

ORTHROS ON SUNDAY, APRIL 07, 2024; TONE 3 / EOTHINON 1 1 THIRD SUNDAY OF GREAT LENT VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS	
Priest: Blessed is our God, always, now and ever, and unto the ages of ages.	الكاهن: تَبَارَكَ اللهُ إِلَهُنَا كُلَّ حِينٍ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
Choir: Amen.	الجوقة: آمين.
Priest: Glory to Thee, our God, glory to Thee. O heavenly King, the Comforter, Spirit of Truth, Who art in all places, and fillest all things, Treasury of good things, and Giver of life, come, and dwell in us, and cleanse us from every stain; and save our souls, O good One.	الكاهن: الْمَجْدُ لَكَ يَا إِلَهُنَا الْمَجْدُ لَكَ. أَيُّهَا الْمَلِكُ السَّمَاوِي الْمُعَزِّي، رُوحَ الْحَقِّ، الْحَاضِرُ فِي كُلِّ مَكَانٍ وَالْمَالِيُ الْكُلِّ، كَنْزُ الصَّالِحَاتِ وَرَازِقُ الْحَيَاةِ، هَلُمَّ وَاسْكُنْ فِيْنَا، وَطَهِّرْنَا مِنْ كُلِّ دَنَسٍ، وَخَلِّصْ أَيُّهَا الصَّالِحُ نَفُوسَنَا.
Reader: Holy God, Holy Mighty, Holy Immortal: have mercy on us. <i>(thrice)</i>	القارئ: قُدُّوسُ اللهُ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ، اِرْحَمْنَا. <i>(ثلاثاً)</i>
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 الثَّلَاثُ الْقُدُّوسِ اِرْحَمْنَا، يَا رَبُّ اغْفُرْ خَطَايَانَا، يَا سَيِّدُ تَجَاوَزْ عَن سَيِّئَاتِنَا، يَا قُدُّوسِ اطَّلِعْ وَاشْفِ أَمْرَاضَنَا، مِنْ أَجْلِ اسْمِكَ.
Lord, have mercy. <i>(thrice)</i>	يَا رَبُّ اِرْحَمْنَا. <i>(ثلاثاً)</i>
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، وَانْزِكْ لَنَا مَا عَلَيْنَا كَمَا تَنْزِكُ نَحْنُ لِمَنْ لَنَا عَلَيْهِ، وَلَا تُدْخِلْنَا فِي النَّجْرِيَّةِ، لَكِنْ نَجِّنَا مِنَ الشَّرِيرِ.
Priest: For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.	الكاهن: لِأَنَّ لَكَ الْمُلْكَ وَالْقُدْرَةَ وَالْمَجْدَ، أَيُّهَا الْآبُ وَالابْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
Reader: Amen. O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.	القارئ: آمين. خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ، وَامْنَحْ عِبِيدَكَ الْمُؤْمِنِينَ الْعَلْبَةَ عَلَى الشَّرِيرِ، وَاحْفَظْ بِقُوَّةِ صَلِيبِكَ جَمِيعَ الْمُخْتَصِمِينَ بِكَ.
<i>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.</i>	<i>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. لِنَكُنْ لَهُمْ مَعُونَتَكَ سِلَاحًا لِلسَّلَامِ، وَظَفْرًا غَيْرَ مَقْهُورٍ.</i>

<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. أَيْشَهَا الشَّفِيعَةُ الرَّهْبِيَّةُ غَيْرِ المَحْدُولَةِ، يَا وَالِدَةَ الإِلهِ الكَلِيَّةِ التَّسْبِيحِ، لَا تُعْرِضِي يَا صَالِحَةَ عَنْ تَوَسُّلاتِنَا، بَلْ وَطِّدِي سِيْرَةَ المُسْتَقِيمِي الرَّأْيِ، وَخَلِّصِي الَّذِينَ أَمَرْتُ أَنْ يَتَمَلَّكُوا، وَأَمْنَحِيهِمُ العَلْبَةَ مِنَ السَّمَاءِ، بِمَا أَنْكَ وَوَلَدْتَ الإِلهَ، أَيُّهَا المُبَارَكَةُ وَخَدِّكَ.</p>	
LITANY		الطلبية السلامية	
<p>Priest: Have mercy on us, O God, according to Thy great mercy, we pray Thee, hear us, and have mercy.</p>		<p>الكاهن: إِرحَمْنَا يَا اللهُ بِعَظِيمِ رَحْمَتِكَ، نَطْلُبُ إِلَيْكَ فَاسْتَجِبْ وَارْحَم.</p>	
<p>Choir: Lord, have mercy. (<i>thrice</i>) (use this response until noted below)</p>		<p>الجوقة: يَا رَبِّ ارْحَم. (ثلاثاً) (تُعَادُ بَعْدَ كُلِّ طَلْبَةٍ)</p>	
<p>Priest: Again we pray for all pious and Orthodox Christians.</p>		<p>الكاهن: وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ المَسِيحِيِّينَ الحَسَنِي العِبَادَةِ الأَرثوْدُكْسِيِّينَ.</p>	
<p>Priest: Again we pray for our father and metropolitan, N., and all our brotherhood in Christ.</p>		<p>الكاهن: وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ آبِينَا وَمِتْرُوبُولِيْتِنَا (فِلَانِ)، وَكُلِّ إِخْوَتِنَا فِي المَسِيحِ.</p>	
<p>Priest: For thou art a merciful God and lovest mankind, and unto thee we ascribe glory, to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.</p>		<p>الكاهن: لِأَنَّكَ إِلَهٌ رَحِيمٌ وَمُحِبٌّ لِلبَشَرِ، وَلكَ نُرْسِلُ المَجْدَ أَيُّهَا الأبُ وَالابْنُ وَالرُّوحُ القُدُسُ، الآنَ وَكُلَّ أوانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>	
<p>Choir: Amen. Bless, Father, in the Name of the Lord.</p>		<p>الجوقة: آمين. بِاسْمِ الرَّبِّ بَارِكْ يَا أَب.</p>	
<p>Priest: Glory to the holy, consubstantial, life-giving and undivided Trinity, always, now and ever, and unto ages of ages.</p>		<p>الكاهن: المَجْدُ لِلثَّالُوثِ القُدُوسِ، المُتَسَاوِي فِي الجَوْهَرِ، المُحْيِي، غَيْرِ المُنْقَسِمِ، كُلِّ حِينٍ، الآنَ وَكُلَّ أوانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>	
<p>Choir: Amen.</p>		<p>الجوقة: آمين.</p>	
<p>Reader: Glory to God in the highest, and on earth peace, goodwill among men. (<i>thrice</i>) O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. (<i>twice</i>)</p>		<p>القارئ: المَجْدُ اللهُ فِي العُلَى، وَعَلَى الأَرْضِ السَّلَامُ، وَفِي النَّاسِ المَسْرَّةُ. (ثلاثاً) يَا رَبِّ افْتَحْ شَفَتِي فَيُخْبِرَ فَمِي بِتَسْبِيحَتِكَ. (مرتين)</p>	
PSALM 3		المزمور 3	
<p>O Lord, why are they multiplied that afflict me? Many rise up against me. Many say unto my soul: There is no salvation for him in his God. But Thou, O Lord, art my helper, my glory, and the lifter up of my head. I cried unto the Lord with my voice, and He heard me out of His holy mountain. I laid me down and slept; I awoke, for the Lord will help me. I will not be afraid of ten thousands of people that set themselves against me round about. Arise, O Lord, save me, O my God, for Thou hast smitten all who without cause are mine enemies; the teeth of sinners hast Thou broken. Salvation is of the Lord, and Thy blessing is upon Thy people. I laid me down and slept; I awoke, for the Lord will help me.</p>		<p>يَا رَبِّ لِمَاذَا كَثُرَ الَّذِينَ يُحْزِنُونَنِي؟ كَثِيرُونَ قَامُوا عَلَيَّ. كَثِيرُونَ يَقُولُونَ لِنَفْسِي لَا خَلَاصَ لَهُ بِإِلَهِهِ. وَأَنْتَ يَا رَبِّ، نَاصِرِي وَمَجْدِي وَرَافِعُ رَأْسِي. بِصَوْتِي إِلَى الرَّبِّ صَرَخْتُ، فَأَجَابَنِي مِنْ جَبَلِ قُدْسِهِ. أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي. فَلَا أَخَافُ مِنْ رِبَوَاتِ الشَّعْبِ المُحِيطِينَ بِي، المُتَوَازِرِينَ عَلَيَّ. فَمَ يَا رَبِّ، خَلِّصْنِي يَا إِلَهِي، فَإِنَّكَ صَرَبْتَ كُلَّ مَنْ يُعَادِينِي بَاطِلاً، 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 تُؤَخِّنِي، ولا بِرِجْزِكَ تُؤَدِّبُنِي. فَإِنَّ سِهَامَكَ قَدْ نَشَبَتْ فِيَّ، وَمَكَّنْتَ عَلَيَّ يَدَكَ. لَيْسَ لِجَسَدِي شِفَاءً مِنْ وَجْهِ غَضَبِكَ، وَلَا سَلَامَةٌ فِي عِظَامِي مِنْ وَجْهِ خَطَايَايَ. لِأَنَّ آثَامِي قَدْ تَعَالَتْ فَوْقَ رَأْسِي، كَحِمْلٍ ثَقِيلٍ قَدْ ثَقُلْتُ عَلَيَّ. قَدْ أَثْنَنْتُ وَقَاحَتْ جِرَاحَاتِي مِنْ قَبْلِ جَهَالَتِي. شَقِيتُ وَأُنْحَنَيْتُ إِلَى الْغَايَةِ، وَالنَّهَارَ كُلَّهُ مَشَيْتُ عَابِسًا. لِأَنَّ مَتْنِي قَدْ امْتَلَأَ مَهَازِيٍّ وَلَيْسَ لِجَسَدِي شِفَاءً. شَقِيتُ وَأَتَّصَعْتُ جَدًّا، وَكُنْتُ أَيْنُ مِنْ تَتَهَّدُ قَلْبِي. يَا 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 لَا يَسْمَعُ، وَكَأَخْرَسٌ لَا يَفْتَحُ فَاهَهُ. وَصِرْتُ كإِنْسَانٍ لَا يَسْمَعُ وَلَا فِي فَمِهِ تَبْكِيَةٌ. لِأَنِّي عَلَيْكَ، يَا رَبُّ، تَوَكَّلْتُ، أَنْتَ تَسْتَجِيبُ لِي يَا رَبِّي وَاللَّهِ. لِأَنِّي قُلْتُ لَا 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 خَطِيئَتِي. أَمَا أَعْدَائِي فَأَحْيَاءُ، وَهُمْ أَشَدُّ مِنِّي، وَقَدْ كَثُرَ الَّذِينَ يُبْغِضُونَنِي ظُلْمًا، الَّذِينَ جَارُونِي بَدَلَ الْخَيْرِ شَرًّا، مَحَلُّوا بَنِي لِأَجْلِ ابْتِغَائِي الصَّلَاحِ. فَلَا تُهْمِلْنِي يَا رَبِّي وَاللَّهِ وَلَا تَتَّبَاعِدْ عَنِّي. أَسْرِعْ إِلَى مَعُونَتِي يَا رَبَّ خَلَّاصِي.

فَلَا تُهْمِلْنِي يَا رَبِّي وَاللَّهِ وَلَا تَتَّبَاعِدْ عَنِّي. أَسْرِعْ إِلَى مَعُونَتِي يَا 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 ، فَتَمْتَلئُ 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 لِلشَّعَالِ . أَمَّا الْمَلِكُ فَيَسْرُ بِاللَّهِ ، وَيُمْتَدِّحُ كُلُّ مَنْ يَخْلِفُ بِهِ ، لِأَنَّهُ قَدْ سَدَّتْ أَفْوَاهُ الْمُتَكَلِّمِينَ بِالظُّلْمِ .</p> <p>هَدَدْتُ بِكَ فِي الْأَسْحَارِ لِأَنَّكَ صِرْتَ لِي عَوْنًا ، وَبِظِلِّ جَنَاحَيْكَ أَسْتَتِرُ . الْتَصَقْتُ نَفْسِي بِكَ ، وَإِيَّايَ عَضَدْتُ يَمِينُكَ .</p>
<p>Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.</p> <p>Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (thrice)</p> <p>Lord, have mercy. (thrice)</p> <p>Glory to the Father, and to the Son, and to the Holy Spirit.</p>	<p>الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ . آمِينَ .</p> <p>هَلِّلُويا، هَلِّلُويا، هَلِّلُويا، الْمَجْدُ لَكَ يَا اللهُ . (ثَلَاثًا) يَا رَبِّ ارْحَمِ . (ثَلَاثًا)</p> <p>الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ .</p>

PSALM 87

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

المزمور 87

الآن وكلّ أوانٍ وإلى دَهْرِ الدّاهرين. آمين.
 يا رَبِّ إلهَ خلاصي، في النَّهارِ صرّختُ وفي اللَّيْلِ أمامك، فلْتَدْخُلْ قُدّامَكَ صَلّاتي، أَمَلْ 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 مُقْصُون. جَعَلُونِي في جُبِّ أَسْفَلِ السّافِلِينَ، في ظُلُماتِ المَوْتِ وَظِلالِهِ. عَلَيَّ اسْتَقَرَّ غَضَبُكَ، وَجَميعُ أهْوالِكَ أَجْرَتْها عَلَيَّ. أَبْعَدْتَ عَنِّي مَعارِفي، جَعَلُونِي لَهُمْ رِجاسَةً. قَدْ أُسْلِمْتُ وَمَا حَرَجْتُ، وَعَيْنايَ صَعَفْتا مِنَ المَسْكَنَةِ. صرّختُ إِلَيْكَ، يا رَبِّ، النَّهارَ كُلَّهُ وإِلَيْكَ بَسَطْتُ يَدَيَّ. أَلْعَلَّكَ لِلأَمْواتِ تَصْنَعُ العِجابِ؟ أَمْ الأَطِباءُ يُقِيمُونَهُمْ، فَيَعْتَرِفُونَ لَكَ؟ هَلْ يُحَدِّثُ أَحَدٌ في القَبْرِ بِرِحمَتِكَ، وفي الهَلالِكَ بِحَقِّكَ؟ هَلْ تُعَرِّفُ في الظُّلْمَةِ عِجابِكَ، وَعَدْلَكَ في أَرْضٍ مَنسِيَّةٍ؟ وَأنا إِلَيْكَ، يا رَبِّ، صرّختُ فَتَبَلَّغْ في العِداةِ صَلّاتي. لِماذا، يا رَبِّ، تُقْصِي نَفْسي وَتَصْرِفُ وَجْهَكَ عَنِّي؟ فَتَغيرَ أنا، وفي الشَّقَاءِ مُنْذُ شِبابي، وَحينَ ارْتَفَعْتُ انْتَصَعْتُ وَتَحَيَّرْتُ. عَلَيَّ جازَ رِجْزُكَ، وَمُفْزَعاتُكَ أزعَجْتَنِي. أَحاطَتْ بي كالماءِ، والنَّهارَ كُلَّهُ اكَتَنَفْتَنِي مَعًا. أَبْعَدْتَ عَنِّي الصّديقَ وَالقَرِيبَ وَمَعارِفي مِنَ الشَّقَاءِ.

يا رَبِّ إلهَ خلاصي، 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 أيضا موضعه. أما رحمة الرب فهي منذ الدهر، وإلى الدهر على الذين يتقونه، وعدله على أبناء البنين الحافظين عهده والذاكرين وصاياه ليصنعوها. الرب هيأ عرشه في السماء، ومملكته تسود على الجميع. باركوا الرب يا جميع ملائكته، المقندين بقوة، العاملين بكلمته عند سماع صوته كلامه. باركوا الرب يا جميع قواته، يا خدامه العاملين إرادته. باركوا الرب يا جميع أعماله، في كل موضع سيادته. باركي يا نفسي الرب. في كل موضع سيادته. باركي يا نفسي الرب.

PSALM 142	المزمور 142
<p>O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.</p>	<p>يا رَبُّ اسْتَمِعْ صَلَاتِي، وَأَنْصِتْ بِحَقِّكَ إِلَى طِلْبَتِي. اِسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعَ عَبْدِكَ، فَإِنَّهُ لَنْ يَنْزَكِيَ 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>اِسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعَ عَبْدِكَ. (مَرَّتَيْنِ) رُوحُكَ الصَّالِحُ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ.</p>
<p>Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen. Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (thrice) O our God and our Hope, glory to Thee!</p>	<p>الْمَجْدُ لِلَّابِ وَالْأَبْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. هَلِّلُويا، هَلِّلُويا، هَلِّلُويا، الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا) يَا إِلَهَنَا وَرَجَاءَنَا الْمَجْدُ لَكَ.</p>
<p>THE GREAT LITANY</p>	<p>الطَّلِبَةُ السَّلَامِيَّةُ الْكُبْرَى</p>
<p>Priest: In peace, let us pray to the Lord.</p>	<p>الكاهن: بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.</p>
<p>Choir: Lord, have mercy. (use this response until noted below)</p>	<p>الجوقة: يَا رَبُّ ارْحَمِ. (تُعَادُ بَعْدَ كُلِّ طَّلِبَةٍ)</p>
<p>Priest: For the peace from above and the salvation of our souls, let us pray to the Lord.</p>	<p>الكاهن: مِنْ أَجْلِ السَّلَامِ الَّذِي مِنَ الْعُلَى وَخَلَاصِ نَفُوسِنَا، إِلَى الرَّبِّ نَطْلُبُ.</p>
<p>Priest: For the peace of the whole world, the good estate of the holy churches of God and the union of all, let us pray to the Lord.</p>	<p>الكاهن: مِنْ أَجْلِ سَلَامِ كُلِّ الْعَالَمِ، وَحُسْنِ ثَبَاتِ كَنَائِسِ اللَّهِ الْمُقَدَّسَةِ، وَإِتِّحَادِ الْجَمِيعِ، إِلَى الرَّبِّ نَطْلُبُ.</p>
<p>Priest: For this holy house and those who with faith, reverence and fear of God enter therein, let us pray to the Lord.</p>	<p>الكاهن: مِنْ أَجْلِ هَذَا الْبَيْتِ الْمُقَدَّسِ، وَالَّذِينَ يَدْخُلُونَ إِلَيْهِ بِإِيمَانٍ وَوَرَعٍ وَخَوْفِ اللَّهِ، إِلَى الرَّبِّ نَطْلُبُ.</p>

Priest: For our father and metropolitan, N., the honorable presbytery, the diaconate in Christ, all the clergy and the people, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ آبِنَا وَمِتْرُوبُولِيْتِنَا (فِلَانِ)، وَالْكَهَنَةِ الْمُكْرَمِينَ، وَالشَّامَمَسَةَ، خُدَامَ الْمَسِيحِ، وَجَمِيعِ الْإِكْلِيْرُوسِ وَالشَّعْبِ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For our country, its president, civil authorities and armed forces, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ حُكَامِ هَذَا الْبَلَدِ وَمُؤَارَرَتِهِمْ فِي كُلِّ عَمَلٍ صَالِحٍ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For this city and every city and countryside and the faithful who dwell therein, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ هَذِهِ الْمَدِينَةِ، وَجَمِيعِ الْمُدُنِ وَالْقُرَى، وَالْمُؤْمِنِينَ السَّاكِنِينَ فِيهَا، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For healthful seasons, abundance of the fruits of the earth and peaceful times, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ اعْتِدَالِ الْأَهْوِيَةِ، وَخِصَابِ ثِمَارِ الْأَرْضِ وَأَوْقَاتِ سَلَامِيَّةٍ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For travelers by sea, by land and by air, the sick, the suffering, the captive, and for their salvation, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ الْمُسَافِرِينَ فِي الْبَحْرِ وَالْبَرِّ وَالجَّوِّ، وَالْمَرْضَى وَالْمُتَأَلِّمِينَ وَالْأَسْرَى، وَخَلَاصِهِمْ، إِلَى الرَّبِّ نَطْلُبُ.
Priest: For our deliverance from all tribulation, wrath, danger and necessity, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ نَجَاتِنَا مِنْ كُلِّ ضَيْقٍ وَغَضَبٍ وَخَطَرٍ وَشِدَّةٍ إِلَى الرَّبِّ نَطْلُبُ.
Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.	الكاهن: أَعُذْ وَخَلِّصْ وَارْحَمْ واحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ.
Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God.	الكاهن: بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقَدَاسَةِ الطَّاهِرَةِ الْفَائِقَةِ الْبَرَكَاتِ الْمَحِيْدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ، مَعَ جَمِيعِ الْقَدِيْسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.
Choir: To Thee, O Lord.	الجوقة: لَكَ يَا رَبِّ.
Priest: For unto thee are due all glory, honor and worship, to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.	الكاهن: لِأَنَّهُ يَنْبَغِي لَكَ كُلُّ تَمْجِيْدٍ وَإِكْرَامٍ وَسُجُودٍ، أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
Choir: Amen.	الجوقة: آمين.
“GOD IS THE LORD” IN TONE THREE	"الله الرَّبُّ" بِاللحن الثالث
Chanter: God is the Lord and hath appeared unto us. Blessed is He that cometh in the Name of the Lord. (<i>Repeat after verses</i>)	المُرْتَل: اللَّهُ الرَّبُّ ظَهَرَ لَنَا، مُبَارَكٌ الْآتِي بِاسْمِ الرَّبِّ. (تعداد بعد الإستيخونات)
1. O give thanks unto the Lord, and call upon His holy Name.	1. إِعْتَرِفُوا لِلرَّبِّ وَادْعُوا بِاسْمِهِ الْقُدُّوسِ.
2. All nations compassed me about, but in the Name of the Lord will I destroy them.	2. كُلُّ الْأُمَمِ أَحَاطُوا بِي وَبِاسْمِ الرَّبِّ قَهَرْتُهُمْ.
3. This is the Lord's doing; it is marvelous in our eyes.	3. مِنْ قِبَلِ الرَّبِّ كَانَتْ هَذِهِ وَهِيَ عَجِيْبَةٌ فِي أَعْيُنِنَا.
RESURRECTIONAL APOLYTIKION TONE 3	أبوليتيكيون القيامة باللحن الثالث
Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.	لِتَفْرَحِ السَّمَاوِيَّاتُ وَتَبْتَهِجِ الْأَرْضِيَّاتُ، لِأَنَّ الرَّبَّ صَنَعَ عِزًّا بِسَاعِدِهِ، وَوَطِئَ الْمَوْتَ بِالْمَوْتِ، وَصَارَ بِكْرُ الْأَمْوَاتِ، وَأَنْقَذَنَا مِنْ جَوْفِ الْجَحِيْمِ، وَمَنَحَ الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

APOLYTIKION OF THE HOLY CROSS TONE 1	طُروباريّة الصليب المقدّس باللحن الأوّل
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit. O Lord, save Thy people and bless Thy inheritance. Grant victories to the Orthodox Christians over their adversaries; and by the virtue of Thy Cross, preserve Thy habitation .</i></p>	<p>المجدُ للآبِ والابنِ والروحِ القدسِ . خَلِّصْ يَا رَبُّ شَعْبَكَ، وبارِكْ ميراثَكَ، وامنَحْ عبيدَكَ الْمُؤْمِنِينَ العَلْبَةَ على الشَّريرِ ، واحْفَظْ بِقُوَّةِ صَلَيبِكَ جَميعَ الْمُحْتَصِينَ بِكَ.</p>
RESURRECTIONAL THEOTOKION IN TONE ONE	والديّة القيامة باللحن الأوّل
<p><i>Both now and ever and unto ages of ages. Amen. As Gabriel cried unto thee, "Hail, O Virgin," with that cry did the Lord of all become incarnate in thee, O holy ark, as spake the righteous David; and Thou wast revealed as more spacious than the heavens, in that thou bore thy Creator. Wherefore, glory to Him Who abode in thee; glory to Him Who came from thee; glory to Him, Who through thy birth-giving hath set us free.</i></p>	<p>الآنَ وكلَّ أوانٍ وإلى دهرِ الدهرينِ . آمين . إنَّ جِبْرائيلَ لَمَّا تَقَوَّه نَحْوَكِ أَيُّهَا العَذراءُ بِالسَّلامِ ، فَمَعَ الصَّوْتِ تَجَسَّدَ سَيِّدُ الكُلِّ فيكَ ، أَيُّهَا السَّفيئَةُ المُقدَّسَةُ ، كما قالَ داوُدُ الصِّديقِ . وظَهَرَتِ أَرْحَبَ مِنَ السَّمَاوَاتِ حَامِلَةً خَالِقِكَ . فَالْمَجْدُ لِلَّذِي حَلَّ فيكَ ، المَجْدُ لِلَّذِي أتى مِنْكَ ، المَجْدُ لِلَّذِي أَعْتَقَنَا بِوِلادَتِهِ مِنْكَ .</p>
THE LITTLE LITANY	الطلبَةُ السَّلامِيَّةُ الصَّغرى
<p>Priest: Again and again, in peace, let us pray to the Lord. Choir: Lord, have mercy. Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace. Choir: Lord, have mercy. Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God. Choir: To Thee, O Lord. Priest: For Thine is the might, and Thine is the kingdom, and the power and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages. Choir: Amen.</p>	<p>الكاهن: أيضاً وأيضاً بِسَلامٍ إلى الرَّبِّ نَطْلُبُ . الجوق: يا رَبُّ ارْحَمِ . الكاهن: أُعْضِدْ وَخَلِّصْ وارْحَمْ واحْفَظْنَا يا اللهُ بِنِعْمَتِكَ . الجوق: يا رَبُّ ارْحَمِ . الكاهن: بَعْدَ ذِكْرِنَا الكَلِيَّةِ القُداسَةِ ، الطاهِرَةِ ، الفائِقةِ البَرَكاتِ المَجيدةِ ، سَيِّدَتِنَا والِدَةِ الإلهِ الدائِمَةِ البتولِيَّةِ مَرِيَمَ مَعَ جَميعِ القَدِيسينِ ، لِنودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الإلهِ . الجوق: لَكَ يا رَبِّ . الكاهن: لأنَّ لَكَ العِزَّةَ وَلَكَ المُلْكُ والقُوَّةُ والمَجْدُ أَيُّهَا الآبُ والإبْنُ والروحُ القُدُسُ ، الآنَ وكلَّ أوانٍ وإلى دهرِ الدهرينِ . الجوق: آمين .</p>
SECOND TONE RESURRECTIONAL KATHISMATA (Plain Reading)	كاثيسماتات القيامة للحن الثاني (قراءة)
First Kathisma	الكاثيسما الأوّل
<p>Christ is risen from the dead, He Who is the first-fruits of those that slept: the First-born of creation and the Creator of all things created! He hath renewed by Himself the nature of our corrupt race. Wherefore, Thou shalt reign no more, O Death; for the Lord of all hath nullified thy power and dissolved it.</p>	<p>لَقَدْ قامَ المَسِيحُ مِنْ بَيْنِ الأمواتِ ، باكورَةُ الرَّاقيدينَ ، وَبِكُرِّ الخَلِيقَةِ ، وَخالِقُ كُلِّ المَبْرُوءاتِ ، وَجَدَّدَ في نَفْسِهِ طَبِيعَةَ جِنسِنَا البالِيَةِ . فَلمَسْتُ مُتَسَلِّطاً بَعْدُ يا مَوْتُ ، لأنَّ سَيِّدَ الكُلِّ قَدْ حَلَّ عِزَّتَكَ .</p>

<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> When Thou didst taste death in the flesh, O Lord, Thou didst check bitter Death by Thy Resurrection, and didst make man to prevail over it, restoring victory over the old curse. Wherefore, O Supporter and Champion of our life, glory to Thee.</p>	<p>المَجْدُ لِلآبِ وَالِابْنِ وَالرُّوحِ الْقُدْسِ. لَقَدْ ذُوقْتَ الْمَوْتَ بِالْجَسَدِ، يَا رَبُّ، فَاقْتَلَعْتَ مَرَارَةَ الْمَوْتِ بِقِيَامَتِكَ، وَقَوَّيْتَ الْإِنْسَانَ عَلَيْهِ، وَخَلَّصْتَهُ مِنْ تَغْلِبِ اللَّعْنَةِ الْقَدِيمَةِ. فَيَا عَاضِدَ حَيَاتِنَا، يَا رَبُّ، الْمَجْدُ لَكَ.</p>
<p>(Theotokion of the Resurrectional Apolytikion)</p>	<p>(والديَّة للقيامة)</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> Thee, who art the mediatrix for the salvation of our race, we praise, O Virgin Theotokos; for in the flesh assumed from thee, after that He had suffered the passion of the Cross, thy Son and our God delivered us from corruption, because He is the Lover of mankind.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. إِيَّاكَ أَيُّهَا الْمُتَوَسِّطَةُ لِخَلَاصِ جِنْسِنَا نُسَبِّحُ يَا وَالِدَةَ الْإِلَهِ الْعَذْرَاءِ. لِأَنَّ ابْنَكَ وَإِلَهُنَا بِالْجَسَدِ الَّذِي اتَّخَذَهُ مِنْكَ قَبْلَ الْآلَامِ بِالصَّلِيبِ، وَأَعْتَقَنَا مِنَ الْفَسَادِ، بِمَا أَنَّهُ مُحِبٌّ لِلبَشَرِ.</p>
<p>Second Kathisma</p>	<p>الكاثيسما الثانية</p>
<p>Because of Thine immutable Divinity, O Lord, and Thy voluntary sufferings, Hades was overwhelmed, and moaned within itself, saying, Verily, I am in dread fear of the Person of this incorruptible body; for I see the unseen fighting me secretly, and behold those whom I have held shouting, Glory to Thy Resurrection, O Christ.</p>	<p>لَقَدْ دَهَشَ الْجَحِيمُ فِي نَفْسِهِ مِنْ عَدَمِ تَغْيِيرِ لَاهُوتِكَ، وَمِنْ احْتِمَالِكَ الْآلَامِ طَوْعًا، يَا رَبُّ، فانتَحَبَ قَائِلًا: إِنِّي أُرْتَعِدُ مِنْ أَقْنومِ هَذَا الْجَسَدِ غَيْرِ النَّالِي، وَأَرَى غَيْرَ الْمَنْظُورِ يُحَارِبُنِي عَلَى طَرِيقَةٍ سِرِّيَّةٍ. فَلِذَلِكَ، يَصْرُخُ الَّذِينَ فِي قَبْضَتِي قَائِلِينَ: الْمَجْدُ لِقِيَامَتِكَ أَيُّهَا الْمَسِيحُ.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Let us believers speak of divine things, of the secret of Thine inscrutable Crucifixion, of Thine ineffable Resurrection; for today have Death and Hades been led captive, and the race of man hath been invested with incorruption. Therefore, do we cry in gratitude, Glory to Thy Resurrection, O Christ.</p>	<p>المَجْدُ لِلآبِ وَالِابْنِ وَالرُّوحِ الْقُدْسِ. إِنَّمَا لَدَى تَكَلُّمِنَا نَحْنُ الْمُؤْمِنِينَ لَاهُوتِيًّا، نَعْتَرِفُ أَنَّ صَلْبَكَ غَيْرَ الْمُدْرِكِ، وَقِيَامَتِكَ غَيْرَ الْمُفَسَّرَةِ، هُمَا سِرٌّ لَا يُعْبَّرُ عَنْهُ. فَإِنَّ الْمَوْتَ وَالْجَحِيمَ سُبِيَا الْيَوْمِ، وَجِنْسَ الْبَشَرِ لَيْسَ عَدَمَ الْبَلَى. فَلِذَلِكَ، نَصْرُخُ عَنْ شُكْرِ قَائِلِينَ: الْمَجْدُ لِقِيَامَتِكَ أَيُّهَا الْمَسِيحُ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> Verily, O Theotokos, the incomprehensible and boundless, consubstantial with the Father and the Spirit, hast thou held secretly in thy womb. And by thy birth-giving we have learned to glorify in the world the act of the one immiscible Trinity. Therefore, with gratitude we cry to thee, Rejoice, O thou that art full of grace.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. لَقَدْ وَسِعَتْ فِي بَطْنِكَ، عَلَى مَنَوَالٍ لَا يُعَسَّرُ، الْإِبْنُ الَّذِي لَا يَدْرِكُ وَلَا يُوصَفُ، الْمُسَاوِي لِلآبِ وَالرُّوحِ فِي الْجَوْهَرِ. وَبِوِلَادَتِكَ، تَعَلَّمْنَا أَنَّ نُمَجِّدَ فِي الْعَالَمِ فِعْلًا لِلَاهُوتِ وَاحِدٍ غَيْرِ مُخْتَلِطٍ. فَلِذَلِكَ نَهْتِفُ إِلَيْكَ عَنْ شُكْرِ قَائِلِينَ: السَّلَامُ عَلَيْكَ أَيُّهَا الْمُنْعَمُ عَلَيْهَا.</p>
<p>Third Kathisma for the Holy Cross</p>	<p>الكاثيسما الثالثة للصليب المقدس</p>
<p>In Paradise of old the tree stripped me bare; for by giving me its fruit to eat, the enemy brought in death. But now the Tree of the Cross that clothes men with the garment of life has been set up on earth, and the whole world is filled with boundless joy. Beholding it venerated, O ye people, let us with one accord raise in faith our cry to God: His house is full of glory.</p>	<p>إِنَّ الْعَدُوَّ فِي الْفِرْدُوسِ قَدِيمًا عَزَى آدَمَ بِوِاسِطَةِ الْعُودِ، وَجَلَبَتِ الْمَوْتَ لِأَجْلِ الْمَذَاقَةِ، وَأَمَّا عُودُ الصَّلِيبِ فَانْعَرَسَ عَلَى الْأَرْضِ آتِيًا لِلْبَشَرِ بِلِبَاسِ الْحَيَاةِ، وَاسْتَوَعَبَ الْعَالَمَ بِأَسْرِهِ كُلِّ فَرْحٍ. فَلِنُشَاهِدْهُ أَيُّهَا الشُّعُوبُ مَسْجُودًا لَهُ، وَنَصْرُخْ لِلَّهِ بِإِيمَانٍ وَنِعْمَاتٍ مُؤْتَلِفَةٍ أَنَّ بَيْتَهُ مَمْلُوءٌ مَجْدًا.</p>

<i>Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen. (repeat above)</i>	المَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدْسِ؛ الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. (تَعَاد)
EVLOGETARIA (BENEDICTIONS) IN TONE FIVE	إِفْلُوجِيطَارِيَاتِ بِاللَّحْنِ الْخَامِسِ
<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.	مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. جَمَعَ الْمَلَائِكَةُ أَنْذَهْلَ مُتَحَيِّرًا، عِنْدَ مُشَاهَدَتِهِمْ إِيَّاكَ مَحْسُوبًا بَيْنَ الْأَمْوَاتِ أَيُّهَا الْمُخْلِصُ، وَدَاجِضًا قُوَّةَ الْمَوْتِ، وَمُنْهَضًا آدَمَ مَعَكَ، وَمُعْتَقًا إِيَّانَا مِنَ الْجَحِيمِ كَافَةً.
<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.	مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. الْمَلَائِكَةُ اللَّامِعَةُ عِنْدَ الْقَبْرِ تَقْوَةَ نَحْوِ حَامِلَاتِ الطَّيِّبِ قَائِلًا: لِمَ تَمْرُجْنَ الطَّيِّبَ بِالذَّمُوعِ، بِتَرْتِيبٍ يَا تَلْمِذَاتِ؟ أَنْظُرْنَ اللَّحْدَ وَأَفْرَحْنَ، لِأَنَّ الْمُخْلِصَ قَدْ قَامَ مِنَ الْقَبْرِ.
<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.	مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. إِنَّ حَامِلَاتِ الطَّيِّبِ سَحَرًا جَدًّا، سَارَعْنَ إِلَى قَبْرِكَ نَائِحَاتٍ. إِلَّا أَنَّ الْمَلَائِكَةَ وَقَفَ بِهِنَّ، وَقَالَ لَهُنَّ: زَمَانُ النَّوْحِ قَدْ كَفَّ وَبَطَلَ فَلَا تَبْكِينَ، بَلْ بَشِّرْنَ الرُّسُلَ بِالْقِيَامَةِ.
<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.	مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. إِنَّ النِّسْوَةَ حَامِلَاتِ الطَّيِّبِ، وَاقِفِينَ بِالْحَنُوطِ إِلَى قَبْرِكَ أَيُّهَا الْمُخْلِصُ. فَسَمِعْنَ مَلَائِكَةً مُتَنَبِّئَةً نَحْوَهُنَّ قَائِلًا: لِمَ تَحْسِبْنَ الْحَيَّ مَعَ الْمَوْتَى؟ فِيمَا أَنَّهُ إِلَهُ، قَدْ قَامَ مِنَ الْقَبْرِ نَاهِضًا.
<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.	المَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدْسِ. نَسْجُدُ لِلآبِ، وَالابْنِ، وَلِرُوحِ قُدْسِهِ، ثَالِوثًا قُدُوسًا فِي جَوْهَرٍ وَاحِدٍ، هَاتِفِينَ مَعَ السَّرَافِيمِ: قُدُوسٌ، قُدُوسٌ، قُدُوسٌ أَنْتَ يَا رَبُّ.
<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.	الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. أَيُّهَا الْعَذْرَاءُ، لَقَدْ وُلِدْتَ مُعْطِيَةَ الْحَيَاةِ، وَأَنْقَدْتِ آدَمَ مِنَ الْخَطِيئَةِ، وَمَنْخَتِ حَوَاءَ الْفَرْحِ عَوَضَ الْحُزْنَ، لَكِنَّ الْإِلَهَ وَالْإِنْسَانَ الْمُتَجَسِّدَ مِنْكَ، أَرْشَدَهُمَا إِلَى الْحَيَاةِ الَّتِي قَدْ تَهَوَّرَا مِنْهَا.
Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (thrice) O our God and our Hope, glory to Thee.	هَلَلُويَا، هَلَلُويَا، هَلَلُويَا المَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا) يَا إِلَهَنَا وَرَجَاءَنَا لَكَ المَجْدُ.
THE LITTLE LITANY	الطَّلِبَةُ السَّلَامِيَّةُ الصَّغْرَى
Priest: Again and again, in peace, let us pray to the Lord. Choir: Lord, have mercy. Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.	الكَاهِنُ: أَيْضًا وَأَيْضًا بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمْنَا. الكَاهِنُ: أُعْضُدْ وَخَلِّصْ وَارْحَمْ وَاحْفَظْنَا يَا اللَّهُ بِبِنِعْمَتِكَ.

<p>Choir: Lord, have mercy.</p> <p>Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God.</p> <p>Choir: To Thee, O Lord.</p> <p>Priest: For blessed is Thy Name, and glorified is Thy kingdom: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.</p> <p>Choir: Amen.</p>	<p>الجوق: يا رب ارحم.</p> <p>الكاهن: بعد زكرنا الكليّة القداسة، الطاهرة، الفائقة البركات المجيدة، سيدتنا والدة الإله الدائمة البتولية مريم مع جميع القديسين، لنودع أنفسنا وبعضنا بعضاً وكل حياتنا للمسيح الإله.</p> <p>الجوق: لك يا رب.</p> <p>الكاهن: لأن اسمك مبارك ومُلكك مُمجد أيها الأب والإبن والروح القدس، الآن وكل أوان وإلى دهر الدهرين.</p> <p>الجوق: آمين.</p>
<p>THIRD TONE RESURRECTIONAL HYPAKOE (Plain Reading)</p>	<p>إيباكوي القيامة للحن الثالث (قراءة)</p>
<p>To the ointment-bearing women the brilliant angel of sweet words, startling them, did say: Why seek ye the living One in the grave? He is verily risen, and hath emptied the tombs. Know ye, therefore, that the changeless One hath changed corruption to incorruption. And say to God: How dreadful are Thy works; for Thou hast saved mankind.</p>	<p>ذو المنظر العجب والكلام العذب، الملاك اللامع قال لحاملات الطيب: لم تطلبن الحي في القبر؟ قد قام وأفرغ القبور. فاعلمن أن غير المتغير قد بدل البلى، وقلن لله ما أزهت أعمالك، لأنك خلصت جنس البشر.</p>
<p>THIRD TONE RESURRECTIONAL ANABATHMOI (Plain Reading)</p>	<p>أنابثميات القيامة للحن الثالث (قراءة)</p>
<p>First Antiphony</p>	<p>الأنثيفونا الأولى</p>
<p>+ Thou didst verily deliver the captivity of Zion from Babylon, O Word. Likewise, draw thou me out of suffering into life.</p> <p>+ They who sow in Timan with divine tears, shall reap with rejoicing the sheaves of eternal life.</p> <p>+ <i>Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.</i></p> <p>+ With the Holy Spirit every gift is good; for He doth shine forth together with the Father and the Son; and in Him doth all creation live and move.</p>	<p>+ أيها الكلمة أنت أنقذت سبي صهيون من بابل. هكذا اجتذبني أيضاً من الآلام إلى الحياة.</p> <p>+ إن الذين يزرعون في التيمان بدموع الهيّة، سيحصون بفرح سنبل الحياة الأبدية.</p> <p>+ <i>المجد للأب والإبن والروح القدس، الآن وكل أوان وإلى دهر الدهرين، آمين.</i></p> <p>+ من الروح القدس تتحدر كل عطية صالحة، بما أنه يشرق مع الأب والإبن، وبه كل البرايا تحيا وتتحرك.</p>
<p>Second Antiphony</p>	<p>الأنثيفونا الثانية</p>
<p>+ If the Lord buildeth not the house of virtues, then vainly do we labor; but if He defend and protect our lives, none shall prevail against our city.</p> <p>+ The saints are verily the hire of the fruit of the womb. And they have not ceased to be Thy sons, in the Spirit, O Christ, and Thou art like a father.</p> <p>+ <i>Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.</i></p>	<p>+ إن لم يبن الرب بيت الفضائل، فباطلاً نتعب، وإذا وقى نفوسنا وسترها فلا أحد يتسلط على مدينتنا.</p> <p>+ إن القديسين هم أجره ثمرة البطن، ولم يزالوا بالروح بنين لك أيها المسيح، وأنت لهم كاب.</p> <p>+ <i>المجد للأب والإبن والروح القدس، الآن وكل أوان وإلى دهر الدهرين، آمين.</i></p>

<p>+ By the Holy Spirit hath all holiness and wisdom been observed; for He is the Creator of all the essence of creation. Therefore, let us worship Him; for He is God, as is the Father and the Word.</p>	<p>+ بِالرُّوحِ الْقُدُّوسِ شُوهِدَتْ كُلُّ قَدَاسَةٍ وَحِكْمَةٍ، لِأَنَّهُ خَالِقُ كُلِّ جَوَاهِرِ الْخَلِيقَةِ، وَلِذَلِكَ فَلْنَعْبُدْهُ لِأَنَّهُ إِلَهٌ كَالآبِ وَالْكَلِمَةِ.</p>
<p>Third Antiphony</p>	<p>الْأَنْتِيفُونَا الثَّالِثَةُ</p>
<p>+ Happy are they who fear the Lord; for they walk in the way of His commandments, and eat of the fruits of universal life. + Rejoice with gladness, O chief Shepherd, as thou beholdest thy children's children around thy table, offering branches of good deeds. + <i>Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.</i> + Verily, all the riches of honor are of the Holy Spirit. And of Him too is grace and life for all creation. Wherefore, He is to be praised with the Father and the Word.</p>	<p>+ إِنَّ خَائِفِي الرَّبِّ لَمَغْبُوطُونَ، لِأَنَّهُمْ يَسْلُكُونَ فِي سَبِيلِ وَصَايَاهُ، وَيَأْكُلُونَ ثِمَارَ الْحَيَاةِ الْأَبَدِيَّةِ. + إِفْرَحْ مَسْرُورًا يَا رَئِيسَ الرُّعَاةِ إِذَا شَاهَدْتَ بَنِي بَنِيكَ حَوْلَ مَائِدَتِكَ، مُقَدِّمِينَ أَغْصَانِ أَفْعَالِ الصَّلَاحِ. + الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. + إِنَّ غِنَى الشَّرَفِ كُلُّهُ مِنَ الرُّوحِ الْقُدُّوسِ، وَمِنْهُ النِّعْمَةُ وَالْحَيَاةُ لِكُلِّ الْخَلِيقَةِ، لِذَلِكَ يُسَبِّحُ مَعَ الْآبِ وَالْكَلِمَةِ.</p>
<p>PROKEIMENON FOR THE RESURRECTION IN TONE THREE</p>	<p>بروكيمنون للقيامة بالحن الثالث</p>
<p>Say among the heathen that the Lord reigneth. The world also shall be so established that it shall not be moved. (<i>twice</i>) Stichos: Praise the Lord with a new praise. Say among the heathen that the Lord reigneth. The world also shall be so established that it shall not be moved.</p>	<p>قولوا في الأمم إنَّ الرَّبَّ قَدْ مَلَكَ، لِأَنَّهُ تَبَّتِ الْمَسْكُونَةُ فَلَنْ تَتَزَعَّرَعَ. (مَرَّتَيْنِ) زِكْبُك: سَبِّحُوا الرَّبَّ سُبْحًا جَدِيدًا. قولوا في الأمم إنَّ الرَّبَّ قَدْ مَلَكَ، لِأَنَّهُ تَبَّتِ الْمَسْكُونَةُ فَلَنْ تَتَزَعَّرَعَ.</p>
<p>Deacon: Let us pray to the Lord. Choir: Lord, have mercy. Priest: For Holy art Thou, O our God, Who restest in the Holy Place, and unto Thee do we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.</p>	<p>الشماس: إلى الرَّبِّ نَطْلُبُ. المرتل: يَا رَبُّ ارْحَمِ. الكاهن: لِأَنَّكَ قُدُّوسٌ أَنْتَ يَا إِلَهَنَا، وَفِي الْقَدَيْسِينَ تَسْتَقَرُّ وَتَسْتَرِيحُ، وَلَكَ نُرْسِلُ الْمَجْدَ أَيُّهَا الْآبُ، وَالْإِبْنُ، وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>
<p>Chanter: Amen. Let everything that hath breath praise the Lord. (<i>twice</i>) Praise ye God in His saints; praise Him in the firm foundation of His power. Let everything that hath breath praise the Lord.</p>	<p>المرتل: آمِينَ. كُلُّ نَسَمَةٍ، فَلْتَسَبِّحِ الرَّبَّ. (مَرَّتَيْنِ) زَكْبُكُمْ فِي هَذِهِ يَكْبَدُ زَكْبُكُمْ فِي هَذِهِ يَكْبَدُ فِي هَذِهِ يَكْبَدُ فِي هَذِهِ يَكْبَدُ. فَلْتَسَبِّحِ الرَّبَّ، كُلُّ نَسَمَةٍ.</p>
<p>THE TENTH EOTHINON GOSPEL</p>	<p>إنجيل الإيوثينا العاشرة</p>
<p>Deacon: And that we may be accounted worthy to hear the Holy Gospel, let us beseech the Lord our God. Choir: Lord, have mercy. (<i>thrice</i>)</p>	<p>الشماس: مِنْ أَجْلِ أَنْ نَكُونَ مُسْتَحَقِّينَ لِسَمَاعِ الْإِنْجِيلِ الْمُقَدَّسِ، إِلَى الرَّبِّ إِلَهِنَا نَطْلُبُ. المرتل: يَا رَبُّ ارْحَمِ. (ثَلَاثًا)</p>

<p>Deacon: Wisdom! Stand upright! Let us hear the Holy Gospel.</p> <p>Priest: Peace be to all.</p> <p>Choir: And to thy spirit.</p> <p>Priest: The Reading from the Holy Gospel according to Saint John. (21:14-25)</p> <p>Choir: Glory to Thee, O Lord, glory to Thee.</p> <p>Deacon: Let us attend!</p>	<p>الشماس: الْحِكْمَةُ، فَلْنَسْتَعِمَّ وَلْنَسْمَعَ الْإِنْجِيلَ الْمُقَدَّسَ.</p> <p>الكاهن: السَّلَامُ لِجَمِيعِكُمْ.</p> <p>المرتل: ولِرُوحِكَ.</p> <p>الكاهن: فَضَّلْ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ يُوْحَنَّا الْإِنْجِيلِيَّ الْبَشِيرِ وَالْتَلْمِيزِ الطَّاهِرِ.</p> <p>المرتل: الْمَجْدُ لَكَ يَا رَبُّ، الْمَجْدُ لَكَ.</p> <p>الشماس: لِنُصْغِ!</p>
<p>Priest: At that time, Jesus revealed Himself to His disciples after He was raised from the dead, and said to Simon Peter, “Simon, son of Jonah, do you love Me more than these?” He said to Him, “Yes, Lord; You know that I love You.” Jesus said to him, “Tend my lambs.” A second time Jesus said to him, “Simon, son of Jonah, do you love Me?” He said to Him, “Yes, Lord, You know that I love You.” Jesus said to him, “Tend my sheep.” Jesus said to him a third time, “Simon, son of Jonah, do you love Me?” Peter was grieved because He said to him a third time, “Do you love me?” and he said to Him, “Lord, You know everything; You know that I love You.” Jesus said to him, “Tend My sheep. Truly, truly, I say to you, when you were young, you girded yourself and walked where you would; but when you are old, you will stretch out your hands, and another will gird you and carry you where you do not wish to go.” (This was said to show by what death Peter was to glorify God.) And after this, He said to him, “Follow Me.” Peter turned and saw following them the disciple whom Jesus loved, who had lain close to His breast at the supper and had said, “Lord, who is it that is going to betray you?” When Peter saw him, he said to Jesus, “Lord, what about this man?” Jesus said to him, “If it is my will that he remain until I come, what is that to you? Follow Me!” The saying spread abroad among the brethren that this disciple was not to die; yet Jesus did not say to him that he was not to die, but, “If it is my will that he remain until I come, what is that to you?” This is the disciple who is bearing witness to these things, and who has written these things; and we know that his testimony is true. But there are also many other things that Jesus did; were every one of them to be written, I suppose that the world itself could not contain the books that would be written. Amen.</p>	<p>الكاهن: فِي ذَلِكَ الزَّمَانِ، أَظْهَرَ يَسُوعُ نَفْسَهُ لِتَلَامِيذِهِ مِنْ بَعْدِ مَا قَامَ مِنَ بَيْنِ الْأَمْوَاتِ وَقَالَ لِسِمْعَانَ بَطْرُسَ: "يَا سِمْعَانَ بَنَ يُونَا، أَتُحِبُّنِي أَكْثَرَ مِنْ هَؤُلَاءِ؟" قَالَ لَهُ: "نَعَمْ يَا رَبُّ، أَنْتَ تَعْلَمُ أَنِّي أُوَدِّكَ." قَالَ لَهُ: "ارْزَعْ حِمْلَانِي". ثُمَّ قَالَ لَهُ ثَانِيَةً: "يَا سِمْعَانَ بَنَ يُونَا، أَتُحِبُّنِي؟" قَالَ لَهُ: "نَعَمْ يَا رَبُّ، أَنْتَ تَعْلَمُ أَنِّي أُوَدِّكَ." قَالَ لَهُ: "ارْزَعْ خِرَافِي". ثُمَّ قَالَ لَهُ ثَالِثَةً: "يَا سِمْعَانَ بَنَ يُونَا، أَتُحِبُّنِي؟" فَحَزَنَ بَطْرُسُ لِأَنَّهُ قَالَ لَهُ ثَالِثَةً "أَتُوَدُّنِي". فَقَالَ لَهُ: "يَا رَبُّ، أَنْتَ تَعْلَمُ كُلَّ شَيْءٍ، وَأَنْتَ تَعْلَمُ أَنِّي أُوَدِّكَ." فَقَالَ لَهُ: "ارْزَعْ خِرَافِي. الْحَقُّ الْحَقُّ أَقُولُ لَكَ إِذْ كُنْتُ شَابًّا كُنْتُ تُمْنَطِقُ نَفْسَكَ وَتَذْهَبُ حَيْثُ تَشَاءُ، فَإِذَا شِخْتُ فَسَتَمُدُّ يَدَيْكَ وَأَخْرُ يُمْنَطِقُكَ وَيَذْهَبُ بِكَ حَيْثُ لَا تَشَاءُ"، وَإِنَّمَا قَالَ هَذَا دَالًّا عَلَى أَيْةٍ مِينَةٍ كَانَتْ مُزْمَعًا أَنْ يُمَجِّدَ اللَّهُ بِهَا. فَلَمَّا قَالَ هَذَا قَالَ لَهُ: "اتَّبِعْنِي". فَالْتَقَتْ بَطْرُسُ، فَرَأَى التَّلْمِيزَ الَّذِي كَانَ يَسُوعُ يُحِبُّهُ يَتَّبِعُهُ، وَهُوَ الَّذِي كَانَ اتَّكَأَ فِي الْعِشَاءِ عَلَى صَدْرِهِ وَقَالَ "يَا رَبُّ، مَنْ الَّذِي يُسَلِّمُكَ." فَلَمَّا رَأَى بَطْرُسُ، قَالَ لِيَسُوعَ: "يَا رَبُّ، مَا لِهَذَا؟" قَالَ لَهُ يَسُوعُ "إِنْ شِئْتُ أَنْ يَتَّبِعَ إِلَى أَنْ أَجِيءَ، فَمَاذَا لَكَ؟ أَنْتَ اتَّبِعْنِي." فَذَاعَتْ هَذِهِ الْكَلِمَةُ فِيمَا بَيْنَ الْإِخْوَةِ أَنَّ ذَلِكَ التَّلْمِيزَ لَا يَمُوتُ، وَلَمْ يَقُلْ يَسُوعُ إِنَّهُ لَا يَمُوتُ بَلْ "إِنْ شِئْتُ أَنْ يَتَّبِعَ إِلَى أَنْ أَجِيءَ فَمَاذَا لَكَ؟" هَذَا هُوَ التَّلْمِيزُ الشَّاهِدُ بِهَذِهِ الْأُمُورِ وَالْكَاتِبُ لَهَا، وَقَدْ عَلِمْنَا أَنَّ شَهَادَتَهُ حَقٌّ. وَأَشْيَاءُ أُخْرَى كَثِيرَةٌ صَنَعَهَا يَسُوعُ، لَوْ أَنَّهَا كُتِبَتْ وَاحِدَةً فَوَاحِدَةً، لَمَا ظَنَنْتُ الْعَالَمَ يَسَعُ الصُّحُفَ الْمَكْتُوبَةَ. آمِينَ.</p>

Choir: Glory to Thee, O Lord, glory to Thee.	المرتل: المَجْدُ لَكَ يَا رَبُّ المَجْدُ لَكَ.
Reader: In that we have beheld the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. Thy cross do we adore, O Christ, and Thy holy resurrection we praise and glorify; for Thou art our God, and we know none other beside Thee; we call upon Thy name. O come, all ye faithful, let us adore Christ's holy resurrection. For lo, through the cross is joy come into all the world. Ever blessing the Lord, let us sing His resurrection, for in that He endured the cross for us, He hath destroyed death by death.	القارئ: إِذْ قَدْ رَأَيْنَا قِيَامَةَ المَسِيحِ، فَلنَسْجُدُ لِلرَّبِّ القُدُّوسِ، يَسُوعَ المَعْصُومِ مِنَ الحَطَاةِ وَحْدَهُ. لِصَلِيبِكَ أَيُّهَا المَسِيحُ نَسْجُدُ وَلِقِيَامَتِكَ المَقْدَّسَةِ نُسَبِّحُ وَنَمَجِّدُ، لِأَنَّكَ أَنْتَ هُوَ إِلَهُنَا وَآخِرَ سِوَاكَ لَا نَعْرِفُ وَبِاسْمِكَ نُسَمِّي. هَلُمَّ يَا مَعْشَرَ المُؤْمِنِينَ نَسْجُدْ لِقِيَامَةِ المَسِيحِ المَقْدَّسَةِ، لِأَنَّ هُوَذَا بِالصَّلِيبِ قَدْ أَتَى الفَرَحُ لِكُلِّ العَالَمِ. لِئُبَارِكَ الرَّبِّ فِي كُلِّ حِينٍ وَنُسَبِّحُ قِيَامَتَهُ، لِأَنَّهُ إِذْ احْتَمَلَ الصَّلْبَ مِنْ أَجْلِنَا، المَوْتَ بِالمَوْتِ حَطَّمَ.
PSALM 50	المزمور 50
Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression.	ارْحَمْنِي يَا اللهُ بِعَظِيمِ رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَتِكَ امْحُ مَاثِمِي.
Wash me thoroughly from mine iniquity, and cleanse me from my sin.	اغْسِلْنِي كَثِيراً مِنْ إِثْمِي، وَمِنْ خَطِيئَتِي طَهِّرْنِي.
For I know mine iniquity, and my sin is ever before me.	لَأَنِّي أَنَا عَارِفٌ بِإِثْمِي، وَخَطِيئَتِي أَمَامِي فِي كُلِّ حِينٍ.
Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged.	إِلَيْكَ وَحْدَكَ أَخْطَأْتُ، وَالشَّرَّ قَدَّمَكَ صَنَعْتُ، لَكَي تُصَدِّقَ فِي أَقْوَالِكَ وَتَغْلِبَ فِي مُحَاكَمَتِكَ.
For behold, I was conceived in iniquities, and in sins did my mother bear me.	هَاءَ نَذَا بِالْآثَامِ حَبِلَ بِي، وَبِالْخَطَايَا وَلَدَتْنِي أُمِّي.
For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me.	لِأَنَّكَ قَدْ أَحْبَبْتَ الحَقَّ، وَأَوْضَحْتَ لِي غَوَامِضَ حِكْمَتِكَ وَمَسْتَوْرَاتِهَا.
Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow.	تَنْصَحْنِي بِالزُوفَى فَأَطْهُرُ، تَغْسِلْنِي فَأَبْيَضُ أَكْثَرَ مِنَ التَّلْجِ.
Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice.	نُسْمِعْنِي بِهَجَّةٍ وَسُرُوراً، 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.	قَلْباً نَقِيّاً اخْلُقْ فِيَّ يَا اللهُ، وَرُوحاً مُسْتَقِيماً جَدِّدْ فِي أَحْشَائِي.
Cast me not away from Thy presence, and take not Thy Holy Spirit from me.	لَا تَطْرَحْنِي مِنْ أَمَامِ وَجْهِكَ، وَرُوحَكَ القُدُّوسَ لَا تَنْزِعْهُ مِنِّي.
Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me.	امْنَحْنِي بِهَجَّةٍ خِلاصِكَ، وَبِرُوحِ رِئَاسِي اعْضُدْنِي.
I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee.	فَأُعَلِّمُ الأَثَمَةَ 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 اللهُ إِلَهَ خِلاصِي، فَيَبْتَهِجَ لِسانِي بِعَدْلِكَ.
O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.	يَا رَبُّ افْتَحْ شَفْتَيَّ، فَيُخْبِرَ فَمِي بِتَسْبِيحَتِكَ.

For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased.	لأنك لو آثرت الذبيحة، لكنت الآن أعطي، لكنك لا تسر بالمحرقات.
A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise.	الذبيحة لله روح منسحق، القلب المتخشع والمواضع لا يزدله الله.
Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up.	أصلح يا رب بمسرتك صهيون ولتبن أسوار أورشليم.
Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings.	حينئذ تسر بذبحة العدل قرباناً ومحرقات.
Then shall they offer bullocks upon Thine altar.	حينئذ يقربون على مذبحك العجول.
LENTEN TROPARIA AFTER PSALM 50 IN TONE EIGHT	طروباريات الصوم، باللحن الثامن
<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>	المجد للأب والابن والروح القدس. افتح لي أبواب التوبة يا واهب الحياة، لأن روحي تتكسر إلى هيكل قدسك، آتياً بهيكل جسدي مدتساً بجملة. لكن، بما أنك متعطف، تقني بتحنن مراحمك.
<i>Both now and ever, and unto ages of ages. Amen. Prepare for me the way of salvation, O Theotokos; for I have profaned myself with coarse sins, and consumed my whole life with procrastination. But by thine intercessions purify thou me from all abomination.</i>	الآن وكل أولى وإلى دهر الدهرين. آمين. سهلي لي مناهج الخلاص يا والدة الإله، فإني قد دنست نفسي بخطايا سمجة، وأفنيت عمري كله بالتواني. لكن بشفاعاتك، تقيني من كل رجاسة.
<i>(TONE SIX) Have mercy upon me, O God, according to Thy lovingkindness; according to the multitude of Thy tender mercies blot out my transgressions. If I think upon the multitude of my evil deeds, wretch that I am, I tremble for the terrible Day of Judgment. But, trusting the compassion of Thy mercy, I shout to Thee like David, Have mercy upon me, O God, according to Thy Great Mercy.</i>	(باللحن السادس) يا رحيم، ارحمني يا الله كعظيم رحمتك، وكمثل كثرة رافاتك امح مائمي. إذا تصورت كثرة أفعالي الرديئة أنا الشقي، فإني ارتعد من يوم الدينونة الرهيب. لكنني إذ أنا واثق بتحننك، أهتف إليك مثل داود: ارحمني يا الله، بحسب عظيم رحمتك.
THE INTERCESSION	طلبه الشفاعة
Deacon: O God, save thy people, and bless thine inheritance. Visit thy world with mercy and compassions. Exalt the horn of Orthodox Christians, and send down upon us thy rich mercies, through the intercessions of our all-immaculate Lady, the Theotokos and ever-virgin Mary; by the might of the precious and life-giving cross—which we especially venerate today—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;	الشماس: خلص يا الله شعبك، وبارك ميراثك، وافقذ عالمك بالرحمة والرفات، وارفع شأن المسيحيين الأرثوذكسين، وأسبغ علينا مراحمك العنية، بشفاعات سيدتنا والدة الإله الكليّة الطهارة والدائمة البتولية مريم؛ وبقوة الصليب الكريم المحيي—الذي نكرمه اليوم—وبطبات القوات السماوية المكرمة العادمة الأجساد؛ والنبّي الكريم السابق المجيد يوحنا المعمدان؛ والقديسين المشرفين الرسولين بطرس وبولس، وسائر الرسل المشرفين الجديرين بكل مدح؛ وآبائنا القديسين معلّمي المشكونة، رؤساء الكهنة المعظمين باسيليوس الكبير، وغريغوريوس اللاهوتي، ويوحنا الذهبي الفم؛ وآبائنا القديسين أنطاسيوس

<p>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 <i>Saint N.</i>, the patron and protector of this holy community; of the holy and righteous ancestors of God, Joachim and Anna, and of all Thy saints, we beseech Thee, O most merciful Lord, hearken unto the petitions of us sinners who make our supplications unto Thee, and have mercy upon us.</p>	<p>وكيرلس ويوحنا الرَّحِيمِ بَطَارِكَةَ الإسْكَنْدَرِيَّةِ؛ وأبينا القديس نيقولاوس رئيس أساقفة ميرا الليكية، واسبيريدون أسقف تريميثوس، ونكتاريوس أسقف المُدُنِ الحَمْسِ العَجَائِبِينَ، وأبينا القديس تيخون بطريرك موسكو، والقديس رافائيل أسقف بروكلين؛ والقديسين المجيدين الشهداء العظماء جاورجيوس اللايس الظفر، وديميتريوس المفيض الطيب، وثيودورس التيروني، وثيودورس قائد الجيش، وميناس الصانع العجايب؛ والقديسين الشهداء إغناطيوس المنتوشح بالله، خرالْمُبوس وإفثيريوس؛ والشهداء العظيمة تَقْلًا، بزبارة، أنسطاسيا، كاترينا، كيرياكي، فوتيني، مارينا، باراسكيفا، وآيرين؛ والقديسين المجيدين الشهداء المتألقين بالظفر؛ وآبائنا الأبرار المنتوشحين بالله؛ وخاصة القديس بابيسيوس الأنوسي، والقديس (فلان) شفيع هذه الكنيسة المقدسة؛ والقديسين الصديقين جدِّي المسيح الإله يواكيم وحنَّة؛ وجميع قديسيك، ننضرع إليك أيها الربّ الجليل الرَّحْمَةِ، فاستجب لنا نحن الخطاة الطالبيين إليك وارحمنا.</p>
<p>Choir: Lord, have mercy. (<i>twelve times</i>)</p>	<p>المرتل: يا ربُّ ارحم. (12 مرات)</p>
<p>Priest: Through the mercy and compassions and love for mankind of Thine Only-begotten Son, with Whom Thou art blessed, together with Thine all-holy, and good, and life-giving Spirit: now and ever, and unto ages of ages.</p>	<p>الكاهن: برحمة ورأفات ابنك الوحيد ومحبته للبشر، الذي أنت مبارك معه ومع روحك الكلبي قدسه الصالح والمحيي، الآن وكلَّ أوانٍ وإلى دهر الدهرين.</p>
<p>Choir: Amen.</p>	<p>المرتل: آمين.</p>
<p>KONTAKION & OIKOS FOR THIRD SUNDAY OF GREAT LENT (Plain Reading)</p>	<p>القنடاق والبيت لأحد الثالث من الصوم (قراءة)</p>
<p>The fiery sword no longer guards the gate of Eden, for in a strange and glorious way the wood of the Cross has quenched its flames. The sting of death and the victory of hell are now destroyed, for Thou art come, my Savior, crying unto those in hell: "Return again to Paradise."</p>	<p>إنَّ السَّيْفَ النَّارِيَّ لَنْ يَحْرُسَ مِنْ بَعْدُ عَدْنَ، لِأَنَّ عَوْدَ الصَّلِيبِ قَدْ أَطْفَأَهُ إِطْفَاءً مُدْهِشاً. فَكُسِرَتْ شَوْكَةُ المَوْتِ، وَبَادَتْ غَلْبَةُ الجَحِيمِ، وَوَقِفَتْ يَا مُخْلِصِي، هَاتِفاً بِالذِّينِ فِيهَا: ادْخُلُوا مِنْ جَدِيدٍ إِلَى الفِرْدَوْسِ.</p>
<p>Pilate set up three crosses in the place of the Skull, two for the thieves and one for the Giver of Life. Seeing Him, hell cried to those below: "O my ministers and my powers! Who is this that has fixed a nail in my heart? A wooden spear has pierced me suddenly, and I am torn apart. Inwardly I suffer; anguish has seized my belly and my senses. My spirit trembles, and I am constrained to cast out Adam and his posterity. A tree brought them to my realm, but now the Tree of the Cross brings them back again to Paradise."</p>	<p>إِنَّ بِيلاطس نَصَبَ فِي الجُلْجَلَةِ ثَلَاثَةَ صُلْبَانٍ، إِثْنَيْنِ لِلصَّيْنِ وَوَاحِدًا لِوَاهِبِ الحَيَاةِ، الَّذِي لَمَّا أَبْصَرَهُ الجَحِيمُ قَالَ لِلذِّينِ فِي اسْفَل: يَا خُدَّامِي وَقُوَّاتِي، مَنْ هُوَ هَذَا الَّذِي شَكَّ قَلْبِي بِمِسْمَارٍ، وَطَعَنَنِي بَعْتَةً بِحَرْبَةٍ خَشْبِيَّةٍ؟ وَهَا أَنَا أَنْمَرِّقُ فِي دَوَاحِلِي، وَتَتَوَجَّعُ أَحْشَائِي، وَتَظْلُمُ حَوَاسِي، وَتَضْطَرُّ بِرُوحِي، وَأَضْطَرُّ مُكْرَهاً أَنْ أَقْدِفَ بِسَبَبِ العودِ آدَمَ وَذُرِّيَّتَهُ كُلَّهَا المَدْفُوعِينَ إِلَيَّ، لِأَنَّ العودَ يَدْخُلُهُمْ مِنْ جَدِيدٍ إِلَى الفِرْدَوْسِ.</p>

THE SYNAXARION (Plain Reading)	السِّنْكَسَار (قراءة)
<p>On April 7 in the Holy Orthodox Church, we commemorate Martyr Kalliopios of Cilicia; and the repose of Tikhon, patriarch of Moscow and Enlightener of North America.</p>	
<p>On this same day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross.</p>	
<p><i>Verses</i></p>	
<p>Let the whole world worship the Cross through Which it truly knew to worship Thee, O Word.</p>	
<p>Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God's grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast.</p>	
<p>By its power, O Christ God, preserve us from the crafty designs of the evil one and account us worthy to worship Thy divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as Thou alone art good and the Lover of mankind. Amen.</p>	
<p>KATAVASIAE OF THIRD SUNDAY OF GREAT LENT CANON IN TONE ONE</p>	<p>كَطَافَاسِيَاةِ قَانُونِ الْأَحَدِ الثَّلَاثِ مِنَ الصَّوْمِ بِاللَّحْنِ الْأَوَّلِ</p>
<p>Ode 1. The divine God-seer Moses once prefigured Thy Cross, when he led through the Red Sea Thy people Israel, as he smote the water with his staff and sang unto Thee that song of the Exodus, in thanksgiving, O Christ our God.</p>	<p>(الأولى) إِنَّ مُوسَى الْإِلَهِيِّ قَدْ سَبَقَ فَرَسَمَ صَلَيبِكَ قَدِيمًا، وَأَجَارَ إِسْرَائِيلَ فِي الْبَحْرِ الْأَحْمَرِ، لَمَّا ضَرَبَ الْجَوْهَرَ الرُّطْبَ بِالْعَصَا، مُرْتَبِلًا لَكَ، أَيُّهَا الْمَسِيحُ الْإِلَهُ، تَسْبِيحًا عَلَى الْخُرُوجِ.</p>
<p>Ode 3. O Master Christ, by Thy Cross establish me on the rock of faith, lest my mind be shaken by the attacks of the hostile enemy; for Thou alone art holy.</p>	<p>(الثالثة) أَيُّهَا الْمَسِيحُ السَّيِّدُ، تَثْبِثْنِي بِصَلِيبِكَ عَلَى صَخْرَةِ الْإِيمَانِ، لِيَلَّا يَتَزَعَّرَ قَلْبِي مِنْ صَدَمَاتِ الْعَدُوِّ الْعَاتِي، لِأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ.</p>
<p>Ode 4. When the great luminary with trembling beheld Thee lifted up upon the Cross, O Most Mighty, he withdrew his rays and hid them; and in fear the whole creation praised Thy long-suffering, for the earth was filled with Thy praise.</p>	<p>(الرابعة) إِنَّ النَّيِّرَ الْأَعْظَمَ، لَمَّا شَاهَدَكَ مُعَلَّقًا عَلَى الصَّلِيبِ أَيُّهَا الْمُقْتَدِرُ، ارْتَعَدَ، وَجَمَعَ أَشْعَتَهُ وَأَخْفَاهَا. وَالْخَلِيقَةُ بِأَسْرَهَا سَبَّحَتْ بِخَوْفٍ طَوِيلٍ أَنَاثِكَ، لِأَنَّ الْأَرْضَ قَدِ امْتَلَأَتْ مِنْ تَسْبِيحَتِكَ.</p>
<p>Ode 5. Rising early, we praise Thee, O Savior of the world, having found peace through Thy Cross; whereby Thou hast renewed the race of man, leading us toward the unwaning light.</p>	<p>(الخامسة) إِلَيْكَ نَدَلُجُ يَا مُخَلِّصَ الْعَالَمِ، مُسَبِّحِينَ إِيَّاكَ، لِأَنَّنا وَجَدْنَا سَلَامًا بِصَلِيبِكَ، الَّذِي بِهِ جَدَّدْتَ الْجِنْسَ الْبَشَرِيَّ، وَأَقْتَدَدْتَنَا إِلَى النُّورِ الَّذِي لَا يَغْرُبُ.</p>
<p>Ode 6. Once Jonas formed the holy Cross in a type, with hands outstretched in the sea-monster's belly, prefiguring Thy divine Cross, O Word, and sprang forth again, being rescued from the beast by Thy power, O Savior.</p>	<p>(السادسة) إِنَّ يُونَانَ النَّبِيَّ سَبَقَ فَرَسَمَ الصَّلِيبِ الْإِلَهِيِّ، لَمَّا بَسَطَ يَدَيْهِ فِي جَوْفِ الْحَوْتِ، وَطَفَرَ نَاجِيًا مِنَ الْوَحْشِ، بِقُدْرَتِكَ أَيُّهَا الْكَلِمَةُ.</p>
<p>Ode 7. Now He that saved the Children from burning flames, Himself having taken flesh, cometh on the earth, and being nailed unto the Cross, freely giveth salvation unto us all: The only most blessed God of our Fathers, in truth supremely glorious.</p>	<p>(السابعة) إِنَّ الَّذِي أَنْقَذَ الْغَنِيَّةَ مِنَ اللَّهيبِ أَتَى إِلَى الْأَرْضِ مُتَّخِذًا جَسَدًا، وَقَدْ سُمِّرَ عَلَى الصَّلِيبِ مَانِحًا إِيَّانَا الْخَلَاصَ، وَهُوَ الْمُبَارَكُ وَحْدَهُ، وَالْفَائِيقُ النَّمَّجِيدُ، إِلَهُ آبَائِنَا.</p>

<p><i>We praise, we bless, and we worship the Lord.</i> Ode 8. Cast into the den of the ravenous lions, the great among the Prophets, wise Daniel, stretched out his hands in the type and form of a cross and was saved unscathed from being devoured by them, while praising and blessing Christ God unto the ages.</p>	<p>نَسْتُحِيحُ وَنُبَارِكُ وَنُسَجُدُ لِلرَّبِّ . (الثامنة) إِنَّ دَانِيَالَ الْمُعْظَمَ فِي الْأَنْبِيَاءِ، لَمَّا طُرِحَ فِي جَبِّ الْأَسْوَدِ قَدِيمًا، وَبَسَطَ ذِرَاعَيْهِ بِشَكْلِ صَلِيبٍ، نَجَا مِنْ أَفْتِرَاسِهَا بِغَيْرِ أذَى، مُبَارِكًا الْمَسِيحَ الْإِلَهَ عَلَى مَدَى الدَّهْرِ .</p>
<p>Deacon: The Theotokos and Mother of the Light let us honor and magnify in song.</p>	<p>الشماس: لوالدة الإله وأمّ النور بالتسابيح نكرم معظمين.</p>
<p>MAGNIFICATIONS IN TONE ONE</p>	<p>تَعْظِيمَات بِاللَّحْنِ الْأَوَّلِ</p>
<p>My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior. Refrain: More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without corruption didst bear God the Word, and art truly Theotokos, we magnify thee.</p>	<p>تُعْظِمُ نَفْسِي الرَّبِّ، وَتَبْتَهِجُ رُوحِي بِاللَّهِ مُخْلِصِي. (اللازمة): يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ مَجْدًا بِغَيْرِ قِيَاسٍ مِنَ السَّرَافِيمِ، الَّتِي مِنْ دُونِ فَسَادٍ وُلِدَتْ كَلِمَةَ اللَّهِ، حَقًّا أَنْكَ وَالِدَةُ الْإِلَهِ إِيَّاكَ نُعْظِمُ.</p>
<p>For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. (Refrain)</p>	<p>لَأَنَّه نَظَرَ إِلَى تَوَاضِعِ أُمَّتِهِ، فَهَا مُنْذُ الْآنَ تُطَوِّبُنِي جَمِيعَ الْأَجْيَالِ. (اللازمة)</p>
<p>For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations. (Refrain)</p>	<p>لَأَنَّ الْقَدِيرَ صَنَعَ بِي عَظَائِمَ وَقُدُوسَ اسْمَهُ، وَرَحْمَتَهُ إِلَى جِيلٍ فَجِيلٍ لِلَّذِينَ يَتَّقُونَهُ. (اللازمة)</p>
<p>He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. (Refrain)</p>	<p>صَنَعَ عِزًّا بِسَاعِدِهِ، وَشَتَّتَ الْمُتَكَبِّرِينَ بِذَهْنِ قُلُوبِهِمْ. (اللازمة)</p>
<p>He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the empty with good things, and the rich hath He sent empty away. (Refrain)</p>	<p>حَطَّ الْمُقْتَدِرِينَ عَنِ الْكُرَاسِيِّ وَرَفَعَ الْمُتَوَاضِعِينَ، مَلَأَ الْجِيَاعَ مِنَ الْخَيْرَاتِ، وَالْأَغْنِيَاءَ أَرْسَلَهُمْ فَارِغِينَ. (اللازمة)</p>
<p>He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. (Refrain)</p>	<p>عَصَدَ إِسْرَائِيلَ فَتَاهُ لِيَذْكَرَ رَحْمَتَهُ، كَمَا قَالَ لِأَبَائِنَا إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الْأَبَدِ. (اللازمة)</p>
<p>Ode 9. O virgin and Mother, the Theotokos in all truth, who without seed hast purely given birth to Christ our God, Who was raised up on the Cross in the flesh, thee now with Him do all we the faithful rightly and worthily magnify.</p>	<p>(الأودية التاسعة) أَيُّهَا الْأُمُّ الْعَذْرَاءُ، وَالِدَةُ الْإِلَهِ بِالْحَقِيقَةِ، يَا مَنْ وُلِدَتْ خُلُوعًا مِنْ زَرْعِ الْمَسِيحِ الْهَنَا، الَّذِي رُفِعَ بِالْجَسَدِ عَلَى الصَّلِيبِ، نُعْظِمُكَ الْآنَ مَعَهُ، نَحْنُ الْمُؤْمِنِينَ، بِوَجِبِ الْاسْتِثْهَالِ.</p>
<p>THE LITTLE LITANY</p>	<p>الطَّلِبَةُ السَّلَامِيَّةُ الصُّغْرَى</p>
<p>Deacon: Again and again, in peace, let us pray to the Lord. Choir: Lord, have mercy. Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace. Choir: Lord, have mercy. Deacon: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all</p>	<p>الشماس: أَيْضًا وَأَيْضًا بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمْنَا. الشماس: أَعْضُدْ وَخَلِّصْ وَارْحَمْ وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمْنَا. الشماس: بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبِتَوَلِّيَّةِ مَرِيَمَ مَعَ جَمِيعِ الْقَدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.</p>

<p>our life unto Christ our God. Choir: To Thee, O Lord. Priest: For all the powers of Heaven praise Thee, and unto Thee do they ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. Choir: Amen.</p>	<p>الجوق: لك يا رب. الكاهن: لأنه إياك تُسبِّحُ كُلُّ قُوَاتِ السَّمَاوَاتِ، وَلَكَ يُرْسَلُونَ المَجْدَ أَيُّهَا الأبُّ والإِبْنُ والروحُ القُدُسُ، الآنَ وكلَّ أوانٍ وإلى دهرِ الداهرين. الجوق: آمين.</p>
<p>Holy is the Lord our God. (<i>thrice</i>) Exalt ye the Lord our God, and worship at His footstool, for He is holy.</p>	<p>قُدُوسٌ هُوَ الرَّبُّ إِلَهُنَا. (ثَلَاثًا) إِرْفَعُوا الرَّبَّ إِلَهُنَا، وَاسْجُدُوا لِمَوْطِئِ قَدَمَيْهِ، لِأَنَّ الرَّبَّ إِلَهُنَا قُدُوسٌ هُوَ.</p>
<p>THE ELEVENTH EOTHINON EXAPOSTEILARION IN TONE TWO (**Upon that mount in Galilee**)</p>	<p>إكسابوستيلاري الإيوثينا الحادية عشرة باللحن الثاني</p>
<p>When He arose again as God, * the Lord thrice questioned Peter: * Lovest thou Me? Then afterward * He made of him chief shepherd * of His own sheep; and when Peter * saw the loved one by Jesus * coming behind and following, * then he asked of the Master: * And what of him? * If I will, He said, that this man should tarry * until I come again, O friend, * what carest thou, O Peter?</p>	<p>إِنَّ الرَّبَّ لَمَّا سَأَلَ بَطْرُسَ، بَعْدَ قِيَامَتِهِ الإِلَهِيَّةِ ثَلَاثًا: أَتُودِنِي؟ أَقَامَهُ رَئِيسَ رُعَاةِ غَنَمِهِ، الَّذِي لَمَّا أَبْصَرَ التَّلْمِيزَ الَّذِي كَانَ يَسُوعُ يُحِبُّهُ تَابِعًا، سَأَلَ السَّيِّدَ قَائِلًا: مَا لِهَذَا؟ فَقَالَ لَهُ: إِنْ شِئْتُ أَنْ يَتَبَتَّ هَذَا إِلَى أَنْ أَجِيءَ أَيْضًا، مَاذَا لَكَ يَا بَطْرُسَ حَبِيبِي؟</p>
<p>EXAPOSTEILARION & THEOTOKION FOR THE HOLY CROSS IN TONE TWO (**Upon that mount in Galilee**)</p>	<p>إكسابوستيلاري ووالديَّة للصليب المقدَّس باللحن الثاني</p>
<p>Seeing the precious Cross of Christ * today here set before us, * let us bow down and worship it, * and faithfully rejoicing, * let us all kiss it with longing, * as we entreat the Lord God * Who willingly was crucified * thereupon, that He grant us * that we might all * worship His most honored and most divine Cross, * that we, all being uncondemned, * might reach the Resurrection.</p>	<p>إِنَّمَا الْيَوْمَ إِذْ نَرَى صَلِيبَ الْمَسِيحِ الْكَرِيمِ، فَلْنَسْجُدْ بِإِيمَانٍ لَهُ، وَلْنُصَافِحْهُ بِفَرَحٍ، مُبْتَهَلِينَ لِلَّذِي صُلِبَ بِاخْتِيَارِهِ، لِكَيْمَّا يُؤَهِّلُنَا جَمِيعًا لِلسُّجُودِ لِلصَّليبِ الْكَرِيمِ، وَلِنَبْلُغَ مَعًا نَهَارَ الْقِيَامَةِ الْبَهِيِّ، خُلُوقًا مِنْ دَيْنُونَةٍ.</p>
<p>We worship piously the Tree * whereon thy Son once stretched out * His spotless hands in our behalf * when He was nailed upon it. * O all-august Theotokos, * now grant us peace and also * to come to that all-holy day * of the world-saving Passion * suffered for us, * and to worship also the light-bestowing * and bright and world-delighting day* of the Lord's holy Pascha.</p>	<p>يَا كَلِيَّةَ النَّقَاوَةِ، نَجْتُو بِحُسْنِ عِبَادَةٍ لِعُودِ الَّذِي بَسَطَ ابْنُكَ عَلَيْهِ يَدَيْهِ الطَّاهِرَتَيْنِ إِذْ سَمَّرَ. فَاْمُنْحِنَا السَّلَامَةَ، لِنَبْلُغَ بِهَا السُّجُودَ إِلَى الأَلَامِ الْبَاعِثَةِ الْخَلَاصِ، وَإِلَى يَوْمِ الْفُصْحِ السَّيِّدِيِّ الْكَلْبِيِّ ضِيَاؤُهُ، وَالْمُبْهَجِ الْعَالَمِ.</p>
<p>AINOI (PRAISES) IN TONE THREE</p>	<p>الإينوس باللحن الثالث</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 فَلْتُسَبِّحِ الرَّبَّ. سَبِّحُوا الرَّبَّ مِنَ السَّمَاوَاتِ، سَبِّحُوهُ فِي الأَعَالِي، لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللهُ.</p>
<p>Praise ye Him, all His angels; praise ye Him, all His hosts. To Thee, O God, is due our song.</p>	<p>سَبِّحُوهُ يَا جَمِيعَ مَلَائِكَتِهِ، سَبِّحُوهُ يَا سَائِرِ قُوَاتِهِ، لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللهُ.</p>
<p>For the Resurrection in Tone Three</p>	<p>للقِيَامَةِ باللحن الثالث</p>

<p>Verse 1. <i>This glory shall be to all His saints. Come together, all ye people, and know the power of the dreadful secret; for Christ our Savior, the eternal Word, hath been crucified for our sake, and was buried willingly, and hath risen from the dead to save all. To Him let us bow down in worship.</i></p>	<p>عَزِّزْ كِبْكَ 1. هَذَا الْمَجْدُ يَكُونُ لِجَمِيعِ أَنْبِيَائِهِ. هَلِّمُوا أَيُّهَا الشُّعُوبُ جَمِيعاً، وَعَلِّمُوا قُوَّةَ هَذَا السِّرِّ الرَّهِيْبِ، لِأَنَّ الْمَسِيحَ مُخْلِصَنَا الْكَلِمَةَ الْأَزَلِيَّةَ، قَدْ صُلِبَ مِنْ أَجْلِنَا، وَدُفِنَ بِاخْتِيَارِهِ، وَقَامَ مِنْ بَيْنِ الْأَمْوَاتِ لِيُخْلِصَ الْكُلَّ، فَلَهُ نَسْجُدُ.</p>
<p>Verse 2. <i>Praise God in His sanctuary; praise Him in the firmament of His power. The guards have published it abroad, O Lord, telling of all Thy wonders. But the assembly of falsehood filled their right hands with bribes, thinking that thereby they might conceal Thy Resurrection which the world doth glorify. Wherefore, have mercy upon us.</i></p>	<p>عَزِّزْ كِبْكَ 2. سَبِّحُوا اللَّهَ فِي قَدَيْسِيهِ، سَبِّحُوهُ فِي فَالِكِ قُوَّتِهِ. أَيُّهَا الرَّبُّ، إِنَّ الْحُرَّاسَ قَدْ أَدَاعُوا مُحْخِرِينَ بِكُلِّ الْعَجَائِبِ، إِلَّا أَنَّ مَجْمَعَ الْبَاطِلِ أَفْعَمَ يَمِينَهُمْ مِنَ الرَّشَى، ظَانِّينَ أَنَّهُمْ يُخْفُونَ قِيَامَتَكَ الَّتِي الْعَالَمُ يُمَجِّدُهَا فَارْحَمْنَا.</p>
<p>Verse 3. <i>Praise Him for His mighty acts; praise Him according to His excellent greatness. Verily, all creatures were filled with joy when they received the glad tidings of Thy Resurrection; for Mary Magdalene, coming to Thy grave, met an angel in a brilliant robe sitting on the stone, who said, Why seekest thou the living among the dead? He is not here, but is risen. As He said, He will go before you into Galilee.</i></p>	<p>عَزِّزْ كِبْكَ 3. سَبِّحُوهُ عَلَى مَقْدَرَتِهِ، سَبِّحُوهُ نَظِيرَ كَثْرَةِ عَظَمَتِهِ. إِنَّ الْبَرِيَا بِأَسْرَهَا قَدْ امْتَلَأَتْ خُبوراً لَمَّا قَبِلَتْ بُشْرَى قِيَامَتِكَ، لِأَنَّ مَرْيَمَ الْمَجْدَلِيَّةَ وَاقَتْ إِلَى ضَرْبِكَ، فَوَجَدَتْ مَلَكَاً جَالِساً عَلَى الْحَجَرِ بِحُلَّةٍ بَهِيَّةٍ وَقَائِلاً: لِمَ تَطْلُبِينَ الْحَيَّ مَعَ الْمَوْتَى؟ لَيْسَ هُوَ هَهُنَا، لَكِنَّهُ قَدْ قَامَ كَمَا قَالَ، إِنَّهُ يَسْبِقُكُمْ إِلَى الْجَلِيلِ.</p>
<p>Verse 4. <i>Praise Him with the sound of the trumpet; praise Him with the psaltery and harp. O Master, Lover of mankind, with Thy light do we behold light; for Thou art risen from the dead, granting salvation to the race of man, that the whole creation may glorify Thee alone, Who art without sin. Have mercy upon us.</i></p>	<p>عَزِّزْ كِبْكَ 4. سَبِّحُوهُ بِالْحَنِّ الْبُوقِ، سَبِّحُوهُ بِالْمَزْمَارِ وَالْقِيَارَةِ. أَيُّهَا السَّيِّدُ الْمُحِبُّ الْبَشَرَ، إِنَّا بِنُورِكَ نُعَايِنُ النُّورَ، لِأَنَّكَ نَهَضْتَ مِنْ بَيْنِ الْأَمْوَاتِ وَاهِباً الْخَلَاصَ لِجِنْسِ الْبَشَرِ، لِكَيْ تُمَجِّدَكَ الْخَلِيقَةُ بِأَسْرَهَا، أَيُّهَا الْمُنَزَّهَ عَنِ الْخَطَا وَحَدَكَ.</p>
<p>For the Third Sunday of Great Lent in Tone Four (**As one valiant**)</p>	<p>لِلْأَحَدِ الثَّلَاثِ مِنَ الصُّومِ بِالْحَنِّ الرَّابِعِ</p>
<p>Verse 5. <i>Praise Him with the timbrel and dance; praise Him with stringed instruments and organs. With our voice let us cry aloud * and with songs let us magnify * the most precious Cross, while embracing it with love; * and let us cry to it: O divine, all-ven'erable, blessed Cross, * by thy power, sanctify * both our bodies and ailing souls * and preserve unhurt * from all manner of harm from adversaries those who piously and rightly * offer thee homage and worship thee.</i></p>	<p>عَزِّزْ كِبْكَ 5. سَبِّحُوهُ بِالطَّبْلِ وَالْمَصَافِ. سَبِّحُوهُ بِالْأُوتَارِ وَآلَةِ الطَّرْبِ. لِنُتَهَلَّلَ بِالنَّعْمَاتِ، وَنُعَظِّمَ بِالتَّسَابِيحِ، صَلِيبَ الرَّبِّ الْكَرِيمِ، مُصَافِحِينَ إِيَّاهُ وَنَهْتِفَ نَحْوَهُ: قَدِّسْنَا بِقُوَّتِكَ، نُفُوساً وَأَجْسَاداً، أَيُّهَا الصَّلِيبُ الْكُلِّيُّ وَقَارُهُ، وَمِنْ أَضْرَارِ الْمُضَادِّينَ احْفَظْنَا، وَصُنَّا نَحْنُ الْجَائِئِينَ لَكَ بِحُسْنِ عِبَادَةٍ.</p>
<p>Verse 6. <i>Praise Him upon the loud cymbals; praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord. (repeat above)</i></p>	<p>عَزِّزْ كِبْكَ 6. سَبِّحُوهُ بِنَعْمَاتِ الصُّنُوجِ، سَبِّحُوهُ بِصُنُوجِ التَّهْلِيلِ، كُلُّ نَسَمَةٍ فَلْتَسْبِحِ الرَّبَّ. (تَعَاد)</p>

<p><i>Verse 7. Exalt ye the Lord our God, and worship at His footstool, for He is holy. Now approach and draw for yourselves * from the streams inexhaustible * issuing by grace from the Savior's hallowed Cross; * behold and see how is set before us all the all-holy Wood, * that abundant fount of gifts * which is watered by the divine * Water and the Blood * of the Master of all, Who of His own will was exalted once upon it * and hath exalted all mortal men.</i></p>	<p>عزتك 7. اِرْفَعُوا الرَّبَّ إِلَهَنَا وَاسْجُدُوا لِمُوطئِ قَدَمَيْهِ، فَإِنَّهُ قُدُّوسٌ. تَقَدَّمُوا فَاسْتَقُوا الْآنَ مِنْ مِيَاهِ لَا تَفْرُغُ، تَجْرِي مِنْ جِدَاوِلِ نَعِيمِ الصَّلِيبِ. إِذْ نَرَى الْعُودَ الْمُقَدَّسَ، يَنْبُوعَ الْمَوَاهِبِ، مَوْضُوعاً أَمَامَنَا، الْمُرْتَوِي مِنَ الدَّمِ وَالْمَاءِ الْجَارِيَيْنِ مِنْ سَيِّدِ الْكُلِّ، مَنْ رَفَعَ بِاخْتِيَارِهِ عَلَيْهِ، كَيْ يَرْفَعَ الْبَشَرَ.</p>
<p><i>Verse 8. God is our King before the ages; He has worked salvation in the midst of the earth. The foundation of Holy Church, * the invincible strength of kings, * both the preservation and glorying of monks * art thou, all-ven'erable Cross of Christ. And so, as we worship thee, * we receive enlightenment * in our hearts and our souls today, * through the grace divine * of Him willingly fixed to thee, Who overturned the guileful foe's dominion * and hath abolished the ancient curse.</i></p>	<p>عزتك 8. اللَّهُ مَلِكُنَا مِنْ قَبْلِ الْأَدْهُورِ، صَنَعَ خَلِصاً فِي وَسْطِ الْأَرْضِ. أَنْتَ زَكْنٌ مُوَطَّدٌ لِلْكَنِيسَةِ وَالْمُلُوكِ، فَخَرٌّ وَخَلِصٌ لِلْمُتَوَجِّدِينَ، أَيُّهَا الصَّلِيبُ الْمُوقَّرُ. لِذَلِكَ نَجْنُو لَكَ، مُسْتَنِيرِينَ الْيَوْمَ، بِقُلُوبِنَا وَالنُّفُوسِ، بِنِعْمَةٍ مَنْ قَدْ بَسَطَ عَلَيْكَ الْإِلَهِيَّةَ، مُحْطِطاً بِأَسِ الْغَاشِ، وَمُبِيداً قُوَّةَ اللَّعْنَةِ.</p>
<p>DOXASTICON FOR THIRD SUNDAY OF GREAT LENT IN TONE EIGHT</p>	<p>ذِكْماً لِلأَحَدِ الثَّالِثِ مِنَ الصَّوْمِ بِاللَّحْنِ الثَّامِنِ</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit. The Lord of all taught us by a proverb to run away from the haughtiness of the evil Pharisees; and instructed all not to exalt themselves in their opinions from duty, having Himself become a Symbol and an Exemplar, emptying Himself unto the Cross and death. Wherefore, with the publican, let us offer Him thanks, saying, O Thou Who didst suffer for our sakes and remained an unsuffering God, deliver us from sufferings and save our souls.</i></p>	<p>الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ. إِنَّ رَبَّ الْكُلِّ، قَدْ عَلَّمَ بِمَثَلٍ بَأْنَ نَهَزُبَ مِنْ شُمُوحِ الْفَرِيسِيِّينَ الْأَرْدِيَاءِ، وَأَدَبَ الْجَمِيعَ كَيْ لَا يَتَرَفَّعُوا بِأَرَائِهِمْ عَنِ الْوَاجِبِ، إِذْ صَارَ هُوَ نَفْسُهُ رَسْماً وَنُمُودَاجاً، وَأَفْرَغَ ذَاتَهُ حَتَّى إِلَى الصَّلِيبِ وَالْمَوْتِ. فَلَنَرَفَعْ لَهُ الشُّكْرَ مَعَ الْعَشَارِ قَاتِلِينَ: يَا مَنْ تَأَلَّمَ مِنْ أَجْلِنَا، وَلَبِثَ إِلَيْهَا غَيْرَ مَالُومٍ، نَجِّنَا مِنَ الْأَلَامِ، وَخَلِّصْ نَفُوسَنَا.</p>
<p><i>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.</i></p>	<p>الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. أَنْتِ هِيَ الْفَائِزَةُ عَلَى كُلِّ الْبَرَكَاتِ، يَا وَالِدَةَ الْإِلَهِ الْعَذْرَاءِ، لِأَنَّ الْجَحِيمَ قَدْ سُبِّيتَ بِوَأَسِطَةِ الْمُتَجَبِّدِ مِنْكَ، وَآدَمَ دُعِيَ ثَانِيَةً، وَاللَّعْنَةُ بَادَتْ، وَحَوَاءَ انْعَتَقَتْ، وَالْمَوْتُ أُمِيتَ، وَنَحْنُ قَدْ حَيِينَا. فَلِذَلِكَ نُسَبِّحُ هَاتِعِينَ: مُبَارِكٌ أَنْتِ أَيُّهَا الْمَسِيحُ إِلَهَنَا، يَا مَنْ هَكَذَا سُرَّ، الْمَجْدُ لَكَ.</p>
<p>THE GREAT DOXOLOGY IN TONE ONE</p>	<p>الذُّوكُوسُولُوجِيَا الْكُبْرَى بِاللَّحْنِ الْأَوَّلِ</p>
<p><i>Glory to Thee, who has shown forth the Light. Glory to God in the highest, and on earth peace, good will among men.</i></p>	<p>الْمَجْدُ لَكَ يَا مُظْهِرَ النُّورِ، الْمَجْدُ لِلَّهِ فِي الْعَلَاءِ، وَعَلَى الْأَرْضِ السَّلَامُ، وَفِي النَّاسِ الْمَسْرَّةُ.</p>
<p><i>We hymn thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks unto Thee for Thy great glory.</i></p>	<p>نُسَبِّحُكَ نُبَارِكُكَ، نَسْجُدُ لَكَ نُمَجِّدُكَ، نَشْكُرُكَ مِنْ أَجْلِ عَظِيمِ جَلَالِ مَجْدِكَ.</p>
<p><i>O Lord King, heavenly God, Father Almighty; O Lord, the only begotten Son, Jesus Christ; and the Holy Spirit.</i></p>	<p>أَيُّهَا الرَّبُّ الْمَلِكُ، السَّمَاوِيُّ، الْإِلَهُ، الْآبُ الضَّابِطُ الْكُلِّ. أَيُّهَا الرَّبُّ الْإِبْنُ الْوَحِيدُ، يَا يَسُوعَ الْمَسِيحُ، وَيَا أَيُّهَا الرُّوحُ الْقُدُّوسُ.</p>

O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy on us, thou that takest away the sins of the world.	أَيُّهَا الرَّبُّ الْإِلَهُ، يَا حَمَلَ اللَّهِ يَا ابْنَ الْآبِ، يَا رَافِعَ خَطِيئَةِ الْعَالَمِ ارْحَمْنَا، يَا رَافِعَ خَطَايَا الْعَالَمِ.
Receive our prayer, Thou that sittest at the right hand of the Father, and have mercy on us.	تَقَبَّلْ تَضَرُّعَنَا أَيُّهَا الْجَالِسُ عَنْ يَمِينِ الْآبِ وَارْحَمْنَا.
For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the Glory of God the Father. Amen.	لَأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ، أَنْتَ وَحْدَكَ الرَّبُّ يَسُوعُ الْمَسِيحُ، فِي مَجْدِ اللَّهِ الْآبِ، آمِينَ.
Every day will I bless Thee, and I will praise Thy Name forever; yea forever and ever.	فِي كُلِّ يَوْمٍ أَبَارِكُكَ، وَأَسَبِّحُ اسْمَكَ إِلَى الْأَبَدِ، وَإِلَى أَبَدِ الْأَبَدِ.
Vouchsafe, O Lord, to keep us this day without sin.	أَهْلُنَا يَا رَبُّ أَنْ نَحْفَظَ فِي هَذَا الْيَوْمِ بِغَيْرِ خَطِيئَةٍ.
Blessed art Thou, O Lord, the God of our Fathers, and praised and glorified is Thy Name forever. Amen.	مُبَارَكٌ أَنْتَ يَا رَبُّ إِلَهَ آبَائِنَا، وَمُسَبِّحٌ وَمُمَجَّدٌ اسْمُكَ إِلَى الْأَبَدِ، آمِينَ.
Let Thy mercy be upon us, O Lord, even as we have set our hope on thee.	لِتَكُنْ يَا رَبُّ رَحْمَتُكَ عَلَيْنَا، كَمَا تَكُنْ عَلَيْكَ.
Blessed art Thou, O Lord: teach me Thy statutes. (<i>thrice</i>)	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 لِأَنِّي 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.	لِأَنَّ 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. قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا. (ثَلَاثًا)
Glory to the Father, and to the Son, and to the Holy Spirit.	الْمَجْدُ لِلْآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ.
Both now and ever, and unto ages of ages. Amen.	الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.
Holy Immortal, have mercy on us.	قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا.
Holy God, Holy Mighty, Holy Immortal: have mercy on us.	قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا.
TROPARION IN TONE FOUR	طَرُوبَارِيَّةٌ بِاللَّحْنِ الرَّابِعِ
Today is Salvation come into the world. Let us sing praises to Him Who arose from the grave, the Author of our life; for having by death destroyed death, He hath given us victory and Great Mercy.	الْيَوْمَ صَارَ الْخَلَاصُ لِلْعَالَمِ فَلنَسَبِّحُ الَّذِي قَامَ مِنَ الْقَبْرِ، عُنُصَرَ حَيَاتِنَا، لِأَنَّهُ إِذْ قَدْ حَطَّمَ الْمَوْتَ بِالْمَوْتِ، مَنَحَنَا الظَّفَرَ وَالرَّحْمَةَ الْعَظْمَى.
<i>These texts have been prepared by Department of Liturgics of the Antiochian Archdiocese</i> Portions of the Archdiocesan Service Texts include texts from <i>The Menaion</i> , <i>The Great Horologion</i> , <i>The Pentecostarion</i> , <i>The Octoechos</i> , <i>The Triodion-Holy Week</i> , and <i>The Psalter of the Seventy</i> , which are Copyright © Holy Transfiguration Monastery, Brookline, Massachusetts, and are used with permission. All rights reserved. These works may not be further reproduced, beyond printing out a single copy for personal non-commercial use, without the prior written authorization of Holy Transfiguration Monastery.	