

<b>ORTHROS ON SUNDAY, MARCH 31, 2024; TONE 2 / EOTHINON 10</b> <b>SECOND SUNDAY OF GREAT LENT</b> <b>COMMEMORATION OF GREGORY PALAMAS, ARCHBISHOP OF THESSALONICA</b>	
<b>Priest:</b> Blessed is our God, always, now and ever, and unto the ages of ages.	<b>الكاهن:</b> تَبَارَكَ اللهُ إِلَهُنَا كُلَّ حِينٍ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
<b>Choir:</b> Amen.	<b>الجوقة:</b> آمين.
<b>Priest:</b> 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.	<b>الكاهن:</b> الْمَجْدُ لَكَ يَا إِلَهُنَا الْمَجْدُ لَكَ. أَيُّهَا الْمَلِكُ السَّمَاوِي الْمُعَزِّي، رُوحَ الْحَقِّ، الْحَاضِرُ فِي كُلِّ مَكَانٍ وَالْمَالِي الْكُلِّ، كَنْزُ الصَّالِحَاتِ وَرَارِقُ الْحَيَاةِ، هَلُمَّ وَاسْكُنْ فِيْنَا، وَطَهِّرْنَا مِنْ كُلِّ دَنَسٍ، وَخَلِّصْ أَيُّهَا الصَّالِحُ نَفْسَنَا.
<b>Reader:</b> Holy God, Holy Mighty, Holy Immortal: have mercy on us. <i>(thrice)</i>	<b>القارئ:</b> قُدُّوسَ اللهُ، قُدُّوسَ الْقَوِيِّ، قُدُّوسَ 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 اغْفِرْ خَطَايَانَا، يَا سَيِّدُ تَجَاوَزْ عَن سَيِّئَاتِنَا، يَا قُدُّوسَ 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 لَنَا عَلَيْهِ، وَلَا تُدْخِلْنَا فِي التَّجْرِبَةِ، لَكِنْ نَجِّنَا مِنَ الشَّرِّيرِ.
<b>Priest:</b> 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.	<b>الكاهن:</b> لِأَنَّ لَكَ الْمُلْكَ وَالْقُدْرَةَ وَالْمَجْدَ، أَيُّهَا الْآبُ وَالابْنُ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
<b>Reader:</b> 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.	<b>القارئ:</b> آمين. خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ، وَامْنَحْ عِبِيدَكَ الْمُؤْمِنِينَ الْعَلْبَةَ عَلَى الشَّرِّيرِ، وَاحْفَظْ بِقُوَّةِ صَلَيبِكَ جَمِيعَ الْمُخْتَصِّينَ بِكَ.
Glory to the Father, and to the Son, and to the Holy Spirit. Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.	الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُّوسِ. يَا مَنْ ارْتَفَعْتَ عَلَى الصَّلِيبِ مُخْتَارًا، أَيُّهَا الْمَسِيحُ إِلَهُهُ، امْنَحْ رَأْفَتَكَ لِشَعْبِكَ الْجَدِيدِ الْمُسَمَّى بِكَ، وَفَرِّحْ بِقُوَّتِكَ حُكَّامَنَا الْمُؤْمِنِينَ، مَا نَحَا إِيَّاهُمْ الْعَلْبَةَ عَلَى مُحَارِبِيهِمْ. 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. أَيْثُهَا الشَّفِيعَةُ الرَّهْبِيَّةُ غَيْرُ المَخْذُولَةِ، يَا وَالِدَةَ الإِلهِ الكَلِيَّةِ التَّسْبِيحِ، لَا تُعْرِضِي يَا صَالِحَةَ عَنْ تَوْسَلَاتِنَا، بَلْ وَطِّدِي سِيْرَةَ المُسْتَقِيمِي الرَّأْيِ، وَخَلِّصِي الَّذِينَ أَمَرْتُ أَنْ يَتَمَلَّكُوا، وَأَمْنَحِيهِم العَلْبَةَ مِنَ السَّمَاءِ، بِمَا أَنْكَ وَلَدْتَ الإِلهَ، أَيْتُهَا المُبَارَكَةُ وَخَدِّكَ.</p>	
<b>LITANY</b>		<b>الطلبية السلامية</b>	
<p><b>Priest:</b> Have mercy on us, O God, according to Thy great mercy, we pray Thee, hear us, and have mercy.</p>		<p><b>الكاهن:</b> إِزْحَمْنَا يَا اللهُ بِعَظِيمِ رَحْمَتِكَ، نَطْلُبُ إِايْكَ فَاسْتَجِبْ وَارْحَم.</p>	
<p><b>Choir:</b> Lord, have mercy. (<i>thrice</i>) (use this response until noted below)</p>		<p><b>الجوقة:</b> يَا رَبِّ ارْحَم. (ثلاثاً) (تُعَادُ بَعْدَ كُلِّ طَلْبَةٍ)</p>	
<p><b>Priest:</b> Again we pray for all pious and Orthodox Christians.</p>		<p><b>الكاهن:</b> وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ المَسِيحِيِّينَ الحَسَنِي العِبَادَةِ الأَرثوْدُكْسِيِّينَ.</p>	
<p><b>Priest:</b> Again we pray for our father and metropolitan, N., and all our brotherhood in Christ.</p>		<p><b>الكاهن:</b> وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ آبِينَا وَمِتْرُوبُولِيْتِنَا (فِلَانِ)، وَكُلِّ إِخْوَتِنَا فِي المَسِيحِ.</p>	
<p><b>Priest:</b> 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><b>الكاهن:</b> لِأَنَّكَ إِلهٌ رَحِيمٌ وَمُحِبٌّ لِلبَشَرِ، وَلكَ نُرْسِلُ المَجْدَ أَيُّهَا الآبُ وَالابْنُ وَالرُّوحُ القُدُسُ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>	
<p><b>Choir:</b> Amen. Bless, Father, in the Name of the Lord.</p>		<p><b>الجوقة:</b> آمين. بِاسْمِ الرَّبِّ بَارِكْ يَا أَب.</p>	
<p><b>Priest:</b> Glory to the holy, consubstantial, life-giving and undivided Trinity, always, now and ever, and unto ages of ages.</p>		<p><b>الكاهن:</b> المَجْدُ لِلثَّالُوثِ القُدُوسِ، المُتَسَاوِي فِي الجَوْهَرِ، المُحْيِي، غَيْرِ المُتَعَسِّمِ، كُلِّ حِينٍ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>	
<p><b>Choir:</b> Amen.</p>		<p><b>الجوقة:</b> آمين.</p>	
<p><b>Reader:</b> 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><b>القارئ:</b> المَجْدُ لِللهِ فِي العُلَى، وَعَلَى الأَرْضِ السَّلَامُ، وَفِي النَّاسِ المَسْرَّةُ. (ثلاثاً) يَا رَبِّ افْتَحْ شَفَتِي فَيُخْبِرَ فَمِي بِتَسْبِيحَتِكَ. (مرتين)</p>	
<b>PSALM 3</b>		<b>المزمور 3</b>	
<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 رَبِّ لِمَاذَا كَثُرَ الَّذِينَ يُحْزِنُونَنِي؟ كَثِيرُونَ قَامُوا عَلَيَّ. كَثِيرُونَ يَقُولُونَ لِنَفْسِي لَا خَلَاصَ لَهُ بِإِلهِهِ. وَأَنْتَ يَا رَبِّ، نَاصِرِي وَمَجْدِي وَرَافِعُ رَأْسِي. بِصَوْتِي إِلَى الرَّبِّ صَرَخْتُ، فَأَجَابَنِي مِنْ جَبَلِ قُدْسِهِ. أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي. فَلَا أَخَافُ مِنْ رِبَوَاتِ الشَّعْبِ المُحِيطِينَ بِي، المُتَوَازِرِينَ عَلَيَّ. قُمْ يَا رَبِّ، خَلِّصْنِي يَا إِلهِي، فَإِنَّكَ صَرَبْتَ كُلَّ مَنْ يُعَادِينِي بِاطْتِئَانٍ، وَسَخَقْتَ 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 تُؤْبِخُنِي، ولا بِرِجْزِكَ تُؤدِّبُنِي. فَإِنَّ سِهَامَكَ قد نَشِبَتْ فِيَّ، وَمَكَّنْتَ عَلَيَّ يَدَكَ. لَيْسَ لِجَسَدِي شِفَاءً مِنْ وَجْهِ غَضَبِكَ، وَلَا سَلَامَةٌ فِي عِظَامِي مِنْ وَجْهِ حَطَايَايَ. لِأَنَّ آثَامِي قَدْ تَعَالَتْ فَوْقَ رَأْسِي، كَحِمْلٍ ثَقِيلٍ قَدْ ثَقُلْتَ عَلَيَّ. قَدْ أَثْنَنْتُ وَقَاحَتْ جِرَاحَاتِي مِنْ قَبْلِ جَهَالَتِي. شَقِيتُ وَأُنْحَنَيْتُ إِلَى الْغَايَةِ، وَالنَّهَارَ كُلَّهُ مَشَيْتُ عَابِسًا. لِأَنَّ مَتْنِي قَدْ امْتَلَأَ مَهَازِيٌّ وَلَيْسَ لِجَسَدِي شِفَاءً. شَقِيتُ وَأَتَّصَعْتُ جَدًّا، وَكُنْتُ أَيْنُ مِنْ تَتَهَّدُ قَلْبِي. يا رَبُّ، إِنَّ بُعْغِي كُلَّهَا أَمَامَكَ، وَتَتَهَّدِي لَمْ يَخَفْ عَنْكَ. قَدْ اضْطَرَبَ قَلْبِي وَفَارَقْتَنِي قُوَّتِي، وَنُورُ عَيْنِي أَيْضًا لَمْ يَبْقَ مَعِي. أَصْدِقَائِي وَأَقْرِبَائِي دَنَوْا مِنِّي وَوَقَفُوا لَدَيَّ، وَجِنْسِي وَقَفَ مِنِّي بَعِيدًا. وَأَجْهَدُنِي الَّذِينَ يَطْلُبُونَ نَفْسِي، وَالْمُتَلَمِّسُونَ لِي الشَّرَّ تَكَلَّمُوا بِالْبَاطِلِ، وَعُشُوشًا طَوَّلَ النَّهَارَ دَرَسُوا. أَمَا أَنَا فَكَأَصَمٌ لا يَسْمَعُ، وَكَأَخْرَسٌ لا يَفْتَحُ فَاهَ. وَصِرْتُ كإنْسَانٍ لا يَسْمَعُ ولا فِي فَمِهِ تَبْكِيَةٌ. لِأَنِّي عَلَيْكَ، يا رَبُّ، تَوَكَّلْتُ، أَنْتَ تَسْتَجِيبُ لِي يا رَبِّي وَالْهِي. لِأَنِّي قُلْتُ لا يَشْمَتُ بِي أَعْدَائِي، وَعِنْدَمَا زَلْتُ قَدَمَايَ عَظَّمُوا عَلَيَّ الْكَلَامَ. لِأَنِّي أَنَا لِلصَّرْبِ مُسْتَعِدٌّ، وَوَجَعِي لَدَيَّ فِي كُلِّ حِينٍ. لِأَنِّي أَنَا أُخْبِرُ بِإِثْمِي، وَأَهْتَمُّ مِنْ أَجْلِ حَطِيئَتِي. أَمَا أَعْدَائِي فَأَحْيَاءُ، وَهُمْ أَشَدُّ مِنِّي، وَقَدْ كَثُرَ الَّذِينَ يُبْغِضُونَنِي ظُلْمًا، الَّذِينَ جَارُونِي بَدَلَ الْخَيْرِ شَرًّا، مَحَلُّوا بَنِي لِأَجْلِ ابْتِغَائِي الصَّلَاحِ. فَلَا تُهْمِلْنِي يا رَبِّي وَالْهِي وَلا تَتَّبَاعِدْ عَنِّي. أَسْرِعْ إِلَى مَعُونَتِي يا رَبَّ خَلَّاصِي.

فَلَا تُهْمِلْنِي يا رَبِّي وَالْهِي وَلا تَتَّبَاعِدْ عَنِّي. أَسْرِعْ إِلَى مَعُونَتِي يا رَبَّ خَلَّاصِي.

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 ،  وَأَشْتاقُ إِلَيْكَ جَسَدِي ، فِي أَرْضٍ بَرِّيَّةٍ وَغَيْرِ مَسْلُوكَةٍ  وَعَادِمَةِ الْمَاءِ . هَكَذَا ظَهَرْتُ لَكَ فِي الْقُدْسِ لِأَعْيُنِ  قُوَّتِكَ وَمَجْدِكَ . لِأَنَّ رَحْمَتَكَ أَفْضَلُ مِنَ الْحَيَاةِ ،  وَشَفَّتِي تُسَبِّحُكَ . هَكَذَا أُبَارِكُكَ فِي حَيَاتِي وَبِاسْمِكَ  أَرْفَعُ يَدَيَّ ، فَتَمْتَلِئُ نَفْسِي كَمَا مِنْ شَحْمٍ وَدَسَمٍ ،  وَبِشْفَاهِ الْإِبْتِهَاجِ يُسَبِّحُكَ قَمِي . إِذَا ذَكَرْتُكَ عَلَى  فِرَاشِي ، هَدَدْتُ بِكَ فِي الْأَسْحَارِ ، لِأَنَّكَ صِرْتَ لِي  عَوْنًا وَبِظِلِّ جَنَاحَيْكَ أَسْتَتِرُ . الْتَصَقْتُ نَفْسِي بِكَ ،  وَإِيَّايَ عَضَدْتُ يَمِينُكَ . أَمَّا الَّذِينَ يَطْلُبُونَ نَفْسِي  بِاطِلًا ، فَسَيَدْخُلُونَ فِي أَسْفَلِ الْأَرْضِ ، وَيُدْفَعُونَ إِلَى  أَيْدِي السُّيُوفِ ، وَيَكُونُونَ أَنْصَبَةً لِلثَّعَالِبِ . أَمَّا الْمَلِكُ  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 الْقُدُسِ ، الْآنَ وَكُلَّ أَوَانٍ  وَإِلَى دَهْرِ الدَّاهِرِينَ . آمِينَ .</p> <p>هَلِّلُوِيَا ، هَلِّلُوِيَا ، هَلِّلُوِيَا ، الْمَجْدُ لَكَ يَا اللهُ . (ثَلَاثًا)  يَا رَبِّ ارْحَمِ . (ثَلَاثًا)</p> <p>الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ .</p>

## PSALM 87

Both now and ever, and unto ages of ages. Amen.  
 O Lord God of my salvation, by day have I cried  
 and by night before Thee. Let my prayer come  
 before Thee, bow down Thine ear unto my  
 supplication, for filled with evils is my soul, and  
 my life unto Hades hath drawn nigh. I am counted  
 with them that go down into the pit; I am become  
 as a man without help, free among the dead, like  
 the bodies of the slain that sleep in the grave,  
 whom Thou rememberest no more, and they are  
 cut off from Thy hand. They laid me in the lowest  
 pit, in darkness and in the shadow of death.  
 Against me is Thine anger made strong, and all  
 Thy billows hast Thou brought upon me. Thou  
 hast removed my friends afar from me; they have  
 made me an abomination unto themselves. I have  
 been delivered up, and have not come forth; mine  
 eyes are grown weak from poverty. I have cried  
 unto Thee, O Lord, the whole day long; I have  
 stretched out my hands unto Thee. Nay, for the  
 dead wilt Thou work wonders? Or shall  
 physicians raise them up that they may give  
 thanks unto Thee? Nay, shall any in the grave tell  
 of Thy mercy, and of Thy truth in that destruction?  
 Nay, shall Thy wonders be known in that  
 darkness, and Thy righteousness in that land that  
 is forgotten? But as for me, unto Thee, O Lord,  
 have I cried; and in the morning shall my prayer  
 come before Thee. Wherefore, O Lord, dost Thou  
 cast off my soul and turnest Thy face away from  
 me? A poor man am I, and in troubles from my  
 youth; yea, having been exalted, I was humbled  
 and brought to distress. Thy furies have passed  
 upon me, and Thy terrors have sorely troubled me.  
 They came round about me like water, all the day  
 long they compassed me about together. Thou  
 hast removed afar from me friend and neighbor,  
 and mine acquaintances because of my misery.  
 O Lord God of my salvation, by day have I cried  
 and by night before Thee. Let my prayer come  
 before Thee, bow down Thine ear unto my  
 supplication.

## المزمور 87

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

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

## PSALM 102

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

## المزمور 102

باركي يا نفسي الرب، ويا جميع ما في داخلي اسمه القدوس. باركي يا نفسي الرب، ولا تنسي جميع مكافاته. الذي يعفر جميع آثامك، الذي يشفي جميع أمراضك، الذي ينجي من الفساد حياتك، الذي يكلك بالرحمة والرأفة، الذي يشبع بالخيرات شهواتك، فيتجدد كالنسر شبابك. الرب صانع 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 يتراف الأب بالبنين، يتراف 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 يَنْزِلَ 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 يُحْزِنُونَنِي 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><b>THE GREAT LITANY</b></p>	<p><b>الطَّلِبَةُ السَّلَامِيَّةُ الْكُبْرَى</b></p>
<p><b>Priest:</b> In peace, let us pray to the Lord.</p>	<p><b>الكاهن:</b> بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.</p>
<p><b>Choir:</b> Lord, have mercy. (use this response until noted below)</p>	<p><b>الجوقة:</b> يَا رَبُّ ارْحَمِ. (تُعَادُ بَعْدَ كُلِّ طَّلِبَةٍ)</p>
<p><b>Priest:</b> For the peace from above and the salvation of our souls, let us pray to the Lord.</p>	<p><b>الكاهن:</b> مِنْ أَجْلِ السَّلَامِ الَّذِي مِنَ الْعُلَى وَخَلَاصِ نُفُوسِنَا، إِلَى الرَّبِّ نَطْلُبُ.</p>
<p><b>Priest:</b> 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><b>الكاهن:</b> مِنْ أَجْلِ سَلَامِ كُلِّ الْعَالَمِ، وَحُسْنِ ثَبَاتِ كَنَائِسِ اللَّهِ الْمُقَدَّسَةِ، وَإِتِّحَادِ الْجَمِيعِ، إِلَى الرَّبِّ نَطْلُبُ.</p>
<p><b>Priest:</b> For this holy house and those who with faith, reverence and fear of God enter therein, let us pray to the Lord.</p>	<p><b>الكاهن:</b> مِنْ أَجْلِ هَذَا الْبَيْتِ الْمُقَدَّسِ، وَالَّذِينَ يَدْخُلُونَ إِلَيْهِ بِإِيمَانٍ وَوَرَعٍ وَخَوْفِ اللَّهِ، إِلَى الرَّبِّ نَطْلُبُ.</p>

<b>Priest:</b> 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.	<b>الكاهن:</b> مِنْ أَجْلِ أَبِينَا وَمِتْرُوبُولِيْتِنَا (فِلَانِ)، وَالْكَهَنَةِ الْمُكْرَمِينَ، وَالشَّمَامِسَةَ، خُدَامَ الْمَسِيحِ، وَجَمِيعِ الْإِكْلِيْرُوسِ وَالشَّعْبِ، إِلَى الرَّبِّ نَطْلُبُ.
<b>Priest:</b> For our country, its president, civil authorities and armed forces, let us pray to the Lord.	<b>الكاهن:</b> مِنْ أَجْلِ حُكَامِ هَذَا الْبَلَدِ وَمُؤَارَرَتِهِمْ فِي كُلِّ عَمَلٍ صَالِحٍ، إِلَى الرَّبِّ نَطْلُبُ.
<b>Priest:</b> For this city and every city and countryside and the faithful who dwell therein, let us pray to the Lord.	<b>الكاهن:</b> مِنْ أَجْلِ هَذِهِ الْمَدِينَةِ، وَجَمِيعِ الْمُدُنِ وَالْقُرَى، وَالْمُؤْمِنِينَ السَّاكِنِينَ فِيهَا، إِلَى الرَّبِّ نَطْلُبُ.
<b>Priest:</b> For healthful seasons, abundance of the fruits of the earth and peaceful times, let us pray to the Lord.	<b>الكاهن:</b> مِنْ أَجْلِ اعْتِدَالِ الْأَهْوِيَةِ، وَخِصَابِ ثِمَارِ الْأَرْضِ وَأَوْقَاتِ سَلَامِيَّةٍ، إِلَى الرَّبِّ نَطْلُبُ.
<b>Priest:</b> 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.	<b>الكاهن:</b> مِنْ أَجْلِ الْمُسَافِرِينَ فِي الْبَحْرِ وَالْبَرِّ وَالجَّوِّ، وَالْمَرْضَى وَالْمُتَأَلِّمِينَ وَالْأَسْرَى، وَخَلَاصِهِمْ، إِلَى الرَّبِّ نَطْلُبُ.
<b>Priest:</b> For our deliverance from all tribulation, wrath, danger and necessity, let us pray to the Lord.	<b>الكاهن:</b> مِنْ أَجْلِ نَجَاتِنَا مِنْ كُلِّ ضَيْقٍ وَغَضَبٍ وَخَطَرٍ وَشِدَّةٍ إِلَى الرَّبِّ نَطْلُبُ.
<b>Priest:</b> Help us; save us; have mercy on us; and keep us, O God, by Thy grace.	<b>الكاهن:</b> أَعُذْ وَخَلِّصْ وَارْحَمْ واحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ.
<b>Priest:</b> 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.	<b>الكاهن:</b> بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقَدَاسَةِ الطَّاهِرَةِ الْفَائِقَةِ الْبَرَكَاتِ الْمَحِيْدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ، مَعَ جَمِيعِ الْقَدِيْسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.
<b>Choir:</b> To Thee, O Lord.	<b>الجوقة:</b> لَكَ يَا رَبِّ.
<b>Priest:</b> 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.	<b>الكاهن:</b> لِأَنَّكَ يَنْبَغِي لَكَ كُلُّ تَمَجِيدٍ وَإِكْرَامٍ وَسُجُودٍ، أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
<b>Choir:</b> Amen.	<b>الجوقة:</b> آمين.
<b>“GOD IS THE LORD” IN TONE SEVEN</b>	<b>"اللهُ الرَّبُّ" بِاللَّحْنِ السَّابِعِ</b>
<b>Chanter:</b> 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> )	<b>المُرْتِّل:</b> 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 الْقُدُوسِ.
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.
<b>RESURRECTIONAL APOLYTIKION TONE 2</b>	<b>أَبُولِيْتِيْكَوْنِ الْقِيَامَةِ بِاللَّحْنِ الثَّانِي</b>
When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.	عِنْدَمَا انْحَدَرْتَ إِلَى الْمَوْتِ، أَيُّهَا الْحَيَاةُ الَّذِي لَا يَمُوتُ، حِينْتِذِ أَمْتِ الْجَحِيمِ بِبَرَقِ لَاهُوتِكَ. وَعِنْدَمَا أَقَمْتَ الْأَمْوَاتِ مِنْ تَحْتِ الثَّرَى، صَرَخَ نَحْوَكُ جَمِيعُ الْقُوَاتِ السَّمَاوِيَّةِ: أَيُّهَا الْمَسِيحُ الْإِلَهِ، مُعْطِي الْحَيَاةِ الْمَجْدُ لَكَ.



<p align="center"><b>APOLYTIKION FOR ST. GREGORY PALAMAS IN TONE EIGHT</b></p>	<p align="center">طُروباريّة للقديس غريغوريوس بالاماس باللحن الثامن</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit. O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonderworker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.</i></p>	<p>المُجْدُ لِلآبِ وَالإِبْنِ وَالرُّوحِ الْقُدُسِ. يَا كَوْكَبَ الرُّأْيِ الْقَوِيمِ، وَثَبَاتِ الْكَنِيسَةِ وَمُعَلِّمِهَا، وَجَمَالَ الْمُتَوَجِّدِينَ، وَمُنَاصِلًا عَنِ الْمُتَكَلِّمِينَ بِاللَّاهُوتِ، الَّذِي لَا يُحَارِبُ، غَرِيغُورِيُوسَ الْفَاعِلِ الْمُعْجَزَاتِ، فَخَرَ تِسَالُونِيكِيَّةً وَكَارُورَ النِّعْمَةِ، لَا تَنْفُكْ مُنْتَشِقًا فِي خَلَاصِ نَفُوسِنَا.</p>
<p align="center"><b>RESURRECTIONAL THEOTOKION IN TONE EIGHT</b></p>	<p align="center">وَالِدِيَّةُ 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>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. يَا مَنْ وُلِدَ مِنَ الْبَتُولِ مِنْ أَجْلِنَا، وَكَابَدَ الصَّلْبَ، أَيُّهَا الصَّالِحُ، يَا مَنْ سَبَى الْمَوْتَ بِمَوْتِهِ، وَأَرَى الْقِيَامَةَ بِمَا أَنَّهُ إِلَهُ. لَا تُعْرِضْ عَنِ الَّذِينَ جَبَلْتَهُمْ بِيَدَيْكَ، بَلْ أَظْهَرِ تَعَطُّفَكَ عَلَى النَّاسِ أَيُّهَا الرَّحِيمِ. وَتَقَبَّلْ وَالِدَتَكَ، وَالِدَةَ الْإِلَهِ، مُنْتَشِقَةً مِنْ أَجْلِنَا، وَخَلِّصْ يَا مُخْلِصَنَا شَعْبًا يائِسًا.</p>
<p align="center"><b>THE LITTLE LITANY</b></p>	<p align="center">الطَّلِبَةُ السَّلَامِيَّةُ الصَّغْرَى</p>
<p><b>Priest:</b> Again and again, in peace, let us pray to the Lord. <b>Choir:</b> Lord, have mercy. <b>Priest:</b> Help us; save us; have mercy on us; and keep us, O God, by Thy grace. <b>Choir:</b> Lord, have mercy. <b>Priest:</b> 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. <b>Choir:</b> To Thee, O Lord. <b>Priest:</b> 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. <b>Choir:</b> Amen.</p>	<p><b>الكاهن:</b> أَيْضًا وَأَيْضًا بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. <b>الجوق:</b> يَا رَبُّ ارْحَمْنَا. <b>الكاهن:</b> أَعْضُدْ وَخَلِّصْ وَارْحَمْنَا وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ. <b>الجوق:</b> يَا رَبُّ ارْحَمْنَا. <b>الكاهن:</b> بَعْدَ ذِكْرِنَا الْكَلِيَّةَ الْقُدَّاسَةَ، الطَّاهِرَةَ، الْفَائِقَةَ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةَ مَرِيَمَ مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ. <b>الجوق:</b> لَكَ يَا رَبُّ. <b>الكاهن:</b> لِأَنَّ لَكَ الْعِزَّةَ وَلَكَ الْمُلْكُ وَالْقُوَّةَ وَالْمَجْدَ أَيُّهَا الْآبُ وَالإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. <b>الجوق:</b> آمِينَ.</p>
<p align="center"><b>SECOND TONE RESURRECTIONAL KATHISMATA (Plain Reading)</b></p>	<p align="center">كَاتِيسْمَاتُ الْقِيَامَةِ لِلْحَنِ الثَّانِي (قِرَاءَةٌ)</p>
<p align="center"><b>First Kathisma</b></p>	<p align="center">الكاتيسما الأولى</p>
<p><i>Verily, the honorable Joseph did bring down Thy pure body from the Tree, wrapped it in fine linen, and laid it in a new tomb. But Thou didst rise in three days, O Lord, granting the world Great Mercy.</i></p>	<p>إِنَّ يَوْسُفَ الْمُتَّقِي، أَحْدَرَ جَسَدَكَ الطَّاهِرَ مِنَ الْعُودِ، وَلَفَّهُ بِالسَّبَانِي النَّقِيَّةِ وَطَيَّبَهُ، وَوَضَعَهُ فِي قَبْرِ جَدِيدٍ. لَكِنَّكَ قُمْتَ لِثَلَاثَةِ أَيَّامٍ، يَا رَبُّ، مَانِحًا الْعَالَمَ الرَّحْمَةَ الْعَظْمَى.</p>

<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Verily, the angel did appear at the tomb, saying to the ointment-bearing women: The ointment is worthy of the dead, but Christ hath been shown to be foreign to corruption. Rather cry ye instead: The Lord is risen, granting the world Great Mercy.</p>	<p>المَجْدُ لِلآبِ وَالإِبْنِ وَالرُّوحِ الْقُدْسِ. إِنَّ الْمَلَائِكَةَ قَدَ وَقَفَ عِنْدَ الْقَبْرِ قَائِلَاتٍ لِلنِّسْوَةِ حَامِلَاتِ الطَّيِّبِ، أَمَّا الطَّيِّبُ فَهُوَ لَاتِقٌ بِالْأَمَوَاتِ، وَأَمَّا الْمَسِيحُ فَقَدَ ظَهَرَ غَرِيبًا عَنِ الْفَسَادِ، لَكِنْ اصْرُخْنَ قَائِلَاتٍ: قَدَ قَامَ الْمَسِيحُ، مَانِحًا الْعَالَمَ الرَّحْمَةَ الْعَظِيمَةَ.</p>
<p>(Theotokion of the Resurrectional Apolytikion)</p>	<p>(والديَّةُ للقيامة)</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> Exceeding glorious beyond the power of thought are thy mysteries, O Theotokos. For being sealed in purity and preserved in virginity, thou wast acknowledged to be in very truth the mother who didst bring forth the true God; wherefore entreat Him to save our souls.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. أَسْرَارُكَ كُلُّهَا يَا وَالِدَةَ الإِلَهِ تَفُوقُ كُلَّ عَقْلِ وَتَسْمُو عَلَى كُلِّ مَجْدٍ. لِأَنَّكَ وَأَنْتِ مَخْتَوْمَةُ الطَّهَارَةِ، وَمَصُونَةُ التَّبَوُّلِيَّةِ، عُرِفْتَ أَمَّا بِغَيْرِ رَيْبٍ، وَوُلِدْتَ الإِلَهِ الْحَقِيقِيَّ، فَإِلَيْهِ ابْتَهَلِي أَنْ يُخَلِّصَ نَفُوسَنَا.</p>
<p><b>Second Kathisma</b></p>	<p><b>الكائسما الثانية</b></p>
<p>O Lord, since Thou didst not prevent the sealing of the tombstone when Thou didst arise, Thou didst bestow on all the rock of fidelity. O Lord, glory to Thee.</p>	<p>إِنَّكَ بَعْدَمَ مَنَعِكَ حَتَمَ حَجَرِ الْقَبْرِ، مَنَحْتَ الْجَمِيعَ صَخْرَةَ الإِيمَانِ حِينَ انْبِعَاتِكَ مِنَ الْقَبْرِ، يَا رَبُّ، الْمَجْدُ لَكَ.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Verily, the assembly of the Disciples rejoiced in unison with the ointment-bearing women. As for us, we celebrate with them a common festival to the honor and exaltation of Thy Resurrection, exclaiming to Thee, O Lord, Lover of mankind, grant Thy people, through their supplications, Great Mercy.</p>	<p>المَجْدُ لِلآبِ وَالإِبْنِ وَالرُّوحِ الْقُدْسِ. إِنَّ رَهْطَ تَلَامِيذِكَ يَبْتَهِجُ بِاتِّفَاقٍ مَعَ النِّسْوَةِ حَامِلَاتِ الطَّيِّبِ، وَنَحْنُ نَعْبُدُ مَعَهُمْ لِمَجْدٍ وَكِرَامَةٍ قِيَامَتِكَ عِيدًا شَائِعًا. فَبِوَسْاطَتِهِمْ، امْنَحْ شَعْبَكَ، أَيُّهَا الرَّبُّ الْمُحِبُّ الْبَشَرَ، عَظِيمَ الرَّحْمَةَ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. أَنْتِ هِيَ الْفَائِزَةُ عَلَى كُلِّ الْبَرَكَاتِ، يَا وَالِدَةَ الإِلَهِ الْعَذْرَاءِ، لِأَنَّ الْجَحِيمَ قَدَ سُبِيَتْ بِوَسِطَةِ الْمُتَجَبِّدِ مِنْكَ، وَأَدَمُ دُعِيَ ثَانِيَةً، وَاللَّعْنَةُ بَادَتْ، وَحَوَاءُ انْعَقَّتْ، وَالْمَوْتُ أُمِيَتْ، وَنَحْنُ قَدَ حَيِينَا. فَلِذَلِكَ نُسَبِّحُ هَاتِقِينَ: مُبَارَكٌ أَنْتِ أَيُّهَا الْمَسِيحُ إِلَهُنَا، يَا مَنْ هَكَذَا سُرَّ، الْمَجْدُ لَكَ.</p>
<p><b>EVLOGETARIA (BENEDICTIONS) TONE FIVE</b></p>	<p><b>إفولوجيتاريات باللحن الخامس</b></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 أَنْتِ يَا رَبُّ عَلَّمَنِي حَقُوقَكَ. جَمْعُ الْمَلَائِكَةِ انْدَهَلَ مُتَحَيِّرًا، عِنْدَ مُشَاهَدَتِهِمْ إِيَّاكَ مَحْسُوبًا بَيْنَ الْأَمَوَاتِ أَيُّهَا الْمُخَلِّصُ، وَدَاجِضًا قُوَّةَ الْمَوْتِ، وَمُنْهَضًا أَدَمَ مَعَكَ، وَمُعْتَقًا إِيَّانَا مِنَ الْجَحِيمِ كَافَةً.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> Wherefore, O Women Disciples, do ye mingle sweet-smelling spices with your tears of pity? The radiant Angel within the sepulcher cried unto the Myrrh-bearing Women: Behold the grave, and understand, for the Savior is risen from the tomb.</p>	<p>مُبَارَكٌ أَنْتِ يَا رَبُّ عَلَّمَنِي حَقُوقَكَ. الْمَلَائِكَةُ اللَّامِعَةُ عِنْدَ الْقَبْرِ تَقْوَهُ نَحْوَ حَامِلَاتِ الطَّيِّبِ قَائِلَاتٍ: لِمَ تَمْرُجْنَ الطُّيُوبَ بِالذَّمُوعِ، بَتَرْتِ يَا تَلْمِيذَاتِ؟ أَنْظُرْنَ اللَّحْدَ وَأَفْرُخْنَ، لِأَنَّ الْمُخَلِّصَ قَدَ 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، سَارَعْنَ إِلَى قَبْرِكَ نَائِحَاتٍ. إِلَّا أَنَّ الْمَلَكَ وَقَفَ بِهِنَّ، وَقَالَ لَهُنَّ: زَمَانُ النَّوْحِ قَدْ كَفَّ وَبَطَلَ فَلَا تَبْكِينَ، بَلْ بَشِّرْنَ الرُّسُلَ بِالْقِيَامَةِ.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> The Myrrh-bearing Women mourned, as bearing spices they drew near Thy tomb, O Savior. But the Angel spake unto them, saying: Why number ye the living among the dead? In that He is God He is risen from the grave.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. إِنَّ النِّسْوَةَ حَامِلَاتِ الطِّيبِ، وَأَقْبَنَ بِالْحَنُوطِ إِلَى قَبْرِكَ أَيُّهَا الْمُخْلِصُ. فَسَمِعْنَ مَلَكَاً مُتَنَعِّماً نَحْوَهُنَّ قَائِلاً: لِمَ تَحْسِبُنَ الْحَيِّ مَعَ الْمَوْتَى؟ فِيمَا أَنَّهُ إِلَهُ، قَدْ قَامَ مِنَ الْقَبْرِ نَاهِضاً.</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>المَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُسِ. نَسْجُدُ لِلآبِ، وَلابْنِهِ، وَلِرُوحِ قُدُسِهِ، تَالُوثاً قُدُوساً فِي جَوْهَرٍ وَاحِدٍ، هَاتِقِينَ مَعَ السَّرَافِيمِ: قُدُوسٌ، قُدُوسٌ، قُدُوسٌ 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 الدَاهِرِينَ. آمِينَ. أَيُّهَا الْعَذْرَاءُ، لَقَدْ وَادَّتْ مُعْطِي الحَيَاةِ، وَأَنْقَذَتْ آدَمَ مِنَ الخَطِيئَةِ، وَمَنْحَتْ حَوَاءَ الفَرْحِ عَوَضَ الحُزْنِ، لَكِنَّ الإِلَهَ وَالإِنْسَانَ المُنْجَبِدَ مِنْكَ، أَرْشَدَهُمَا إِلَى الحَيَاةِ 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>هَلَلُويَا، هَلَلُويَا، هَلَلُويَا المَجْدُ لَكَ يَا اللهُ. (ثَلَاثًا) يَا إِلَهَنَا وَرَجَاءَنَا لَكَ المَجْدُ.</p>
<p><b>THE LITTLE LITANY</b></p>	<p><b>الطَّلِبَةُ السَّلَامِيَّةُ الصَّغْرَى</b></p>
<p><b>Priest:</b> Again and again, in peace, let us pray to the Lord. <b>Choir:</b> Lord, have mercy. <b>Priest:</b> Help us; save us; have mercy on us; and keep us, O God, by Thy grace. <b>Choir:</b> Lord, have mercy. <b>Priest:</b> 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. <b>Choir:</b> To Thee, O Lord. <b>Priest:</b> 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. <b>Choir:</b> Amen.</p>	<p><b>الكاهن:</b> أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. <b>الجوق:</b> يَا رَبُّ ارْحَمْنَا. <b>الكاهن:</b> أَعْضُدْ وَخَلِّصْ وَارْحَمْنَا يَا اللهُ بِنِعْمَتِكَ. <b>الجوق:</b> يَا رَبُّ ارْحَمْنَا. <b>الكاهن:</b> بَعْدَ ذِكْرِنَا الكَلِيَّةِ القُدَّاسَةِ، الطَّاهِرَةِ، الفَائِقَةِ البَرَكَاتِ المَجِيدَةِ، سَيِّدَتِنَا وَالدَّةِ الإِلَهَةِ الدَائِمَةِ البَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ القَدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الإِلَهِيِّ. <b>الجوق:</b> لَكَ يَا رَبُّ. <b>الكاهن:</b> لِأَنَّ اسْمَكَ مُبَارَكٌ وَمُلْكُكَ مُمَجَّدٌ أَيُّهَا الآبُ وَالإِبْنُ وَالرُّوحُ القُدُسُ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. <b>الجوق:</b> آمِينَ.</p>
<p><b>SECOND TONE RESURRECTIONAL HYPAKOE (Plain Reading)</b></p>	<p><b>إِبِاكُوي القِيَامَةِ لِلْحِنِّ الثَّانِي (قِرَاءَةٌ)</b></p>

<p>The women went to the tomb after Thy passion to anoint Thy body, O Christ God, where they saw a vision of angels, and were astonished; for they heard them crying with a loud voice, The Lord is risen and hath granted the world Great Mercy.</p>	<p>إِنَّ النَّسْوَةَ ذَهَبْنَ إِلَى الْقَبْرِ بَعْدَ الْأَلَامِ لِكِي يُطَيَّبِينَ جَسَدَكَ أَيُّهَا الْمَسِيحُ إِلَهُ، فَشَاهَدْنَ فِي الْقَبْرِ مَلَائِكَةً قَدْ هَلُنَّ، لِأَنَّهُنَّ سَمِعْنَ مِنْهُنَّ صَوْتًا قَائِلًا: إِنَّ الرَّبَّ قَدْ قَامَ، مَا نَحَا الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.</p>
<p><b>SECOND TONE RESURRECTIONAL ANABATHMOI (Plain Reading)</b></p>	<p><b>أناثيمات القيامة للحن الثاني (قراءة)</b></p>
<p><b>First Antiphony</b></p>	<p><b>الأنثيفونا الأولى</b></p>
<p>+ Behold, O Savior, toward heaven I raise the eyes of my heart to Thee. Save me by Thine illumination. + O Christ, have mercy upon us guilty men who transgress against Thee often and in every hour. Give us before the end the means of repentance acceptable to Thee. + <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, sovereignty over creation, its sanctification, and its motion are of the Holy Spirit; for He is God consubstantial with the Father and with the Word.</p>	<p>+ أَيُّهَا الْمُخَلِّصُ، هَا أَنَا مُرْسِلٌ إِلَيْكَ عَيْنِي قَلْبِي نَحْوَ السَّمَاءِ، فَخَلِّصْنِي بِإِشْرَاقَاتِكَ. + أَيُّهَا الْمَسِيحُ ارْحَمْنَا نَحْنُ الْمُذْنِبِينَ إِلَيْكَ كَثِيرًا فِي كُلِّ سَاعَةٍ. وَأَعْطِنَا قَبْلَ النِّهَايَةِ وَسَائِلَ التَّوْبَةِ لَدَيْكَ. + الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. + إِنَّ التَّمَلُّكَ عَلَى الْخَلْقِ وَتَقْدِيسَهَا وَتَحْرِيكُهَا هُوَ لِلرُّوحِ الْقُدُسِ، لِأَنَّهُ إِلَهٌ مُعَادِلٌ فِي الْجَوْهَرِ لِلآبِ وَالْكَلِمَةِ.</p>
<p><b>Second Antiphony</b></p>	<p><b>الأنثيفونا الثانية</b></p>
<p>+ Except the Lord were in our midst, who could have been kept safe from the man-destroying enemy? + Verily, my enemies roar like lions, O Savior. Deliver not Thy servant to their teeth. + <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> + The Holy Spirit is the element of Life and honor; for as God He doth establish all creatures and preserve them in the Father and the Son.</p>	<p>+ لَوْ لَمْ يَكُنِ الرَّبُّ مَعَنَا فَمَنْ كَانَ كُفُوًا أَنْ يُحْفَظَ سَالِمًا مِنَ الْعَدُوِّ قَاتِلِ الْإِنْسَانَ. + يَا أَيُّهَا الْمُخَلِّصُ، إِنَّ أَعْدَائِي يَزَارُونَ عَلَيَّ كَالْأَسَدِ، فَلَا تَدْفَعْنِي أَنَا عَبْدَكَ لِأَسْنَانِهِمْ. + الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. + إِنَّ الرُّوحَ الْقُدُسَ هُوَ عُنْصُرُ الْحَيَاةِ وَالْكَرَامَةِ، لِأَنَّهُ كَالِهٍ يُؤَيِّدُ الْمَخْلُوقَاتِ بِأَسْرِهِا وَيَصُونُهَا بِالآبِ وَالْإِبْنِ.</p>
<p><b>Third Antiphony</b></p>	<p><b>الأنثيفونا الثالثة</b></p>
<p>+ They who put their trust in the Lord are like the holy mountain; for they are never shaken by the attacks of Belial. + They put not forth their hands to evil, who live the divine life; for Christ God will not deliver His inheritance to the evil ones. + <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> + The Holy Spirit is the fount of all wisdom; for from Him cometh grace to the Apostles; the Martyrs by Him are crowned in their struggles; and the Prophets in foreknowledge look to Him.</p>	<p>+ إِنَّ الْمُتَوَكِّلِينَ عَلَى الرَّبِّ يُضَاهَوْنَ الْجَبَلَ الْمُقَدَّسَ، فَلَا تَزْعِزُهُمْ صَدَمَاتُ الْمَارِدِ أَبَدًا. + لَا يَمُدُّ الْعَائِشُونَ إِلَهِيًّا أَيْدِيَهُمْ إِلَى الْمَآثِمِ، لِأَنَّ الْمَسِيحَ إِلَهًا لَا يَنْزُكُ نَصِيبَهُ إِلَى الْعِصَاةِ. + الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. + إِنَّ الرُّوحَ الْقُدُسَ هُوَ يَنْبُوعُ كُلِّ حِكْمَةٍ، لِأَنَّ مِنْهُ تَحْصُلُ النِّعْمَةُ لِلرُّسُلِ، وَالشُّهَادَةُ لِلْمَشْهُودِ، وَالنَّبِيَاءُ يَنْظُرُونَ بِسَابِقِ الْمَعْرِفَةِ.</p>

PROKEIMENON FOR THE RESURRECTION IN TONE TWO	بروكيمنون للقيامة باللحن الثاني
<p>Arise, O my Lord and God in the precept which Thou hast commanded, and a congregation of people shall surround Thee. (<i>twice</i>)</p> <p><i>Stichos: My Lord and my God, in Thee have I put my trust.</i></p> <p>Arise, O my Lord and God in the precept which Thou hast commanded, and a congregation of people shall surround Thee.</p>	<p>إِسْتَيْقِظْ يَا رَبِّي وَالْهَي بِالْأَمْرِ الَّذِي أَوْصَيْتَ، وَمَجْمَعُ الشُّعُوبِ يُحِيطُ بِكَ. (مرتين)</p> <p><b>زكجك:</b> رَبِّي وَالْهَي عَلَيْكَ تَوَكَّلْتُ.</p> <p>إِسْتَيْقِظْ يَا رَبِّي وَالْهَي بِالْأَمْرِ الَّذِي أَوْصَيْتَ، وَمَجْمَعُ الشُّعُوبِ يُحِيطُ بِكَ.</p>
<p><b>Deacon:</b> Let us pray to the Lord.</p> <p><b>Choir:</b> Lord, have mercy.</p> <p><b>Priest:</b> 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><b>الشماس:</b> إِلَى الرَّبِّ نَطْلُبُ.</p> <p><b>المرتل:</b> يَا رَبُّ ارْحَمِ.</p> <p><b>الكاهن:</b> لِأَنَّكَ قُدُّوسٌ أَنْتَ يَا إِلَهَنَا، وَفِي الْقَدِيسِينَ تَسْتَقَرُّ وَتَسْتَرِيحُ، وَلَكَ نُرْسَلُ الْمَجْدُ أَيُّهَا الْآبُ، وَالابْنُ، وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>
<p><b>Chanter:</b> Amen.</p> <p>Let everything that hath breath praise the Lord. (<i>twice</i>)</p> <p><i>Praise ye God in His saints; praise Him in the firm foundation of His power.</i></p> <p>Let everything that hath breath praise the Lord.</p>	<p><b>المرتل:</b> آمِينَ.</p> <p>كُلُّ نَسَمَةٍ، فَلْتَسْبِحِ الرَّبَّ. (مرتين)</p> <p>زَكُتْهُمُ فِي عَمَلِهِمْ عَمَلُ قَدِيسِي.</p> <p>فَلْتَسْبِحِ الرَّبَّ، كُلُّ نَسَمَةٍ.</p>
THE TENTH EOTHINON GOSPEL	إنجيل الإيوثينا العاشرة
<p><b>Deacon:</b> And that we may be accounted worthy to hear the Holy Gospel, let us beseech the Lord our God.</p> <p><b>Choir:</b> Lord, have mercy. (<i>thrice</i>)</p> <p><b>Deacon:</b> Wisdom! Stand upright! Let us hear the Holy Gospel.</p> <p><b>Priest:</b> Peace be to all.</p> <p><b>Choir:</b> And to thy spirit.</p> <p><b>Priest:</b> The Reading from the Holy Gospel according to Saint <b>John</b>. (21:1-14)</p> <p><b>Choir:</b> Glory to Thee, O Lord, glory to Thee.</p> <p><b>Deacon:</b> Let us attend!</p>	<p><b>الشماس:</b> مِنْ أَجْلِ أَنْ نَكُونَ مُسْتَحِقِّينَ لِسَمَاعِ الْإِنْجِيلِ الْمُقَدَّسِ، إِلَى الرَّبِّ إِلَهِنَا نَطْلُبُ.</p> <p><b>المرتل:</b> يَا رَبُّ ارْحَمِ. (ثلاثاً)</p> <p><b>الشماس:</b> الْحِكْمَةُ، فَلْنَسْتَقِمْ وَلْنَسْمَعْ الْإِنْجِيلَ الْمُقَدَّسَ.</p> <p><b>الكاهن:</b> السَّلَامُ لِجَمِيعِكُمْ.</p> <p><b>المرتل:</b> وَلِرُوحِكَ.</p> <p><b>الكاهن:</b> فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ يُوْحَنَّا الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ.</p> <p><b>المرتل:</b> الْمَجْدُ لَكَ يَا رَبُّ، الْمَجْدُ لَكَ.</p> <p><b>الشماس:</b> لِنُصْغِ!</p>
<p><b>Priest:</b> At that time, Jesus revealed Himself again to the disciples by the Sea of Tiberias; and He revealed Himself in this way. Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of His disciples were together. Simon Peter said to them, "I am going fishing." They said to Him, "We will go with</p>	<p><b>الكاهن:</b> فِي ذَلِكَ الزَّمَانِ، أَظْهَرَ يَسُوعُ نَفْسَهُ لِتَلَامِيذِهِ عَلَى بَحْرِ طَبْرِيَّةٍ مِنْ بَعْدِ مَا قَامَ مِنْ بَيْنِ الْأَمْوَاتِ. هَكَذَا ظَهَرَ لَهُمْ. كَانَ قَدْ اجْتَمَعَ سَمْعَانُ بُطْرُسُ وَتُومَا الَّذِي يُقَالُ لَهُ التَّوَامُ، وَنَتْنَانِيْلُ الَّذِي مِنْ قَانَا الْجَلِيلِ، وَابْنَا زَبْدَى، وَاِثْنَانِ آخَرَانِ مِنْ تَلَامِيذِهِ فَقَالَ لَهُمْ سَمْعَانُ بُطْرُسُ: "أَنَا ذَاهِبٌ</p>

<p>you.” They went out and got into the boat; but that night they caught nothing. Just as day was breaking, Jesus stood on the beach; yet the disciples did not know that it was Jesus. Jesus said to them, “Children, have you any fish?” They answered Him, “No.” Jesus said to them, “Cast the net on the right side of the boat, and you will find some.” So they cast it, and now they were not able to haul it in, for the quantity of fish. That disciple whom Jesus loved said to Peter, “It is the Lord!” When Simon Peter heard that it was the Lord, he put on his clothes, for he was naked, and sprang into the sea. But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, but about a hundred yards off. When they got out on land, they saw a charcoal fire there, with fish lying on it, and bread. Jesus said to them, “Bring some of the fish that you have just caught.” So Simon Peter went aboard and hauled the net ashore, full of large fish, 153 of them; and although there were so many, the net was not torn. Jesus said to them, “Come and dine.” Now none of the disciples dared ask Him, “Who are you?” They knew it was the Lord. Jesus came and took the bread and gave it to them, and so with the fish. This was now the third time that Jesus was revealed to the disciples after He was raised from the dead.</p>	<p>لأَصْطَادًا. فَقَالُوا لَهُ: "وَنَحْنُ أَيْضًا نَجِيءُ مَعَكَ." فَخَرَجُوا وَرَكِبُوا السَّفِينَةَ لِلزَّوْقِ، وَلَمْ يَصِيدُوا فِي تِلْكَ اللَّيْلَةِ شَيْئًا فَلَمَّا كَانَ الصُّبْحُ، وَقَفَ يَسُوعُ عَلَى الشَّاطِئِ، وَلَمْ يَعْلَمْ التَّلَامِيذُ أَنَّهُ يَسُوعُ فَقَالَ لَهُمْ يَسُوعُ: "يَا فِتْيَانُ، هَلْ عِنْدَكُمْ شَيْءٌ مِنَ الْمَأْكُولِ؟" فَقَالُوا: "لَا" فَقَالَ لَهُمْ: "الْقُوا الشَّبَكَةَ مِنْ جَانِبِ السَّفِينَةِ الْيَمِينِ فَتَجِدُوا." فَأَلْقَوْهَا، فَلَمْ يَعُودُوا يَقْدِرُونَ أَنْ يَجِدُوهَا مِنْ كَثَرَةِ السَّمَكِ فَقَالَ ذَلِكَ التَّلَامِيذُ الَّذِي كَانَ يَسُوعُ يُحِبُّهُ لِبَطْرُسَ: "هُوَ الرَّبُّ." فَلَمَّا سَمِعَ سَمْعَانُ بَطْرُسُ أَنَّهُ الرَّبُّ، انْتَرَزَ بِثَوْبِهِ (لَأَنَّهُ كَانَ عُرْيَانًا) وَطَرَحَ نَفْسَهُ فِي الْبَحْرِ وَأَمَّا التَّلَامِيذُ الْآخَرُونَ فَجَاءُوا بِالسَّفِينَةِ (وَلَمْ يَكُونُوا بَعِيدِينَ عَنِ الْأَرْضِ إِلَّا نَحْوَ مِائَتَيْ ذِرَاعٍ) وَهُمْ يَجْرُونَ شَبَكَةَ السَّمَكِ فَلَمَّا نَزَلُوا إِلَى الْأَرْضِ، رَأَوْا جَمْرًا مَوْضُوعًا وَسَمَكًا عَلَيْهِ وَخُبْزًا فَقَالَ لَهُمْ يَسُوعُ: "قَدِّمُوا مِنَ السَّمَكِ الَّذِي اصْطَدْتُمْ الْآنَ" فَصَعِدَ سَمْعَانُ بَطْرُسُ وَجَرَّ الشَّبَكَةَ إِلَى الْأَرْضِ، وَهِيَ مَمْلُوءَةٌ سَمَكًا كَبِيرًا، مِئَةً وَثَلَاثًا وَخَمْسِينَ. وَمَعَ هَذِهِ الْكَنْزَةِ لَمْ تَنَحَّرَقِ الشَّبَكَةُ فَقَالَ لَهُمْ يَسُوعُ: "هَلُمُّوا تَعَدُّوا." وَلَمْ يَجْسُرْ أَحَدٌ مِنَ التَّلَامِيذِ أَنْ يَسْأَلَهُ "مَنْ أَنْتَ؟" إِذْ عَلِمُوا أَنَّهُ الرَّبُّ فَتَقَدَّمَ يَسُوعُ وَأَخَذَ الْخُبْزَ وَأَعْطَاهُمْ وَكَذَلِكَ السَّمَكِ. وَهَذِهِ مَرَّةٌ ثَالِثَةٌ ظَهَرَ فِيهَا يَسُوعُ لِتَلَامِيذِهِ مِنْ بَعْدِ مَا قَامَ مِنَ بَيْنِ الْأَمْوَاتِ.</p>
<p><b>Choir:</b> Glory to Thee, O Lord, glory to Thee.</p>	<p><b>المرتل:</b> المَجْدُ لَكَ يَا رَبُّ المَجْدُ لَكَ.</p>
<p><b>Reader:</b> 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><b>القارئ:</b> إِذْ قَدْ رَأَيْنَا قِيَامَةَ الْمَسِيحِ، فَلْنَسْجُدْ لِلرَّبِّ الْغُدُّوسِ، يَسُوعَ الْمَعْصُومِ مِنَ الْخَطَا وَحْدَهُ. لِصَلِيبِكَ أَيُّهَا الْمَسِيحُ نَسْجُدُ وَلِقِيَامَتِكَ الْمُقَدَّسَةِ نُسَبِّحُ وَنُجَدِّدُ، لِأَنَّكَ أَنْتَ هُوَ إِلَهُنَا وَآخِرَ سَوَاكِ لَا نَعْرِفُ وَبِاسْمِكَ نُسَمِّي. هَلُمَّ يَا مَعْشَرَ الْمُؤْمِنِينَ نَسْجُدْ لِقِيَامَةِ الْمَسِيحِ الْمُقَدَّسَةِ، لِأَنَّ هُوَذَا بِالصَّلِيبِ قَدْ أَتَى الْفَرَحُ لِكُلِّ الْعَالَمِ. لِنُبَارِكِ الرَّبَّ فِي كُلِّ حِينٍ وَنُسَبِّحُ قِيَامَتَهُ، لِأَنَّهُ إِذْ اخْتَمَلَ الصَّلْبَ مِنْ أَجْلِنَا، الْمَوْتَ بِالْمَوْتِ حَطَّمَ.</p>
<p><b>PSALM 50</b></p>	<p><b>المزمور 50</b></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 امْحُ مَاثِمِي.</p>
<p>Wash me thoroughly from mine iniquity, and cleanse me from my sin.</p>	<p>اغْسِلْنِي كَثِيرًا مِنْ إِثْمِي، وَمِنْ خَطِيئَتِي طَهِّرْنِي.</p>

For I know mine iniquity, and my sin is ever before me.	لَأْتِي أَنَا عَارِفٌ بِإِثْمِي، وَخَطِيئَتِي أَمَامِي فِي كُلِّ حِينٍ.
Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged.	إِلَيْكَ وَحْدَكَ أَخْطَأْتُ، وَالشَّرُّ قُدَّامَكَ صَنَعْتُ، لَكِي تَصُدُقَ فِي أَقْوَالِكَ وَتَغْلِبَ فِي مُحَاكَمَتِكَ.
For behold, I was conceived in iniquities, and in sins did my mother bear me.	هَاءِنَذَا بِالْآثَامِ حُيِّلَ بِي، وَبِالْخَطَايَا وَلَدَتْني أُمِّي.
For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me.	لَأَنَّكَ قَدْ أَحْبَبْتَ الْحَقَّ، وَأَوْضَحْتَ لِي غَوَامِضَ حِكْمَتِكَ وَمَسْتَوْرَاتِهَا.
Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow.	تَنْضَحُنِي بِالزُّوْفَى فَاظْهُرْ، تَغْسِلْنِي فَأَبْيَضُ أَكْثَرَ مِنَ التَّلْجِ.
Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice.	تَسْمِعُنِي بِهَجَّةٍ وَسُرُورًا، فَتَبْتَهِجُ عِظَامِي الدَّلِيلَةَ.
Turn Thy face away from my sins, and blot out all mine iniquities.	اصْرِفْ وَجْهَكَ عَنِ خَطَايَايَ، وَامْحُ كُلَّ مَاثِمِي.
Create in me a clean heart, O God, and renew a right spirit within me.	قَلْبًا نَقِيًّا أَحْلُقْ فِيَّ يَا اللَّهُ، وَرُوحًا مُسْتَقِيمًا جَدِّدْ فِي أَحْشَائِي.
Cast me not away from Thy presence, and take not Thy Holy Spirit from me.	لَا تَطْرَحْنِي مِنْ أَمَامِ وَجْهِكَ، وَرُوحَكَ الْقُدُّوسَ لَا تَنْزِعْهُ مِنِّي.
Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me.	امْنَحْنِي بِهَجَّةٍ خَلَاصِكَ، وَبِرُوحِ رِئَاسِيٍّ اعْضُدْنِي.
I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee.	فَأَعْلَمُ الْأَثَمَةَ طُرُقَكَ، وَالكَافِرَةَ إِلَيْكَ يَرْجِعُونَ.
Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness.	أُنْقِذْنِي مِنَ الدِّمَاءِ يَا اللَّهُ إِلَهَ خَلَاصِي، فَيَبْتَهِجَ لِسَانِي بِعَدْلِكَ.
O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.	يَا رَبُّ افْتَحْ شَفْتَيَّ، فَيُخَيِّرَ فَمِي بِتَسْبِيحَتِكَ.
For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased.	لَأَنَّكَ لَوْ آثَرْتَ الذَّبِيحَةَ، لَكُنْتُ الْآنَ أُعْطِي، لَكِنَّكَ لَا تُسَرُّ بِالْمُحْرَقَاتِ.
A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise.	الذَّبِيحَةُ لِلَّهِ رُوحٌ مُنْسَوِّحٌ، الْقَلْبُ الْمُتَخَشِّعُ وَالْمُتَوَاضِعُ لَا يَزْدُلُهُ اللَّهُ.
Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up.	أَصْلِحْ يَا رَبُّ بِمَسَرَّتِكَ صِهْيُونََ وَلِئْتَبُنَّ أَسْوَارُ أُورُشَلِيمَ.
Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings.	حِينَئِذٍ تُسَرُّ بِذَّبِيحَةِ الْعَدْلِ قُرْبَانًا وَمُحْرَقَاتِ.
Then shall they offer bullocks upon Thine altar.	حِينَئِذٍ يُقَرَّبُونَ عَلَيَّ مَذْبَحِكَ الْعُجُولَ.
<b>LENTEN TROPARIA AFTER PSALM 50 IN TONE EIGHT</b>	<b>طُرُوبَارِيَاتِ الصَّوْمِ، بِاللَّحْنِ الثَّامِنِ</b>
<i>Glory to the Father, and to the Son, and to the Holy Spirit. Open to me the doors of repentance, O Life-giver; for my soul goeth early to the temple of Thy holiness, coming in the temple of my body, wholly polluted. But because Thou art compassionate, purify me by the compassion of Thy mercies.</i>	الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ. افْتَحْ لِي أَبْوَابَ التَّوْبَةِ يَا وَهَبَ الْحَيَاةِ، لِأَنَّ رُوحِي تَبْتَكَرُ إِلَى هَيْكَلِ قُدْسِكَ، آتِيًّا بِهَيْكَلِ جَسَدِي مُدْنَسًا بِجُمْلَتِهِ. لَكِنْ، بِمَا أَنَّكَ مُتَعَطِّفٌ، تَقْنِي بِتَحَنُّنِ مَرَامِكَ.

<p><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.</p>	<p>الآن وَكُلَّ أَوَانٍ وَالِي دَهْرِ الدَّاهِرِينَ. آمِينَ. سَهَّلِي لِي مَنَاهِجَ الْخَلَاصِ يَا وَالِدَةَ الْإِلَه، فَإِنِّي قَدْ دَنَسْتُ نَفْسِي بِخَطَايَا سَمِجَةٍ، وَأَفْنَيْتُ عُمْرِي كُلَّهُ بِالتَّوَانِي. لَكِن بِشَفَاعَاتِكَ، نَقِّنِي مِنْ كُلِّ رَجَاسَةٍ.</p>
<p>(TONE SIX) <i>Have mercy upon me, O God, according to Thy lovingkindness; according to 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.</p>	<p>(بِاللَّحْنِ السَّادِسِ) يَا رَحِيمٌ، ارْحَمْنِي يَا اللَّهُ كَعَظِيمِ رَحْمَتِكَ، وَكَمَثَلِ كَثْرَةِ رَأْفَاتِكَ امْحُ مَاثِمِي. إِذَا تَصَوَّرْتُ كَثْرَةَ أَفْعَالِي الرَّدِيئَةِ أَنَا الشَّقِي، فَإِنِّي أَرْتَعِدُ مِنْ يَوْمِ الدِّينُونَةِ الرَّهِيْب. لَكِنِّي إِذْ أَنَا وَائِقٌ بِتَحَنُّنِكَ، أَهْتَفُ إِلَيْكَ مِثْلَ دَاوُد: ارْحَمْنِي يَا اللَّهُ، بِحَسَبِ عَظِيمِ رَحْمَتِكَ.</p>
<p><b>THE INTERCESSION</b></p>	<p><b>طَلِبَةُ الشَّفَاعَةِ</b></p>
<p><b>Deacon:</b> O God, save thy people, and bless thine inheritance. Visit thy world with mercy and compassions. Exalt the horn of Orthodox Christians, and send down upon us thy rich mercies, through the intercessions of our all-immaculate Lady, the Theotokos and ever-virgin Mary; by the might of the precious and life-giving cross; by the protection of the honorable bodiless powers of heaven; at the supplication of the honorable, glorious Prophet, Forerunner and Baptist John; of the holy, glorious, all-laudable and foremost of the apostles, Peter and Paul, and of all the holy apostles; of our fathers among the saints, great hierarchs and ecumenical teachers Basil the Great, Gregory the Theologian and John Chrysostom; Athanasios, Cyril and John the Merciful, patriarchs of Alexandria; Nicholas of Myra in Lycia, Spyridon of Trimythous and Nektarios of Pentapolis, the wonder-workers; of our fathers among the saints Tikhon, patriarch of Moscow, and Raphael, bishop of Brooklyn; of the holy, glorious great martyrs George the Trophy-bearer, Demetrios the Myrrh-streaming, Theodore the Soldier, Theodore the General and Menas the Wonder-worker; of the hieromartyrs Ignatius the God-bearer of Antioch, Charalampos and Eleutherios; of the holy, glorious and great women martyrs Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photini, Marina, Paraskeva and Irene; of the holy glorious and right-victorious martyrs; of our venerable and God-bearing fathers who shone in the ascetic life, especially Paisios of Athos; of Saint N., the patron and protector of this holy community; of the holy and righteous ancestors of God, Joachim and Anna, of our father among</p>	<p><b>الشماس:</b> خَلِّصْ يَا اللَّهُ شَعْبَكَ، وَبَارِكْ مِيرَاثَكَ، وَافْتَقِدْ عَالَمَكَ بِالرَّحْمَةِ وَالرَّافَاتِ، وَارْفَعْ شَأْنَ الْمَسِيحِيِّينَ الْأَرْثُوذُكْسِيِّينَ، وَأَسْبِغْ عَلَيْنَا مَرَاغِمَكَ الْعَنِيَّةَ، بِشَفَاعَاتِ سَيِّدَتِنَا وَالِدَةِ الْإِلَهِ الْكَلِيَّةِ الطَّهَارَةِ وَالِدَائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ؛ وَبِقُوَّةِ الصَّلِيبِ الْكَرِيمِ الْمُحْيِي؛ وَبِطَلْبَاتِ الْقُوَاتِ السَّمَاوِيَّةِ الْمُكْرَمَةِ الْعَادِمَةِ الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوحَنَّا الْمَعْمَدَانِ؛ وَالْقَدِيسَيْنِ الْمَشْرَفَيْنِ الرَّسُولَيْنِ بُطْرُسَ وَيُوهَنَّا، وَسَائِرِ الرَّسُلِ الْمَشْرَفَيْنِ الْجَدِيرَيْنِ بِكُلِّ مَدِيحَ؛ وَأَبَائِنَا الْقَدِيسِينَ مُعَلِّمِي الْمَسْكُونَةِ، رُؤَسَاءِ الْكَهَنَةِ الْمُعْظَمِينَ بِاسِيلْيُوسَ الْكَبِيرِ، وَغْرِغُورْيُوسَ الْلَاهُوتِي، وَيُوحَنَّا الدَّهَبِيَّ الْقَمَّ؛ وَأَبَائِنَا الْقَدِيسِينَ أَنْتَاسْيُوسَ وَكِيرِلْسَ وَيُوحَنَّا الرَّحِيمِ بَطْرِيْرَكَةَ الْإِسْكَنْدَرِيَّةِ؛ وَأَبِينَا الْقَدِيسِ نِيْقُولَاوَسَ رَئِيسِ أَسَاقِفَةِ مِيرَا الْيَلِيْكِيَّةِ، وَأَسْبِيرِيدُونَ أُسْقُفِ تْرِيْمِيْثُوسَ، وَنِكْتَارْيُوسَ أُسْقُفِ الْمُدُنِ الْخَمْسِ الْعَجَائِبِيِّينَ، وَأَبِينَا الْقَدِيسِ تِيْخُونِ بَطْرِيْرِكِ مُوسَى، وَالْقَدِيسِ رَافَائِيلِ أُسْقُفِ بَرُوكْلِينِ؛ وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْعُظْمَاءِ جَاوْرَجْيُوسَ الْبَلَايِسِ الظَّفَرِ، وَدِيمِيْتْرْيُوسَ الْمُفِيضِ الطَّيْبِ، وَثِيُودُورَسَ التِّيْرُونِي، وَثِيُودُورَسَ قَائِدِ الْجَيْشِ، وَمِينَاسَ الصَّانِعِ الْعَجَائِبِ؛ وَالْقَدِيسِينَ الشُّهَدَاءِ إِغْنَاطْيُوسَ الْمُتَوَشَّحِ بِاللَّهِ، خَرَالْمَبُوسَ وَالْفِيْثْرْيُوسَ؛ وَالشُّهَدَاءِ الْعَظِيمَاتِ ثَقْلَا، بَرَبَارَةَ، أَنْسْطَاسْيَا، كَاتْرِيْنَا، كِيرْيَاكِي، فُوتِينِي، مَارِيْنَا، بَارَاسْكِيْفَا، وَأَيْرِينِ؛ وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْمُتَأَلِّقِينَ بِالظَّفَرِ؛ وَأَبَائِنَا الْأَبْرَارِ الْمُتَوَشَّحِينَ بِاللَّهِ؛ وَخَاصَّةً الْقَدِيسِ بَابِيْسْيُوسَ الْأَثُوسِي، وَالْقَدِيسِ (فَلَان) شَفِيْعِ هَذِهِ الْكَنِيسَةِ الْمُقَدَّسَةِ؛ وَالْقَدِيسِينَ الصِّدِّيْقَيْنِ جَدِّي الْمَسِيْحِ الْإِلَهِي يُوَاكِيْمَ وَحَنَّةَ؛ وَأَبِينَا الْجَلِيلِ فِي الْقَدِيسِينَ غْرِغُورْيُوسَ بَالَامَاسَ رَئِيسِ أَسَاقِفَةِ</p>



<p>the saints Gregory Palamas, archbishop of Thessalonica, whose memory we celebrate today, and of all Thy saints, we beseech Thee, O most merciful Lord, hearken unto the petitions of us sinners who make our supplications unto Thee, and have mercy upon us.</p>	<p>تَسَالُونِيكِيَّة، الَّذِي نَقِيمُ تَذَكَارَهُ الْيَوْمَ، وَجَمِيعِ قَدِيسِيكَ، نَتَضَرَّعُ إِلَيْكَ أَيُّهَا الرَّبُّ الْجَزِيلُ الرَّحْمَةِ، فَاسْتَجِبْ لَنَا نَحْنُ الْخَطَاةَ الطَّالِبِينَ إِلَيْكَ وَارْحَمْنَا.</p>
<p><b>Choir:</b> Lord, have mercy. <i>(twelve times)</i></p>	<p><b>المرتل:</b> يا ربُّ ارْحَمْنَا. (12 مرات)</p>
<p><b>Priest:</b> 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><b>الكاهن:</b> بِرَحْمَةٍ وَرَأْفَاتِ ابْنِكَ الْوَحِيدِ وَمَحَبَّتِهِ لِلْبَشَرِ، الَّذِي أَنْتَ مُبَارَكٌ مَعَهُ وَمَعَ رُوحِكَ الْكَلْبِيِّ قُدْسُهُ الصَّالِحِ وَالْمُحْيِي، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>
<p><b>Choir:</b> Amen.</p>	<p><b>المرتل:</b> آمين.</p>
<p><b>SECOND TONE RESURRECTIONAL KONTAKION AND OIKOS (Plain Reading)</b></p>	<p><b>القِنْدَاقِ وَالْبَيْتِ لِلْقِيَامَةِ لِلْحَنِّ الثَّانِي (قراءة)</b></p>
<p>Arisen art Thou, Almighty Savior, from the tomb; as Hades beheld, he trembled at the miracle; and the dead arose, and creation, seeing this, doth rejoice with Thee. And as Adam is also glad, the world, O my Savior, praiseth Thee forever.</p>	<p>لَقَدْ قُمْتَ مِنَ الْقَبْرِ أَيُّهَا الْمُخَلِّصُ الْقَدِيرُ، فَدَهَشَ الْجَحِيمُ لَمَّا رَأَى الْمُعْجِزَةَ، وَالْأَمْوَاتُ بُعِثُوا، وَالْخَلِيقَةُ، لِمُشَاهَدَتِهَا ذَلِكَ، تَفْرَحُ الْآنَ مَعَكَ، وَأَدَمُ يَسْتَرِكُ فِي الطَّرْبِ وَالسُّرُورِ، وَالْعَالَمُ يُدَاوِمُ تَسْبِيحَكَ يَا مُخَلِّصِي.</p>
<p>Thou art the Light of those in darkness; Thou art the Resurrection of all and the Life of mortals, and Thou didst raise all together with Thyself, O Savior, when Thou didst despoil the dominion of death and didst break the gates of Hades, O Word. Mortals marveled, beholding the wonder. All creation rejoiceth together because of Thy Resurrection, O Lover of mankind. Wherefore, we too all glorify and praise Thy condescension, and the world, O my Savior, praiseth Thee forever.</p>	<p>أَنْتَ يَا مُخَلِّصُ نُورُ الْمُظْلَمِينَ، أَنْتَ قِيَامَةُ وَحْيَاةُ كُلِّ الْبَشَرِ، فَقَدْ أَقَمْتَهُمْ كُلَّهُمْ أَيُّهَا الْكَلِمَةُ، سَابِيًا عِزَّةَ الْمَوْتِ، وَحَاطِمًا أَبْوَابَ الْجَحِيمِ. وَلَمَّا عَايَنَ الْمَائِتُونَ الْمُعْجِزَةَ انْدَهَشُوا، وَالْخَلِيقَةُ كُلُّهَا تَفْرَحُ الْآنَ مَعًا بِقِيَامَتِكَ، يَا مُحِبَّ الْبَشَرِ. فَلِذَلِكَ نُمَجِّدُ كُلُّنَا تَنَازُلَكَ وَنُسَبِّحُهُ، وَالْعَالَمُ يُدَاوِمُ تَسْبِيحَكَ يَا مُخَلِّصِي.</p>
<p><b>THE SYNAXARION (Plain Reading)</b></p>	<p><b>السِّنْكَسَارِ (قراءة)</b></p>
<p>On March 31 in the Holy Orthodox Church, we commemorate Hypatios the wonderworker, bishop of Gangra; and the Prophet Joel.</p>	
<p>On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, Gregory Palamas, archbishop of Thessalonica.</p>	
<p style="text-align: center;"><b>Verses</b></p>	
<p style="text-align: center;">The Spring of Light now leadeth to light unwaning The Light's own truly great and resplendent herald.</p>	
<p>This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the palace and gave himself to asceticism on Mount Athos. He eventually moved to Thessalonica to seek cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy, tending to his people in an Apostolic fashion for 13 years. He is glorified as an ascetic, a theologian, a hierarch and a miracle-worker, who forsook a prominent, secular lifestyle to take up his cross and follow Christ. The Most-Holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and angels of God appeared to him at different times.</p>	
<p style="text-align: center;">Through his intercessions, O Lord Jesus Christ our God, have mercy upon us. Amen.</p>	
<p><b>KATAVASIAE OF THE AKATHIST CANON IN TONE FOUR</b></p>	<p><b>كُتَافَاسِيَاةِ السَّيِّدَةِ بِاللَّحْنِ الرَّابِعِ</b></p>

<p><b>Ode 1.</b> I shall open my mouth and it will be filled with the Spirit; and I shall speak forth to the Queen and Mother. I shall be seen joyfully singing her praises, and I shall delight to sing of her wonders.</p>	<p><b>(الأولى)</b> أَفْتَحُ فَمِي فَيَمْتَلِئُ رَوْحاً، وَأُبْدِي قَوْلًا فَائِضًا نَحْوَ الْأُمِّ الْمَلَكَةِ، وَأُظْهِرُ مُعِيداً لِلْمَوْسِمِ بَابْتِهَاجٍ، وَأَتَرْتُمُ بِعَجَائِبِهَا مَسْرُوراً.</p>
<p><b>Ode 3.</b> As a living and copious fountain, O Theotokos, do thou strengthen those who hymn thy praises, and are joined together in spiritual company for thy service; and in thy divine glory make them worthy of crowns of glory.</p>	<p><b>(الثالثة)</b> يَا وَالِدَةَ الْإِلَهِ، بِمَا أَنَّكَ الْيَنْبُوعُ الْحَيُّ الْمُتَدَفِّقُ بِسَخَاءٍ، وَطَدِينَا نَحْنُ الْمُتَشِدِّينَ تَسَابِيحَكَ، الْمُتَنَتِّمِينَ مَخْفِلاً رَوْحِيًّا، وَفِي مَجْدِكَ الْإِلَهِيِّ أَهْلِينَا لِأَكَالِيلِ الْمَجْدِ وَالشَّرْفِ.</p>
<p><b>Ode 4.</b> He who sits in clouds of glory upon the throne of Godhead, Jesus the Most High God, came with mighty hand and saved those who cried out unto Him: Glory to Thy power, O Christ.</p>	<p><b>(الرابعة)</b> إِنَّ يَسُوعَ الْفَائِيقَ النَّالَهُ، الْجَالِسَ بِمَجْدٍ عَلَى سُدَّةِ اللاهوتِ، قَدْ وَرَدَ عَلَى سَحَابَةٍ خَفِيفَةٍ، وَخَلَّصَ بِقَبْضَتِهِ غَيْرِ الْفَاسِدَةِ الصَّارِحِينَ نَحْوَهُ: الْمَجْدُ لِقُدْرَتِكَ أَيُّهَا الْمَسِيحُ.</p>
<p><b>Ode 5.</b> All creation was amazed at thy divine glory, for thou, O unwedded Virgin, didst hold in thee the God of all, and didst bear the Eternal Son, who rewards with salvation all those who hymn thy praises.</p>	<p><b>(الخامسة)</b> أَيُّهَا الْبَتُولُ الَّتِي لَمْ تَعْرِفْ زَوْجاً، إِنَّ الْبَرِيَا بِأَسْرَهَا قَدْ انْدَهَلَتْ مِنْ مَجْدِكَ الْإِلَهِيِّ، لِأَنَّكَ حَمَلْتِ فِي حَشَاكِ إِلَهَ الْكُلِّ، وَوَلَدْتِ الْإِبْنَ غَيْرَ الْمَحْدُودِ فِي زَمَنِ، وَمَنْحَتِ الْخَلَاصَ لِكُلِّ الَّذِينَ يُسَبِّحُونَكَ.</p>
<p><b>Ode 6.</b> As we the Godly minded, celebrate this sacred and all-honorable feast of the Mother of God: come, let us clap our hands together and glorify the God whom she bore.</p>	<p><b>(السادسة)</b> هَلُمُّوا أَيُّهَا الْمُتَأَلِّهُو الْعُقُولِ، لِنُصَقِّقَ بِالْأَيْدِي مُقِيمِينَ هَذَا الْعِيدَ الْإِلَهِيِّ الْكُلِّيَّ الْإِكْرَامِ، الَّذِي لِيُوالِدَةِ الْإِلَهِ، وَنُمَجِّدِ الْإِلَهَ الَّذِي وُلِدَ مِنْهَا.</p>
<p><b>Ode 7.</b> The godly-minded children worshipped not the creature rather than the Creator, but trampling upon the threat of fire in manly fashion, they rejoiced and sang: O All-praised Lord and God of our Fathers, blessed art Thou.</p>	<p><b>(السابعة)</b> إِنْ الْفَتِيَّةُ الْمُتَأَلِّهُي الْعُقُولِ، لَمْ يَعْبُدُوا الْخَلِيقَةَ دُونَ الْخَالِقِ، بَلْ وَطِنُوا وَعِيدَ النَّارِ بِشَجَاعَةٍ، فَرْتَلَوْا فَرِحِينَ: أَيُّهَا الْفَائِيقُ السَّنْبِيحِ، مُبَارَكٌ أَنْتَ يَا إِلَهَ آبَائِنَا.</p>
<p><i>We praise, we bless, and we worship the Lord.</i> <b>Ode 8.</b> The three holy children in the furnace the Child of the Theotokos saved; then was the type, now is its fulfillment, and the whole world gathers to sing: 'All ye works praise the Lord and magnify Him unto all ages.'</p>	<p><b>(الثامنة)</b> إِنَّ مَوْلِدَ الْوَالِدَةِ الْإِلَهِيَّةِ قَدْ حَفِظَ الْفَتِيَّةَ الْأَطْهَارَ فِي الْأَتُونِ سَالِمِينَ، إِذْ كَانَ حِينِيذٍ مَرْسُوماً وَأَمَّا الْآنَ فَقَدْ حَصَلَ مَفْعُولاً، فَهُوَ يُنْهَضُ الْمَسْكُونَةَ بِأَسْرِهَا إِلَى التَّرْتِيلِ هَائِقَةٍ: يَا جَمِيعَ أَعْمَالِ الرَّبِّ سَبِّحُوا الرَّبَّ، وَزِيدُوهُ رِفْعَةً عَلَى مَدَى الْأَدْهَارِ.</p>
<p><b>Deacon:</b> The Theotokos and Mother of the Light let us honor and magnify in song.</p>	<p><b>الشماس:</b> لِيُوالِدَةِ الْإِلَهِ وَأَمَّ النُّورِ بِالتَّسَابِيحِ نَكْرِمُ مُعْظَمِينَ.</p>
<p><b>MAGNIFICATIONS IN TONE FOUR</b></p>	<p><b>تَعْظِيمَاتُ بِاللَّحْنِ الرَّابِعِ</b></p>
<p>My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior. <b>Refrain:</b> 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 رَوْحِي بِاللَّهِ مُخْلِصِي. <b>اللازمة:</b> يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ مَجْدًا بَعْدَ قِيَاسِ مِنَ السَّارَافِيمِ، الَّتِي مِنْ دُونِ فَسَادٍ وَوَلَدَتْ كَلِمَةَ اللَّهِ، حَقًّا أَنَّكَ وَالِدَةُ الْإِلَهِ إِيَّاكَ نُعْظِمُ.</p>
<p>For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. <b>(Refrain)</b></p>	<p>لِأَنَّهُ نَظَرَ إِلَى تَوَاضَعِ أُمَّتِهِ، فَهَا مُنْذُ الْآنَ تَطُوبُنِي جَمِيعُ الْأَجْيَالِ. <b>(اللازمة)</b></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. <b>(Refrain)</b>	لَأَنَّ الْقَدِيرَ صَنَعَ بِي عَظَائِمَ وَقُدُوسَ اسْمَهُ، وَرَحْمَتَهُ إِلَى جِيلٍ فَجِيلٍ لِلَّذِينَ يَتَّقُونَهُ. <b>(اللازمة)</b>
He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. <b>(Refrain)</b>	صَنَعَ عِزًّا بِسَاعِدِهِ، وَشَتَّتَ الْمُتَكَبِّرِينَ بِذَهْنِ قُلُوبِهِمْ. <b>(اللازمة)</b>
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. <b>(Refrain)</b>	حَطَّ الْمُقْتَدِرِينَ عَنِ الْكِرَاسِيِّ وَرَفَعَ الْمُتَوَاضِعِينَ، مَلَأَ الْجِياعَ مِنَ الْخَيْرَاتِ، وَالْأَغْنِيَاءَ أَرْسَلَهُمْ فَارِغِينَ. <b>(اللازمة)</b>
He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. <b>(Refrain)</b>	عَصَدَ إِسْرَائِيلَ فَتَاهُ لِيَذْكَرَ رَحْمَتَهُ، كَمَا قَالَ لِأَبَائِنَا إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الْأَبَدِ. <b>(اللازمة)</b>
<b>Ode 9.</b> Let all the earth-born mortals rejoice in the Spirit, bearing their lamps. And let the nature of Bodiless Minds celebrate with honor the holy festival of the Mother of God, and cry out: 'Hail! All-blessed, pure, and ever-virgin Theotokos!'	<b>(التاسعة)</b> كُلُّ الْأَرْضِيِّينَ فَلْيَبْتَهِجُوا بِالرُّوحِ حَامِلِينَ الْمَصَابِيحِ، وَطَبِيعَةَ الْعَقْلِيِّينَ غَيْرِ الْهَيُولِيِّينَ فَالْتَحْتَقِلْ مَعًا، مُعَيَّدَةً لِمَوْسِمِ أُمِّ الْإِلَهِ الشَّرِيفِ وَهَاتِقَةً: إِفْرَحِي يَا وَالِدَةَ الْإِلَهِ النَّقِيَّةِ، الدَّائِمَةَ الْبَتُولِيَّةِ، وَالْكَلِيَّةِ الطَّوْبِي.
<b>THE LITTLE LITANY</b>	<b>الطلبة السلامية الضغرى</b>
<b>Deacon:</b> Again and again, in peace, let us pray to the Lord. <b>Choir:</b> Lord, have mercy. <b>Deacon:</b> Help us; save us; have mercy on us; and keep us, O God, by Thy grace. <b>Choir:</b> Lord, have mercy. <b>Deacon:</b> 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. <b>Choir:</b> To Thee, O Lord. <b>Priest:</b> 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. <b>Choir:</b> Amen.	<b>الشماس:</b> أيضاً وأيضاً بسلام إلى الرب نطلب. <b>الجوق:</b> يا رب ارحم. <b>الشماس:</b> أعضد وخلص واخفظنا يا الله بنعمتك. <b>الجوق:</b> يا رب ارحم. <b>الشماس:</b> بعد ذكرنا الكليّة القداسة، الطاهرة، الفائقة البركات المجيدة، سيدتنا والدة الإله الدائمة البتولية مريم مع جميع القديسين، لنودع أنفسنا وبعضنا بعضاً وكل حياتنا للمسيح الإله. <b>الجوق:</b> لك يا رب. <b>الكاهن:</b> لأنه إياك نُسبِّحُ كُلَّ قُوَاتِ السَّمَاوَاتِ، وَلَكَ يُرْسَلُونَ الْمَجْدَ أَيُّهَا الْأَبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. <b>الجوق:</b> آمين.
Holy is the Lord our God. <i>(thrice)</i> Exalt ye the Lord our God, and worship at His footstool, for He is holy.	قُدُوسٌ هُوَ الرَّبُّ إِلَهُنَا. <b>(ثلاثاً)</b> إِرْفَعُوا الرَّبَّ إِلَهُنَا، وَاسْجُدُوا لِمَوْطِي قَدَمَيْهِ، لِأَنَّ الرَّبَّ إِلَهُنَا قُدُوسٌ هُوَ.
<b>THE TENTH EOTHINON EXAPOSTEILARION IN TONE TWO (**Upon that mount in Galilee **)</b>	<b>إكسابوستيلاري الإيوثينا العاشرة بالحن الثاني</b>

<p>On the sea of Tiberias, * of old there went a fishing * Nathanael, Peter, and with them, another two with Thomas, * as well as Zebedee's children; * and then, as Christ commanded, * upon the right, they cast their net * and drew out many fishes. * Then knowing Him, * Peter swiftly swam to Him. And He showed them * both bread and fish upon the coals * in this, His third appearance.</p>	<p>إِنَّ ابْنِي زَبْدَى، وَبَطْرُسَ وَنَثَائِيلَ، وَاثْنَيْنِ آخَرَيْنِ وَتُومَا، كَانُوا بِالصَّيْدِ فِي بَحِيرَةِ طَبْرِيةَ، الَّذِينَ بِأَمْرِ الْمَسِيحِ، أَلْقُوا الشَّبَكَةَ فِي الْجَانِبِ الْأَيْمَنِ، فَجَدَّبُوا سَمَكًا كَثِيرًا. فَلَمَّا عَرَفَهُ بَطْرُسُ، تَقَدَّمَ إِلَيْهِ سَابِحًا. فَهَذَا ظُهُورُ ثَالِثِ اللَّسْنِ، لَمَّا أَرَاهُمْ خُبْرًا وَسَمَكًا عَلَى جَمْرٍ.</p>
<p><b>EXAPOSTEILIARION &amp; THEOTOKION FOR ST. GREGORY PALAMAS IN TONE TWO (**Upon that mount in Galilee **)</b></p>	<p><b>إِكْسَابُوسْتِيلَارِي وَوَالِدِيَّةٌ لِلْقَدِيسِ غِرِيغُورِيُوسِ بِالْأَمَاسِ بِاللَّحْنِ الثَّانِي * وَزْنَ إِسْمَعِي أُيْتِهَآ النَّسُوءِ *</b></p>
<p>Rejoice, boast of the Fathers' choir, * thou mouth of theologians, * abode of stillness rapt in God; * rejoice, O house of wisdom, * thou highest summit of teachers, * sea of the word unfathomed, * instrument of activity, * height of true divine vision, * thou who dost heal * men's uncured diseases; rejoice, O father, * thou who art both in life and death * the Spirit's sanctuary.</p>	<p>إِفْرَحْ يَا فَخْرًا لِلآبَاءِ، وَفَمَا لِلْأَهْوَتِيِّينَ. إِفْرَحْ يَا مَسْكِنَ الْهُدُوءِ، وَيَا بَيْتًا لِلْحِكْمَةِ، وَزَعِيمَ الْمُعَلِّمِينَ، مَنْ هُوَ لُجَّةُ الصَّلَاحِ. إِفْرَحْ يَا آلَةَ الْعَمَلِ، وَكَمَالَ الثَّائِرِيَا، الشَّافِي الْأَمْرَاضِ النَّبَشْرِيَّةِ. إِفْرَحْ أَيُّهَا الْأَبُ خِرَانَةَ الرُّوحِ فِي الْحَيَاةِ وَبَعْدَ الْمَوْتِ أَيضًا.</p>
<p>O sovereign Lady, Queen of all, * anticipate our perils, * anticipate our every woe, * be with us when we need thee * upon that awesome and last day, * lest Hades or perdition * or Satan take us in that hour; * but may we all stand guiltless * before thy Son * at His dread tribunal, O all-pure Virgin; * for all thou wilt, thou canst do, * as God's all-holy Mother.</p>	<p>مَلِكَةَ الْكُلِّ السَّيِّدَةِ، فِي الْحُزْنِ أَدْرِكِينَا، وَمِنْ شِدَائِدِ الْيَوْمِ الْأَخِيرِ كُونِي مَعَنَا كَيْ لَا يَسُودَنَا الشَّيَاطِينُ، وَلَا الْجَحِيمُ وَالْهَلَاكُ. وَخَوَّلِينَا أَنْ نَقِفَ أَمَامَ مِنْبَرِ ابْنِكَ الرَّهِيْبِ غَيْرِ مُذْنِبِينَ، بِشَفَاعَاتِكَ أَيُّهَا السَّيِّدَةُ، أُمُّ الْإِلَهِ الْعَذْرَاءِ.</p>
<p><b>AINOI (PRAISES) IN TONE TWO</b></p>	<p><b>الإِينُوسُ بِاللَّحْنِ الثَّانِي</b></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 فَلتَسْبِحِ الرَّبَّ. سَبِّحُوا الرَّبَّ مِنَ السَّمَاوَاتِ، سَبِّحُوهُ فِي الْأَعَالِي، لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللَّهُ.</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 قُوَّاتِهِ، لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللَّهُ.</p>
<p><b>For the Resurrection in Tone Two</b></p>	<p><b>لِلْقِيَامَةِ بِاللَّحْنِ الثَّانِي</b></p>
<p><i>Verse 1. This glory shall be to all His saints.</i> All creatures glorify Thee, O Lord, with every breath; for by the Cross Thou didst abolish death, that Thou mightest manifest to the nations Thy Resurrection from the dead; for Thou alone art the Lover of mankind.</p>	<p><b>عَزَّ وَجَلَّ 1.</b> هَذَا الْمَجْدُ يَكُونُ لِجَمِيعِ أُنْبِيَائِهِ. أَيُّهَا الرَّبُّ، إِنَّ الْبَرَايَا بِأَسْرَهَا تَمَجِّدُكَ مَعَ كُلِّ نَسَمَةٍ، لِأَنَّكَ بِالصَّلِيبِ قَدْ أَبْطَلْتَ الْمَوْتَ، لِكَيْ تُظَهَرَ لِلشُّعُوبِ قِيَامَتَكَ مِنْ بَيْنِ الْأَمْوَاتِ، بِمَا أَنَّكَ مُحِبُّ الْبَشَرِ وَحَدِّكَ.</p>
<p><i>Verse 2. Praise God in His sanctuary; praise Him in the firmament of His power.</i> Answer, O Jews, how was it that the guardian soldiers lost the King Whom they were guarding? Why was it that the stone could not retain the Rock of life? Either must ye, therefore, deliver to us Him that was buried, or worship with us Him Who is risen, shouting: Glory to Thy bountiful mercies, our Savior, glory to Thee.</p>	<p><b>عَزَّ وَجَلَّ 2.</b> سَبِّحُوا اللَّهَ فِي قَدِيسِيهِ، سَبِّحُوهُ فِي فَلَكِ قُوَّتِهِ. أَجِيبُوا أَيُّهَا الْيَهُودُ كَيْفَ أَنَّ الشُّرَطَ أَضَاعُوا الْمَلِكَ الَّذِي كَانُوا يَحْرُسُونَهُ؟ لِمَاذَا الْحَجَرُ لَمْ يَحْفَظْ صَخْرَةَ الْحَيَاةِ؟ فَمَا أَنْ تُعْطُونَا الْمَدْفُونِ، أَوْ فَاسْجُدُوا مَعَنَا لِلنَّاهِضِ هَاتِفِينَ: الْمَجْدُ لِرَأْفَاتِكَ الْغَزِيرَةِ، يَا مُحْضِنَا الْمَجْدُ لَكَ.</p>

<p><b>Verse 3. Praise Him for His mighty acts; praise Him according to His excellent greatness.</b> Rejoice, O nations, and be glad, for the angel hath sat on the stone of the grave, and given us the glad tidings, saying: Christ the Savior of the world is risen from the dead. He hath filled all with sweet scent. Rejoice, O ye nations, and be joyful.</p>	<p><b>عَزَّجْكَ 3.</b> سَبِّحُوهُ عَلَى مَقْدَرَتِهِ، سَبِّحُوهُ تَظْيِيرَ كَثْرَةِ عَظَمَتِهِ. اِفْرَحُوا يَا شُعُوبٌ وَايْتَهَجُوا، لِأَنَّ الْمَلَكَ قَدْ جَلَسَ عَلَى حَجَرِ الْقَبْرِ، مُبَشِّرًا إِيَّانَا وَقَائِلًا: الْمَسِيحُ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ مُخَلِّصُ الْعَالَمِ، وَأَوْعَبَ الْكُلَّ شَذًا عَطْرًا. فَاْفْرَحُوا إِذْنُ يَا شُعُوبٌ وَايْتَهَجُوا.</p>
<p><b>Verse 4. Praise Him with the sound of the trumpet; praise Him with the psaltery and harp.</b> O Lord God, verily, before Thy Conception an angel did come with peace to her who is full of grace. And now an angel hath rolled the stone from the door of Thy tomb, made glorious by Thy Resurrection. The first angel spake with signs of joy instead of sorrow; and the latter brought us the glad tidings of a Lord Who giveth life instead of death. Therefore, do we shout to Thee, O Benefactor of all: Glory to Thee, O Lord.</p>	<p><b>عَزَّجْكَ 4.</b> سَبِّحُوهُ بِلِحْنِ الْبُوقِ، سَبِّحُوهُ بِالْمَزْمَارِ وَالْقِيثَارَةِ. أَيُّهَا الرَّبُّ الْإِلَهَ، إِنَّ مَلَكَ قَبْلَ الْحَبْلِ بِكَ أَتَى بِالسَّلَامِ إِلَى الْمُؤْتَلِّئَةِ نِعْمَةً. وَالْآنَ، فَإِنَّ مَلَكَ أَيْضًا دَحْرَجَ الْحَجَرَ عَنْ بَابِ رَمْسِكَ الْمَجِيدِ فِي حَالِ قِيَامَتِكَ. فَالْأَوَّلُ بَشَّرَ بِأَمَارَاتِ السُّرُورِ عِوَضَ الْحُزْنِ، وَالثَّانِي كَرَّرَ لَنَا بِسَيِّدٍ مُعْطِي الْحَيَاةِ عِوَضَ الْمَوْتِ. فَلِذَا نَهْتَفُ إِلَيْكَ: أَيُّهَا الْمُحْسِنُ إِلَى الْكُلِّ، يَا رَبُّ الْمَجْدُ لَكَ.</p>
<p><b>For St. Gregory Palamas in Tone One (**Thou art the joy**)</b></p>	<p><b>لِلْقُدِّيسِ غَرِيغُورِيُوسِ بِالْأَمَاسِ بِاللَّحْنِ الْأَوَّلِ</b></p>
<p><b>Verse 5. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.</b> Having completed thy blessed life led here in this world, * thou now rejoicest gladly with the blessed assemblies; * being meek, thou dwellest in the land of the meek, * O divine Hierarch Gregory, * made rich by God with the grace to work miracles, * which thou grantest to those honoring thee.</p>	<p><b>عَزَّجْكَ 5.</b> سَبِّحُوهُ بِالطَّبَلِ وَالْمَصَافِي. سَبِّحُوهُ بِالْأُوتَارِ وَآلَةِ الطَّرْبِ. لَقَدْ جُرْتَ فِي الْحَيَاةِ حَيَاةً مَغْبُوطَةً، وَالْآنَ أَنْتَ تَفْرَحُ مَعَ مَحَافِلِ الْمَغْبُوطِينَ، فَتَسْكُنُ يَا غَرِيغُورِيُوسُ كَوْدِيْعِ أَرْضِ الْوُدَعَاءِ، مُسْتَعْنِيًا بِالْعَجَائِبِ مِنَ اللَّهِ، تَمَنِّحُهَا لِمُكْرَمِيكَ.</p>
<p><b>Verse 6. Praise Him upon the loud cymbals; praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord. (repeat above)</b></p>	<p><b>عَزَّجْكَ 6.</b> سَبِّحُوهُ بِنِعْمَاتِ الصُّنُوجِ، سَبِّحُوهُ بِصُنُوجِ التَّهْلِيلِ، كُلُّ نَسَمَةٍ فَلْتَسَبِّحِ الرَّبَّ. (تَعَاد)</p>
<p><b>Verse 7. The mouth of the righteous shall meditate on wisdom, and his tongue shall speak of judgment.</b> Planting the doctrines of Orthodoxy, O blessed man, * thou didst cut down the brambles of heretical doctrines, * increasing well the seed of the Orthodox Faith * with thy showers of saving words, * as a good husbandman offering unto God * sheaves of wheat brought forth a hundredfold.</p>	<p><b>عَزَّجْكَ 7.</b> قَمِ الصِّدِّيقِ يَنْطِقُ دَائِمًا بِالْحِكْمَةِ، وَيَتَقَوَّهِ بِكَلَامِ الْحَقِّ. إِذْ قَدْ عَرَسْتَ عَقَائِدَ الرَّأْيِ الْمُسْتَقِيمِ، مُسْتَأْصِلًا يَا مَغْبُوطُ شَوْكَ الرَّأْيِ الْوَحِيمِ. أَنْمَيْتَ بَعِيْثَ أَقْوَالِكَ رَزَعِ الْإِيمَانَ حَسَنًا، وَكَفَّلَاحِ اللَّهِ أُعْطِيْتَهُ عِوَضَ السُّنْبُلِ مَائَةَ ضِعْفٍ.</p>
<p><b>Verse 8. Thy priests, O Lord, shall be clothed in righteousness, and Thy saints shall rejoice.</b> All the assemblies of angels and men were sore amazed * at the far-shining splendor of thy life, O blest father, * who wast an ascetic and also didst prove * a staunch martyr in will and choice, * a worthy hierarch and minister of the Lord, * and a true and guileless friend of God.</p>	<p><b>عَزَّجْكَ 8.</b> لِيُرْتَدَّ كَهَنَتُكَ الْبِرَّ ثَوْبًا، وَلِيَهْتَفَ أَتْقِيَاؤُكَ فَرَحًا. أَذْهَشَ الْأَمْلاَكِ وَالنَّاسِ حُسْنُ سِيرَتِكَ الَّتِي لَا تَمَسُّ، يَا مَغْبُوطُ، بَعِيْبٍ. إِذْ ظَهَرْتَ فِي الْجِهَادِ الصَّنْدِيدِ، وَالنُّسْكَ رَأْسَ كَهَنَةٍ، وَخَادِمًا لِلإِلَهِ عَنِ اسْتِحْقَاقٍ، وَصَفِيًّا خَصِيصًا لَهُ.</p>
<p><b>DOXASTICON FOR THE SECOND SUNDAY OF LENT IN TONE SIX</b></p>	<p><b>دُكْمَا لِلأَخْدِ الثَّانِي مِنَ الصُّومِ بِاللَّحْنِ السَّادِسِ</b></p>

Glory to the Father, and to the Son, and to the Holy Spirit. Thou didst shine forth, O Christ, a Light to those who dwell in the darkness of sin, in the season of abstinence. Show us, therefore, the glorious day of Thy passion, that we may cry to Thee aloud: Arise, O God, and have mercy upon us.	المَجْدُ لِلآبِ وَالإِبْنِ وَالرُّوحِ الْقُدْسِ. أَيُّهَا الْمَسِيحُ، يَا مَنْ أَشْرَقَ نُوراً لِلْسَاكِنِينَ فِي دِيَجُورِ الْخَطَايَا فِي حِينِ الإِمْسَاكِ، أَرْنَا يَوْمَ أَلَمِكَ الْجَلِيلِ، لِنَهْتَفَ إِلَيْكَ: قُمْ يَا اللَّهُ وَارْحَمْنَا.
Both now and ever, and unto ages of ages. Amen. Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.	الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. آمِينَ. أَنْتِ هِيَ الْفَائِقَةُ عَلَى كُلِّ الْبَرَكَاتِ، يَا وَالِدَةَ الإِلَهِ الْعَذْرَاءِ، لِأَنَّ الْجَحِيمَ قَدْ سُبِيَتْ بِوَاسِطَةِ الْمُتَجَبِّدِ مِنْكَ، وَآدَمَ دُعِيَ ثَانِيَةً، وَاللَّعْنَةَ بَادَتْ، وَحَوَاءَ انْعَتَقْتَ، وَالْمَوْتَ أُمِيتَ، وَنَحْنُ قَدْ حَيِينَا. فَلِذَلِكَ نُسَبِّحُ هَاتِقِينَ: مُبَارَكٌ أَنْتَ أَيُّهَا الْمَسِيحُ إِلَهُنَا، يَا مَنْ هَكَذَا سُرَّ، الْمَجْدُ لَكَ.
<b>THE GREAT DOXOLOGY IN TONE SIX</b>	<b>الدُّوَكُوسُولُوجِيَا الْكُبْرَى بِاللَّحْنِ السَّادِسِ</b>
Glory to Thee, who has shown forth the Light. Glory to God in the highest, and on earth peace, good will among men.	المَجْدُ لَكَ يَا مُظْهِرَ النُّورِ، الْمَجْدُ لِلَّهِ فِي الْعَلَاءِ، وَعَلَى الأَرْضِ 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، الإِلَهُ، الآبُ الضَّابِطُ الْكُلِّ. أَيُّهَا الرَّبُّ الإِبْنُ الْوَحِيدُ، يَا يَسُوعُ الْمَسِيحُ، وَيَا أَيُّهَا الرُّوحُ الْقُدْسُ.
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 الإِلَهُ، يَا حَمَلَ اللَّهِ يَا ابْنَ الآبِ، يَا رَافِعَ خَطِيئَةِ الْعَالَمِ ارْحَمْنَا، يَا رَافِعَ خَطَايَا الْعَالَمِ.
Receive our prayer, Thou that sittest at the right hand of the Father, and have mercy on us.	تَقَبَّلْ تَضَرُّعَنَا أَيُّهَا الْجَالِسُ عَنْ يَمِينِ الآبِ 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 الآبِ، آمِينَ.
Every day will I bless Thee, and I will praise Thy Name forever; yea forever and ever.	فِي كُلِّ يَوْمٍ أُبَارِكُكَ، وَأَسْبِّحُ اسْمَكَ إِلَى الأَبَدِ، وَإِلَى أَيْدِ الأَبَدِ.
Vouchsafe, O Lord, to keep us this day without sin.	أَهْلُنَا يَا رَبُّ أَنْ نَحْفَظَ فِي هَذَا اليَوْمِ 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 الأَبَدِ، 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 كُنْتُمْ لَنَا فِي جِيلٍ وَجِيلٍ، أَنَا قُلْتُ يَا رَبُّ ارْحَمْنِي وَاشْفِ نَفْسِي لِأَنَّني قَدْ خَطِئْتُ 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.	لَأَنَّ مِنْ قِبَلِكَ عَيْنَ الْحَيَاةِ، وَبِنُورِكَ نَعَايُنُ النُّورَ.
O continue Thy mercy unto them that know Thee. Holy God, Holy Mighty, Holy Immortal: have mercy on us. ( <i>thrice</i> )	فَابْسُطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ. قُدُّوسَ اللَّهِ، قُدُّوسَ الْقَوِيِّ، قُدُّوسَ الَّذِي لَا يَمُوتُ اِرْحَمْنَا. (ثَلَاثًا)
Glory to the Father, and to the Son, and to the Holy Spirit.	الْمَجْدُ لِلآبِ وَالِابْنِ وَالرُّوحِ الْقُدُّوسِ.
Both now and ever, and unto ages of ages. Amen.	الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.
Holy Immortal, have mercy on us.	قُدُّوسَ الَّذِي لَا يَمُوتُ اِرْحَمْنَا.
Holy God, Holy Mighty, Holy Immortal: have mercy on us.	قُدُّوسَ اللَّهِ، قُدُّوسَ الْقَوِيِّ، قُدُّوسَ الَّذِي لَا يَمُوتُ اِرْحَمْنَا.
<b>TROPARION IN TONE FOUR</b>	<b>طَرُوبَارِيَّةٌ بِاللَّحْنِ الرَّابِعِ</b>
Today is Salvation come into the world. Let us sing praises to Him Who arose from the grave, the Author of our life; for having by death destroyed death, He hath given us victory and Great Mercy.	الْيَوْمَ صَارَ الْخَلَاصُ لِلْعَالَمِ فَلنُسَبِّحِ الَّذِي قَامَ مِنَ الْقَبْرِ، عُنُصَرَ حَيَاتِنَا، لِأَنَّهُ إِذْ قَدْ حَطَّمَ الْمَوْتَ بِالْمَوْتِ، مَتَّحَنَا الظَّفَرَ وَالرَّحْمَةَ الْعُظْمَى.
<i>These texts have been prepared by Department of Liturgics of the Antiochian Archdiocese</i>	
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