْتَقْتَ الْعالَمَ مِنْ عُبُودِيَةِ الْغَرِيبِ، بما أَنَّكَ رَوْوفٌ وَمُحِبٌّ لِلبَشَرِ.</p>
<p><i>Verse 2. Praise God in His sanctuary; praise Him in the firmament of His power.</i> Though, O Lord, the Jews placed Thee in a grave like dead, the soldiers guarded Thee as a slumbering King; and as a Treasure of life, they sealed Thee. But Thou didst rise and grant incorruptibility to our souls.</p>	<p>عَزَّجْكَ 2 .سَبِّحُوا اللَّهَ فِي قَدِيسِيهِ، سَبِّحُوهُ فِي قَلْبِكَ قُوَّتِهِ . يا رَبِّ، وَإِنْ كَانَ الْيَهُودُ قَدْ وَضَعُوكَ فِي قَبْرِ كَمائِتِ، إِلَّا أَنَّ الْجُنْدَ كانُوا يَحْرِسُونَكَ كَمَلِكٍ راقِدِ، وَمِثْلَ كَنْزِ حَيَاةٍ خَتَمُوا عَلَيْكَ بِخَتْمٍ. إِلَّا أَنْتَ قُمْتَ وَمَنْحْتَ عَدَمَ الْبَلِي لِنَفُوسِنَا.</p>
<p><i>Verse 3. Praise Him for His mighty acts; praise Him according to His excellent greatness.</i> Thou didst give us Thy Cross, O Lord, as a weapon against Diabolus, who, unable to behold its power, doth fear and tremble; for it raiseth the dead and hath annulled death. Wherefore, do we worship Thy Burial and Resurrection.</p>	<p>عَزَّجْكَ 3 .سَبِّحُوهُ عَلَى مَقْدَرَتِهِ، سَبِّحُوهُ نَظِيرَ كَثْرَةِ عَظَمَتِهِ . يا رَبِّ، لَقَدْ أَعْطَيْتَنَا صَليْبَكَ سِلاحاً عَلَى الْمَحالِ، لِأَنَّهُ يَرْهَبُ وَيَرْعِدُ إِذْ لا يَحْتَمِلُ أَنْ يَرى قُوَّتَهُ، لِأَنَّهُ يُعِمْ المَوْتى وَقَدْ عَطَلَ المُنُونِ. لِذَلِكَ نَسْجُدُ لِدَفْنِكَ وَقِيامَتِكَ.</p>
<p><i>Verse 4. Praise Him with the sound of the trumpet; praise Him with the psaltery and harp.</i> The angel proclaiming Thy Resurrection, O Lord, did frighten the guards; but to the women he cried out, saying: Why seek ye the Living among the dead? Verily, He hath risen, being God and hath granted life to the universe.</p>	<p>عَزَّجْكَ 4 .سَبِّحُوهُ بِالْحَنِّ البوقِ، سَبِّحُوهُ بِالْمَرْمَرِ والقِيثارَةِ. يا رَبِّ، إِنَّ المَلَائِكَةَ المُنادِي بِقِيامَتِكَ، أَمَّا لِلْحراسِ فَأَرْهَبَ، وَأَمَّا لِلنِّسِوةِ فَهَتَفَ قائلاً: لِمَ تَطْلُبْنَ الْحَيِّ مَعَ المَوْتى؟ قد قامَ بما أَنَّهُ إلهٌ، وَمَنْحَ الحِياةَ لِلْمَسْكُونَةِ.</p>
<p><i>Verse 5. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.</i> Thou didst suffer by the Cross, O Thou unsuffering through the Godhead, and didst accept burial for three days that Thou mightest set us free from the bondage of the enemy and grant us life through Thy Resurrection, O Christ, the Lover of Mankind.</p>	<p>عَزَّجْكَ 5 .سَبِّحُوهُ بِالطَّبيلِ وَالْمِصافِ . سَبِّحُوهُ بِالْأوتارِ وآلَةِ الطَّرَبِ . لَقَدْ تَأَلَّمْتَ بِواسِطَةِ الصَّليْبِ أَيُّها العادِمُ الآلامِ باللاهوتِ، وَقَبِلْتَ دَفْناً لِثَلَاثَةِ أَيامٍ، لِكَيْ تُعَفِّقَنَا مِنْ عُبُودِيَةِ العَدُوِّ، وَتَجْعَلَنَا غَيْرَ مائِتِينَ، وَتَمْنَحَنَا الحِياةَ بِقِيامَتِكَ، أَيُّها المَسِيحُ المُحِبُّ البَشَرِ.</p>
<p>For the Sunday of Forgiveness in Tone Five</p>	<p>لأخذ الغفران باللحن الخامس</p>
<p><i>Verse 6. Praise Him upon the loud cymbals; praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord.</i> Verily, Adam cried moaning, and said: Woe is me; for the serpent and the woman drew me away from divine favor; and the taste of the tree hath estranged me from Paradise. Woe is me; I cannot bear the disgrace, I who was formerly king over all earthly creatures. Behold, I am now captive because of a counsel aside from the law. And I, who was for a time robed with the glory of immortality, have become like one dead, wrapped in the rags of death, in a pitiful manner. Woe is me: whom shall I make my helper in wailing? But Thou, Lover of mankind, mantled in compassion, Who didst create me from the earth, recall and save me from the bondage of the enemy.</p>	<p>عَزَّجْكَ 6 .سَبِّحُوهُ بِنَعَماتِ الصُّنُوجِ، سَبِّحُوهُ بِصُنُوجِ التَّهْلِيلِ، كُلِّ نَسَمَةٍ فَلْتَسَبِّحِ الرَّبَّ . إِنَّ آدَمَ صَرَخَ بِنَحيبٍ قائلاً: وَيْحَ لي، لِأَنَّ الحَيَّةَ وَالْمَرْأَةَ قَدْ أَبْعَدَتَانِي مِنَ الدَّالَةِ الإلهِيَّةِ، وَمَذاقَةَ العودِ قَدْ عَرَّبَتْنِي مِنْ نعيمِ الفِرْدَوْسِ . وَيْلِي، لَسْتُ إِذْ أَنْتَ العارِ، أَنَا الَّذِي كانَ قَدِماً مُلْكاً عَلَى كُلِّ بَرِايا اللَّهِ الأَرْضِيَّةِ، لَقَدْ ظَهَرْتُ الآنَ أسيراً مِنْ مَشورَةٍ خارِجَةٍ عَنِ الشَّرِيعَةِ . وَالَّذِي كانَ حِيناً ما مُتَسَرِّباً مَجْدَ عَدَمِ المَوْتِ، أَمسى كَمائِتِ، مُتَشَحاً أَطْمارَ المَنُونِ، بِحالَةٍ يُرْثى لَهَا . وَيْحِي، مَنْ أَجْعَلُهُ مُساعِداً مَعِيَ لِلنُّوحِ؟ لَكِنْ أَنْتَ أَيُّها المُحِبُّ البَشَرِ، المُتَدَرِّعُ التَّحَنُّنِ، يا مَنْ خَلَقَنِي مِنَ الأَرْضِ، اذْ دَعَوْتِي، وَخَلِّصْني مِنَ عُبُودِيَةِ العَدُوِّ.</p>

<p><i>Verse 7. Arise, O my God, lift up Thy hand, and forget not the humble. The arena of the virtues has been opened. Let all who wish to struggle for the prize now enter, girding themselves for the noble contest of the Fast; for those that strive lawfully are justly crowned. Taking up the armor of the Cross, let us make war against the enemy. Let us have as our invincible rampart the Faith, prayer as our breastplate, and as our helmet almsgiving; and as our sword let us use fasting that cuts away all evil from our heart. If we do this, we shall receive the true crown from Christ the King of all at the Day of Judgment.</i></p>	<p>غزغزكجك 7. قُمْ يَا رَبِّي وَاللَّهِ وَلْتَرْتَفِعْ يَدُكَ، وَلَا تَنْسَ بِأَيْمَانِكَ إِلَى الْإِنْقِضَاءِ. لَقَدْ انْفَتَحَ مَيْدَانُ الْفَضَائِلِ، فَأَدْخُلُوهُ يَا رَاغِبِينَ فِي الْجِهَادِ، مُتَمَنِّطِينَ بِكِفَاحِ الصَّوْمِ الْحَسَنِ. لِأَنَّ الَّذِينَ يُحْسِنُونَ الْجِهَادَ، يُكَلَّلُونَ بِعَدْلٍ. فَلِنُحَارِبَنَّ الْعَدُوَّ مُتَدَرِّعِينَ بِالصَّالِحَاتِ، مُعْتَصِمِينَ بِالْإِيمَانِ كَسُورٍ لَا يُفْهَرُ، وَبِالصَّلَاةِ كَدِرْعٍ، وَبِالصَّدَقَةِ كَخُوذَةٍ، وَبِالصِّيَامِ حُسَامًا يَقَطَعُ مِنَ الْقَلْبِ كُلَّ رَذِيلَةٍ. فَالَّذِي يَصْنَعُ هَكَذَا، يُحْرَزُ الْإِكْلِيلَ الْحَقِيقِيَّ مِنَ الْمَسِيحِ مَلِكِ الْكُلِّ فِي يَوْمِ الدِّينُونَةِ.</p>
<p>Also for the Sunday of Forgiveness in Tone 6</p>	<p>أَيْضاً لِأَحَدِ الْغُفْرَانِ بِاللَّحْنِ السَّادِسِ</p>
<p><i>Verse 8. I will praise Thee, O Lord, with my whole heart; I will show all Thy marvelous works. When Adam received of the food, as a transgressor was he driven from Paradise. But Moses, purifying the pupils of his eyes with fasting, was made worthy to behold God. Wherefore, ye who long to dwell in Paradise, come, let us keep far from unprofitable food; and ye who desire to see God, come, let us fast the four Mosaic tens. And by perseverance and sincerity in prayer we shall put down the passions of the soul and remove the wiles of the flesh, ascending lightly towards the celestial way, where the ranks of angels praise the indivisible Trinity with unceasing voices, to behold the transcending comeliness of the Master. Therefore, O Life-giving Son of God, make us who trust in Thee worthy to exchange glad tidings with the hosts of angels; by the intercessions of Thy Mother who bore Thee, O Christ, and of the Apostles, Martyrs and all the saints.</i></p>	<p>غزغزكجك 8. اعْتَرَفْ لَكَ يَا رَبُّ مِنْ كُلِّ قَلْبِي، وَأُحَدِّثُ بِجَمِيعِ عَجَائِبِكَ. إِنَّ آدَمَ لَمَّا تَنَاوَلَ مِنَ الْأَكْلِ كَمُخَالَفِ طَرْدٍ مِنَ الْفِرْدَوْسِ. أَمَّا مُوسَى فَلَمَّا نَقَى حَدَقَتَيْ نَفْسِهِ بِالصِّيَامِ، صَارَ مُعَايِنًا لِلَّهِ. فَيَا أَيُّهَا التَّائِقُونَ إِلَى سُكْنَى الْفِرْدَوْسِ، هَلُمُّوا نَبْتَعِدْ عَنِ الطَّعَامِ غَيْرِ النَّافِعِ. وَيَا أَيُّهَا الرَّاغِبُونَ فِي مُعَايِنَةِ اللَّهِ، هَلُمُّوا نَصُمْ الْأَرْبَعِ عَشْرَةَ الْمَوْسَوِيَّةِ، حَتَّى بِمُوَظَّئَاتِنَا عَلَى الصَّلَاةِ وَالِابْتِهَالِ بِخُلُوصٍ، نُحْمَدُ أَهْوَاءَ النَّفْسِ، وَنَنْزِعُ أَدْرَانَ الْجَسَدِ، فَتَرْتَفِي بِخَفَّةٍ نَحْوَ الْمَسَلِكِ الْعُلُويِّ، حَيْثُ مَصَافُ الْمَلَائِكَةِ يُسَبِّحُونَ الثَّالوثَ غَيْرَ الْمُتَقَسِّمِ، بِأَصْوَاتٍ لَا تَفْتُرُ، وَنَنْظُرُ إِلَى الْجَمَالِ السَّيِّدِيِّ الْفَائِقِ. فَيَا ابْنَ اللَّهِ الْمُعْطِي الْحَيَاةَ، أَهْلُنَا أَنْ نَتَبَاشَرَ هُنَاكَ، نَحْنُ الْمُتَكَلِّمِينَ عَلَيْكَ، مَعَ أَجْنَادِ الْمَلَائِكَةِ. بِشَفَاعَاتِ الْأُمِّ وَالدِّتِكَ أَيُّهَا الْمَسِيحُ، وَالرُّسُلِ وَالشَّهَدَاءِ، وَجَمِيعِ الْقِدِّيسِينَ.</p>
<p>DOXASTICON FOR THE SUNDAY OF FORGIVENESS IN TONE SIX</p>	<p>نُكْصَا لِأَحَدِ الْغُفْرَانِ بِاللَّحْنِ السَّادِسِ</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit. The time cometh for us to begin our spiritual contests and triumph over the demons. Let us put on the complete armor of abstinence which is the beauty of the angels and the confidence before God; for thereby Moses spoke with the Creator, and he heard the voice of the Invisible One. Thereby, O Lord, make us worthy to worship Thy Passion and holy Resurrection, since Thou art the Lover of mankind.</i></p>	<p>الْمَجْدُ لِلَّابِ وَالِابْنِ وَالرُّوحِ الْقُدْسِ. قَدْ وَافَى الزَّمَانُ، الَّذِي هُوَ بَدْءُ الْجِهَادَاتِ الرُّوحِيَّةِ، وَالْفَوْزِ عَلَى الشَّيَاطِينِ، وَالسَّلَاحِ الْكَامِلِ لِلْإِمْسَاكِ، جَمَالِ الْمَلَائِكَةِ، وَالذَّالَّةِ لَدَى اللَّهِ. لِأَنَّ بِهِ صَارَ مُوسَى مُنَاجِبًا الْخَالِقِ، وَقَبِلَ فِي مَسْمَعِهِ صَوْتًا، بِحَالٍ غَيْرِ مَنْظُورَةٍ. فَيَا رَبُّ، أَهْلُنَا بِهَا أَنْ نَسْجُدَ لِالْأَمِكِ، وَقِيَامَتِكَ الْمُقَدَّسَةِ، بِمَا أَنَّكَ مُحِبٌّ لِلْبَشَرِ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i></p>	<p><i>الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.</i></p>

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.	أَنْتِ هِيَ الْفَائِقَةُ عَلَى كُلِّ الْبَرَكَاتِ، يَا وَالِدَةَ الْإِلَهِ الْعَذْرَاءِ، لِأَنَّ الْجَحِيمَ قَدْ سُبِّتَ بِوَاسِطَةِ الْمُتَجَسِّدِ مِنْكَ، وَأَدَمَ دُعِيَ ثَانِيَةً، وَاللَّعْنَةَ بَادَتْ، وَحَوَاءَ انْعَتَقْتَ، وَالْمَوْتَ أُمِيتَ، وَنَحْنُ قَدْ حَيِينَا. فَلِذَلِكَ نُسَبِّحُ هَاتِيحِينَ: مُبَارَكٌ أَنْتِ أَيُّهَا الْمَسِيحُ إِلَهِنَا، يَا مَنْ هَكَذَا سُرَّ، الْمَجْدُ لَكَ.
THE GREAT DOXOLOGY IN TONE SIX	النوكصولوجيا الكبرى باللحن السادس
Glory to Thee, who has shown forth the Light. Glory to God in the highest, and on earth peace, good will among men.	الْمَجْدُ لَكَ يَا مُظْهِرَ النُّورِ، الْمَجْدُ لِلَّهِ فِي الْعَلَاءِ، وَعَلَى الْأَرْضِ السَّلَامُ، وَفِي النَّاسِ الْمَسْرَّةُ.
We hymn thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks unto Thee for Thy great glory.	نُسَبِّحُكَ نُبَارِكُكَ، نَسْجُدُ لَكَ نُمَجِّدُكَ، نَشْكُرُكَ مِنْ أَجْلِ عَظِيمِ جَلَالِ مَجْدِكَ.
O Lord King, heavenly God, Father Almighty; O Lord, the only begotten Son, Jesus Christ; and the Holy Spirit.	أَيُّهَا الرَّبُّ الْمَلِكُ، السَّمَاوِيُّ، الْإِلَهُ، الْأَبُ الضَّاطِبُ الْكُلُّ. أَيُّهَا الرَّبُّ الْإِبْنُ الْوَحِيدُ، يَا يَسُوعُ الْمَسِيحُ، وَيَا أَيُّهَا الرُّوحُ الْقُدُّوسُ.
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 الْإِلَهُ، يَا حَمَلَ اللَّهِ يَا ابْنَ الْأَبِ، 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.	تَقَبَّلْ تَضَرُّعَنَا أَيُّهَا الْجَالِسُ عَنْ يَمِينِ الْأَبِ 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 الْأَبِ، آمِينَ.
Every day will I bless Thee, and I will praise Thy Name forever; yea forever and ever.	فِي كُلِّ يَوْمٍ أَبَارِكُكَ، وَأَسْبِّحُ اسْمَكَ إِلَى الْأَبَدِ، وَإِلَى أَبَدِ الْأَبَدِ.
Vouchsafe, O Lord, to keep us this day without sin.	أَهْلُنَا يَا رَبُّ أَنْ نُحْفَظَ 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 تَكُنْ عَلَيْنَا 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 لِأَنَّنِي قَدْ خَطَنْتُ 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 قَبْلِكَ عَيْنَ الْحَيَاةِ، وَبِنُورِكَ نَعَايُنُ النُّورَ.
O continue Thy mercy unto them that know Thee. Holy God, Holy Mighty, Holy Immortal: have mercy on us. (thrice)	فَابْسُطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ. قُدُّوسٌ اللَّهُ، قُدُّوسٌ الْقَوِيُّ، قُدُّوسٌ الَّذِي لَا يَمُوتُ ارْحَمْنَا. (ثَلَاثًا)
Glory to the Father, and to the Son, and to the Holy Spirit.	الْمَجْدُ لِلْأَبِ 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.	قُدُّوسٌ الَّذِي لَا يَمُوتُ ارْحَمْنَا.

Holy God, Holy Mighty, Holy Immortal: have mercy on us.	قُدُوسِ اللّٰهُ، قُدُوسِ القَوِيِّ، قُدُوسِ الَّذِي لَا يَمُوتُ اَرْحَمِنَا.
TROPARION IN TONE EIGHT	طُروباريّة باللحن الثامن
Having risen from the tomb, and having burst the bonds of Hades, Thou didst loose the condemnation of death, O Lord, releasing all mankind from the snares of the enemy. Having manifested Thyself to Thine Apostles, Thou didst send them forth to proclaim Thee; and through them Thou hast granted Thy peace unto the civilized world, O Thou Who alone art plenteous in mercy.	إِذْ قُمْتَ يَا رَبُّ مِنَ القَبْرِ، وَقَطَّعْتَ رِبَاطَاتِ الجَحِيمِ، غَلَبْتَ حُكُومَةَ المَوْتِ، وَأَنْقَذْتَ الكُلَّ مِنْ فِخَاخِ العَدُوِّ، وَلَمَّا أَظْهَرْتَ ذَاتَكَ لِرُسُلِكَ أَرْسَلْتَهُمْ إِلَى الكِرَازَةِ، وَمَنَحْتَ بِهِم سَلَامَكَ لِلْمَسْكُونَةِ يَا جَزِيلَ الرَّحْمَةِ وَحْدَكَ.
<p><i>These texts have been prepared by Department of Liturgics of the Antiochian Archdiocese</i></p> <p>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.</p>	