

## THE PRESANCTIFIED DIVINE LITURGY

قُدَّاسُ البروجيازمني (السابقِ تَقْدِيسُهُ) الإلهي

**VARIABLES FOR MARCH 16, 2022 SECOND WEDNESDAY OF THE GREAT FAST**  
**Venerable Alexios the 'Man of God; Patrick, bishop of Armagh and enlightener of Ireland**

“Lord I have cried...” (Tone 1 اللحن الأول)

*See pages 19-20 in the bilingual service book*

<p><b>10) Bring my soul out of prison, that I may give thanks to Your name!</b> Let us keep a spiritual fast, O brothers! Let us speak no lies or deceit with our tongue! Let us not give each other cause for stumbling, but by repentance let the lamp of our soul shine brightly! Forgive us our sins in Your love for mankind!</p>	<p><b>10- أخرج من الحبس نفسي لكي أشكر اسمك:</b> إذ قد شرعنا أيها الاخوة في الصيام الروحي ، فلا ندع ألسنتنا تتطق بالغش ولا نضع عثرة شك لأخيها، بل فلنبهج مصباح النفس بالتوبة هاتين بعبرات إلى المسيح (الإله): اصفح عن أوزارنا بما أنك محب البشر.</p>
<p><b>9) The righteous will surround me; for You will deal bountifully with me.</b> Let us keep a spiritual fast, O brothers! Let us speak no lies or deceit with our tongue! Let us not give each other cause for stumbling, but by repentance let the lamp of our soul shine brightly! Forgive us our sins in Your love for mankind!</p>	<p><b>9- إياي ينتظر الصديقين حتى تجازيني:</b> إذ قد شرعنا أيها الاخوة في الصيام الروحي ، فلا ندع ألسنتنا تتطق بالغش ولا نضع عثرة شك لأخيها، بل فلنبهج مصباح النفس بالتوبة هاتين بعبرات إلى المسيح (الإله): اصفح عن أوزارنا بما أنك محب البشر.</p>
<p><b>8) Out of the depths I cry to You, O Lord. Lord, hear my voice.</b> O Martyrs, truly worthy of praise, although you were dishonored on earth, the heavens received you. The gates of Paradise opened to you, and now you enjoy the Tree of Life. Entreat Christ to grant us peace and His great mercy!</p>	<p><b>8- من الأعماق صرخت إليك يارب. يارب استمع صوتي: أيها الشهداء الكليوا المديح ، إن الأرض لم تُخفكم بل السماء اقتبلتكم والفردوس فتح لكم ابوابه، وداخله اصبحتم متمتعين بثمرة عودة الحياة، فتشفعوا إلى المسيح الإله أن يهب السلامة لنفوسنا والرحمة العظمى.</b></p>
<p><b>Tone 3</b></p>	
<p><b>7) Let Your ears be attentive to the voice of my supplications.</b> Through the prayers of Your divine Apostles, O Lord, grant us to spend this time of fasting with compunction of heart, that being saved we may glorify You, O compassionate One!</p>	<p><b>7- لتكن أذناك مصغيتين إلى صوت تضرعي: يارب ألهنا</b> بوسائل الرسل الإلهيين ان نتمم وأن الصيام جيداً بضمير مُتَحَشِّعٍ بما أنك صالح وشفوق، حتى إذا نجونا نمجدك جميعنا.</p>
<p><b>6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.</b> Great and fearful is Your coming, O Lord, when You will sit in righteous judgment. Despite my guilt, do not condemn me, O God, but by the prayers of Your Apostles, spare me!</p>	<p><b>6- إن كنت للاثام راصداً يارب يارب من يثبت لأن من عندك هو الإعتقار: يارب حضورك الثاني لعظيم ومخوف، بانك ستجلس فيه على كرسي القضاة لتجري دينونه عادلة، فلا تحاكمني حينئذ انا المذنب لكن اصفح لي بما انك إله بطلبات رسلك الحسنه القبول لديك.</b></p>
<p><b>Tone 6</b></p>	
<p><b>5) For Your name's sake I have waited for You, O Lord, my soul has waited for Your word; my soul has hoped on the Lord.</b> O Apostles of Christ, lights for those born on earth, rich treasures of the knowledge of God, by your holy prayers deliver from temptations us who praise you! Guide us safely through the course of the Fast! Keep our lives in peace, so that we may reach Christ's Passion unharmed and with boldness offer hymns of praise to our God!</p>	<p><b>5- من أجل اسمك صبرت لك يارب، صبرت نفسي في أقوالك توكلت نفسي على الرب: يا رسل المسيح، الشهب المنيرة للأرضيين والمغنين العالم بكنوز معرفة إلهنا ذات الحكمة الكلية. أنقذونا بوسائلكم المقدسة من التجارب والأحزان نحن المسيحيين إياكم وجوزوا بنا زمان الصيام مدبرين وسائسين حياتنا ببسالة سلامية. لكي إذا ما بلغنا إلى آلام المسيح بإرضاء حسن تقرب لإلهنا التسابيح بدالة.</b></p>

<b>Two Stichera for Alexios, the 'Man of God' (Tone 1)</b>	
<p><b>4. From the morning watch until night, from the morning watch let Israel hope in the Lord.</b> We know you to be a man of God, both in name and deed, for you shone with the virtues, enduring immeasurable poverty and abysmal conditions here on earth. You strengthened the faithful with your miracles. Entreat the Lord that our souls may be granted peace and great mercy!</p>	<p>من انفجارِ الصُّبحِ إلى الليلِ، من انفجارِ الصُّبحِ فليَتَكُنْ إسرائيلُ على الرَّبِّ. لَقَدْ عَرَفْنَاكَ رَبَّجَلِ اللَّهِ بِالذَّعْوَةِ وَالْعَمَلِ، فَإِنَّكَ تَلَأَلْتَ عَلَى الْأَرْضِ بِالْفَضَائِلِ مُعْتَبِقًا الْفَقْرَ الْمُذَقَّعَ وَمُعَانِيًا شِدَّةَ الضِّيقِ، فإِثْمُنْتَ عَلَى مَوْهَبَةِ صُنْعِ الْعَجَائِبِ لِلْمُؤْمِنِينَ، فَتَضَرَّعِ الْآنَ طَالِبًا أَنْ تُنْمَحَ نَفُوسُنَا السَّلَامَ وَعَظِيمَ الرَّحْمَةِ.</p>
<p><b>3. For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.</b> With desire that drenched your flesh, O Alexios, you quenched the burning lusts. Devoutly you exchanged the bridal chamber for an inner shrine and bodily pleasure for the divine likeness of Angels. Pray with them that peace and great mercy may be granted to our souls!</p>	<p>لَأَنَّ مِنَ الرَّبِّ الرَّحْمَةَ وَمِنْهُ النِّجَاةُ الْكَثِيرَةُ وَهُوَ يُنَجِّي إِسْرَائِيلَ مِنْ كُلِّ آثَامِهِ. لَقَدْ أَطْفَأْتَ اضْطِرَامَ أَهْوَاءِ الْجَسَدِ بِبَدَى الْعِشْقِ الْإِلَهِيِّ يَا أَلَكْسِيُوسَ، فَاسْتَبَدَلْتَ عَنْ حُسْنِ عِبَادَةِ خِدْرًا بِخِدْرِ، وَمَلَأْتَ الْجَسَدَ بِعَيْشَةٍ تَضَاهِي عَيْشَةَ الْمَلَائِكَةِ الْإِلَهِيَّةِ، فَتَضَرَّعْ وَإِيَاهُمْ طَالِبًا أَنْ تُنْمَحَ نَفُوسُنَا السَّلَامَ وَعَظِيمَ الرَّحْمَةِ.</p>
<b>Two Stichera for Patrick of Ireland (Tone 4)</b>	
<p><b>2. Praise the Lord, all nations! Praise Him, all peoples!</b> Not in worldly strength and wisdom did the Lord find His messenger, but in bondage and nakedness; yet clothed with a noble mind, fortitude, and zeal. Wherefore, He Who sent rural Galileans forth as lights gave you their burden and sacred dignity; and you, through years of diligence, did show yourself worthy of His grace. Now, O Patrick, attend to us, who extol you with joy of heart.</p>	<p>سَبِّحُوا الرَّبَّ يَا جَمِيعَ الْأُمَمِ وَامْدَحُوهُ يَا سَائِرَ الشُّعُوبِ. لَقَدْ وَجَدَ الرَّبُّ رَسُولَهُ لَا وَسَطَ الْقُوَّةِ وَالْحِكْمَةِ الْعَالَمِيَّتَيْنِ، بَلْ فِي الْقِيُودِ وَالْعُرْيِ مُتَشَحًّا بِبُنْبُلِ الْعَقْلِ وَالْجَلَادَةِ وَالغَيْرَةِ. لِذَلِكَ مَنَحَكَ الَّذِي أَرْسَلَ الْجَلِيلِيِّينَ الْبُسْطَاءَ كَأَنْوَارٍ، أَمْحَالَهُمْ وَخُضُوتَهُمُ الْمُقَدَّسَةَ. وَبَطُولِ دَأْبِكَ أَظْهَرْتَ ذَاتَكَ مُسْتَحَقًّا نِعْمَتِهِ. فَأَذْرِكُنَا الْآنَ يَا بَاتْرِيكْيُوسَ نَحْنُ الْمَادِحِينَ إِيَّاكَ بِقُلُوبٍ بِهَجَةٍ.</p>
<p><b>1. For His mercy is abundant towards us; and the truth of the Lord endures forever.</b> With your sweat of apostolic labors, your tears shed in fervent prayer, and with streams of baptismal grace did you make a heathen land, which was dry and barren, richly to sprout forth with the Faith of Christ; then emerald Ireland exulted to behold a newly blessed Christian folk that grew and flourished because of you, her Apostle and man of God, whom the Angels themselves admire.</p>	<p>لَأَنَّ رَحْمَتَهُ قَدْ قَوِيَتْ عَلَيْنَا وَحَقُّ الرَّبِّ يَدُومُ إِلَى الدَّهْرِ. لَقَدْ فَاصَتْ دُمُوعُكَ بِصَلَاةٍ حَارَّةٍ مَعَ عَرَقِ أَتْعَابِكَ الرَّسُولِيَّةِ. وَبِقِيَصِ نِعْمَةِ الْمَعْمُودِيَّةِ جَعَلْتَ أَرْضَ الْأُمَمِ الْجَائِفَةَ وَالْعَاقِرَ تُنْبِتُ بِوَفْرَةِ إِخْضِرَارِ ثَمَارِ الْإِيمَانِ بِالْمَسِيحِ، فَطَرَبَتْ أَيْرْلَنْدَا الْخَضْرَاءُ لِمُعَانِيَتِهَا قَطِيعًا مَسِيحِيًّا مُقَدَّسًا جَدِيدًا نَمَا وَأَزْهَرَ بِوَأَسْطِطِكَ يَا رَسُولَهَا وَرَجُلِ اللَّهِ الْمُكْرَمِ مِنَ الْمَلَائِكَةِ.</p>
<p><b>Theotokion from the Menaion in Tone 4</b></p>	<p><b>وَالِدِيَّةٌ مِنَ الْمِينَاوِنِ، بِاللَّحْنِ الرَّابِعِ</b></p>
<b>Theotokion from the Menaion (Tone 4)</b>	
<p><b>Glory to the Father and to the Son and the Holy Spirit, now and ever and unto ages of ages. Amen.</b> Rejoice, O brilliance that resembles the sun, O chariot of the never-setting Sun! Rejoice, One who shines forth the incomprehensible Sun! Rejoice, O mind dazzling with divine radiance; lightning flash shining to the ends of the earth! Truly shining like gold, O Maiden, you are all beautiful and all-spotless, shining forth to the faithful the Light that is without evening.</p>	<p>الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُّوسِ. الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. السَّلَامُ عَلَيْكَ يَا مَرْكَبَةَ نَيِّرَةٍ لِلشَّمْسِ الَّتِي لَا تَغِيْبُ، يَا مَنْ أَشْرَقَتْ لَنَا بِالشَّمْسِ الَّتِي تَسْمُو عَلَى الْإِدْرَاكِ، السَّلَامُ عَلَيْكَ يَا عَقْلًا يَسْطَعُ بِأَشْعَةٍ إِلَهِيَّةٍ، وَوَمِيضَ بَرَقٍ يُضِيءُ أَقْطَارَ الْأَرْضِ، وَبِهَاءِ نُورٍ يَتَأَلَّقُ كَالذَّهَبِ، يَا بَارِعَةَ الْجَمَالِ وَبَرِيئَةً مِنْ كُلِّ الْعُيُوبِ، وَمُضِيئَةً الْمُؤْمِنِينَ بِنُورٍ لَا يَغْرُوهُ غُرُوبٌ.</p>

**Old Testament Readings** See page 21 in the bilingual service book

<p><b>Priest or Deacon:</b> Let us be attentive!</p> <p><b>Priest:</b> Peace be to all!</p> <p><b>Priest or Deacon:</b> Wisdom!</p> <p><b>Reader:</b> Be glad in the Lord, and rejoice, O you righteous! (Ps 31/32:11) verse: <i>Blessed is he whose transgression is forgiven.</i> (Ps 31/32:1)</p> <p><b>Priest:</b> Wisdom!</p> <p><b>Reader:</b> The Reading is from Genesis (4:16-26)</p> <p><b>Priest:</b> Let us attentive!</p> <p><b>Reader:</b> Then Cain went away from the presence of the LORD, and dwelt in the land of Nod, east of Eden. Cain knew his wife, and she conceived and bore Enoch; and he built a city, and called the name of the city after the name of his son, Enoch. To Enoch was born Irad; and Irad was the father of Me-hu'ja-el, and Me-hu'ja-el the father of Me-thu'sha-el, and Me-thu'sha-el the father of Lamech. And Lamech took two wives; the name of the one was Adah, and the name of the other Zillah. Adah bore Jabal; he was the father of those who dwell in tents and have cattle. His brother's name was Jubal; he was the father of all those who play the lyre and pipe. Zillah bore Tubal-cain; he was the forger of all instruments of bronze and iron. The sister of Tubal-cain was Na'amah. Lamech said to his wives: "Adah and Zillah, hear my voice; you wives of Lamech, hearken to what I say: I have slain a man for wounding me, a young man for striking me. If Cain is avenged sevenfold, truly Lamech seventy-sevenfold." And Adam knew his wife again, and she bore a son and called his name Seth, for she said, "God has appointed for me another child instead of Abel, for Cain slew him." To Seth also a son was born, and he called his name Enoch. At that time men began to call upon the name of the LORD.</p>	<p><b>الكاهن:</b> إسْبِرَّاسُ. <b>القارء:</b> افرحوا أيها الصديقون بالرَّبِّ وتهلّلوا. طوبى للذين عُفرت ذُنُوبهم. <b>الكاهن:</b> أَلْحِمْة <b>القارء:</b> قراءة من سفر التكوين (4:16-26) <b>الكاهن:</b> لنصغ <b>القارء:</b> فَخَرَجَ قَائِبِينَ مِنْ لَدُنِ الرَّبِّ وَسَكَنَ فِي أَرْضِ نُودٍ شَرْقِيَّ عَدْنِ. وَعَرَفَ قَائِبِينَ امْرَأَتَهُ فَحَبِلَتْ وَوَلَدَتْ حَنُوكَ. وَكَانَ بَيْنِي مَدِينَةً فَدَعَا اسْمَ الْمَدِينَةِ كَاسْمِ ابْنِهِ حَنُوكَ. وَوَلِدَ لِحَنُوكَ عِيرَاذُ. وَعِيرَاذُ وَوَلِدَ مَحْوِيَائِيلَ. وَمَحْوِيَائِيلُ وَوَلِدَ مَتُوشَائِيلَ. وَمَتُوشَائِيلُ وَوَلِدَ لَأَمَكَ. وَاتَّخَذَ لَأَمَكُ لِنَفْسِهِ امْرَأَتَيْنِ: اسْمُ الْوَأَحِدَةِ عَادَةُ وَاسْمُ الْأُخْرَى صِلَةُ. فَوَلَدَتْ عَادَةُ يَابَالَ الَّذِي كَانَ أَبَا لِسَاكِنِي الْخِيَامِ وَرُعَاةِ الْمَوَاشِي. وَاسْمُ أَخِيهِ يُوبَالَ الَّذِي كَانَ أَبَا لِكَلِّ ضَارِبِ بِالْعُودِ وَالْمَرْمَارِ. وَصِلَةُ أَيْضًا وَوَلَدَتْ تُوبَالَ قَائِبِينَ الضَّارِبِ كُلَّ آلَةٍ مِنْ نَحَاسٍ وَحَدِيدٍ. وَأَخْتُ تُوبَالَ قَائِبِينَ نَعْمَةُ. وَقَالَ لَأَمَكُ لِامْرَأَتَيْهِ عَادَةَ وَصِلَةَ: «اسْمَعَا قَوْلِي يَا امْرَأَتَي لَأَمَكُ وَأَصْغِيَا لِكَلَامِي. فَإِنِّي قَتَلْتُ رَجُلًا لِحَرْجِي وَفَتَى لِسُدْحِي. إِنَّهُ يُنْتَقَمُ لِقَائِبِينَ سَبْعَةَ أَضْعَافٍ وَأَمَّا لِلَأَمَكِ فَسَبْعَةَ وَسَبْعِينَ». وَعَرَفَ آدَمُ امْرَأَتَهُ أَيْضًا فَوَلَدَتْ ابْنًا وَدَعَتْ اسْمَهُ سَيْثًا قَائِلَةً: «لَأَنَّ اللَّهَ قَدْ وَضَعَ لِي نَسْلًا آخَرَ عِوَضًا عَنْ هَابِيلَ». لَأَنَّ قَائِبِينَ كَانَ قَدْ قَتَلَهُ. وَلِشَيْثٍ أَيْضًا وَوَلِدَ ابْنٌ فَدَعَا اسْمَهُ أَنْوَشَ. حِينَئِذٍ ابْتَدَى أَنْ يُدْعَى بِاسْمِ الرَّبِّ.</p>
<p><b>Deacon:</b> Wisdom!</p> <p>Let Your mercy, O Lord, be upon us, as we have set our hope on You! (Ps 32/33:22) verse: <i>Rejoice in the Lord, O you righteous!</i> (Ps 32/33:1)</p> <p><b>Everyone kneels Deacon:</b> Command!</p> <p><b>Priest:</b> Wisdom! Let us be attentive! The Light of Christ illumines all!</p> <p><b>Everyone sits Reader:</b> The Reading is from the Proverbs of Solomon (5:15-6:3)</p> <p><b>Deacon:</b> Let us attentive!</p>	<p><b>الكاهن:</b> إسْبِرَّاسُ. <b>القارء:</b> أومر (كَلْفُسُنْ) <b>الكاهن:</b> الحكمة لننصب. نور المسيح مضيء للجميع <b>القارء:</b> قراءة من سفر الأمثال (5:15-6:3) <b>الكاهن:</b> لنصغ <b>القارء:</b> <sup>15</sup>إشْرَبْ مِيَاهَا مِنْ جُبِكَ، وَمِيَاهَا جَارِيَةً مِنْ بئرِكَ. <sup>16</sup>لَا تَقْضُ يَنَابِيعَكَ إِلَى</p>

**Reader:** Drink water from your own cistern, flowing water from your own well. Should you springs be scattered abroad, streams of water in the streets? Let them be for yourself alone, and not for strangers with you. Let your fountain be blessed, and rejoice in the wife of your youth, a lovely hind, a graceful doe. Let her affection fill you at all times with delight, be infatuated always with her love. Why should you be infatuated, my son, with a loose woman and embrace the bosom of an adventuress? For a man's ways are before the eyes of the Lord; and he watches all his paths. The iniquities of the wicked ensnare him, and he is caught in the toils of his sin. He dies for lack of discipline, and because of his great folly, he is lost. My son, if you have become surety for your neighbor, have given your pledge for a stranger; if you are snared in the utterance of your lips, caught in the words of your mouth; then do this, my son, and save yourself, for you have come into your neighbor's power: go, hasten, and importune your neighbor.

الْخَارِجِ، سَوَاقِي مِيَاهِ فِي الشُّوَارِعِ.<sup>17</sup> لِيَتَكُنْ لَكَ وَحْدَكَ، وَلَيْسَ لِأَجَانِبٍ مَعَكَ.<sup>18</sup> لِيَكُنْ يَنْبُوعُكَ مُبَارَكًا، وَأَفْرَحَ بِامْرَأَةِ شَبَابِكَ،<sup>19</sup> الظَّنْبِيَّةِ الْمُحْبُوبَةِ وَالْوَعْلَةَ الرَّهِيَّةِ. لِيُرُوكَ تَدْيَاهَا فِي كُلِّ وَقْتٍ، وَبِمَحَبَّتِهَا اسْكُرْ دَائِمًا.<sup>20</sup> فَلِمَ تُفْتَنُ يَا ابْنِي بِأَجْنَبِيَّةٍ، وَتَحْتَضِنُ غَرِيبَةً؟<sup>21</sup> لِأَنَّ طُرُقَ الْإِنْسَانِ أَمَامَ عَيْنِي الرَّبِّ، وَهُوَ يَزِنُ كُلَّ سَبِيلِهِ.<sup>22</sup> الشَّرِيرُ تَأْخُذُهُ آثَامُهُ وَبِحَبَالِ خَطِيئَتِهِ يُمَسِّكُ.<sup>23</sup> إِنَّهُ يَمُوتُ مِنْ عَدَمِ الْأَدَبِ، وَيَفْرُطُ حُمُقِهِ يَتَهَوَّرُ. <sup>1</sup> يَا ابْنِي، إِنْ صَمِنْتَ صَاحِبِكَ، إِنْ صَمِنْتَ كَفَّكَ لِعَرِيبٍ،<sup>2</sup> إِنْ عَلَفْتَ فِي كَلَامِ فَمِكَ، إِنْ أُخِذْتَ بِكَلَامِ فَمِكَ،<sup>3</sup> إِذَا فَا فَعَلْ هَذَا يَا ابْنِي، وَتَجَّ نَفْسَكَ إِذَا صَرْتَ فِي يَدِ صَاحِبِكَ، أَذْهَبْ تَرَامَ وَالْحَجَّ عَلَى صَاحِبِكَ.

During “*Let my prayer Arise*” — **Everyone Kneels.**

For the *Prayer of St. Ephraim*, please come out into the aisles for the **prostrations** which accompany the prayer.

During the *Entrance with the Presanctified Gifts*—**Everyone Kneels.**

When saying the *Lord's Prayer* from Monday through Friday—**Everyone Kneels.**