

**ORTHROS ON SUNDAY, MARCH 14, 2021; TONE 7 / EOTHINON 7  
SUNDAY OF FORGIVENESS (CHEESE FARE)**

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| <p><b>Priest:</b> Blessed is our God, always, now and ever, and unto the ages of ages.</p>   | <p><b>الكاهن:</b> تبارك الله إلهنا كل حين، الآن وكل أوانٍ وإلى دهر الداهرين.</p>   |
| <p><b>Choir:</b> Amen.</p>   | <p><b>الجوقة:</b> آمين.</p>  |
| <p><b>Priest:</b> Glory to thee our God, glory to Thee. O heavenly King, Comforter, the Spirit of truth, who art everywhere present and fillest all things, the Treasury of good things and Giver of life: Come, and abide in us, and cleanse us from every stain, and save our souls, O good One.</p>   | <p><b>الكاهن:</b> أيها الملك السماوي، المعزي، روح الحق، الحاضر في كل مكان والمالي الكل، كنز الصالحات ورازق الحياة، هلم واسكن فينا، وطهرنا من كل دنس، وخلص أيها الصالح نفوسنا.</p>  |
| <p><b>Reader:</b> Holy God, Holy Mighty, Holy Immortal: have mercy on us. <i>(thrice)</i></p>  | <p><b>المرتل:</b> قدوس الله، قدوس القوي، قدوس الذي لا يموت، ارحمنا. <i>(ثلاثاً)</i></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>المجد للآب والابن والروح القدس، الآن وكل أوانٍ وإلى دهر الداهرين. آمين.</p>   |
| <p>All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for Thy Name's sake.</p>  | <p>أيها الثالوث القدوس ارحمنا، يا رب اغفر خطايانا، يا سيد تجاوز عن سيئاتنا، يا قدوس اطلع واشف أمراضنا، من أجل اسمك.</p>  |
| <p>Lord, have mercy. <i>(thrice)</i></p>   | <p>يا رب ارحم. <i>(ثلاثاً)</i></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>المجد للآب والابن والروح القدس، الآن وكل أوانٍ وإلى دهر الداهرين. آمين.</p>   |
| <p>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.</p>   | <p>أبانا الذي في السماوات، ليبتدس اسمك، ليأت ملكوتك، لتكن مشيئتك كما في السماء كذلك على الأرض، خبزنا الجوهري أعطنا اليوم، واترك لنا ما علينا كما نترك نحن لمن لنا عليه، ولا تدخلنا في التجربة، لكن نجنا من الشرير.</p>                       |
| <p><b>Priest:</b> For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.</p>  | <p><b>الكاهن:</b> لأن لك الملك والقدرة والمجد، أيها الآب والابن والروح القدس، الآن وكل أوانٍ وإلى دهر الداهرين.</p>  |
| <p><b>Reader:</b> Amen. O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.</p>   | <p><b>القارئ:</b> آمين. خلص يا رب شعبك وبارك ميراثك، وامنح عبيدك المؤمنين الغلبة على الشرير، واحفظ بقوة صليبك جميع المختصين بك.</p>  |
| <p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> 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.</p> | <p>المجد للآب والابن والروح القدس. يا من ارتفعت على الصليب مختاراً، أيها المسيح الإله، امنح رافتك لشعبك الجديد المسمى بك، وفرح بثوتك حكمانا المؤمنين، مانحاً إياهم الغلبة على محاربيهم. لتكن لهم معونتك سلاحاً للسلام، وظفراً غير مفهور.</p> |

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| <p><i>Both now and ever, and unto ages of ages. Amen. O Champion dread, 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.</i></p> | <p>الآن وكلّ أوانٍ وإلى دهرِ الداهرين. آمين. أيتها الشفيعه الرهيبة غير المخذولة، يا والدة الإله الكلية التسبيح، لا تعرضي يا صالحه عن توسلاتنا، بل وطي سيرة المستقيمي الرأي، وخلصي الذين أمرت أن يتملكوا، وامنحهم العلبه من السماء، بما أنك ولدت الإله، أيتها المباركة وحدك.</p> |
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| <p><b>Priest:</b> Have mercy on us, O God, according to Thy great goodness, we pray Thee, hear us and have mercy.</p>  | <p>الكاهن: إرحمنا يا الله بعظيم رحمتك، تطلب إليك فاستجب وارحم.</p>  |
| <p><b>Choir:</b> Lord, have mercy. (<i>thrice</i>)</p>   | <p>الجوقة: يا رب ارحم. (ثلاثاً)</p>   |
| <p><b>Priest:</b> Again we pray for all pious and Orthodox Christians.</p>   | <p>الكاهن: وأيضاً نطلب من أجل المسيحيين الحسني العبادة الأرثوذكسيين.</p>  |
| <p><b>Choir:</b> Lord, have mercy. (<i>thrice</i>)</p>   | <p>الجوقة: يا رب ارحم. (ثلاثاً)</p>   |
| <p><b>Priest:</b> Again we pray for our Father and Metropolitan _____, our Bishop _____, and all our brethren in Christ.</p>   | <p>الكاهن: وأيضاً نطلب من أجل أبينا ومتربوليتنا (فلان) ورئيس كهنتنا (فلان)، وكل إخوتنا في المسيح.</p>                       |
| <p><b>Choir:</b> Lord, have mercy. (<i>thrice</i>)</p>   | <p>الجوقة: يا رب ارحم. (ثلاثاً)</p>   |
| <p><b>Priest:</b> For Thou art a merciful God, and lovest mankind, 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>الكاهن: لأنك إله رحيم ومحب للبشر، ولك نرسل المجد أيتها الأب والابن والروح القدس، الآن وكلّ أوانٍ وإلى دهرِ الداهرين.</p> |
| <p><b>Choir:</b> Amen. Bless, father, in the Name of the Lord.</p>   | <p>الجوقة: آمين، باسم الرب بارك يا أب.</p>  |
| <p><b>Priest:</b> Glory to the Holy, Consubstantial, Life-giving and Undivided Trinity, always, now and ever, and unto ages of ages.</p>   | <p>الكاهن: المجد للثالوث القدس، الواحد في الجوهر، المحيي، غير المنقسم، كل حين، الآن وكلّ أوانٍ وإلى دهرِ الداهرين.</p>      |
| <p><b>Choir:</b> Amen.</p>   | <p>الجوقة: آمين.</p>  |
| <p>Glory to God in the highest, and on earth peace, and good will toward men. (<i>thrice</i>)<br/>O Lord, open Thou my lips, and my mouth shall show forth Thy praise. (<i>twice</i>)</p>            | <p>المجد لله في العلى، وعلى الأرض السلام، وفي الناس المسرة. (ثلاثاً)<br/>يا رب افتح شفتي فيخبر فمي بتسبحتك. (مرتين)</p>     |

#### PSALM 3

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| <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</p> | <p>يا رب لماذا كثر الذين يحزنونني؟ كثيرون قاموا علي. كثيرون يقولون لنفسي لا خلاص له بإلهه. وأنت يا رب، ناصري ومجدي ورافع رأسي. بصوتي إلى الرب صرخت، فأجابني من جبل قدسه. أنا رقدت ونامت ثم قممت، لأن الرب ينصرني. فلا أخاف من ربوات الشعب المحيطين بي، المتنازرين</p> |
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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.

عَلَيَّ. فَمَ يَا رَبِّ، خَلَّصْنِي يَا إِلَهِي، فَإِنَّكَ صَرَبْتَ كُلَّ مَنْ يُعَادِينِي بَاطِلًا، وَسَحَقْتَ أَسْنَانَ الْخَطَاةِ.  
لِلرَّبِّ الْخَلَاصُ وَعَلَى شَعْبِكَ بَرَكَاتُكَ.  
أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي.

### PSALM 37

O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. For Thine arrows are fastened in me, and Thou hast laid Thy hand heavily upon me. There is no healing in my flesh in the face of Thy wrath; and there is no peace in my bones in the face of my sins. For mine iniquities are risen higher than my head; as a heavy burden have they pressed heavily upon me. My bruises are become noisome and corrupt in the face of my folly. I have been wretched and utterly bowed down until the end; all the day long I went with downcast face. For my loins are filled with mocking, and there is no healing in my flesh. I am afflicted and humbled exceedingly, I have roared from the groaning of my heart. O Lord, before Thee is all my desire, and my groaning is not hid from Thee. My heart is troubled, my strength hath failed me; and the light of mine eyes, even this is not with me. My friends and my neighbors drew nigh over against me and stood, and my nearest of kin stood afar off. And they that sought after my soul used violence; and they that sought evils for me spake vain things, and craftiness 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.

يَا رَبُّ، لَا بَعْضَبِكَ تُؤَبِّخْنِي، وَلَا بِرِجْزِكَ تُؤَدِّبْنِي. فَإِنَّ سِهَامَكَ قَدْ نَسَبَتْ فِيَّ، وَمَكَّنْتَ عَلَيَّ يَدَكَ. لَيْسَ لِجَسَدِي شِفَاءٌ مِنْ وَجْهِ غَضَبِكَ، وَلَا سَلَامَةٌ فِي عِظَامِي مِنْ وَجْهِ خَطَايَايَ. لِأَنَّ آثَامِي قَدْ تَعَالَتْ فَوْقَ رَأْسِي، كَحِمْلٍ ثَقِيلٍ قَدْ ثَقَلَتْ عَلَيَّ. قَدْ أَنْتَنْتُ وَقَاخْتُ جِرَاحَاتِي مِنْ قِبَلِ جَهَالَتِي. شَقِيتُ وَأُنْحَنَيْتُ إِلَى الْغَايَةِ، وَالنَّهَارَ كُلَّهُ مَشَيْتُ عَابِسًا. لِأَنَّ مَتْنِي قَدْ امْتَلَأَ مَهَازِيٍّ وَلَيْسَ لِجَسَدِي شِفَاءٌ. شَقِيتُ وَأَتَضَعْتُ جِدًّا، وَكُنْتُ أُنْ مِنْ تَنْهَدِ قَلْبِي. يَا رَبُّ، إِنَّ بُغْيَتِي كُلَّهَا أَمَامَكَ، وَتَنْهَدِي لَمْ يَخْفَ عَنْكَ. قَدْ اضْطَرَبَ قَلْبِي وَفَارَقْتَنِي قُوَّتِي، وَنُورُ عَيْنِي أَيْضًا لَمْ يَبْقَ مَعِي. أَصْدِقَائِي وَأَقْرِبَائِي دَنُوا مِنِّي وَوَقَفُوا لَدَيَّ، وَجَنَسِي وَقَفَ مِنِّي بَعِيدًا. وَأَجْهَدَنِي الَّذِينَ يَطْلُبُونَ نَفْسِي، وَالْمُلْتَمِسُونَ لِي الشَّرَّ تَكَلَّمُوا بِالْبَاطِلِ، وَعَشُوشًا طَوَّلَ النَّهَارَ دَرَسُوا. أَمَا أَنَا فَكَأَصَمٌ لَا يَسْمَعُ، وَكَأَخْرَسٌ لَا يَفْتَحُ فَاهَهُ. وَصِرْتُ كَأِنْسَانٍ لَا يَسْمَعُ وَلَا فِي فَمِهِ تَبْكِيَةٌ. لِأَنِّي عَلَيْكَ، يَا رَبُّ، تَوَكَّلْتُ، أَنْتَ تَسْتَجِيبُ لِي يَا رَبِّي وَإِلَهِي. لِأَنِّي قُلْتُ لَا يَسْمَتُ بِي أَعْدَائِي، وَعِنْدَمَا زَلَّتْ قَدَمَايَ عَظَّمُوا عَلَيَّ الْكَلَامَ. لِأَنِّي أَنَا لِلضَّرْبِ 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 بِدَلِّ الْخَيْرِ شَرًّا، مَحَلُّوا بِي لِأَجْلِ ابْتِغَائِي الصَّلَاحِ. فَلَا تُهْمَلْنِي يَا رَبِّي وَإِلَهِي وَلَا تَتَّبَاعِدْ عَنِّي. أَسْرِعْ إِلَى مَعُونَتِي يَا رَبُّ خَلَاصِي.  
فَلَا تُهْمَلْنِي يَا رَبِّي وَإِلَهِي وَلَا تَتَّبَاعِدْ عَنِّي. أَسْرِعْ إِلَى مَعُونَتِي يَا رَبُّ خَلَاصِي.

PSALM 62

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. 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.

يا الله إلهي إليك أبتكر. عطشت إليك نفسي، واشتاق إليك جسدي، في أرضٍ بَرِيَّةٍ وَغَيْرِ مَسْلُوكَةٍ وَعَادِمَةِ الْمَاءِ. هكذا ظَهَرْتُ لَكَ فِي الْقُدْسِ لِأَعْيُنِ قُوَّتِكَ وَمَجْدِكَ. لِأَنَّ رَحْمَتَكَ أَفْضَلُ مِنَ الْحَيَاةِ، وَشَفَّتِي تُسَبِّحَانِكَ. هكذا أباركك في حياتي وباسمك أرفع يدي، فتمتلي نفسي كما من شحمٍ ودسم، ويشفاه الإبتهاج يسبحك فمي. إذا ذكرتك على فراشي، هذنت بك في الأسحار، لأنك صرت لي عونًا وبظلل جناحك أستتر. انتصت نفسي بك، وإياي عصدت يمينك. أما الذين يطلبون نفسي باطلاً، فسيدخلون في أسافل الأرض، ويدفعون إلى أيدي السيوف، ويكفون أنصبه للثعالب. أما الملك فيسر بالله، ويمتدح كل من يخلف به، لأنه قد سدت أفواه المتكلمين بالظلم. هذنت بك في الأسحار لأنك صرت لي عونًا، وبظلل جناحك أستتر. انتصت نفسي بك، وإياي عصدت يمينك.

*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)  
Lord, have mercy. (THRICE)  
*Glory to the Father, and to the Son, and to the Holy Spirit.*

المجد للآبِ وَالإِبْنِ وَالرُّوحِ الْقُدْسِ، الْآنَ وَكُلَّ أَوَانٍ، وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.  
هَلْلُوِيَا، هَلْلُوِيَا، هَلْلُوِيَا، الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا)  
يَا رَبِّ ارْحَمِ. (ثَلَاثًا)  
المجد للآبِ وَالإِبْنِ وَالرُّوحِ الْقُدْسِ.

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

الآن وكلَّ أوانٍ، وإلى دهر الداهرين. آمين.  
يا رب إله خلاصي، في النهار صرخت وفي الليل أمامك، فلتدخل قدامك صلاتي، أمل أذنك إلى طيبتني، فقد امتلأت من الشرور نفسي، ودنت من الجحيم حياتي. حسبت مع المنحدرين في الجب، صرت مثل إنسان ليس له معين، مطروحًا بين الأموات مثل القتل الراقدين في القبور، الذين لا تذكرهم أيضًا، وهم من يدك مقصون. جعلوني في جب أسفل السافلين، في ظلمات الموت وظلاله. علي استقر غضبك، وجميع أهوالك أجزتها علي.

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.

أَبْعَدْتَ عَنِّي مَعَارِفِي، جَعَلُونِي لَهُمْ رَجَاسَةً. قَدْ أَسْلِمْتُ وَمَا حَرَجْتُ، وَعَيْنَايَ ضَعُفَتْ مِنَ الْمَسْكِنَةِ. صَرَخْتُ إِلَيْكَ، يَا رَبُّ، النَّهَارَ كُلَّهُ وَإِلَيْكَ بَسَطْتُ يَدَيَّ. أَلَعَلَّكَ لِلْأَمْوَاتِ تَصْنَعُ الْعَجَائِبَ؟ أَمْ الْأَطِبَّاءُ يُقِيمُونَهُمْ، فَيَعْتَرِفُونَ لَكَ؟ هَلْ يُحَدِّثُ أَحَدٌ فِي الْقَبْرِ بِرَحْمَتِكَ، وَفِي الْهَلَاكِ بِحَقِّكَ؟ هَلْ تُعْرِفُ فِي الظُّلْمَةِ عَجَائِبُكَ، وَعَدْلَكَ فِي أَرْضٍ مَنْسِيَّةٍ؟ وَأَنَا إِلَيْكَ، يَا رَبُّ، صَرَخْتُ فَتَبَلُّغْكَ فِي الْغَدَاةِ صَلَاتِي. لِمَآذَا، يَا رَبُّ، تُقْصِي نَفْسِي وَتَصْرِفُ وَجْهَكَ عَنِّي؟ فَخَيْرٌ أَنَا، وَفِي الشَّقَاءِ مُنْذُ شَبَابِي، وَحِينَ ارْتَفَعْتُ انْتَضَعْتُ وَتَحَيَّرْتُ. عَلَيَّ جَازَ رِجْزُكَ، وَمُفْرَعَاتُكَ أَرْعَجْتَنِي. أَحَاطَتْ بِي كَالْمَاءِ، وَالنَّهَارَ كُلَّهُ اكْتَنَفْتَنِي مَعًا. أَبْعَدْتَ عَنِّي الصَّدِيقَ وَالْقَرِيبَ وَمَعَارِفِي مِنَ الشَّقَاءِ.

يَا رَبُّ إِلَهَ خَلَاصِي، فِي النَّهَارِ صَرَخْتُ وَفِي اللَّيْلِ أَمَامَكَ، فَلْتَدْخُلْ قُدَامَكَ صَلَاتِي، أَمَلِ أُذُنَكَ إِلَيَّ 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

باركي يا نفسي الرب، ويا جميع ما في داخلي اسمه القدوس. باركي يا نفسي الرب، ولا تنسى جميع مكافآته. الذي يعفر جميع آثامك، الذي يشفي جميع أمراضك، الذي ينجي من الفساد حياتك، الذي يكللك بالرحمة والرأفة، الذي يشبع بالخيرات شهواتك، فيتجدد كالنسر شبابك. الرب صانع الرحمة والفضاء لجميع المظلومين. عرف موسى طريقه، وبنو إسرائيل مشيئاته. الرب رحيم ورؤوف، طويل الأناة وكثير الرحمة، ليس إلى الإنقضاء يسخط، ولا إلى الدهر يحقد. لا على حسب آثامنا صنع معنا، ولا على حسب خطايانا جازانا. لأنه بمقدار ارتفاع السماء عن الأرض، قوى الرب رحمته على الذين يتقونه، وبمقدار بُعد المشرق من المغرب أبعد عنا سيئاتنا. كما يترأف الأب بالبنين، يترأف الرب بخانفيه، لأنه عرف جبلتنا وذكر أننا تراب نحس.

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.

الإنسان كالعُشْبِ أَيَّامُهُ وَكَزَهْرِ الحَقْلِ كَذَلِكَ يُزْهَرُ،  
لأنَّهُ إِذَا هَبَّتْ فِيهِ الرِّيحُ لَيْسَ يَثْبُتُ وَلَا يُعْرِفُ أَيضًا  
مَوْضِعَهُ. أَمَّا رَحْمَةُ الرَّبِّ فَهِيَ مِنْذُ الدَّهْرِ، وَإِلَى  
الدَّهْرِ عَلَى الَّذِينَ يَتَّقُونَهُ، وَعَدْلُهُ عَلَى أَبْنَاءِ الْبَنِينَ  
الْحَافِظِينَ عَهْدَهُ وَالذَّاكِرِينَ وَصَايَاهُ لِيَصْنَعُوهَا.  
الرَّبُّ هَيَّأَ عَرْشَهُ فِي السَّمَاءِ، وَمَمْلَكَتُهُ تَسُودُ عَلَى  
الْجَمِيعِ. بَارِكُوا الرَّبَّ يَا جَمِيعَ مَلَائِكَتِهِ، الْمُقْتَدِرِينَ  
بِقُوَّةِ، الْعَامِلِينَ بِكَلِمَتِهِ عِنْدَ سَمَاعِ صَوْتِ كَلَامِهِ.  
بَارِكُوا الرَّبَّ يَا جَمِيعَ قُوَّاتِهِ، يَا خُدَّامَهُ الْعَامِلِينَ  
إِرَادَتَهُ. بَارِكُوا الرَّبَّ يَا جَمِيعَ أَعْمَالِهِ، فِي كُلِّ  
مَوْضِعِ سِيَادَتِهِ. بَارِكِي يَا نَفْسِي الرَّبَّ.  
فِي كُلِّ مَوْضِعِ سِيَادَتِهِ. بَارِكِي يَا نَفْسِي الرَّبَّ.

#### PSALM 142

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. O Lord, give ear unto my supplication and enter not into judgment with Thy servant. (TWICE) Thy good Spirit shall lead me in the land of uprightness.

يَا رَبُّ اسْتَمِعْ صَلَاتِي، وَأَنْصِتْ بِحَقِّكَ إِلَى طَلِبَتِي.  
إِسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعَ  
عَبْدِكَ، فَإِنَّهُ لَنْ يَتْرَكُنِي أَمَامَكَ أَيُّ حَيٍّ. لِأَنَّ العَدُوَّ قَدْ  
اضْطَهَدَ نَفْسِي، وَأَدَلَّ إِلَى الأَرْضِ حَيَاتِي، وَأَجْلَسَنِي  
فِي الظُّلُمَاتِ مِثْلَ المَوْتَى مِنْذُ الدَّهْرِ، فَضَجِرْتُ  
رُوحِي وَاضْطَرَبَ قَلْبِي فِي دَاخِلِي. تَذَكَّرْتُ الأَيَّامَ  
القَدِيمَةَ. هَدَدْتُ فِي كُلِّ أَعْمَالِكَ، وَتَأَمَّلْتُ فِي صَنَائِعِ  
يَدَيْكَ. بَسَطْتُ يَدَيَّ إِلَيْكَ وَنَفْسِي لَكَ كَأَرْضٍ لَا تُمَطَّرُ.  
أَسْرِعْ فَاسْتَجِبْ لِي يَا رَبُّ، فَقَدْ فَنَيْتُ رُوحِي. لَا  
تَصْرِفْ وَجْهَكَ عَنِّي، فَأَشَابَهُ الهَابِطِينَ فِي الجُبِّ.  
إِجْعَلْنِي فِي العِدَاةِ مُسْتَمِعًا رَحْمَتِكَ، فَإِنِّي عَلَيْكَ  
تَوَكَّلْتُ. عَرَّفْنِي يَا رَبُّ الطَّرِيقَ الَّذِي أَسْلُكُ فِيهِ، فَإِنِّي  
إِلَيْكَ رَفَعْتُ نَفْسِي. أَنْقِذْنِي مِنْ أَعْدَائِي يَا رَبُّ، فَإِنِّي  
قَدْ لَجَأْتُ إِلَيْكَ. عَلَّمْنِي أَنْ أَعْمَلَ مَرْضَاتِكَ، لِأَنَّكَ أَنْتَ  
إِلَهِي. رُوحَكَ الصَّالِحَ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ.  
مِنْ أَجْلِ اسْمِكَ، يَا رَبُّ، تُحْيِينِي. بِعَدْلِكَ تُخْرِجُ مِنَ  
الْحُزْنِ نَفْسِي، وَبِرَحْمَتِكَ تَسْتَأْصِلُ أَعْدَائِي، وَتُهْلِكُ  
جَمِيعَ الَّذِينَ يُحِزِّنُونَ نَفْسِي لِأَنِّي أَنَا عَبْدُكَ.  
إِسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعَ  
عَبْدِكَ. (مَرَّتَيْنِ)  
رُوحَكَ الصَّالِحَ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ.

|   |  |
|---|--|
| <p>Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.<br/>Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE) O our God and our Hope, glory to Thee!</p> | <p>المَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدْسِ، الْآنَ وَكُلَّ أَوَانٍ<br/>وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.<br/>هَلِّلُوبِيَا، هَلِّلُوبِيَا، هَلِّلُوبِيَا، المَجْدُ لَكَ يَا اللهُ. (ثَلَاثًا)<br/>يَا إِلَهِنَا، وَرَجَاءَنَا، لَكَ المَجْدُ.</p> |
| <b>THE GREAT LITANY</b>   |  |
| <b>Priest:</b> In peace, let us pray to the Lord.   | الكاهن: بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.   |
| <b>Choir:</b> Lord, have mercy.   | الجوقة: يَا رَبُّ ارْحَمِ.   |
| <b>Priest:</b> For the peace from above and the salvation of our souls, let us pray to the Lord.  | الكاهن: مِنْ أَجْلِ السَّلَامِ الَّذِي مِنَ الْعُلَى وَخَلَاصِ<br>نَفُوسِنَا، إِلَى الرَّبِّ نَطْلُبُ.   |
| <b>Choir:</b> Lord, have mercy.   | الجوقة: يَا رَبُّ ارْحَمِ.   |
| <b>Priest:</b> For the peace of the whole world, the good estate of the holy churches of God, and the union of all men, let us pray to the Lord.  | الكاهن: مِنْ أَجْلِ سَلَامِ كُلِّ الْعَالَمِ، وَحُسْنِ ثَبَاتِ كَنَائِسِ<br>اللهِ الْمُقَدَّسَةِ، وَاتِّحَادِ الْجَمِيعِ، إِلَى الرَّبِّ نَطْلُبُ.   |
| <b>Choir:</b> Lord, have mercy.   | الجوقة: يَا رَبُّ ارْحَمِ.   |
| <b>Priest:</b> For this holy House and those who with faith, reverence, and fear of God enter therein, let us pray to the Lord.   | الكاهن: مِنْ أَجْلِ هَذَا الْبَيْتِ الْمُقَدَّسِ، وَالَّذِينَ يَدْخُلُونَ<br>إِلَيْهِ بِإِيمَانٍ وَوَرَعَ وَخَوْفِ اللهِ، إِلَى الرَّبِّ نَطْلُبُ.   |
| <b>Choir:</b> Lord, have mercy.   | الجوقة: يَا رَبُّ ارْحَمِ.   |
| <b>Priest:</b> For our father and Metropolitan N., (and for our Bishop N.), the honorable presbytery, the diaconate in Christ, all the clergy and the people, let us pray to the Lord.                                      | الكاهن: مِنْ أَجْلِ آبِينَا وَمِثْرُوبُولِيْتِنَا (فَلَان) وَرَبِّيسِ كَهَنَتِنَا<br>(فَلَان)، وَالْكَهَنَةَ الْمُكْرَّمِينَ، وَالشَّمَامِسَةَ، خُدَامِ الْمَسِيحِ،<br>وَجَمِيعِ الْإِكْلِيْرُوسِ وَالشَّعْبِ، إِلَى الرَّبِّ نَطْلُبُ.                      |
| <b>Choir:</b> Lord, have mercy.   | الجوقة: يَا رَبُّ ارْحَمِ.   |
| <b>Priest:</b> For Metropolitan PAUL and Archbishop JOHN and their quick release from captivity and safe return, let us pray to the Lord.   | الكاهن: مِنْ أَجْلِ الْمِثْرُوبُولِيْتِ بُولْسَ وَالْمِطْرَانِ يُوْحَنَّا<br>وَفَكَ اسْرِهِمَا وَعَوْدَتِهِمَا سَالِمِينَ، إِلَى الرَّبِّ نَطْلُبُ.  |
| <b>Choir:</b> Lord, have mercy.   | الجوقة: يَا رَبُّ ارْحَمِ.   |
| <b>Priest:</b> For the President, civil authorities, and our Armed Forces, let us pray to the Lord.   | الكاهن: مِنْ أَجْلِ حُكَّامِ هَذَا الْبَلَدِ، وَمُؤَارَزَتِهِمْ فِي<br>كُلِّ عَمَلٍ صَالِحٍ، إِلَى الرَّبِّ نَطْلُبُ.  |
| <b>Choir:</b> Lord, have mercy.   | الجوقة: يَا رَبُّ ارْحَمِ.   |
| <b>Priest:</b> 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،<br>وَالْمُؤْمِنِينَ السَّاكِنِينَ فِيهَا، إِلَى الرَّبِّ نَطْلُبُ.  |
| <b>Choir:</b> Lord, have mercy.   | الجوقة: يَا رَبُّ ارْحَمِ.   |
| <b>Priest:</b> For healthful seasons, abundance of the fruits of the earth, and peaceful times, let us pray to the Lord.  | الكاهن: مِنْ أَجْلِ اعْتِدَالِ الْأَهْوِيَةِ، وَخُضْبِ ثِمَارِ<br>الْأَرْضِ وَأَوْقَاتِ سَلَامِيَّةٍ، إِلَى الرَّبِّ نَطْلُبُ.   |
| <b>Choir:</b> Lord, have mercy.   | الجوقة: يَا رَبُّ ارْحَمِ.   |
| <b>Priest:</b> For travelers by sea, by land, and by air, the sick, the suffering, for captive, and for their salvation, let us pray to the Lord.   | الكاهن: مِنْ أَجْلِ الْمُسَافِرِينَ فِي الْبَحْرِ وَالْبَرِّ وَالْجَوِّ،<br>وَالْمَرْضَى وَالْمُتَأَلِّمِينَ وَالْأَسْرَى، وَخَلَاصِهِمْ، إِلَى الرَّبِّ نَطْلُبُ.   |
| <b>Choir:</b> Lord, have mercy.   | الجوقة: يَا رَبُّ ارْحَمِ.   |

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| <b>Priest:</b> For our deliverance from all tribulation, wrath, danger, and necessity, let us pray to the Lord.   | <b>الكاهن:</b> مِنْ أَجْلِ نَجَاتِنَا مِنْ كُلِّ ضَيْقٍ وَعَظَبٍ وَخَطَرٍ وَشِدَّةٍ إِلَى الرَّبِّ نَطْلُبُ.  |
| <b>Choir:</b> Lord, have mercy.   | <b>الجوقة:</b> يَا رَبُّ ارْحَمِ.   |
| <b>Priest:</b> Help us; save us; have mercy on us, and keep us, O God, by Thy grace.  | <b>الكاهن:</b> أَعِزُّدْ وَخَلِّصْ وَارْحَمْ وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ.   |
| <b>Choir:</b> Lord, have mercy.   | <b>الجوقة:</b> يَا رَبُّ ارْحَمِ.   |
| <b>Priest:</b> Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady the Theotokos and ever-Virgin Mary, with all the Saints, let us commend ourselves and each other, and all our life unto Christ our God.  | <b>الكاهن:</b> بَعْدَ ذِكْرِنَا الْكَلِيَّةَ الْقَدَاسَةَ الطَّاهِرَةَ الْفَائِقَةَ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةَ مَرْيَمَ، مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.  |
| <b>Choir:</b> To Thee, O Lord.  | <b>الجوقة:</b> لَكَ يَا رَبُّ.  |
| <b>Priest:</b> For unto Thee are due all glory, honor, and worship to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.  | <b>الكاهن:</b> لِأَنَّهُ يَنْبَغِي لَكَ كُلُّ تَمَجِيدٍ وَإِكْرَامٍ وَسُجُودٍ، أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.   |
| <b>Choir:</b> Amen.   | <b>الجوقة:</b> آمِينَ.  |
| <b>“GOD IS THE LORD” IN TONE SEVEN</b>  |   |
| <b>Chanter:</b> God is the Lord and hath appeared unto us. Blessed is He that cometh in the Name of the Lord. <i>(Repeat after verses)</i>  | <b>المُرْتِّل:</b> اللَّهُ الرَّبُّ ظَهَرَ لَنَا، مُبَارَكٌ الْآتِي بِاسْمِ الرَّبِّ. (تُعَادُ بَعْدَ الْإِسْتِيخونات)  |
| 1. O give thanks unto the Lord, and call upon His holy Name.  | 1 - إِعْتَرَفُوا لِلرَّبِّ وَادْعُوا بِاسْمِهِ الْقُدُّوسِ.   |
| 2. All nations compassed me about, but in the Name of the Lord will I destroy them.   | 2 - كُلُّ الْأُمَمِ أَحَاطُوا بِي وَبِاسْمِ الرَّبِّ قَهَرْتُهُمْ.  |
| 3. This is the Lord's doing; it is marvelous in our eyes.   | 3 - مِنْ قَبْلِ الرَّبِّ كَانَتْ هَذِهِ وَهِيَ عَجِيبَةٌ فِي أَعْيُنِنَا.   |
| <b>RESURRECTIONAL APOLYTIKION IN TONE SEVEN</b>   |   |
| Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.  | حَطَمْتَ بِصَلِيبِكَ الْمَوْتَ، وَفَتَحْتَ لِلصِّ الْفِرْدَوْسَ، وَحَوَّلْتَ نَوْحَ حَامِلَاتِ الطَّيِّبِ، وَأَمَرْتَ رُسُلَكَ أَنْ يَكْرِرُوا، بِأَنَّكَ قَدْ قُمْتَ أَيُّهَا الْمَسِيحُ الْإِلَهِ، مَانِحًا الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.  |
| <b>RESURRECTIONAL APOLYTIKION IN TONE SEVEN</b>   |   |
| <i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.  | الْمَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُّوسِ. حَطَمْتَ بِصَلِيبِكَ الْمَوْتَ، وَفَتَحْتَ لِلصِّ الْفِرْدَوْسَ، وَحَوَّلْتَ نَوْحَ حَامِلَاتِ الطَّيِّبِ، وَأَمَرْتَ رُسُلَكَ أَنْ يَكْرِرُوا، بِأَنَّكَ قَدْ قُمْتَ أَيُّهَا الْمَسِيحُ الْإِلَهِ، مَانِحًا الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.   |
| <b>RESURRECTIONAL THEOTOKION IN TONE SEVEN</b>  |   |
| <i>Both now and ever, and unto ages of ages. Amen.</i> In that thou art the treasury of our resurrection O all-praised one, lead thou forth from the pit and bottom of transgression those who set their hope in thee. For thou hast saved those who were guilty of sin, in that thou didst give birth to our Salvation; O thou who before giving birth wast virgin, and at giving birth and after giving birth was virgin still. | الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. بِمَا أَنَّكَ كُنْتَ قِيَامَتِنَا أَيُّهَا الْكَلِيَّةُ النَّسْبِيحِ، فَاثْنَيْتِلِي الْوَاتِقِينَ بِكَ مِنْ عُمُقِ جُبِّ الزَّلَّاتِ. لِأَنَّكَ أَنْتِ خَلَّصْتَ السَّاقِطِينَ تَحْتَ طَائِلَةِ الْخَطِيئَةِ لَمَّا وَلَدْتِ الْخَلَاصَ. يَا مَنْ هِيَ قَبْلَ الْوِلَادَةِ عَذْرَاءُ، وَفِي الْوِلَادَةِ عَذْرَاءُ، وَبَعْدَ الْوِلَادَةِ أَيْضًا عَذْرَاءُ. |



## THE LITTLE LITANY

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| <p><b>Priest:</b> Again and again, in peace, let us pray to the Lord.</p> <p><b>Choir:</b> Lord, have mercy.</p> <p><b>Priest:</b> Help us; save us; have mercy on us; and keep us, O God, by Thy grace.</p> <p><b>Choir:</b> Lord, have mercy.</p> <p><b>Priest:</b> Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady the Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.</p> <p><b>Choir:</b> To Thee, O Lord.</p> <p><b>Priest:</b> For Thine is the might, and Thine is the kingdom, and the power and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.</p> <p><b>Choir:</b> Amen.</p> | <p><b>الكاهن:</b> أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.</p> <p><b>الجوق:</b> يَا رَبُّ ارْحَمْنَا.</p> <p><b>الكاهن:</b> أَعْضُدْ، وَخَلِّصْ، وَارْحَمْ، وَاحْفَظْنَا يَا اللَّهُ بِبِنْعَمَتِكَ.</p> <p><b>الجوق:</b> يَا رَبُّ ارْحَمْنَا.</p> <p><b>الكاهن:</b> بَعْدَ ذِكْرِنَا الْكَلْبِيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبِرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبِتَوَلِّيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبِعَضُنَا بَعْضًا وَكُلًّا حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.</p> <p><b>الجوق:</b> لَكَ يَا رَبُّ.</p> <p><b>الكاهن:</b> لِأَنَّ لَكَ الْعِزَّةَ وَلَكَ الْمُلْكُ وَالْقُوَّةَ وَالْمَجْدَ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p> <p><b>الجوق:</b> آمِينَ.</p> |
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### SEVENTH TONE RESURRECTIONAL KATHISMATA (Plain Reading)

#### First Kathisma

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| <p>Verily, Life was placed in a grave, and a seal was placed on the stone, and the soldiers guarded Christ as they would a slumbering king. The angels, therefore, did glorify Him; for He was a deathless God, and the women cried, saying: The Lord hath risen, Who giveth the world Great Mercy.</p> | <p>إِنَّ الْحَيَاةَ قَدْ وُضِعَ فِي الرَّمْسِ، وَجُعِلَ حَنْتَمَ عَلَى الْحَجَرِ، وَالْجُنْدُ حَرَسُوا الْمَسِيحَ كَأَنَّهُ مَلِكٌ رَاقِدٌ. فَالْمَلَائِكَةُ مَجْدُوهُ بِمَا أَنَّهُ إِلَهٌ غَيْرُ مَائِتٍ، وَالنِّسْوَةُ هَتَّعْنَ قَائِلَاتٍ: قَدْ قَامَ الرَّبُّ الْمَانِحُ الْعَالَمِ الرَّحْمَةَ الْعَظْمَى.</p> |
| <p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> O Lord Christ, Thou hast led Death captive by Thy three-day burial, and didst raise corrupt man by Thy life-bearing Resurrection. Wherefore, glory to Thee, O Thou alone the Lover of mankind.</p>                               | <p>الْمَجْدُ لِلْآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ. أَيُّهَا الْمَسِيحُ الْإِلَهِ، إِنَّكَ سَبَيْتَ الْمَوْتَ بِدَفْنِكَ الثَّلَاثِي الْأَيَّامِ، وَأَنْهَضْتَ بِقِيَامَتِكَ الْمُسْتَرْبِلَةَ الْحَيَاةَ، الْإِنْسَانَ الْفَاسِدَ. فَالْمَجْدُ لَكَ أَيُّهَا الْمُحِبُّ الْبَشَرَ وَحَدَّكَ.</p>                |
| <p><i>Both now and ever, and unto ages of ages. Amen.</i> O Virgin Theotokos, intercede untiringly to Christ God, Who was crucified for our sakes, Who rose and broke the might of Death, to save our souls.</p>  | <p>الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. يَا وَالِدَةَ الْإِلَهِ الْعَذْرَاءَ، لَا تَبْرَحِي مُتَضَرِّعَةً إِلَى الْمَسِيحِ الْإِلَهِ. الَّذِي صُلِبَ مِنْ أَجْلِنَا، وَقَامَ مُنْبَعِثًا، وَحَطَمَ عِزَّةَ الْمَوْتِ، طَالِبَةً أَنْ يُخَلِّصَ نُفُوسَنَا.</p>                                |

#### Second Kathisma

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| <p>While the tomb was sealed, Thou didst shine forth from it, O Life; and while the doors were closed, Thou didst come in to Thy Disciples, O Christ God, Resurrection of all, renewing in us through them an upright spirit, according to the greatness of Thy mercy.</p> | <p>إِذْ كَانَ الْقَبْرُ مَخْتُومًا أَشْرَفَتْ مِنْهُ أَيُّهَا الْحَيَاةَ، وَلَمَّا كَانَتِ الْأَبْوَابُ مَغْلَقَةً، وَاقْبَيْتِ التَّلَامِيذَ أَيُّهَا الْمَسِيحُ الْإِلَهِ قِيَامَةً الْكُلِّ، وَجَدَّدْتَ لَنَا بِهِمْ رُوحًا مُسْتَقِيمًا بِحَسَبِ عَظِيمِ رَحْمَتِكَ.</p> |
| <p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i></p>   | <p>الْمَجْدُ لِلْآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ.</p>  |

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| <p>The women bearing ointment mixed with tears did hasten to Thy grave. And when they saw the soldiers guarding Thee, O King of all, they said to themselves: Who shall roll for us the stone? But the Messenger of the great counsel did rise, trampling down Death. Wherefore, O Almighty One, O Lord, glory to Thee.</p>   | <p>إِنَّ النَّسْوَةَ أَسْرَعْنَ إِلَى قَبْرِكَ حَامِلَاتٍ طَيِّبَاتٍ مُمْتَزَجَةً بِدُمُوعٍ، وَإِذْ رَأَيْنَ الْجُنْدَ يَحْرُسُونَكَ يَا مَلِكَ الْكُلِّ، قُلْنَ فِي أَنْفُسِهِنَّ: مَنْ يُدْخِرُ لَنَا الْحَجَرَ؟ لَكِنَّ رَسُولَ الرَّأْيِ الْعَظِيمِ قَامَ دَائِسًا الْمَوْتِ. فَيَا أَيُّهَا الْقَادِرُ عَلَى كُلِّ شَيْءٍ، يَا رَبُّ الْمَجْدُ لَكَ.</p>   |
| <p><i>Both now and ever, and unto ages of ages. Amen.</i> Rejoice, O Virgin full of grace, Theotokos, O Haven of mankind and their Intercessor; for from thee was incarnate the Savior of the world; for thou alone art Mother and Virgin at the same time. Wherefore, intercede with Christ our God, that He grant safety to the universe, O ever-blessed and glorified one.</p> | <p>الآن وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. إِفْرَحِي أَيُّهَا الْبَتُولُ وَالِدَّةُ الْإِلَهَ الْمُنْعَمَ عَلَيْهَا، مِينَاءُ جِنْسِ الْبَشَرِ وَشَفِيعَتُهُمْ، لِأَنَّكَ مِنْكَ تَجَسَّدَ مُنْعِدُ الْعَالَمِ، وَأَنْتِ وَحْدَكَ لَمْ تَرَالِي وَالِدَةً وَعِذْرَاءَ مَعًا. فَتَشْفَعِي إِلَى الْمَسِيحِ إِلَيْنَا لِكِي يَهَبَ الْمَسْكُونَةَ السَّلَامَةَ، أَيُّهَا الْمُبَارَكَةُ وَالْمُجَدَّةُ دَائِمًا.</p> |
| <p><b>EVLOGETARIA (BENEDICTIONS) IN TONE FIVE</b></p>   |   |
| <p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> The company of the Angels was amazed when they beheld Thee numbered among the dead. Yet Thyself, O Savior, destroyed the power of death, with Thee raising up Adam and releasing all men from Hell.</p>  | <p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. جَمْعُ الْمَلَائِكَةِ انْدَهَلَ مُتَحَيِّرًا، عِنْدَ مُشَاهَدَتِهِمْ إِيَّاكَ مَحْسُوبًا بَيْنَ الْأَمْوَاتِ أَيُّهَا الْمُخْلِصِ، وَدَاجِضًا قُوَّةَ الْمَوْتِ، وَمُنْهَضًا آدَمَ مَعَكَ، وَمُعْتِقًا إِيَّانَا مِنَ الْجَحِيمِ كَافَةً.</p>   |
| <p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> Wherefore, O Women Disciples, do ye mingle sweet-smelling spices with your tears of pity? The radiant Angel within the sepulcher cried unto the Myrrh-bearing Women: Behold the grave, and understand, for the Savior is risen from the tomb.</p>  | <p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. الْمَلَائِكَةُ اللَّامِعَةُ عِنْدَ الْقَبْرِ نَقَّوهُ نَحْوَ حَامِلَاتِ الطَّيِّبِ قَائِلًا: لِمَ تَمْرُجْنَ الطَّيِّبَ بِالدُّمُوعِ، بِتَرْتِّبٍ يَا تَلْمِذَاتِ؟ أَنْظُرْنَ اللَّحْدَ وَافْرَحْنَ، لِأَنَّ الْمُخْلِصَ قَدْ قَامَ مِنَ الْقَبْرِ.</p>   |
| <p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> Very early in the morning, did the Myrrh-bearing Women run lamenting unto Thy tomb. But an Angel came toward them, saying: The time for lamentation is passed; weep not, but announce unto the Apostles the Resurrection.</p>  | <p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. إِنَّ حَامِلَاتِ الطَّيِّبِ سَحَرًا جِدًّا، سَارَعْنَ إِلَى قَبْرِكَ نَائِحَاتٍ. إِلَّا أَنَّ الْمَلَائِكَةَ وَقَفَ بِهِنَّ، وَقَالَ لَهُنَّ: زَمَانُ النَّوْحِ قَدْ كَفَّ وَبَطَلَ فَلَا تَبْكِينَ، بَلْ بَشِّرْنَ الرُّسُلَ بِالْقِيَامَةِ.</p>   |
| <p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> The Myrrh-bearing Women mourned, as bearing spices they drew near Thy tomb, O Savior. But the Angel spake unto them, saying: Why number ye the living among the dead? In that He is God He is risen from the grave.</p>  | <p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. إِنَّ النَّسْوَةَ حَامِلَاتِ الطَّيِّبِ، وَافِينَ بِالْحَنُوطِ إِلَى قَبْرِكَ أَيُّهَا الْمُخْلِصِ. فَسَمِعْنَ مَلَكَاً مُتَنَعِّمًا نَحْوَهُنَّ قَائِلًا: لِمَ تَحْسِبْنَ الْحَيِّ مَعَ الْمَوْتَى؟ فَبِمَا أَنَّهُ إِلَهٌ، قَدْ قَامَ مِنَ الْقَبْرِ نَاهِضًا.</p>  |
| <p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> We adore the Father, as also His Son, and the Holy Spirit, the Holy Trinity in one Essence, crying with the Seraphim: Holy, holy, holy art Thou, O Lord.</p>   | <p>الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُّوسِ. نَسْجُدُ لِلآبِ، وَلِابْنِهِ، وَلِرُوحِ قُدُّوسِهِ، ثَالِوثًا قُدُّوسًا فِي جَوْهَرٍ وَاحِدٍ، هَانِئِينَ مَعَ السَّرَافِيمِ: قُدُّوسٌ، قُدُّوسٌ، قُدُّوسٌ أَنْتَ يَا رَبُّ.</p>   |
| <p><i>Both now and ever, and unto ages of ages. Amen.</i> In that thou didst bear the Giver of Life, O Virgin, thou didst redeem Adam from sin, and didst give to Eve joy in place of sadness; and He who was incarnate of thee, both God and man, hath restored to life those who had fallen therefrom.</p>  | <p>الآن وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. أَيُّهَا الْعِذْرَاءُ، لَقَدْ وُلِدْتَ مُعْطِيَةَ الْحَيَاةِ، وَأَنْقَذْتَ آدَمَ مِنَ الْخَطِيئَةِ، وَمَنْحَتِ حَوَاءَ الْفَرْحِ عِوَضَ الْحُزْنِ، لَكِنَّ الْإِلَهَ وَالْإِنْسَانَ الْمُتَجَسِّدَ مِنْكَ، أَرْشَدَهُمَا إِلَى الْحَيَاةِ الَّتِي قَدْ تَهَوَّرَا مِنْهَا.</p>  |

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| Alleluia, Alleluia, Alleluia. Glory to Thee, O God.<br>(THRICE)<br>O our God and our Hope, glory to Thee! | هَلْلُوِيَا، هَلْلُوِيَا، هَلْلُوِيَا، الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا)<br>يا إِلَهَنَا وَرَجَاءَنَا لَكَ الْمَجْدُ. |
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### THE LITTLE LITANY

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| <p><b>Priest:</b> Again and again, in peace, let us pray to the Lord.</p> <p><b>Choir:</b> Lord, have mercy.</p> <p><b>Priest:</b> Help us; save us; have mercy on us; and keep us, O God, by Thy grace.</p> <p><b>Choir:</b> Lord, have mercy.</p> <p><b>Priest:</b> Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady the Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.</p> <p><b>Choir:</b> To Thee, O Lord.</p> <p><b>Priest:</b> For blessed is Thy Name, and glorified is Thy kingdom: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.</p> <p><b>Choir:</b> Amen.</p> | <p><b>الكاهن:</b> أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.</p> <p><b>الجوق:</b> يَا رَبُّ ارْحَمْنَا.</p> <p><b>الكاهن:</b> أَعْضُدْ، وَخَلِّصْ، وَارْحَمْ، وَاحْفَظْنَا يَا اللَّهُ بِبِعَمَّتِكَ.</p> <p><b>الجوق:</b> يَا رَبُّ ارْحَمْنَا.</p> <p><b>الكاهن:</b> بَعْدَ تِكْرُنَا الْكَلِيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتْنَا وَالِدَةِ الْإِلَهِ الدَّائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.</p> <p><b>الجوق:</b> لَكَ يَا رَبُّ.</p> <p><b>الكاهن:</b> لِأَنَّ اسْمَكَ مُبَارَكٌ وَمُلْكُكَ مُمَجَّدٌ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p> <p><b>الجوق:</b> آمِينَ.</p> |
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### SEVENTH TONE RESURRECTIONAL HYPAKOE (Plain Reading)

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| O Thou Who hast taken our image and our likeness, and endured crucifixion in the flesh, save me by Thy Resurrection, O Christ God, for Thou art the Lover of Mankind. | يا مَنْ اتَّخَذَ صُورَتَنَا وَمِثَالَنَا، وَاحْتَمَلَ الصَّلْبَ بِالْجَسَدِ، خَلِّصْنِي بِقِيَامَتِكَ أَيُّهَا الْمَسِيحُ الْإِلَهِ، بِمَا أَنَّكَ مُحِبُّ الْبَشَرِ. |
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### SEVENTH TONE RESURRECTIONAL ANABATHMOI (Plain Reading)

#### First Antiphony

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| <p>+ O Savior, Who didst restore Zion from the captivity of error, deliver me from the bondage of sufferings and restore my life.</p> <p>+ He that soweth sorrow in the south, fasting with tears, the same shall reap sheaves of reviving and ever-nourishing joys.</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>+ In the Holy Spirit is the fountain of divine treasures; for from Him cometh wisdom, awe, and understanding. To Him, therefore, be praise, glory, might, and honor.</p> | <p>+ أَيُّهَا الْمُخَلِّصُ، يَا مَنْ رَدَدْتَ سَبْيَ صِهْيُونَ مِنَ الصَّلَاةِ، أَعْتَقْنِي مِنْ عُبُودِيَّةِ الْأَلَامِ وَأَحْيِنِي.</p> <p>+ إِنَّ الزَّرْعَ فِي الْجَنُوبِ حُزْناً وَصُوماً وَدُمُوعاً، هَذَا يَجْنِي أَعْمَارَ الْفَرْحِ الْمُحْيِيَّةِ وَالْمُعْذِيَّةِ دَائِماً.</p> <p>+ الْمَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.</p> <p>+ بِالرُّوحِ الْقُدُّوسِ يَنْبُوعُ الذَّخَائِرِ الْإِلَهِيَّةِ، لِأَنَّ مِنْهُ الْحِكْمَةَ، وَالرَّهْبَةَ، وَالْفَهْمَ. فَلَهُ السُّبْحُ وَالْمَجْدُ وَالْعِزَّةُ وَالْإِكْرَامُ.</p> |
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#### Second Antiphony

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| <p>+ If the Lord buildeth not the house of the soul, then vainly do we labor; for without Him, no deed nor word is perfected.</p> <p>+ Verily, the saints who are the hire of the fruit of Thy womb, by the moving of the spirit flourish the beliefs of fatherly adoption.</p> <p>+ <i>Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever,</i></p> | <p>+ إِنْ لَمْ يَبْنِ الرَّبُّ بَيْتَ النَّفْسِ فَباطِلًا نَتَعَبُ. لِأَنَّهُ بِدُونِهِ لَا يَكْمُلُ عَمَلٌ وَلَا قَوْلٌ أَبَداً.</p> <p>+ إِنَّ الْقَدِّيسِينَ الَّذِينَ هُمْ أُجْرَةُ ثَمَرَةِ الْبَطْنِ، بِتَحْرُكِهِمْ مِنَ الرُّوحِ، يُؤَلِّفُونَ اعْتِقَادَاتِ التَّبْنِيِّ الْأَبَوِيَّةِ.</p> <p>+ الْمَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ</p> |
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| <p><i>and unto ages of ages. Amen.</i></p> <p>+ By the Spirit was existence bestowed on all creation; for He is of the Godhead before existence, and He is the unapproachable Light, the God of all, and their life.</p>   | <p>وإلى دهرِ الدهرين، آمين.</p> <p>+ بالروح القدس أُعطي الوجودُ لكلِّ البرايا، لأنَّهُ نورُ الربوبيةِ من قبل الوجودِ، وهو النورُ الذي لا يُدنى منه وإلهُ الكلِّ وحياتهم.</p>  |
| <b>Third Antiphony</b>   |   |
| <p>+ Verily, they who fear the Lord are now forever blessed; for they have found the way of life in the never-decaying glory.</p> <p>+ O high Priest, as thou seest thy children's children like plants around thy table, rejoice and be happy, and offer them to Christ.</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>+ By the Holy Spirit is the abundance of gifts, the richness of glory, and depth of the great ordinances; for He is worshipful and coeternal in glory with the Father and the Son.</p> | <p>+ إِنَّ خَائِفِي الرَّبِّ يُعَبِّطُونَ دَائِمًا، لِأَنَّهُمْ قَدْ وَجَدُوا طَرِيقَ الْحَيَاةِ فِي الْمَجْدِ الَّذِي لَنْ يَبْلَى أَبَدًا.</p> <p>+ يَا رَبِّيسَ الرُّعَاةِ، إِذَا تَنْظَرْتَ بَنِي بَنِيكَ كَالغُرُوسِ حَوْلَ مَائِدَتِكَ، إِفْرَحْ، وَسُرِّ، وَقَدِّمُهُمْ إِلَى الْمَسِيحِ.</p> <p>+ الْمَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.</p> <p>+ إِنَّ الرُّوحَ الْقُدُسَ هُوَ عَوَزُ الْمَوَاهِبِ، وَغِنَى الْمَجْدِ، وَوَجْهَةُ الْأَحْكَامِ الْعَظِيمَةِ، لِأَنَّهُ مَعْبُودٌ وَمُساوٍ لِلآبِ وَالْإِبْنِ فِي الْمَجْدِ.</p> |
| <b>PROKEIMENON FOR THE RESURRECTION IN TONE SEVEN</b>  |   |
| <p>Arise, O Lord my God, and let Thy hand be exalted. Forget not Thy wretched ones to the end of time. (TWICE)</p> <p><b>Stichos:</b> To Thee do I confess, O my Lord, from my whole heart.</p> <p>Arise, O Lord my God, and let Thy hand be exalted. Forget not Thy wretched ones to the end of time.</p>   | <p>فُمْ أَيُّهَا الرَّبُّ إِلَهِي وَلْتَرْتَفِعْ يَدُكَ، لَا تَنْسَ بِأَنْسِيكَ إِلَى الْإِنْقِضَاءِ. (مرتين)</p> <p>سَتِيخِن: أَعْتَرِفُ لَكَ يَا رَبُّ مِنْ كُلِّ قَلْبِي.</p> <p>فُمْ أَيُّهَا الرَّبُّ إِلَهِي وَلْتَرْتَفِعْ يَدُكَ، لَا تَنْسَ بِأَنْسِيكَ إِلَى الْإِنْقِضَاءِ.</p>  |
| <p><b>Deacon:</b> Let us pray to the Lord.</p> <p><b>Choir:</b> Lord, have mercy.</p> <p><b>Priest:</b> For Holy art Thou, O our God, Who reorest 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 الربِّ نَطْلُبُ.</p> <p>المرتل: يا ربُّ ارحم.</p> <p>الكاهن: لِأَنَّكَ قُدُوسٌ أَنْتَ يَا إِلَهَنَا، وَفِي الْقِدِّيسِينَ سَتَسْقِرُ وَتَسْتَرِيحُ، وَلَكَ نُرْسَلُ الْمَجْدُ أَيُّهَا الْآبُ، وَالْإِبْنُ، وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>   |
| <p><b>Chanter:</b> Amen. Let everything that hath breath praise the Lord. (twice)</p> <p><i>Praise ye God in His saints; praise Him in the firm foundation of His power.</i></p> <p>Let everything that hath breath praise the Lord.</p>   | <p>المرتل: آمين. كُلُّ نَسَمَةٍ، فَلْتُسَبِّحِ الرَّبَّ. (مرتين)</p> <p>سَبِّحُوا اللَّهَ فِي قِدِّيسِيهِ، سَبِّحُوهُ فِي فَالِكِ قُوَّتِهِ.</p> <p>فَلْتُسَبِّحِ الرَّبَّ، كُلُّ نَسَمَةٍ.</p>   |
| <b>THE SEVENTH EOTHINON GOSPEL</b>   |   |
| <p><b>Deacon:</b> And that we may be accounted worthy to hear the Holy Gospel, let us pray unto the Lord our God.</p> <p><b>Choir:</b> Lord, have mercy. (thrice)</p> <p><b>Deacon:</b> Wisdom! Attend! Let us</p>   | <p>الشماس: مِنْ أَجْلِ أَنْ نَكُونَ مُسْتَحِقِّينَ لِسَمَاعِ الْإِنْجِيلِ الْمُقَدَّسِ، إِلَى الرَّبِّ إِلَهِنَا نَطْلُبُ.</p> <p>المرتل: يا ربُّ ارحم. (ثلاثاً)</p> <p>الشماس: الْحِكْمَةُ، فَلْنَسْتَعِمْ وَلْنَسْمَعْ الْإِنْجِيلِ الْمُقَدَّسِ،</p>   |

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| <p>hear the Holy Gospel<br/> <b>Priest:</b> Peace be to all.<br/> <b>Choir:</b> And to thy spirit.<br/> <b>Priest:</b> The Reading from the Holy Gospel according to Saint John. (20:1-10)<br/> <b>Choir:</b> Glory to Thee, O Lord, glory to Thee.<br/> <b>Deacon:</b> Let us attend!</p>  | <p>الكاهن: السَّلَامُ لِجَمِيعِكُمْ.<br/> المرتل: ولِرُوحِكَ.<br/> الكاهن: فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ يُوْحَنَّا الْإِنْجِيلِيّ الْبَشِيرِ<br/> والتِّلْمِيزِ الطَّاهِرِ.<br/> المرتل: الْمَجْدُ لَكَ، يَا رَبِّ، الْمَجْدُ لَكَ.<br/> الشماس: لِنُصِّغْ!</p>  |
| <p><b>Priest:</b> On the first day of the week, Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. So she ran, and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb and we do not know where they have laid Him." Peter then came out with the other disciple, and they went toward the tomb. They both ran, but the other disciple outran Peter and reached the tomb first; and stooping to look in, he saw the linen cloths lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb; he saw the linen cloths lying, and the napkin, which had been on Jesus' head, not lying with the linen cloths but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not know the Scripture, that Jesus must rise from the dead. Then the disciples went back to their homes.</p> | <p>الكاهن: فِي أَوَّلِ الْأَسْبُوعِ، جَاءَتْ مَرِيَمُ الْمَجْدَلِيَّةُ إِلَى الْقَبْرِ فِي الْغَدَاةِ وَالظَّلَامِ بَاقٍ، فَرَأَتْ الْحَجَرَ مَدْحَرَجاً عَنِ الْقَبْرِ. فَأَسْرَعَتْ وَجَاءَتْ إِلَى سِمْعَانَ بُطْرُسَ وَإِلَى التِّلْمِيزِ الْآخَرَ الَّذِي كَانَ يَسُوعُ يُحِبُّهُ، وَقَالَتْ لَهُمَا: "قَدْ أَخَذُوا الرَّبَّ مِنَ الْقَبْرِ وَلَا نَعْلَمُ أَيْنَ وَضَعُوهُ." فَخَرَجَ بُطْرُسُ وَالتِّلْمِيزُ الْآخَرُ، وَأَقْبَلَا إِلَى الْقَبْرِ وَكَانَا مُسْرِعِينَ مَعاً، فَسَبَقَ التِّلْمِيزُ الْآخَرُ بُطْرُسَ وَجَاءَ إِلَى الْقَبْرِ أَوَّلاً، وَانْحَنَى، فَرَأَى الْأَكْفَانَ مَوْضُوعَةً، لَكِنَّهُ لَمْ يَدْخُلْ. ثُمَّ جَاءَ سِمْعَانُ بُطْرُسُ يَتَّبِعُهُ، وَدَخَلَ الْقَبْرَ، فَرَأَى الْأَكْفَانَ مَوْضُوعَةً، وَالْمِنْدِيلَ الَّذِي كَانَ عَلَى رَأْسِهِ غَيْرَ مَوْضُوعٍ مَعَ الْأَكْفَانَ، بَلْ مَلْفُوفاً فِي مَوْضِعٍ عَلَى حِدَتِهِ. فَحِينئِذٍ، دَخَلَ التِّلْمِيزُ الْآخَرَ، الَّذِي جَاءَ أَوَّلاً إِلَى الْقَبْرِ، فَرَأَى وَأَمَّنَ، لِأَنَّهُمْ لَمْ يَكُونُوا بَعْدُ يَعْرِفُونَ الْكِتَابَ أَنَّهُ يَنْبَغِي أَنْ يَقُومَ مِنْ بَيْنِ الْأَمْوَاتِ. وَانْصَرَفَ التِّلْمِيزَانِ عَائِدَيْنِ إِلَى مَقَرِّهِمَا.</p> |
| <p><b>Choir:</b> Glory to Thee, O Lord, glory to Thee.</p>  | <p>المرتل: الْمَجْدُ لَكَ، يَا رَبِّ، الْمَجْدُ لَكَ.</p>   |
| <p><b>Reader:</b> In that we have beheld the Resurrection of Christ, let us bow down before the Holy Lord Jesus, the only sinless One. Thy Cross do we adore, O Christ, and Thy holy Resurrection we praise and glorify: for Thou art our God, and we know none other beside Thee; we call upon Thy Name. O come, all ye faithful, let us adore Christ's holy Resurrection. For lo, through the Cross is joy come into all the world. Ever blessing the Lord, let us sing His Resurrection: for in that He endured the Cross for us, He hath destroyed death by death.</p>  | <p>القارئ: إِذْ قَدْ رَأَيْنَا قِيَامَةَ الْمَسِيحِ، فَلْنَسْجُدْ لِلرَّبِّ الْقُدُوسِ، يَسُوعَ الْمَعْصُومِ مِنَ الْخَطَا وَحْدَهُ. لِصَلِيبِكَ أَيُّهَا الْمَسِيحُ نَسْجُدُ، وَلِقِيَامَتِكَ الْمُقَدَّسَةِ نُسَبِّحُ وَنُحَمِّدُ، لِأَنَّكَ أَنْتَ هُوَ الْهُنَا، وَآخَرَ سِوَاكَ لَا نَعْرِفُ، وَبِاسْمِكَ نُسَمِّي. هَلُمَّ يَا مَعْشَرَ الْمُؤْمِنِينَ نَسْجُدْ لِقِيَامَةِ الْمَسِيحِ الْمُقَدَّسَةِ، لِأَنَّ هُوَذَا بِالصَّلِيبِ قَدْ أَتَى الْفَرَحُ لِكُلِّ الْعَالَمِ. لِنُبَارِكِ الرَّبَّ فِي كُلِّ حِينٍ وَنُسَبِّحُ قِيَامَتَهُ، لِأَنَّهُ إِذْ اخْتَمَلَ الصَّلْبَ مِنْ أَجْلِنَا، الْمَوْتَ بِالْمَوْتِ حَطَّمَهُ.</p>  |
| <p>PSALM 50</p>   |   |
| <p>Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression.</p>  | <p>ارْحَمْنِي يَا اللَّهُ بِعَظِيمِ رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَتِكَ امْحُ مَاثِمِي.</p>  |
| <p>Wash me thoroughly from mine iniquity, and cleanse me from my sin.</p>   | <p>اغْسِلْنِي كَثِيراً مِنْ إِثْمِي، وَمِنْ خَطِيئَتِي طَهِّرْنِي.</p>  |

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| For I know mine iniquity, and my sin is ever before me.   | لَأْتِي أَنَا عَارِفٌ بِإِثْمِي، وَخَطِيئَتِي أَمَامِي فِي كُلِّ حِينٍ.   |
| Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged.   | إِلَيْكَ وَحْدَكَ أَخْطَأْتُ، وَالشَّرَّ قُدَّامَكَ صَنَعْتُ، لَكِي تَصُدَّقَ فِي أَقْوَالِكَ وَتَغْلِبَ فِي مُحَاكَمَتِكَ.   |
| For behold, I was conceived in iniquities, and in sins did my mother bear me.   | هَاءِنَذَا بِالْآثَامِ حُيِّلَ بِي، وَبِالْخَطَايَا وَلَدَتْنِي أُمِّي.   |
| For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me.  | لَأَنَّكَ قَدْ أَحْبَبْتَ الْحَقَّ، وَأَوْضَحْتَ لِي غَوَامِضَ حِكْمَتِكَ وَمَسْتَوْرَاتِهَا.   |
| Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow.  | تَنْضَخُنِي بِالزَّرُوفِيِّ فَأَطْهُرُ، تَغْسِلُنِي فَأَبْيَضُ أَكْثَرَ مِنَ الثَّلْجِ.   |
| Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice.   | تُسْمِعُنِي بِهَجَّةٍ وَسُرُوراً، فَتَنْبَهُجُ 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 أَخْلُقْ فِيَّ يَا اللَّهُ، 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 الْقُدُّوسَ لَا تَنْزِعْهُ مِنِّي.   |
| Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me.   | امْنَحْنِي بِهَجَّةٍ خَلَاصِكَ، وَبِرُوحِ رِئَاسِيِّ اعْضُدْنِي.  |
| I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee.  | فَأَعَلِّمُ الْأَثَمَةَ طُرُقَكَ، وَالْكَافِرَةَ إِلَيْكَ يَرْجِعُونَ.  |
| Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness.  | أَنْقِذْنِي مِنَ الدِّمَاءِ يَا اللَّهُ إِلَهَ خَلَاصِي، فَيَنْبَهَجُ لِسَانِي بِعَدْلِكَ.  |
| O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.   | يَا رَبُّ افْتَحْ شَفَتِي، فَيُخْبِرَ فَمِي بِتَسْبِيحَتِكَ.  |
| For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased.  | لَأَنَّكَ لَوْ أَثَرْتَ الذَّبِيحَةَ، لَكُنْتُ الْآنَ أَعْطِي، لَكِنَّكَ لَا تُسَرُّ بِالْمُحْرَقَاتِ.  |
| A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise.   | الذَّبِيحَةُ لِلَّهِ رُوحٌ مُنْسَجِقٌ، الْقَلْبُ الْمُتَخَشِّعُ وَالْمُتَوَاضِعُ لَا يَرُدُّهُ اللَّهُ.   |
| Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up.  | أَصْلِحْ يَا رَبُّ بِمَسَرَّتِكَ صِهْيُونََ وَلِنُبْنِ أَسْوَارَ أُورُشَلِيمَ.  |
| Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings.  | حِينَئِذٍ تُسَرُّ بِذَّبِيحَةِ الْعَدْلِ قُرْبَاناً وَمُحْرَقَاتِ.  |
| Then shall they offer bullocks upon Thine altar.  | حِينَئِذٍ يُقَرَّبُونَ عَلَى مَذْبَحِكَ الْعُجُولَ.   |
| <b>LENTEN TROPARIA AFTER PSALM 50 IN TONE EIGHT</b>   |   |
| 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. | الْمَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُّوسِ. افْتَحْ لِي أَبْوَابَ النُّوبَةِ يَا وَاهِبَ الْحَيَاةِ، لِأَنَّ رُوحِي تَنْتَكِرُ إِلَى هَيْكَلِ قُدْسِكَ، آتِياً بِهَيْكَلِ جَسَدِي مُدَنَساً بِجُمَلَتِهِ. لَكِنْ، بِمَا أَنَّكَ مُتَعَطِّفٌ، نَقِّنِي بِتَحَنُّنِ مَرَامِكَ. |

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| <p><i>Both now and ever, and unto ages of ages. Amen.</i><br/>Prepare for me the way of salvation, O Theotokos; for I have profaned myself with coarse sins, and consumed my whole life with procrastination. But by thine intercessions purify thou me from all abomination.</p>  | <p>الآن وكلّ أولانٍ وإلى دَهْرِ الداهرينِ. آمين.<br/>سَهِّلِي لِي مَنَاهِجَ الْخَلَّاصِ يَا وَالِدَةَ الْإِلَهِ، فَإِنِّي قَدْ<br/>دَنَسْتُ نَفْسِي بِخَطَايَا سَمِجَةٍ، وَأَفْنَيْتُ عُمْرِي كُلَّهُ<br/>بِالتَّوَانِي. لَكِنِ بِشَفَاعَاتِكَ، نَقِّنِي مِنْ كُلِّ رَجَاسَةٍ.</p>  |
| <p><i>(TONE SIX) Have mercy upon me, O God, according to Thy loving-kindness: according unto the multitude of Thy tender mercies blot out my transgressions.</i><br/>If I think upon the multitude of my evil deeds, wretch that I am, I tremble for the terrible Day of Judgment. But, trusting the compassion of Thy mercy, I shout to Thee like David, Have mercy upon me, O God, according to Thy Great Mercy.</p> | <p><i>(باللحن السادس) يا رحيم، ارحمني يا الله العظيم<br/>رحمتك، وكمثل كثرة رافاتك امح مآثمي.</i><br/>إِذَا تَصَوَّرْتُ كَثْرَةَ أَفْعَالِي الرَّدِيئَةِ أَنَا الشَّقِيّ، فَإِنِّي<br/>أَرْتَعِدُ مِنْ يَوْمِ الدِّينُونَةِ الرَّهيبِ. لَكِنِّي إِذْ أَنَا وَاثِقٌ<br/>بِتَحَنُّنِكَ، أَهْتَفُ إِلَيْكَ مِثْلَ دَاوُدَ: ارْحَمْنِي يَا اللَّهُ،<br/>بِحَسَبِ عَظِيمِ رَحْمَتِكَ.</p> |

### THE INTERCESSION

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| <p><b>Deacon:</b> O God, save Thy people, and bless Thine inheritance. Visit Thy world with mercy and compassions. Exalt the horn of Orthodox Christians, and send down upon us Thy rich mercies. Through the intercessions of our all-immaculate Lady the Theotokos and ever-virgin Mary; by the might of the precious and life-giving Cross; by the protection of the honorable bodiless Powers of heaven; at the supplication of the honorable, glorious prophet, forerunner and Baptist John; of the holy, glorious, all-laudable 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; Athanasius, Cyril and John the Merciful, patriarchs of Alexandria; Nicholas of Myra, Spyridon of Trimythous and Nektarios of Pentapolis the Wonderworkers; 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-streamer, Theodore the Soldier, Theodore the General, and Menas the Wonderworker; of the hieromartyrs Ignatius the God-bearer of Antioch, Charalampos and Eleutherios; of the holy, glorious great women martyrs, Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photeini, Marina, Paraskeva and Irene; of the holy, glorious, right-victorious martyrs; of our venerable</p> | <p>الشماس: خَلِّصْ يَا اللَّهُ شَعْبَكَ، وَبَارِكْ مِيراثَكَ، وَافْتَقِدْ<br/>عَالَمَكَ بِالرَّحْمَةِ وَالرَّافَاتِ، وَارْفَعْ شَأْنَ الْمَسِيحِيِّينَ<br/>الْأُورْثُودُكْسِيِّينَ، وَأَسْبِغْ عَلَيْنَا مَرَاحِمَكَ الْعَنِيَّةَ، بِشَفَاعَاتِ<br/>سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الْكَلْبِيَّةِ الطَّهَارَةِ وَالِدَائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ؛<br/>وَبِقُوَّةِ الصَّلِيبِ الْكَرِيمِ الْمُخَيِّ؛ وَبِطَلْبَاتِ الْقُوَاتِ السَّمَاوِيَّةِ<br/>الْمُكْرَمَةِ الْعَادِمَةِ الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ<br/>يُوحَنَّا الْمَعْمَدَانِ؛ وَالْقَدِيسِينَ الْمُشْرِفِينَ الرَّسُولِينَ بَطْرُسَ<br/>وَبُولْسَ، وَسَائِرِ الرُّسُلِ الْمُشْرِفِينَ الْجَدِيرِينَ بِكُلِّ مَدِيحٍ؛<br/>وَأَبَائِنَا الْقَدِيسِينَ مُعَلِّمِي الْمَسْكُونَةِ رُؤَسَاءِ الْكَهَنَةِ الْمُعْظَمِينَ<br/>بِاسِيلْيُوسَ الْكَبِيرِ، وَغْرِغُورْيُوسَ الْلَاهُوتِي، وَيُوحَنَّا الذَّهَبِيِّ<br/>الْقَمِّ؛ وَأَبَائِنَا الْقَدِيسِينَ أَثَنَاسْيُوسَ وَكِيرْلُسَ وَيُوحَنَّا الرَّحِيمِ<br/>بَطَارِكَةَ الْإِسْكَنْدَرِيَّةِ، وَأَبِينَا الْقَدِيسِ نِيْقُولَاوْسَ رَبِّيسَ أُسَاقِفَةَ<br/>مِيرَا الْبَلِيكِيَّةِ، وَاسْبِيرِيدُونَ أُسْقَفَ نَرِيمِيثُوسَ، وَنِكْتَارْيُوسَ<br/>أُسْقَفَ الْمُدُنِ الْخَمْسِ الْعَجَائِبِيِّينَ، وَأَبِينَا الْقَدِيسِ تِيخُونَ<br/>بَطْرِيْرَكَ مُوسْكَو، وَالْقَدِيسِ رَافَائِيلَ أُسْقَفَ بَرُوكْلِينَ؛<br/>وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْعُظْمَاءِ جَاورْجِيُوسَ الْبَلْبَسِ<br/>الظَّفَرِ، وَدِيمِيْتْرِيُوسَ الْمَفِيضِ الطَّيْبِ، وَثِيُودُورْسَ التَّيْرُونِي،<br/>وَثِيُودُورْسَ قَائِدِ الْجَيْشِ، وَمِينَاسَ الصَّانِعِ الْعَجَائِبِ؛<br/>وَالْقَدِيسِينَ الشُّهَدَاءِ إِغْنَاطْيُوسَ الْمُتَوَشِّحِ بِاللَّهِ، خَرَالْمَبُوسَ<br/>وَالْفَنَثِيرْيُوسَ؛ وَالشُّهَدَاءِ الْعَظِيمَاتِ ثَقْلَا، بَرَبَّارَةَ، أَنْسْطَاسِيَا،<br/>كَاتْرِيْنَا، كِيرْيَاكِي، فُوتِينِي، مَارِينَا، بَارَاسْكَيفَا، وَأَيْرِينَ؛<br/>وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْمُتَأَلِّقِينَ بِالظَّفَرِ؛ وَأَبَائِنَا<br/>الْأَبْرَارِ الْمُتَوَشِّحِينَ بِاللَّهِ؛ وَالْقَدِيسِ (ة) (فُلَان، فُلَانَة)</p> |
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| <p>and God-bearing fathers who shone in the ascetic life; of Saint N., the patron and protector of this holy community; of the holy and righteous ancestors of God, Joachim and Anna; and of all the saints: we beseech Thee, O most merciful Lord, hearken unto the petitions of us sinners who make our supplications unto Thee, and have mercy upon us.</p>  | <p>شَفِيعَ (ة) وَحَامِي (ة) هَذِهِ الرَّعِيَّةِ الْمُقَدَّسَةِ؛ وَالْقَدِّيسِينَ الصِّدِّيقِينَ جَدِّي الْمَسِيحِ الْإِلَهِي، يُوَاكِمِ وَحَنَّةً؛ وَأَبِينَا الْبَارِّ بِنْدِيكُنُوسَ الَّذِي مِنْ نُورِسِيَا وَإِفْسَعْمَانُوسَ أُسْتَقْفِ لَامْبَاسَاكُوسَ، الَّذِينَ نُقِيمُ تَذَكَارَهُمَا الْيَوْمَ؛ وَجَمِيعِ قَدِّيسِيكَ، نَتَضَرَّعُ إِلَيْكَ، أَيُّهَا الرَّبُّ الْجَزِيلُ الرَّحْمَةَ، فَاسْتَجِبْ لَنَا نَحْنُ الْخَطَاةَ الطَّالِبِينَ إِلَيْكَ وَارْحَمْنَا.</p>  |
| <p><b>Chanter:</b> Lord, have mercy. Lord, have mercy. Lord, have mercy. <i>(Repeat 4 times)</i></p>  | <p>المرتل: يَا رَبُّ ارْحَمْنَا، يَا رَبُّ ارْحَمْنَا، يَا رَبُّ ارْحَمْنَا. (4 مرات)</p>   |
| <p><b>Priest:</b> Through the mercy and compassions and love for mankind of Thine Only-begotten Son, with Whom Thou art blessed, together with Thine all-holy, and good, and life-giving Spirit: now and ever, and unto ages of ages.<br/><b>Choir:</b> Amen.</p>   | <p>الكاهن: بِرَحْمَةِ وَرَأْفَاتِ ابْنِكَ الْوَحِيدِ وَمَحَبَّتِهِ لِلْبَشَرِ، الَّذِي أَنْتَ مُبَارَكٌ مَعَهُ وَمَعَ رُوحِكَ الْكَلْبِيِّ قُدْسُهُ الصَّالِحِ وَالْمُخْيِي، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.<br/>المرتل: آمين.</p>   |
| <p><b>KONTAKION AND OIKOS FOR SUNDAY OF FORGIVENESS (Plain Reading)</b></p>   |   |
| <p>O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.</p>  | <p>أَيُّهَا الْمُهْدِي إِلَى الْحِكْمَةِ، وَرَازِقِ الْفَهْمِ وَالْفِطْنَةِ، وَمُؤَدِّبِ الْجُهَالِ، وَعَاضِدِ الْمَسَاكِينِ، شَدِّدْ وَفَهِّمْ قَلْبِي أَيُّهَا السَّيِّدُ، وَأَعْطِنِي كَلِمَةً يَا كَلِمَةَ الْآبِ، لِأَنَّي هَاأَنْدَا لَا أَمْنَعُ شَفَتِي مِنَ الصُّرَاخِ إِلَيْكَ: يَا رَحُومُ، ارْحَمْنِي أَنَا الْوَاقِعُ.</p>   |
| <p>Banished from the joys of Paradise, Adam sat outside and wept, and beating his hands upon his face he said, “I am fallen, in Thy compassion have mercy upon me.” When Adam saw the angel drive him out and shut the door of the divine garden, he groaned aloud and said, “I am fallen, in Thy compassion have mercy upon me.” O Paradise, share in the sorrow of thy Master Who is brought to poverty, and with the sound of thy leaves pray to the Creator that He may not keep thy gate closed forever. I am fallen, in Thy compassion have mercy upon me. O Paradise, perfect, all-holy and blessed, planted for Adam’s sake and shut because of Eve, pray to God for the fallen. In Thy compassion, have mercy upon me who am fallen.</p> | <p>إِنَّ آدَمَ جَلَسَ إِذْ ذَاكَ إِزَاءَ نَعِيمِ الْفِرْدَوْسِ، وَأَنْتَحَبَّ ضَارِباً وَجْهَهُ بِيَدَيْهِ قَائِلاً: يَا رَحُومُ، ارْحَمْنِي أَنَا الْوَاقِعُ. إِنَّ آدَمَ لَمَّا أَبْصَرَ الْمَلَائِكَةَ دَافِعاً إِيَّاهُ، وَمُؤْصِداً بَابَ الْبُسْتَانِ الْإِلَهِيِّ، تَنَفَّسَ الصَّعْدَاءَ مُتَنَهِّداً وَهَاتِفاً: يَا رَحُومُ، ارْحَمْنِي أَنَا الْوَاقِعُ. أَيُّهَا الْفِرْدَوْسُ الْكَلْبِيُّ الْفَضْلُ، الْكَلْبِيُّ الْقُدْسُ، الْكَلْبِيُّ الْإِكْرَامُ، يَا مَنْ لِأَجْلِ آدَمَ نُصِبْتَ، وَمِنْ جَزْيِ حَوَاءَ أُغْلِقْتَ، ابْتَهَلْ إِلَى اللَّهِ مِنْ أَجْلِي، أَنَا السَّاقِطُ، هَاتِفاً: يَا رَحُومُ، ارْحَمْنِي أَنَا الْوَاقِعُ.</p> |
| <p><b>THE SYNAXARION (Plain Reading)</b></p>  |   |
| <p>On March 14 in the Holy Orthodox Church, we commemorate our Venerable Father Benedict of Nursia; and Euschemenos, bishop of Lampsakos.<br/>On this day, we make remembrance of the exile of the first-fashioned, Adam, from the Paradise of delight.</p> <p style="text-align: center;"><i>Verses</i></p> <p style="text-align: center;">Let the world mourn bitterly along with ages past;<br/>As, by sweet eating, it hath fallen along with those who had fallen.</p>   |   |



It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today's lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve's banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments.

By Thine ineffable compassion, O Christ our God, make us worthy of the delight of Paradise and have mercy on us, as Thou art alone the Lover of mankind. Amen.

#### KATAVASIAE OF SUNDAY OF FORGIVENESS CANON IN TONE SIX

**Ode 1.** When Israel walked on foot at the bottom of the sea as on dry land, and beheld Pharaoh, the persecutor, drowned, they shouted: Let us praise our God; for He hath triumphed.

(الأولى) إِنَّ إِسْرَائِيلَ لَمَّا سَلَكَ بِالْأَقْدَامِ فِي قَعْرِ اللَّجَّةِ كَأَنَّهُ عَلَى الْيَابِسَةِ، وَعَايَنَ فِرْعَوْنَ الْمُضْطَهَدَ غَارِقًا، صَرَخَ هَاتِفًا: لِنُسَبِّحِ إِلَهَنَا تَسْبِيحًا عَلَى الظَّفَرِ.

**Ode 3.** There is none holy like Thee, O Lord my God, Who didst exalt the horn of those who believe in Thee, O good One, and established them on the rock of Thy confession.

(الثالثة) لَيْسَ قُدُوسٌ مِثْلَكَ أَيُّهَا الرَّبُّ إِلَهِي، يَا مَنْ رَفَعْتَ قَرْنَ الْمُؤْمِنِينَ بِكَ أَيُّهَا الصَّالِحُ، وَتَبَتَّتَهُمْ عَلَى صَخْرَةِ الاعْتِرَافِ بِكَ.

**Ode 4.** The venerable Church raiseth her voice in song, as is meet to God, celebrating to the Lord with a pure conscience. Christ is my might, my Lord, and my God.

(الرابعة) إِنَّ الْكَنِيسَةَ الْمُوقَّرةَ، تَهْتَفُ مُرْتَلَّةً كَمَا يَلِيقُ بِاللَّهِ، مُعَيِّدَةً لِلرَّبِّ بِضَمِيرٍ نَقِيٍّ: الْمَسِيحُ قُوَّتِي، رَبِّي، وَالْإِلَهِي.

**Ode 5.** O Good One, lighten with Thy divine light the souls of those who come to Thee early and eagerly that they may know Thee, O Word of God, the true God, Who callest us from the darkness of iniquities.

(الخامسة) أَيُّهَا الصَّالِحُ، أَضِيءْ بِنُورِكَ الْإِلَهِيِّ نُفُوسَ الْمَدَّاجِينَ إِلَيْكَ بِشَوْقٍ، لِيَعْرِفُوكَ يَا كَلِمَةَ اللَّهِ بِالْحَقِيقَةِ، الدَّاعِي إِلَيْنَا مِنْ قَتَامِ الزَّلَّاتِ.

**Ode 6.** O most merciful One, when I saw the sea of this life agitated with the tumult of temptations, I hastened to Thy quiet haven, crying: Raise my life from corruption.

(السادسة) أَيُّهَا الْجَزِيلُ الرَّحْمَةِ، مَدُّ رَأَيْتُ بَحْرَ الْعُمْرِ جَائِشًا بِعَاصِفَةِ التَّجَارِبِ، بَادَرْتُ إِلَى مِينَاكَ الْهَادِي هَاتِفًا: أَصْعِدْ مِنْ الْفَسَادِ حَيَاتِي.

**Ode 7.** Verily, the angel made the furnace overflow with dew for the righteous youths, burning the Chaldeans by the command of God, and constraining the usurper to shout, crying: Blessed art Thou, God of our Fathers.

(السابعة) إِنَّ الْمَلَائِكَةَ قَدْ صَيَّرَ الْأَتُونَ يَفِيضُ نَدَى لِفَيْئَةِ الْأَبْرَارِ، مُحْرِقًا، بِأَمْرِ اللَّهِ، الْكَلْدَانِيِّينَ، وَأَفْنَعَ الْمُغْتَصِبَ أَنْ يَهْتَفَ قَائِلًا: مُبَارَكٌ أَنْتَ يَا إِلَهَ آبَائِنَا.

*We praise, we bless, and we worship the Lord.*

**Ode 8.** Thou didst spring forth from the flames as dew for those righteous ones, and with water Thou didst consume the sacrifice of the righteous one; for Thou doest all things by Thy mere will. Wherefore, we exalt Thee still more to the end of ages.

نُسَبِّحُ وَنُبَارِكُ وَنَسْجُدُ لِلرَّبِّ.

(الثامنة) لَقَدْ أَنْبَعْتَ مِنَ اللّهِيبِ نَدَىً لِلْأَبْرَارِ، وَبِالْمَاءِ أَلْهَبْتَ دَبِيحَةَ الصِّدِّيقِ. لِأَنَّكَ تَصْنَعُ كُلَّ شَيْءٍ بِمَجَرَّدِ مَشِيئَتِكَ، فَزَيْدُكَ رِفْعَةً مَدَى الدَّهْرِ.

**Deacon:** The Theotokos and Mother of the Light, let us honor and magnify in song.

الشَّمْسُ: لَوَالِدَةِ الْإِلَهِ وَآمِ النُّورِ بِالتَّسَابِيحِ نُكْرِمُ مُعْظَمِينَ.

#### MAGNIFICATIONS IN TONE SIX

My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior.

تُعْظِمُ نَفْسِي الرَّبِّ، وَتَبْتَهِجُ رُوحِي بِاللَّهِ مُخْلِصِي.

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| <p><b>Refrain:</b> More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without corruption bearest God the Word, and art truly Theotokos, we magnify thee.</p>  | <p><b>اللازمة:</b> يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ مَجْدًا بَعِيرَ قِيَاسٍ مِنَ السَّارَافِيمِ، الَّتِي مِنْ دُونِ فَسَادٍ وَوَلَدَتْ كَلِمَةَ اللَّهِ، حَقًّا إِنَّكَ وَالِدَةُ الْإِلَهِ إِيَّاكَ نُعْظِمُ.</p>   |
| <p>For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. <b>(Refrain)</b></p>   | <p>لَأَنَّهُ نَظَرَ إِلَى تَوَاضَعِ أُمَّتِهِ، فَهِيَ مِنْذُ الْآنَ تُطَوِّبُنِي جَمِيعَ الْأَجْيَالِ. <b>(اللازمة)</b></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. <b>(Refrain)</b></p>  | <p>لَأَنَّ الْقَدِيرَ صَنَعَ بِي عَظَائِمَ وَقُدُوسَ اسْمَهُ، وَرَحْمَتُهُ إِلَى جِيلٍ فَجِيلٍ لِلَّذِينَ يَتَّقُونَهُ. <b>(اللازمة)</b></p>   |
| <p>He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. <b>(Refrain)</b></p>   | <p>صَنَعَ عِزًّا بِسَاعِدِهِ، وَشَتَّتَ الْمُتَكَبِّرِينَ بِذَهْنِ قُلُوبِهِمْ. <b>(اللازمة)</b></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. <b>(Refrain)</b></p>   | <p>حَطَّ الْمُقْتَدِرِينَ عَنِ الْكِرَاسِيِّ وَرَفَعَ الْمُتَوَاضِعِينَ، مَلَأَ الْجِيَاعَ مِنَ الْخَيْرَاتِ، وَالْأَغْنِيَاءَ أَرْسَلَهُمْ فَارِغِينَ. <b>(اللازمة)</b></p>   |
| <p>He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. <b>(Refrain)</b></p>   | <p>عَصَدَ إِسْرَائِيلَ فَتَاهُ لِيَذْكَرَ رَحْمَتَهُ، كَمَا قَالَ لِآبَائِنَا إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الْأَبَدِ. <b>(اللازمة)</b></p>  |
| <p><b>Ode 9.</b> Verily, the God Whom no man can see, nor the ranks of the angels dare to look upon, through thee, O pure one, was seen among men as incarnate Word. Wherefore, with the heavenly hosts, we magnify Him, and thee do we bless.</p>  | <p><b>(الأودية التاسعة)</b> إِنَّ الْإِلَهَ الَّذِي لَا تَسْتَطِيعُ الْبَشَرُ أَنْ تُعَابِنَهُ، وَلَا تَجَسُرُ طَعْمَاتُ الْمَلَائِكَةِ أَنْ تَنْظُرَ إِلَيْهِ، بِكَ أَيْتُهُا النَّفِيَّةُ قَدْ شَوَّهَدَ فِي الْبَشَرِ كَلِمَةً مُتَجَسِّدَةً. فَذَلِكَ نُعْظِمُهُ مَعَ الْأَجْنَادِ السَّمَاوِيَّةِ وَإِيَّاكَ نُعْبِطُ.</p>  |
| <p><b>THE LITTLE LITANY</b></p>   |  |
| <p><b>Deacon:</b> Again and again, in peace, let us pray to the Lord.<br/> <b>Choir:</b> Lord, have mercy.<br/> <b>Deacon:</b> Help us; save us; have mercy on us; and keep us, O God, by Thy grace.<br/> <b>Choir:</b> Lord, have mercy.<br/> <b>Deacon:</b> Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady the Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.<br/> <b>Choir:</b> To Thee, O Lord.<br/> <b>Priest:</b> For all the powers of Heaven praise Thee, and unto Thee do they ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.<br/> <b>Choir:</b> Amen.</p> | <p><b>الشماس:</b> أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ تَطَلَّبُ.<br/> <b>الجوق:</b> يَا رَبُّ ارْحَمْ.<br/> <b>الشماس:</b> أَعْضُدْ، وَخَلِّصْ، وَارْحَمْ، وَاحْفَظْنَا يَا اللَّهُ بِبِنِعْمَتِكَ.<br/> <b>الجوق:</b> يَا رَبُّ ارْحَمْ.<br/> <b>الشماس:</b> بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقِدَاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.<br/> <b>الجوق:</b> لَكَ يَا رَبُّ.<br/> <b>الكاهن:</b> لِأَنَّهُ إِيَّاكَ تُسَبِّحُ كُلُّ قُوَّاتِ السَّمَاوَاتِ، وَلَكَ يُرْسَلُونَ الْمَجْدَ أَيُّهَا الْآبُ وَالْأَبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.<br/> <b>الجوق:</b> آمِينَ.</p> |
| <p>Holy is the Lord our God. <b>(THRICE)</b><br/> Exalt ye the Lord our God, and worship at His footstool, for He is holy.</p>  | <p>قُدُوسٌ هُوَ الرَّبُّ الْهَيْئًا. <b>(ثلاثاً)</b><br/> ارْفَعُوا الرَّبَّ الْهَيْئًا، وَاسْجُدُوا لِمَوْطِي قَدَمِيهِ، لِأَنَّ الرَّبَّ الْهَيْئًا قُدُوسٌ هُوَ.</p>  |

**THE SEVENTH EOTHINON EXAPOSTEILARION IN TONE TWO**

*(\*\*Upon that mount in Galilee\*\*)*

Alas, they took the Lord away; \* as soon as Mary said this, \* then Simon Peter ran in haste \* to the tomb with that other \* initiate loved by Jesus; \* and when they both came running, \* they found the linen clothes within \* set apart from the napkin \* once on His head, \* each abandoned, cast off, and lying sep'rate. \* And so again they held their peace, \* until they had beheld Christ.

عِنْدَمَا قَالَتْ مَرْيَمُ قَدْ حَمَلُوا رَبِّي، أَسْرَعَ إِلَى الْقَبْرِ  
سَمْعَانُ بَطْرُسُ، وَمَسَارُ الْمَسِيحِ الْأَخْرُ الَّذِي كَانَ  
يُحِبُّهُ، فَحَضَرَا كِلَاهُمَا فَوَجَدَا الْأَكْفَانَ دَاخِلًا مَوْضُوعَةً  
وَحَدَّهَا، وَالْعِمَامَةَ الَّتِي كَانَتْ عَلَى رَأْسِهِ مُنْعَزَلَةً  
نَاحِيَةً، لِذَلِكَ اسْتَقَرَّا إِلَى أَنْ أَبْصَرَا الْمَسِيحَ حَقًّا.

**EXAPOSTEILARION & THEOTOKION FOR SUNDAY OF FORGIVENESS IN TONE**

**TWO (\*\*Hearken, ye women\*\*)**

Woe is me, wretched one; for I have transgressed Thy commandment, and have been stripped of Thy glory, and, therefore, was filled with confusion and cast out of Paradise, O compassionate One. Wherefore, O merciful One, have mercy upon me, who was justly denied Thy good tidings.

وَيْلِي خَالَفْتُ وَصِيَّتَكَ، أَنَا الشَّقِيَّةُ، يَا رَبِّ، وَتَعَرَّيْتُ  
مِنْ مَجْدِكَ، إِذْ قَدْ أَفْعَمْتُ خِزْيًا، مُبْعَدًا مِنْ نِعْمَى  
الْفِرْدَوْسِ، أَيُّهَا الْمُتَحَنِّنُ. فَيَا رَحِيمُ، ارْحَمْنِي أَنَا  
الَّذِي فَقَدْتُ بَعْدَ خَيْرَاتِكَ.

*(\*\*Hearken, ye women\*\*)*

O Lord, we were estranged before from Paradise, because of eating from the tree. Therefore, lead us into it again by Thy Cross and by Thy Passion, my Savior and my God. Fortify us therein that we may fulfill our fast with becoming purity, and worship Thy divine Resurrection and Passover of salvation, by the intercessions of Thy Mother.

لَئِنْ تَعَرَّيْنَا قَبْلًا مِنَ الْفِرْدَوْسِ، يَا رَبِّ، بِسَبَبِ الْأَكْلِ  
مِنَ الْعُودِ. أَدْخَلْتَنَا أَيْضًا إِلَيْهِ بِصَلِيبِكَ وَالْأَلَامِ،  
مُخْلِصِي وَالْهَيِّ. فَحَصِّنَّا بِهِ لِكِي نُنْتَمَّ هَذَا الصِّيَامَ  
بِنَقَاءٍ، وَنَسْجُدَ لِقِيَامَتِكَ الْإِلَهِيَّةِ، وَلِلْفِصْحِ  
الْخَلَاصِيِّ، بِشَفَاعَاتِ وَالِدَتِكَ.

**AINOI (PRAISES) IN TONE SEVEN**

Let everything that hath breath, praise the Lord. Praise ye the Lord from the heavens; praise Him in the heights. To Thee, O God is due our song.

كُلُّ نَسَمَةٍ فَلْتَسْبِحِ الرَّبَّ. سَبِّحُوا الرَّبَّ مِنَ السَّمَاوَاتِ،  
سَبِّحُوهُ فِي الْأَعَالِي، لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللَّهُ.

Praise ye Him, all His angels; praise ye Him, all His hosts. To Thee, O God, is due our song.

سَبِّحُوهُ يَا جَمِيعَ مَلَائِكَتِهِ، سَبِّحُوهُ يَا سَائِرِ قُوَاتِهِ،  
لِأَنَّهُ لَكَ يَلِيقُ التَّسْبِيحُ يَا اللَّهُ.

**For the Resurrection in Tone Seven**

*Verse 1. This glory shall be to all His saints.* Christ hath risen from the dead, loosening the bonds of Death. Be of good cheer, and of great joy, and, O Heavens, praise the glory of God.

1- هَذَا الْمَجْدُ يَكُونُ لِجَمِيعِ أُنْبِرَارِهِ. لَقَدْ قَامَ الْمَسِيحُ مِنْ  
بَيْنِ الْأَمْوَاتِ حَالًا عِقَالَاتِ الْمَوْتِ، فَاسْتَنْبَشِرِي أَيُّهَا  
الْأَرْضُ بِالْفَرْحِ الْأَعْظَمِ، وَيَا سَمَاوَاتُ سَبِّحِي مَجْدَ اللَّهِ.

*Verse 2. Praise God in His sanctuary; praise Him in the firmament of His power.* Seeing the Resurrection of Christ, let us worship the holy Lord Jesus, Who alone is blameless of all error.

2- سَبِّحُوا اللَّهَ فِي قُدَيْسِيهِ، سَبِّحُوهُ فِي فَالِكِ  
قُوَّتِهِ. إِذْ قَدْ رَأَيْنَا قِيَامَةَ الْمَسِيحِ، فَلْنَسْجُدْ لِلرَّبِّ  
الْقُدُّوسِ يَسُوعَ الْبَرِيِّ مِنَ الْخَطَا وَحَدَهُ.

*Verse 3. Praise Him for His mighty acts; praise Him according to His excellent greatness.* Verily, we cease not worshipping the Resurrection of Christ; for we are saved from our sins. Holy, therefore, is the Lord Jesus Who didst manifest the Resurrection.

3- سَبِّحُوهُ عَلَى مَقْدَرَتِهِ، سَبِّحُوهُ نَظِيرَ كَثْرَةِ  
عَظَمَتِهِ. إِنَّا لَا نَتَفَتَّرُ مِنَ السُّجُودِ لِقِيَامَةِ  
الْمَسِيحِ، لِأَنَّهُ قَدْ خَلَّصَنَا مِنْ آثَامِنَا، فَقُدُّوسٌ هُوَ  
الرَّبُّ يَسُوعُ الَّذِي أَظْهَرَ الْقِيَامَةَ.

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| <p><b>Verse 4.</b> Praise Him with the sound of the trumpet; praise Him with the psaltery and harp. With what shall we reward the Lord for all that He hath given us? For God, for our sakes, dwelt among men; and for corrupt nature the Word became flesh and lived among us. Yea, He hath done this, the Benefactor of ingrates, the Savior of captives, the Sun of justice to those lying in darkness, the Passionless on the Cross, the Light in Hades, the Life in death, and the Resurrection of the fallen. Wherefore, do we cry to Him: O our God, glory to Thee.</p> | <p>4- سَبِّحُوهُ بِلَحْنِ البوقِ، سَبِّحُوهُ بِالْمِزْمَارِ وَالْقِيَّازَةِ. بِمَاذَا نُكَافِيُ الرَّبَّ عَنْ كُلِّ مَا أَعْطَانَا؟ لِأَنَّ الإِلهَ مِنْ أَجْلِنا سَاكِنَ البَشَرِ، وَمِنْ أَجْلِ الطَّبِيعَةِ المَفْسُودَةِ صَارَ الكَلِمَةُ لَحْمًا وَحَلَّ فِيْنَا، وَالمُحْسِنُ للعادمي الشُّكْرِ، وَالمُنْقِذُ للمَسْبُوبِينَ، وَشمسُ العَدْلِ لِلثَّاوِيْنَ فِي الظَّلَامِ، وَغَيْرُ المَتَّالِمِ عَلَى الصَّلِيبِ، وَالنُّورُ فِي الجَحِيمِ، وَالحَيَاةُ فِي المَوْتِ، وَالقِيَامَةُ لِلسَّاقِطِينَ. فِلذَلِكَ نَهْتَفُ إِلَيْهِ: يَا إِلَهَنَا المَجْدُ لَكَ.</p> |
| <p><b>Verse 5.</b> Praise Him with the timbrel and dance; praise Him with stringed instruments and organs. O Lord, Thou hast demolished the gates of Hades, and by Thy precious might Thou hast abolished the power of death, and by Thy divine and glorified Resurrection Thou hast raised the dead lying in darkness from everlasting time; for Thou art King of all and an almighty God.</p>  | <p>5- سَبِّحُوهُ بِالطَّبَلِ وَالمِصَافِ. سَبِّحُوهُ بِالأوتارِ وَآلَةِ الطَّرْبِ. يَا رَبِّ، لَقَدْ سَحَقْتَ أَبْوَابَ الجَحِيمِ وَلاشَيْتَ قُوَّةَ المَوْتِ بِقُدْرَتِكَ العَزِيزَةِ، وَبِقِيَامَتِكَ الإِلهِيَّةِ المَجِيدَةِ، أَقَمْتَ المَوْتَى الثَّاوِيْنَ فِي الظَّلْمَةِ مُنذُ الدَّهْرِ، بِمَا أَتَكَ مَلِكُ الكُلِّ، وَإِلَهٌ قَادِرٌ عَلَى كُلِّ شَيْءٍ.</p>  |

**For the Sunday of Forgiveness in Tone Five**

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| <p><b>Verse 6.</b> Praise Him upon the loud cymbals; praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord. Verily, Adam cried moaning, and said: Woe is me; for the serpent and the woman drew me away from divine favor; and the taste of the tree hath estranged me from Paradise. Woe is me; I cannot bear the disgrace, I who was formerly king over all earthly creatures. Behold, I am now captive because of a counsel aside from the law. And I, who was for a time robed with the glory of immortality, have become like one dead, wrapped in the rags of death, in a pitiful manner. Woe is me: whom shall I make my helper in wailing? But Thou, Lover of mankind, mantled in compassion, Who didst create me from the earth, recall and save me from the bondage of the enemy.</p> | <p>6- سَبِّحُوهُ بِعَمَاتِ الصُّنُوجِ. سَبِّحُوهُ بِصُنُوجِ التَّهْلِيلِ. كُلُّ نَسَمَةٍ فَلْتَسْبِحِ الرَّبَّ. إِنَّ آدَمَ صَرَخَ بِنَحِيْبٍ قَائِلًا: وَيْحَ لِي، لِأَنَّ الحَيَاةَ وَالمِرَاةَ قَدْ أَبْعَدَانِي مِنَ الدَّالَّةِ الإِلهِيَّةِ، وَمَذَاقَةَ العُودِ قَدْ غَرَبْتَنِي مِنْ نَعِيمِ الفِرْدَوْسِ. وَيْلِي، لَسُنْتُ إِذْنًا أَحْتَمِلُ العَارَ، أَنَا الَّذِي كَانَ قَدِيمًا مَلِكًا عَلَى كُلِّ بَرَايَا الله الأَرْضِيَّةِ. لَقَدْ ظَهَرْتُ الآنَ أَسِيرًا مِنْ مَشُورَةٍ خَارِجَةٍ عَنِ الشَّرِيعَةِ. وَالَّذِي كَانَ حِينًا مَا مُتَّسِرِبًا مَجْدَ عَدَمِ المَوْتِ، وَأَمْسَى كَمَايْتٍ، مُتَّشِحًا أَطْمَارَ المَنُونِ، بِحَالَةٍ يُرْتَى لَهَا. وَيْحِي، مَنْ أَجْعَلُهُ مُسَاعِدًا مَعِي لِلنُّوحِ؟ لَكِنْ أَنْتَ أَيُّهَا المُحِبُّ البَشَرَ، المُتَدَرِّعُ التَّحْنُنِ، يَا مَنْ خَلَقَنِي مِنَ الأَرْضِ، أَعِذْ دَعْوَتِي، وَخَلِّصْنِي مِنْ عُبودِيَّةِ العَدُوِّ.</p> |
| <p><b>Verse 7.</b> Arise, O my God, lift up Thy hand, and forget not the humble. The arena of the virtues has been opened. Let all who wish to struggle for the prize now enter, girding themselves for the noble contest of the Fast; for those that strive lawfully are justly crowned. Taking up the armor of the Cross, let us make war against the enemy. Let us have as our invincible rampart the Faith, prayer as our breastplate, and as our helmet almsgiving; and as our sword let us use fasting that cuts away all evil from our heart. If we do this, we shall receive the true crown from Christ the King of all at the Day of Judgment.</p>  | <p>7- قُمْ يَا رَبِّي وَإِلَهِي وَلْتَرْتَفِعْ يَدُكَ، وَلا تَنْسَ بِائْسِيكَ إِلَى الانْقِضَاءِ. لَقَدْ انْفَتَحَ مِيدَانُ الفَضَائِلِ، فَادْخُلُوهُ يَا رَاغِبِينَ فِي الجِهَادِ، مُتَمَنِّطِينَ بِكِفَاحِ الصَّوْمِ الحَسَنِ. لِأَنَّ الذِّينَ يُحْسِنُونَ الجِهَادَ، يُكَلِّونَ بِعَدْلِ. فَلُنْحَارِبَنَّ العَدُوَّ مُتَدَرِّعِينَ بِالصَّلِيبِ، مُعْتَصِمِينَ بِالإِيمَانِ كَسُورٍ لا يُفْهَرُ، وَبِالصَّلَاةِ كَدِرْعٍ. وَبِالصَّدَقَةِ كَخُوذَةٍ، وَبِالصِّيَامِ حُسَامًا يَقْطَعُ مِنَ القَلْبِ كُلَّ رَذِيلَةٍ. فَالَّذِي يَصْنَعُ هَكَذَا، يُحْرَزُ الإِكْلِيلَ الحَقِيقِيَّ مِنَ المَسِيحِ مَلِكِ الكُلِّ فِي يَوْمِ الدَّيْنُونَةِ.</p>  |

**Also for the Sunday of the Last Judgment in Tone Six**

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| <p><b>Verse 8.</b> <i>I will praise Thee, O Lord, with my whole heart: I will show all Thy marvelous works.</i> When Adam received of the food, as a transgressor was he driven from Paradise. But Moses, purifying the pupils of his eyes with fasting, was made worthy to behold God. Wherefore, ye who long to dwell in Paradise, come, let us keep far from unprofitable food; and ye who desire to see God, come, let us fast the four Mosaic tens. And by perseverance and sincerity in prayer we shall put down the passions of the soul and remove the wiles of the flesh, ascending lightly towards the celestial way, where the ranks of angels praise the indivisible Trinity with unceasing voices, to behold the transcending comeliness of the Master. Therefore, O Life-giving Son of God, make us who trust in Thee worthy to exchange glad tidings with the hosts of angels; by the intercession of the passion of Thy Mother, O Christ, and of the Apostles, Martyrs and all the saints.</p> | <p>8- اعْتَرِفْ لَكَ يَا رَبِّ مِنْ كُلِّ قَلْبِي، وَأَحَدِثْ بِجَمِيعِ عَجَائِبِكَ. إِنَّ آدَمَ لَمَّا تَنَاوَلَ مِنَ الْأَكْلِ، كَمُخَالِفٍ طُرِدَ مِنَ الْفِرْدَوْسِ. أَمَّا مُوسَى فَلَمَّا نَقَّى حَدَقَتَيْ نَفْسِهِ بِالصِّيَامِ، صَارَ مُعَايِنًا لِلَّهِ. فَيَا أَيُّهَا التَّائِقُونَ إِلَى سُكْنَى الْفِرْدَوْسِ، هَلِّمُوا نَبْتَعِدْ عَنِ الطَّعَامِ غَيْرِ النَّافِعِ. وَيَا أَيُّهَا الرَّاعِبُونَ فِي مُعَايِنَةِ اللَّهِ، هَلِّمُوا نَصُمُ الْأَرْبَعِ عَشْرَةَ الْمَوْسَوِيَّةَ. حَتَّى بِمُوَظَبَتِنَا عَلَى الصَّلَاةِ وَالْإِبْتِهَالِ بِخُلُوصٍ، نُحْمِدُ أَهْوَاءَ النَّفْسِ، وَنَنْزِعُ أَدْرَانَ الْجَسَدِ، فَتَرْتَقِي بِخَفَّةٍ نَحْوَ الْمَسَلِكِ الْعُلُويِّ، حَيْثُ مَصَافٌ الْمَلَائِكَةِ يُسَبِّحُونَ الثَّالوثَ غَيْرِ الْمُتَنَفِّسِ، بِأَصْوَاتٍ لَا تَقْفَرُ، وَنَنْظُرُ إِلَى الْجَمَالِ السَّيِّدِيِّ الْفَائِقِ. فَيَا ابْنَ اللَّهِ الْمُعْطِي الْحَيَاةَ، أَهْلُنَا أَنْ نَتَبَاشَرَ هُنَاكَ، نَحْنُ الْمُتَكَلِّمِينَ عَلَيْكَ، مَعَ أَجْنَادِ الْمَلَائِكَةِ. بِشَفَاعَاتِ الْأُمِّ وَالذَّكَاءِ أَيُّهَا الْمَسِيحُ، وَالرُّسُلِ وَالشَّهَدَاءِ، وَجَمِيعِ الْقَدِيسِينَ.</p> |
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**DOXASTICON FOR THE SUNDAY OF FORGIVENESS IN TONE SIX**

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| <p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> The time cometh for us to begin our spiritual contests and triumph over the demons. Let us put on the complete armor of abstinence which is the beauty of the angels and the confidence before God; for thereby Moses spoke with the Creator, and he heard the voice of the Invisible One. Thereby, O Lord, make us worthy to worship Thy Passion and holy Resurrection, since Thou art the Lover of mankind.</p> | <p>المَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُسِ. قَدْ وَافَى الزَّمَانُ، الَّذِي هُوَ بَدَأَ الْجِهَادَاتِ الرُّوحِيَّةَ، وَالْقُوْرُ عَلَى الشَّيَاطِينِ، وَالسَّلَاحِ الْكَامِلِ لِلْإِمْسَاكِ. جَمَالُ الْمَلَائِكَةِ، وَالذَّالَّةُ لَدَى اللَّهِ. لِأَنَّ بِهِ صَارَ مُوسَى مُنَاجِيًا الْخَالِقِ، وَقَبِلَ فِي مَسْمَعِهِ صَوْتًا، بِحَالٍ غَيْرِ مَنْظُورَةٍ. فَيَا رَبِّ، أَهْلُنَا بِهَا أَنْ نَسْجُدَ لِأَلَمِكِ، وَقِيَامَتِكَ الْمُقَدَّسَةِ، بِمَا أَنَّكَ مُحِبٌّ لِلْبَشَرِ.</p> |
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| <p><i>Both now and ever, and unto ages of ages. Amen.</i> Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.</p> | <p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. أَنْتِ هِيَ الْفَائِقَةُ عَلَى كُلِّ الْبَرَكَاتِ، يَا وَالِدَةَ الْإِلَهِ الْعَذْرَاءِ، لِأَنَّ الْجَحِيمَ قَدْ سَبَيْتِ بِوَسِطَةِ الْمُنْجَبِدِ مِنْكَ، وَآدَمَ دُعِي تَانِيَةً، وَاللَّعْنَةَ بَادَتِ، وَحَوَاءَ انْعَقَّتْ، وَالْمَوْتَ أُمِيتِ، وَنَحْنُ قَدْ حَيَيْنَا. فَلِذَلِكَ نُسَبِّحُ هَاتِعِينَ: مُبَارَكٌ أَنْتِ أَيُّهَا الْمَسِيحُ إِلَهُنَا، يَا مَنْ هَكَذَا سُرَّ، الْمَجْدُ لَكَ.</p> |
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**THE GREAT DOXOLOGY IN TONE SIX**

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| <p>Glory to Thee, who has shown us the Light. Glory to God in the highest, and on earth peace, good will among men.</p> | <p>المَجْدُ لَكَ يَا مُظْهِرَ النُّورِ، الْمَجْدُ لِلَّهِ فِي الْعَلَاءِ، وَعَلَى الْأَرْضِ السَّلَامُ، وَفِي النَّاسِ الْمَسْرَّةُ.</p> |
| <p>We hymn thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks unto Thee for Thy great glory.</p>     | <p>نُسَبِّحُكَ، نُبَارِكُكَ، نَسْجُدُ لَكَ، نُمَجِّدُكَ، نَشْكُرُكَ مِنْ أَجْلِ عَظِيمِ جَلَالِ مَجْدِكَ.</p>                            |
| <p>O Lord King, heavenly God, Father Almighty; O Lord, the only begotten</p>  | <p>أَيُّهَا الرَّبُّ الْمَلِكُ، السَّمَاوِيُّ، الْإِلَهُ، الْآبُ الصَّابِغُ الْكُلُّ؛ أَيُّهَا</p>                                       |

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| Son, Jesus Christ; and the Holy Spirit.   | الرَّبُّ الإِبْنُ الْوَحِيدُ، يَا يَسُوعَ الْمَسِيحَ؛ وَيَا أَيُّهَا الرُّوحُ الْقُدُسُ.   |
| O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy on us, thou that takest away the sins of the world. | أَيُّهَا الرَّبُّ الإِلَهُ، يَا حَمَلَ اللَّهِ يَا ابْنَ الآبِ، يَا رَافِعَ خَطِيئَةِ الْعَالَمِ، يَا رَافِعَ خَطَايَا الْعَالَمِ.               |
| Receive our prayer, Thou that sittest at the right hand of the Father, and have mercy on us.  | تَقَبَّلْ تَضَرُّعَنَا أَيُّهَا الْجَالِسُ عَنِ يَمِينِ الآبِ، وَارْحَمْنَا.   |
| For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the glory of God the Father. Amen.   | لَأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ، أَنْتَ وَحْدَكَ الرَّبُّ يَسُوعُ الْمَسِيحُ، فِي مَجْدِ اللَّهِ الآبِ. آمِينَ.                               |
| Every day will I bless Thee, and I will praise Thy Name forever; yea, forever and ever.   | فِي كُلِّ يَوْمٍ أَبَارِكُكَ، وَأَسَبِّحُ اسْمَكَ إِلَى الأَبَدِ، وَإِلَى أَيْدٍ الأَبَدِ.   |
| Vouchsafe, O Lord, to keep us this day without sin.   | أَهْلُنَا، يَا رَبُّ، أَنْ نَحْفَظَ فِي هَذَا الْيَوْمِ بَعِيرَ خَطِيئَةٍ.   |
| Blessed art Thou, O Lord, God of our Fathers, and praised and glorified is Thy Name forever. Amen.  | مُبَارَكٌ أَنْتَ يَا رَبُّ، إِلَهَ آبَائِنَا، وَمُسَبَّحٌ وَمُمَجَّدٌ اسْمُكَ إِلَى الأَبَدِ. آمِينَ.  |
| Let Thy mercy be upon us, O Lord, even as we have set our hope in Thee.   | لِنَكُنْ، يَا رَبُّ، رَحْمَتُكَ عَلَيْنَا، كَمَا نِلْنَا اتِّكَانًا عَلَيْكَ.  |
| Blessed art Thou, O Lord: teach me Thy statutes. (thrice)   | مُبَارَكٌ أَنْتَ يَا رَبُّ عَلِّمْنِي حُقُوقَكَ. (ثَلَاثًا)  |
| Lord, Thou hast been our refuge from generation to generation. I said: Lord, be merciful unto me; heal my soul, for I have sinned against Thee.   | يَا رَبُّ، مَلْجَأُ كُنْتُمْ لَنَا فِي جِيلٍ وَجِيلٍ، أَنَا قُلْتُ يَا رَبُّ ارْحَمْنِي وَاشْفِ نَفْسِي لِأَنِّي قَدْ خَطَبْتُ إِلَيْكَ.         |
| Lord, I have fled unto Thee; teach me to do Thy will, for Thou art my God.  | يَا رَبُّ، إِلَيْكَ لَجَأْتُ فَعَلِّمْنِي أَنْ أَعْمَلَ رِضَاكَ، لِأَنَّكَ أَنْتَ هُوَ إِلَهِي.  |
| For with Thee is the fountain of life; in Thy light shall we see light.   | لَأَنَّ مِنْ قِبَلِكَ عَيْنَ الْحَيَاةِ، وَبِنُورِكَ نُبْصِرُ نُورًا.  |
| O continue Thy mercy unto them that know Thee. Holy God, Holy Mighty, Holy Immortal: have mercy on us. (thrice)                                   | فَأَبْسُطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ. قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ، ارْحَمْنَا. (ثَلَاثًا) |
| Glory to the Father and to the Son and to the Holy Spirit.  | الْمَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُسِ.   |
| 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 EIGHT

Having risen from the tomb, and having burst the bonds of Hades, Thou didst loose the condemnation of Death, O Lord, releasing all mankind from the snares of the enemy. Having manifested Thyself to Thine Apostles, Thou didst send them forth to proclaim Thee; and through them Thou hast granted Thy peace unto the civilized world, O Thou Who alone art plenteous in mercy.

إِذْ قُمْتَ يَا رَبُّ مِنَ الْقَبْرِ وَقَطَعْتَ رِبَاطَاتِ الْجَحِيمِ، غَلَبْتَ حُكُومَةَ الْمَوْتِ، وَأَنْقَذْتَ الْكُلَّ مِنْ فِخَاخِ الْعَدُوِّ، وَلَمَّا أَظْهَرْتَ ذَاتَكَ لِرُسُلِكَ أَرْسَلْتَهُمْ إِلَى الْكِرَازَةِ، وَمَنْحْتَ بِهِمْ سَلَامَكَ لِلْمَسْكُونَةِ، يَا جَزِيلَ الرَّحْمَةِ وَحْدَكَ.

*These texts have been prepared by the Dept. of Liturgics of the Antiochian Archdiocese*  
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