

ORTHROS ON SUNDAY, MARCH 28, 2021; TONE 1 / EOTHINON 9
SECOND SUNDAY OF GREAT LENT
GREGORY PALAMAS, ARCHBISHOP OF THESSALONICA

Priest: Blessed is our God, always, now and ever, and unto the ages of ages.	الكاهن: تبارك الله إلهنا كل حين، الآن وكل أوانٍ وإلى دهرِ الداهرين.
Choir: Amen.	الجوقة: آمين.
Priest: 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.	الكاهن: 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.
Reader: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (thrice)	المرتل: فُدوسُ الله، فُدوسُ القوي، فُدوسُ الذي لا يموت، ارحمنا. (ثلاثاً)
Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.	المجد للآب والابن والروح القدس، الآن وكل أوانٍ وإلى دهرِ الداهرين. آمين.
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.	أيها الثالوث القدوس ارحمنا، يا رب اغفر خطايانا، يا سيد تجاوز عن سيئاتنا، يا فُدوس اطلع واشف أمراضنا، من أجل اسمك.
Lord, have mercy. (thrice)	يا رب ارحم. (ثلاثاً)
Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.	المجد للآب والابن والروح القدس، الآن وكل أوانٍ وإلى دهرِ الداهرين. آمين.
Our Father, Who art in heaven, hallowed be Thy Name. Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from the evil one.	أبانا الذي في السماوات، ليتقدس اسمك، ليأت ملكوتك، لتكن مشيئتك كما في السماء كذلك على الأرض، خبزنا الجوهري أعطنا اليوم، واترك لنا ما علينا كما نترك لمن لنا عليه، ولا تدخلنا في التجربة، لكن نجنا من الشرير.
Priest: For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.	الكاهن: لأن لك الملك والقدرة والمجد، أيها الآب والابن والروح القدس، الآن وكل أوانٍ وإلى دهرِ الداهرين.
Reader: Amen. O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.	القارئ: آمين. خليص يا رب شعبك وبارك ميراثك، وامنح عبيدك المؤمنين الغلبة على الشرير، واحفظ بقوة صليبك جميع المختصين بك.
Glory to the Father, and to the Son, and to the Holy Spirit. Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.	المجد للآب والابن والروح القدس. يا من ارتفعت على الصليب مختاراً، أيها المسيح الإله، امنح رأفتك لشعبك الجديد المسمى بك، وفرح بقوتك حكمانا المؤمنين، مانحاً إياهم الغلبة على محاربيهم. لتكن لهم معونتك سلاحاً للسلام، وظفراً غير مפור.

<p><i>Both now and ever, and unto ages of ages. Amen.</i> 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.</p>	<p>الآن وكلّ أوانٍ وإلى دهرِ الداهرين. آمين. أيتها الشفيعَةُ الرهيبةُ غيرَ المَحذولةِ، يا والدةَ الإلهِ الكليَّةِ النَّسبيحِ، لا تُعْرِضِي يا صالحةُ عن تَوَسُّلاتِنَا، بلِ وَطْدي سيرةَ المُستقيمي الرأْيِ، وَخَلِصِي الَّذِينَ أَمَرْتِ أَنْ يَتَمَلَّكُوا، وَامْنَحِيهِمِ الْعَلْبَةَ مِنَ السَّمَاءِ، بِمَا أَنْكَ وَوَلَدْتِ الإلهِ، أيتها المُباركةُ وَحْدَكَ.</p>
---	--

LITANY

<p>Priest: Have mercy on us, O God, according to Thy great goodness, we pray Thee, hear us and have mercy.</p>	<p>الكاهن: إِرْحَمْنَا يَا اللهُ بِعَظِيمِ رَحْمَتِكَ، نَطْلُبُ إِلَيْكَ فَاسْتَجِبْ وَارْحَمْ.</p>
<p>Choir: Lord, have mercy. (<i>thrice</i>)</p>	<p>الجوقة: يَا رَبِّ ارْحَمْ. (ثلاثاً)</p>
<p>Priest: Again we pray for all pious and Orthodox Christians.</p>	<p>الكاهن: وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ الْمَسِيحِيِّينَ الْحَسَنِيِّ الْعِبَادَةِ الأرثوذكسيِّينَ.</p>
<p>Choir: Lord, have mercy. (<i>thrice</i>)</p>	<p>الجوقة: يَا رَبِّ ارْحَمْ. (ثلاثاً)</p>
<p>Priest: Again we pray for our Father and Metropolitan _____, our Bishop _____, and all our brotherhood in Christ.</p>	<p>الكاهن: وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ آبِنَا وَمِتْرُوبُوليتِنَا (فُلَان) وَرئيسِ كَهَنَتِنَا (فُلَان)، وَكُلِّ إِخْوَتِنَا فِي الْمَسِيحِ.</p>
<p>Choir: Lord, have mercy. (<i>thrice</i>)</p>	<p>الجوقة: يَا رَبِّ ارْحَمْ. (ثلاثاً)</p>
<p>Priest: 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: لِأَنَّكَ إِلهٌ رَحِيمٌ وَمُحِبٌّ لِلنَّاسِ، وَلَكَ نُزِيلُ الْمَجْدَ أَيُّهَا الآبُ وَالابْنُ وَالرُّوحُ الْقُدُسُ، الآنَ وَكُلَّ أوانٍ وَإِلَى دَهْرِ الدَاهِرِينَ.</p>
<p>Choir: Amen. Bless, father, in the Name of the Lord.</p>	<p>الجوقة: آمين، بِاسْمِ الرَّبِّ بَارِكْ يَا أَب.</p>
<p>Priest: Glory to the Holy, Consubstantial, Life-giving and Undivided Trinity, always, now and ever, and unto ages of ages.</p>	<p>الكاهن: الْمَجْدُ لِلثَّالُوثِ الْقُدُوسِ، الْوَاحِدِ فِي الْجَوْهَرِ، الْمُخَيِّ، غَيْرِ الْمُنْقَسِمِ، كُلَّ حِينٍ، الآنَ وَكُلَّ أوانٍ وَإِلَى دَهْرِ الدَاهِرِينَ.</p>
<p>Choir: 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>) O Lord, open Thou my lips, and my mouth shall show forth Thy praise. (<i>twice</i>)</p>	<p>الْمَجْدُ لِلَّهِ فِي الْعُلَى، وَعَلَى الْأَرْضِ السَّلَامُ، وَفِي النَّاسِ الْمَسْرَّة. (ثلاثاً) يَا رَبِّ افْتَحْ شَفَنِي فَيُخْبِرَ فَمِي بِسَبْحَتِكَ. (مَرَّتَيْنِ)</p>

PSALM 3

<p>O Lord, why are they multiplied that afflict me? Many rise up against me. Many say unto my soul: There is no salvation for him in his God. But Thou, O Lord, art my helper, my glory, and the lifter up of my head. I cried unto the Lord with my voice, and He heard me out of His holy mountain. I laid me down and slept; I awoke, for the Lord will help me. I will not be afraid of ten thousands of people that set themselves against me round about. Arise, O Lord, save me, O my</p>	<p>يَا رَبِّ لِمَاذَا كَثُرَ الَّذِينَ يُحَرِّثُونِي؟ كَثِيرُونَ قَامُوا عَلَيَّ. كَثِيرُونَ يَقُولُونَ لِنَفْسِي لَا خَلَاصَ لَهُ بِإِلَهِهِ. وَأَنْتَ يَا رَبِّ، نَاصِرِي وَمَجْدِي وَرَافِعُ رَأْسِي. بِصَوْتِي إِلَى الرَّبِّ صَرَخْتُ، فَأَجَابَنِي مِنْ جَبَلِ قُدْسِهِ. أَنَا رَقَدْتُ وَنَمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي. فَلَا أَخَافُ مِنْ رِبَوَاتِ الشَّعْبِ الْمُحِيطِينَ بِي، الْمُتَوَازِرِينَ</p>
--	--

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 رَبُّ، خَلَّصْنِي يَا إِلَهِي، فَإِنَّكَ صَرَبْتَ
كُلَّ مَنْ يُعَادِينِي بِاطِّلَاءٍ، 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 نَشَبَتْ 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 أَنْتَنَتْ
وَقَاخَتْ جِرَاحَاتِي مِنْ قِبَلِ جَهَالَتِي. شَقِيتُ وَأَنْحَنَيْتُ
إِلَى الْغَايَةِ، وَالنَّهَارَ كُلَّهُ مَشَيْتُ عَابِسًا. لِأَنَّ مَتْنِي قَدْ
امْتَلَأَ مَهَازِيٍّ وَلَيْسَ لِجَسَدِي شِفَاءٌ. شَقِيتُ وَأَتَّصَعْتُ
جِدًّا، وَكُنْتُ أَيْنُ مِنْ تَنْهَدِ قَلْبِي. يَا رَبُّ، إِنَّ بُغْيَتِي
كُلُّهَا أَمَامَكَ، وَتَنْهَدِي لَمْ يَخْفَ عَنْكَ. قَدْ اضْطَرَبَ
قَلْبِي وَفَارَقْتَنِي قُوَّتِي، وَنُورَ عَيْنِي أَيْضًا لَمْ يَبْقَ
مَعِي. أَصْدِقَائِي وَأَقْرِبَائِي دَنَوْا مِنِّي وَوَقَفُوا لَدَيَّ،
وَجَنَسِي وَقَفَ مِنِّي بَعِيدًا. وَأَجْهَدَنِي الَّذِينَ يَطْلُبُونَ
نَفْسِي، وَالْمُلْتَمِسُونَ لِي الشَّرَّ تَكَلَّمُوا بِالْبَاطِلِ،
وَعَشُوشًا طَوَّلَ النَّهَارَ دَرَسُوا. أَمَّا أَنَا فَكَأَصَمٌ لَا
يَسْمَعُ، وَكَأَحْرَسٌ لَا يَفْتَحُ فَاةً. وَصِرْتُ كَأِنْسَانٍ لَا
يَسْمَعُ وَلَا فِي فَمِهِ تَبْكِيَةٌ. لِأَنِّي عَلَيْكَ، يَا رَبُّ،
تَوَكَّلْتُ، أَنْتَ تَسْتَجِيبُ لِي يَا رَبِّي وَالْإِلَهِي. لِأَنِّي قُلْتُ
لَا يَسْتَمْتْ بِي أَعْدَائِي، وَعِنْدَمَا زَلْتُ قَدَمَائِي عَظُمُوا
عَلَيَّ الْكَلَامَ. لِأَنِّي أَنَا لِلصَّرْبِ مُسْتَعِدٌّ، وَوَجَعِي لَدَيَّ
فِي كُلِّ حِينٍ. لِأَنِّي أَنَا أَخْبِرُ بِإِثْمِي، وَأَهْتَمُّ مِنْ أَجْلِ
خَطِيئَتِي. أَمَّا أَعْدَائِي فَأَحْيَاءُ، وَهُمْ أَشَدُّ مِنِّي، وَقَدْ
كَثُرَ الَّذِينَ يُبْغِضُونَنِي ظُلْمًا، الَّذِينَ جَارُونِي بَدَلِ
الْخَيْرِ شَرًّا، مَحَلُّوا بَنِي لِأَجْلِ ابْتِغَائِي الصَّلَاحِ. فَلَا
تُهْمَلْنِي يَا رَبِّي وَالْإِلَهِي وَلَا تَتَّبَاعِدْ عَنِّي. أَسْرِعْ إِلَى
مَعُونَتِي يَا رَبُّ خَلَّاصِي.
فَلَا تُهْمَلْنِي يَا رَبِّي وَالْإِلَهِي وَلَا تَتَّبَاعِدْ عَنِّي. أَسْرِعْ إِلَى
مَعُونَتِي يَا رَبُّ خَلَّاصِي.

PSALM 62

<p>O God, my God, unto Thee I rise early at dawn. My soul hath thirsted for Thee; how often hath my flesh longed after Thee in a land barren and untrodden and unwatered. So in the sanctuary have I appeared before Thee to see Thy power and Thy glory, For Thy mercy is better than lives; my lips shall praise Thee. So shall I bless Thee in my life, and in Thy name will I lift up my hands. As with marrow and fatness let my soul be filled, and with lips rejoicing shall my mouth praise Thee. If I remembered Thee on my bed, at the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me. But as for these, in vain have they sought after my soul; they shall go into the nethermost parts of the earth, they shall be surrendered unto the edge of the sword; portions for foxes shall they be. But the king shall be glad in God, everyone shall be praised that sweareth by Him; for the mouth of them is stopped that speak unjust things.</p> <p>At the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me.</p>	<p>يا الله إلهي إليك أبتكر. عطشت إليك نفسي، وأشتاق إليك جسدي، في أرضٍ بريةٍ وغير مسلوكةٍ وعادمة الماء. هكذا ظهرت لك في القدس لأعين قوتك ومجدك. لأن رحمتك أفضل من الحياة، وشفتي تسبحانك. هكذا أباركك في حياتي وباسمك أرفع يدي، فتمتلئ نفسي كما من شحم ودسم، ويشفاه الإبتهاج يسبحك فمي. إذا ذكرتك على فراشي، هددت بك في الأسحار، لأنك صرت لي عوناً وبظل جناحك أستتر. إلتصقت نفسي بك، وإيأي عصدت يمينك. أما الذين يطلبون نفسي باطلاً، فسيدخلون في أسافل الأرض، ويدفعون إلى أيدي السيوف، ويكونون أنصبه للثعالب. أما الملك فيسر بالله، ويمتدح كل من يخلف به، لأنه قد سدت أفواه المتكلمين بالظلم.</p> <p>هددت بك في الأسحار لأنك صرت لي عوناً، وبظل جناحك أستتر. إلتصقت نفسي بك، وإيأي عصدت يمينك.</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>Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)</p> <p>Lord, have mercy. (THRICE)</p> <p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i></p>	<p>المجد للآب والابن والروح القدس، الآن وكل أوان، وإلى دهر الدهرين، أمين.</p> <p>هللوييا، هللوييا، هللوييا، المجد لك يا الله. (ثلاثاً)</p> <p>يا رب ارحم. (ثلاثاً)</p> <p>المجد للآب والابن والروح القدس.</p>
<p>PSALM 87</p>	
<p><i>Both now and ever, and unto ages of ages. Amen.</i></p> <p>O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication, for filled with evils is my soul, and my life unto Hades hath drawn nigh. I am counted with them that go down into the pit; I am become as a man without help, free among the dead, like the bodies of the slain that sleep in the grave, whom Thou rememberest no more, and they are cut off from Thy hand. They laid me in the lowest pit, in darkness and in the shadow of death. Against me is Thine anger made strong, and all Thy billows hast Thou brought upon me. Thou hast removed my friends afar from me; they have made me an abomination unto themselves. I have been delivered up, and have not come forth; mine</p>	<p>الآن وكل أوان، وإلى دهر الدهرين. أمين.</p> <p>يا رب إله خلاصي، في النهار صرخت وفي الليل أمامك، فلندخل قدامك صلاتي، أمل أذنك إلى طليتي، فقد امتلأت من الشرور نفسي، ودنت من الجحيم حياتي. حسبت مع المنحدرين في الجب، صرت مثل إنسان ليس له معين، مطروحاً بين الأموات مثل القتلى الراقيدين في القبور، الذين لا تذكرهم أيضاً، وهم من يدك مقصون. جعلوني في جب أسفل السافلين، في ظلمات الموت وظلاله. علي استقر غضبك، وجميع أهوالك أجزتها علي. أبعدت عني معارفي، جعلوني لهم رجاسة. قد</p>

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.

أَسْلِمْتُ وَمَا خَرَجْتُ، وَعَيْنَايَ ضَعُفَتْ مِنَ الْمَسْكِنَةِ. صَرَخْتُ إِلَيْكَ، يَا رَبُّ، النَّهَارَ كُلَّهُ وَإِلَيْكَ بَسَطْتُ يَدَيَّ. أَلْعَلَّكَ لِلْأَمْوَاتِ تَصْنَعُ الْعَجَائِبَ؟ أَمْ الْأَطِبَّاءُ يُقِيمُونَهُمْ، فَيَعْتَرِفُونَ لَكَ؟ هَلْ يُحَدِّثُ أَحَدٌ فِي الْقَبْرِ بِرَحْمَتِكَ، وَفِي الْهَلَاكِ بِحَقِّكَ؟ هَلْ تُعْرِفُ فِي الظُّلْمَةِ عَجَائِبُكَ، وَعَدْلُكَ فِي أَرْضٍ مَنْسِيَّةٍ؟ وَأَنَا إِلَيْكَ، يَا رَبُّ، صَرَخْتُ فَتَبْلُغْكَ فِي الْعِدَاةِ صَلَاتِي. لِمَاذَا، يَا رَبُّ، تُقْصِي نَفْسِي وَتَصْرِفُ وَجْهَكَ عَنِّي؟ فَقِيرٌ أَنَا، وَفِي الشَّقَاءِ مُنْذُ شَبَابِي، وَحِينَ ارْتَفَعْتُ انْتَضَعْتُ وَتَحَيَّرْتُ. عَلَيَّ جَارَ رَجْزِكَ، وَمُفْرِعَاتِكَ 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، أَمَلٌ أُذْنُكَ إِلَى طَلِبَتِي.

PSALM 102

Bless the Lord, O my soul, and all that is within me bless His holy name. Bless the Lord, O my soul, and forget not all that He hath done for thee, Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgment for all them that are wronged. He hath made His ways known unto Moses, unto the sons of Israel the things that He hath willed. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy; not unto the end will He be angered; neither unto eternity will He be wroth. Not according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us. Like as a father hath compassion upon his sons, so hath the Lord had compassion upon them that fear Him; for He knoweth whereof we are made, He hath remembered that we are dust. As for man, his days are as the grass; as a flower of the field, so

بَارِكِي يَا نَفْسِي الرَّبَّ، وَيَا جَمِيعَ مَا فِي دَاخِلِي اسْمَهُ الْكُدُوسِ. بَارِكِي يَا نَفْسِي الرَّبَّ، وَلَا تَنْسِي جَمِيعَ مَكَاافَاتِهِ. الَّذِي يَغْفِرُ جَمِيعَ آثَامِكَ، الَّذِي يَشْفِي جَمِيعَ أَمْرَاضِكَ، الَّذِي يُنْجِي مِنَ الْفَسَادِ حَيَاتِكَ، الَّذِي يُكَلِّمُكَ بِالرَّحْمَةِ وَالرَّافَةِ، الَّذِي يُشْبِعُ بِالْخَيْرَاتِ شَهَوَاتِكَ، فَيَتَجَدَّدُ كَالنَّسْرِ شَبَابُكَ. الرَّبُّ صَانِعُ الرَّحْمَاتِ وَالْقَضَاءِ لِجَمِيعِ الْمَظْلُومِينَ. عَرَفَ مُوسَى طَرِيقَهُ، وَبَنِي إِسْرَائِيلَ مَشِيئَاتِهِ. الرَّبُّ رَحِيمٌ وَرَوْوْفٌ، طَوِيلُ الْأَنَاةِ وَكَثِيرُ الرَّحْمَةِ، لَيْسَ إِلَى الْإِنْقِضَاءِ يَسْحَطُ، وَلَا إِلَى الدَّهْرِ يَحْقِدُ. لَا عَلَى حَسَبِ آثَامِنَا صَنَعَ مَعَنَا، وَلَا عَلَى حَسَبِ خَطَايَانَا جَازَانَا. لِأَنَّهُ بِمِقْدَارِ ارْتِفَاعِ السَّمَاءِ عَنِ الْأَرْضِ، قَوَى الرَّبُّ رَحْمَتَهُ عَلَى الَّذِينَ يَتَّقُونَهُ، وَبِمِقْدَارِ بُعْدِ الْمَشْرِقِ مِنَ الْمَغْرِبِ أَبْعَدَ عَنَّا سَيِّئَاتِنَا. كَمَا يَتَرَأَفُ الْأَبُ بِالْبَنِينَ، يَتَرَأَفُ الرَّبُّ بِخَائِفِيهِ، لِأَنَّهُ عَرَفَ جَبَلَتَنَا وَذَكَرَ أَنَّنَا تُرَابٌ نَحْنُ. الْإِنْسَانُ كَالْعُشْبِ أَيَّامُهُ وَكَرْهَرُ الْحَقْلِ كَذَلِكَ يُزْهِرُ، لِأَنَّهُ إِذَا هَبَّتْ فِيهِ الرِّيحُ لَيْسَ يَبْتُتُ وَلَا

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.

يُعْرِفُ أَيْضًا مَوْضِعَهُ. أَمَّا رَحْمَةُ الرَّبِّ فَهِيَ مُنْذُ
الدَّهْرِ، وَإِلَى الدَّهْرِ عَلَى الَّذِينَ يَتَّقُونَهُ، وَعَدْلُهُ عَلَى
أَبْنَاءِ الْبَنِينَ الْحَافِظِينَ عَهْدَهُ وَالذَّاكِرِينَ وَصَايَاهُ
لِيَصْنَعُوهَا. الرَّبُّ هِيَ عَرْشُهُ فِي السَّمَاءِ، وَمَمْلَكَتُهُ
تَسُودُ عَلَى الْجَمِيعِ. بَارِكُوا الرَّبَّ يَا جَمِيعَ مَلَائِكَتِهِ،
الْمُقْتَدِرِينَ بِقُوَّةٍ، 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 رَبِّ اسْتَمِعْ صَلَاتِي، وَأَنْصِتْ بِحَقِّكَ إِلَى طَلْبَتِي.
إِسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعَ
عَبْدِكَ، فَإِنَّهُ لَنْ يَتْرَكَنِي أَمَامَكَ أَيُّ حَيٍّ. لِأَنَّ الْعَدُوَّ قَدْ
اضْطَهَدَ نَفْسِي، وَأَذَلَّ إِلَى الْأَرْضِ حَيَاتِي، وَأَجْلَسَنِي
فِي الظُّلُمَاتِ مِثْلَ الْمَوْتَى مُنْذُ الدَّهْرِ، فَضَجِرْتُ
رُوحِي وَاضْطَرَبَ قَلْبِي فِي دَاخِلِي. تَذَكَّرْتُ الْأَيَّامَ
الْقَدِيمَةَ. هَدَدْتُ فِي كُلِّ أَعْمَالِكَ، وَتَأَمَّلْتُ فِي صَنَائِعِ
يَدَيْكَ. بَسَطْتُ يَدَيَّ إِلَيْكَ وَنَفْسِي لَكَ كَأَرْضٍ لَا
تُمْطَرُ. أَسْرِعْ فَاسْتَجِبْ لِي يَا رَبِّ، فَقَدْ فَنِيَتْ رُوحِي.
لَا تَصْرِفْ وَجْهَكَ عَنِّي، فَأَشَابَهُ الْهَابِطِينَ فِي
الْجُبِّ. اجْعَلْنِي فِي الْغَدَاةِ مُسْتَمِعًا رَحْمَتِكَ، فَإِنِّي
عَلَيْكَ تَوَكَّلْتُ. عَرَّفْنِي يَا رَبُّ الطَّرِيقَ الَّذِي أَسْلُكُ
فِيهِ، فَإِنِّي إِلَيْكَ رَفَعْتُ نَفْسِي. أَنْقِذْنِي مِنْ أَعْدَائِي يَا
رَبِّ، فَإِنِّي قَدْ لَجَأْتُ إِلَيْكَ. عَلِّمْنِي أَنْ أَعْمَلَ
مَرْضَاتِكَ، لِأَنَّكَ أَنْتَ إِلَهِي. رُوحُكَ الصَّالِحُ يَهْدِينِي
فِي أَرْضٍ مُسْتَقِيمَةٍ. مِنْ أَجْلِ اسْمِكَ، يَا رَبِّ،
تُحْيِينِي. بِعَدْلِكَ تُخْرِجُ مِنَ الْحُزْنِ نَفْسِي، وَبِرَحْمَتِكَ
تَسْتَأْصِلُ أَعْدَائِي، وَتُهْلِكُ جَمِيعَ الَّذِينَ يُحْزِنُونَ نَفْسِي
لَأَنِّي أَنَا عَبْدُكَ.

إِسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعَ
عَبْدِكَ. (مَرَّتَيْنِ)
رُوحُكَ الصَّالِحُ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ.

<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> <i>Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)</i> <i>O our God and our Hope, glory to Thee!</i></p>	<p>المَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَالِي دَهْرِ الدَّاهِرِينَ، آمِينَ. هَلْلُوِيَا، هَلْلُوِيَا، هَلْلُوِيَا، المَجْدُ لَكَ يَا اللهُ. (ثلاثاً) يَا إِلَهَنَا، وَرَجَاءَنَا، لَكَ المَجْدُ.</p>
THE GREAT LITANY	
Priest: In peace, let us pray to the Lord.	الكاهن: بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.
Choir: Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَمِ.
Priest: 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 نُفُوسِنَا، إِلَى الرَّبِّ نَطْلُبُ.
Choir: Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَمِ.
Priest: 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 نَبَاتِ كَنَائِسِ اللَّهِ الْمُقَدَّسَةِ، وَإِتْحَادِ الْجَمِيعِ، إِلَى الرَّبِّ نَطْلُبُ.
Choir: Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَمِ.
Priest: 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 إِلَيْهِ بِإِيمَانٍ وَوَرَعٍ وَخَوْفِ اللهِ، إِلَى الرَّبِّ نَطْلُبُ.
Choir: Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَمِ.
Priest: For our father and Metropolitan N., (and for our Bishop N.), the honorable presbytery, the deaconate in Christ, all the clergy and the people, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ آبِينَا وَمِتْرُوبُولِيْتِنَا (فِلَان) وَرَئِيسِ كَهَنَتِنَا (فِلَان)، وَالْكَهَنَةَ الْمُكْرَمِينَ، وَالشَّمَامِسَةَ، خُدَامِ الْمَسِيحِ، وَجَمِيعِ الْإِكْلِيْرُوسِ وَالشَّعْبِ، إِلَى الرَّبِّ نَطْلُبُ.
Choir: Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَمِ.
Priest: For Metropolitan PAUL and Archbishop JOHN and their quick release from captivity and safe return, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ الْمِتْرُوبُولِيْتِ بُولُسَ وَالْمِطْرَانِ يُوْحَنَّا وَقَلِّ أَسْرِهِمَا وَعَوْدَتِهِمَا سَالِمِينَ، إِلَى الرَّبِّ نَطْلُبُ.
Choir: Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَمِ.
Priest: For the President, civil authorities, and our Armed Forces, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ حُكَّامِ هَذَا الْبَلَدِ، وَمُؤَارَرَتِهِمْ فِي كُلِّ عَمَلٍ صَالِحٍ، إِلَى الرَّبِّ نَطْلُبُ.
Choir: Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَمِ.
Priest: For this city and every city and countryside and the faithful, who dwell therein; let us pray to the Lord.	الكاهن: مِنْ أَجْلِ هَذِهِ الْمَدِينَةِ، وَجَمِيعِ الْمُنِّ وَالْقُرَى، وَالْمُؤْمِنِينَ السَّاكِنِينَ فِيهَا، إِلَى الرَّبِّ نَطْلُبُ.
Choir: Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَمِ.
Priest: For healthful seasons, abundance of the fruits of the earth, and peaceful times, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ اغْتِدَالِ الْأَهْوِيَةِ، وَخُصْبِ ثِمَارِ الْأَرْضِ وَأَوْقَاتِ سَلَامِيَّةٍ، إِلَى الرَّبِّ نَطْلُبُ.
Choir: Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَمِ.
Priest: 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، وَالْمَرْضَى وَالْمَتَأَلِّمِينَ وَالْأَسْرَى، وَخَلَاصِهِمْ، إِلَى الرَّبِّ نَطْلُبُ.
Choir: Lord, have mercy.	الجوقة: يَا رَبُّ ارْحَمِ.

Priest: For our deliverance from all tribulation, wrath, danger, and necessity, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ نَجَاتِنَا مِنْ كُلِّ ضَيْقٍ وَغَضَبٍ وَخَطَرٍ وَشِدَّةٍ إِلَى الرَّبِّ نَطْلُبُ.
Choir: Lord, have mercy.	الجوقة: يَا رَبِّ ارْحَمِ.
Priest: Help us; save us; have mercy on us, and keep us, O God, by Thy grace.	الكاهن: أَعِزُّدْ وَخَلِّصْ وَارْحَمْ واحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ.
Choir: Lord, have mercy.	الجوقة: يَا رَبِّ ارْحَمِ.
Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady the Theotokos and ever-Virgin Mary, with all the Saints, let us commend ourselves and each other, and all our life unto Christ our God.	الكاهن: بَعْدَ ذِكْرِنَا الْكَلِيَّةَ الْقَدَاسَةَ الطَّاهِرَةَ الْفَائِزَةَ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةَ مَرْيَمَ، مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.
Choir: To Thee, O Lord.	الجوقة: لَكَ يَا رَبِّ.
Priest: For unto Thee are due all glory, honor, and worship to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.	الكاهن: لِأَنَّهُ يَنْبَغِي لَكَ كُلُّ تَمَجِيدٍ وَإِكْرَامٍ وَسُجُودٍ، أَيُّهَا الْأَبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
Choir: Amen.	الجوقة: آمِينَ.
“GOD IS THE LORD” IN TONE ONE	
Chanter: God is the Lord and hath appeared unto us. Blessed is He that cometh in the Name of the Lord. (<i>Repeat after verses</i>)	المُرْتِّل: 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 - اعْتَرِفُوا لِلرَّبِّ وادْعُوا بِاسْمِهِ الْقُدُوسِ.
2. All nations compassed me about, but in the Name of the Lord will I destroy them.	2 - كُلُّ الْأُمَمِ أَحَاطُوا بِي وَبِاسْمِ الرَّبِّ قَهَرْتُهُمْ.
3. This is the Lord's doing; it is marvelous in our eyes.	3 - مِنْ قَبْلِ الرَّبِّ كَانَتْ هَذِهِ وَهِيَ عَجِيبَةٌ فِي أَعْيُنِنَا.
RESURRECTIONAL APOLYTIKION IN TONE ONE	
While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.	إِنَّ الْحَجَرَ لَمَّا خُتِمَ مِنَ الْيَهُودِ، وَجَسَدَكَ الطَّاهِرَ حَفِظَ مِنَ الْجُنْدِ، قُمْتَ فِي الْيَوْمِ الثَّالِثِ أَيُّهَا الْمُخَلِّصُ، مَانِحاً الْعَالَمَ الْحَيَاةَ. لِذَلِكَ قَوَّاتُ السَّمَاوَاتِ، هَتَفُوا إِلَيْكَ يَا وَهَبَ الْحَيَاةَ: الْمَجْدُ لِقِيَامَتِكَ أَيُّهَا الْمَسِيحِ، الْمَجْدُ لِمُلْكِكَ، الْمَجْدُ لِنُدْبِيرِكَ، يَا مُحِبَّ الْبَشَرِ وَحَدِّكَ.
APOLYTIKION FOR ST. GREGORY PALAMAS IN TONE EIGHT	
<i>Glory to the Father, and to the Son, and to the Holy Spirit. O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonderworker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.</i>	الْمَجْدُ لِلْأَبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُسِ. يَا كَوْكَبَ الرَّايِ الْقَوِيمِ، وَثَبَاتِ الْكَنِيسَةِ وَمُعَلِّمِهَا، وَجَمَالَ الْمُتَوَحِّدِينَ، وَمُنَاضِلاً عَنِ الْمُتَكَلِّمِينَ بِاللَّاهُوتِ، الَّذِي لَا يُحَارِبُ، غِرِيغُورِيُوسَ الْفَاعِلِ الْمُعْجِزَاتِ، فَحْرُ تَسَالُونِيكِيَّةَ وَكَارُوزَ النِّعْمَةِ. لَا تَنْفَكْ مُتَشَفِّعاً فِي خَلَاصِ نَفُوسِنَا.
RESURRECTIONAL THEOTOKION IN TONE EIGHT	
<i>Both now and ever, and unto ages of ages. Amen.</i>	الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

<p>Thou Who for our sake wast born of a Virgin, and didst suffer crucifixion, O good One, and didst despoil death through death, and as God didst reveal Resurrection. Despise not those Whom Thou hast created with Thine own hand, show forth Thy love for mankind, O merciful One. Accept the intercessions of Thy mother, the Theotokos for us, and save Thy despairing people, O our Savior.</p>	<p>يا مَنْ وُلِدَ مِنَ الْبَتُولِ مِنْ أَجْلِنَا، وَكَابَدَ الصَّلْبَ، أَيُّهَا الصَّالِحِ، يَا مَنْ سَبَى الْمَوْتَ بِمَوْتِهِ وَأَرَى الْقِيَامَةَ بِمَا أَنَّهُ إِلَهٌ، لَا نُعْرِضُ عَنِ الَّذِينَ جَبَلْتَهُمْ بِيَدَيْكَ، بَلْ أَظْهَرِ تَعَطُّفَكَ عَلَى النَّاسِ أَيُّهَا الرَّحِيمِ، وَتَقَبَّلْ وَالِدَتَكَ، وَالذَّةَ الْإِلَهَةَ، مُتَشَفِّعَةً مِنْ أَجْلِنَا، وَخَلِّصْ يَا مُخَلِّصَنَا شَعْباً يائِئساً.</p>
---	--

THE LITTLE LITANY

<p>Priest: Again and again, in peace, let us pray to the Lord.</p> <p>Choir: Lord, have mercy.</p> <p>Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.</p> <p>Choir: Lord, have mercy.</p> <p>Priest: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady the Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.</p> <p>Choir: To Thee, O Lord.</p> <p>Priest: For 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>Choir: Amen.</p>	<p>الكاهن: أيضاً وأيضاً بسلامٍ إلى الرَّبِّ نَطْلُبُ.</p> <p>الجوق: يا ربُّ ارحم.</p> <p>الكاهن: أعضدْ، واخلصْ، وارحمْ، واحفظنا يا الله بنعمتِكَ.</p> <p>الجوق: يا ربُّ ارحم.</p> <p>الكاهن: بعدَ ذِكْرِنَا الْكَلِيَّةَ الْفَدَاسَةَ، الطَّاهِرَةَ، الْفَائِقَةَ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهَةِ الدَّائِمَةَ الْبَتُولِيَّةَ مَرْيَمَ مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِيِّ.</p> <p>الجوق: لك يا رب.</p> <p>الكاهن: لَأَنَّ لَكَ الْعِزَّةَ وَلَكَ الْمُلْكُ وَالْقُوَّةُ وَالْمَجْدُ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p> <p>الجوق: آمين.</p>
---	---

FIRST TONE RESURRECTIONAL KATHISMATA (Plain Reading) First Kathisma

<p>The soldiers who kept watch over Thy grave, O Savior, became as dead from the shining of the appearing angel who told the good tidings of the Resurrection to the women. Thee, therefore, do we glorify, O Remover of corruption, and to Thee do we bow, O Thou Who didst rise from the grave, O Thou, our only Lord.</p> <p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Thou was nailed upon the cross willingly, O merciful One; and Thou wast placed in a grave like one who is dead, O Giver of Life, trampling the pride of death, O mighty One; for because of Thee the gatekeepers of Hades did tremble; and Thou didst raise the dead with Thee from eternity; for Thou alone art the Lover of mankind.</p>	<p>أَيُّهَا الْمُخَلِّصُ، إِنَّ الْجُنْدَ الْحَافِظِي قَبْرِكَ قَدْ صَارُوا كَالْأَمْوَاتِ مِنْ بَرَقِ الْمَلَائِكِ الظَّاهِرِ، الْمُبَشِّرِ النَّسْوَةَ بِالْقِيَامَةِ. فَإِيَّاكَ نُمَجِّدُ أَيُّهَا الْمُزِيلُ الْفَسَادِ، وَلَكَ نَحْتُو أَيُّهَا النَّاهِضُ مِنَ الْقَبْرِ، يَا إِلَهَنَا وَحَدَكَ.</p> <p>الْمَجْدُ لِلْآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُّوسِ. قَدْ سُمِّرْتَ عَلَى الصَّلِيبِ طَوْعاً يَا رَوْوْفُ، وَوُضِعْتَ فِي قَبْرِ كَمَا نَبَتْ يَا مُعْطِي الْحَيَاةِ. فَسَخَّفْتَ بِمَوْتِكَ عِزَّةَ الْمَوْتِ أَيُّهَا الْقَوِيُّ، لِأَنَّ مِنْكَ ارْتَعَدَ بَوَابُ الْجَحِيمِ، وَأَقَمْتَ مَعَكَ الْمَوْتَى مُنْذُ الدَّهْرِ، بِمَا أَنَّكَ وَحَدَكَ مُحِبُّ الْبَشَرِ.</p>
--	--

<p>(Theotokion of the Resurrectional Apolytikion) <i>Both now and ever, and unto ages of ages. Amen.</i> As Gabriel cried aloud unto thee, "Hail, O Virgin," with that cry did the Lord of all become incarnate in thee, O holy ark, as spake the righteous David; and Thou wast revealed as more spacious than the heavens, in that thou bore thy Creator. Wherefore, glory to Him Who abode in thee; glory to Him Who came from thee; glory to Him, Who through thy birth-giving hath set us free.</p>	<p>(والِدِيَّة طَرُوبَارِيَّة اللَّحْنِ الْأَوَّلِ) الآن وكلّ أوانٍ وإلى دهرِ الداهرين. آمين. إنّ جبرائيل لما تقوّه نحوكِ أيتها العذراء بالسلام، فمع الصّوت تجسّد سيد الكُلِّ فيكِ، أيتها السّفيئة المقدّسة، كما قال داود الصّديق. وظهّرت أرحب من السّماوات حاملاً خالقكِ. فالمدجّد للذي حلّ فيكِ، المدجّد للذي أتى منكِ، المدجّد للذي اعتقنا بولادته منك.</p>
---	--

Second Kathisma

<p>Verily the women did proceed to the grave early, where they beheld an angelic scene, and did tremble. And when the grave shone forth with life they were struck with astonishment. Wherefore, they returned to the disciples and did preach the Resurrection, saying, Verily, Christ hath invaded Hades; for He alone is the powerful and mighty One; and He raised with Him all those who were corrupt, and with the power of His Cross He removed the fear of condemnation.</p>	<p>إنّ النّسوة وافين القبر مبتهرات، فرأين منظراً ملائكياً، فازتعدن. وإذ أشرق القبر حياة، اندهشن من العجب. لأجل هذا حاضرن إلى التلاميذ، وبشّرن بالقيامة قائلات: إنّ المسيح قد سبى الجحيم لأنه القوي العزيز وحده، وأقام معه جميع البالين، وحلّ خوف الدّينونة بقوّة صليبه.</p>
--	--

<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Thou wast verily nailed upon the Cross, O Life of all; and wast numbered among the dead, O deathless Lord. Thou didst rise after three days, O Savior, and didst raise Adam from corruption. Wherefore, the heavenly powers shouted to Thee, O giver of life; Glory to Thy passion, O Christ, Glory to Thy resurrection, Glory to Thy condescension, O Thou alone the Lover of mankind.</p>	<p>المدجّد للأب، والابن، والروح القدس. قدّ سُمّرت على الصّليب يا حياة الكُلِّ، وحسبت مع الأموات أيها الرّب الفاقد الموت، وقمت بعد ثلاثة أيام يا مخلص، وأنهضت آدم من الفساد. لذلك هتفت القوّات السّماويّة إليك يا معطي الحياة: المدجّد للأمامك أيها المسيح، المدجّد لقيامتك، المدجّد لتنازلك يا محبّ البشر وحداك.</p>
--	---

<p><i>Both now and ever, and unto ages of ages. Amen.</i> O Mary, the reverend abode of the Lord, lift us who have fallen in the abyss of evil despair, trespasses and sorrows; for thou didst give salvation to sinners. Thou art a helper and a strong intercessor, and dost save thy servants.</p>	<p>الآن وكلّ أوانٍ وإلى دهرِ الداهرين. آمين. يا مريم المسكن المؤقّر للسّيد، أنهضينا نحن السّاقطين في عمق اليأس الرديء والزّلات والأحزان، لأنك قد صرت خلاصاً للخطاة، ومعيّنة، وشفيعة قويّة، وتخلصين عبيدك.</p>
---	--

EVLOGETARIA (BENEDICTIONS) IN TONE FIVE

<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>مبارك أنت يا ربّ علّمني حقوقك. جمع الملائكة اندهل متحيراً، عند مشاهدتهم إياك محسوباً بين الأموات أيها المخلص، وداحضاً قوّة الموت، ومنهضاً آدم معك، ومعتقاً إيانا من الجحيم كافة.</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>مبارك أنت يا ربّ علّمني حقوقك. الملاك اللامع عند القبر تقوّه نحو حاملات الطيب قائلاً: لم تمزجن الطيوب بالدموع، بترت يا تلميذات؟ أنظرن اللحد وأفرخن، لأنّ المخلص قد قام من القبر.</p>
--	--

<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> Very early in the morning, did the Myrrh-bearing Women run lamenting unto Thy tomb. But an Angel came toward them, saying: The time for lamentation is passed; weep not, but announce unto the Apostles the Resurrection.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. إِنَّ حَامِلَاتِ الطِّيبِ سَحَرًا جِدًّا، سَارَعْنَ إِلَى قَبْرِكَ نَائِحَاتٍ. إِلَّا أَنَّ الْمَلَائِكَةَ وَقَفَ بِهِنَّ، وَقَالَ لَهُنَّ: زَمَانُ النُّوحِ قَدْ كَفَّ وَبَطَلَ فَلَا تَبْكِينَ، بَلْ بَشِّرْنَ الرُّسُلَ بِالْقِيَامَةِ.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i> The Myrrh-bearing Women mourned, as bearing spices they drew near Thy tomb, O Savior. But the Angel spake unto them, saying: Why number ye the living among the dead? In that He is God He is risen from the grave.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. إِنَّ النِّسْوَةَ حَامِلَاتِ الطِّيبِ، وَاقِفِينَ بِالْحَنُوطِ إِلَى قَبْرِكَ أَيُّهَا الْمُخْلِصُ. فَسَمِعْنَ مَلَكَامًا مُتَنَعِّمًا نَحْوَهُنَّ قَائِلًا: لِمَ تَحْسِبْنَ الْحَيَّ مَعَ الْمَوْتَى؟ فِيمَا أَتَى إِلَهُ، قَدْ قَامَ مِنَ الْقَبْرِ نَاهِضًا.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> We adore the Father, as also His Son, and the Holy Spirit, the Holy Trinity in one Essence, crying with the Seraphim: Holy, holy, holy art Thou, O Lord.</p>	<p>الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُّوسِ. نَسْجُدُ لِلآبِ، وَلابْنِهِ، وَلِرُوحِ قُدُّوسِهِ، ثَالِوثًا قُدُّوسًا فِي جَوْهَرٍ وَاحِدٍ، هَاتِفِينَ مَعَ السَّرَافِيمِ: قُدُّوسٌ، قُدُّوسٌ، قُدُّوسٌ أَنْتَ يَا رَبِّ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> In that thou didst bear the Giver of Life, O Virgin, thou didst redeem Adam from sin, and didst give to Eve joy in place of sadness; and He who was incarnate of thee, both God and man, hath restored to life those who had fallen therefrom.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. أَيُّهَا الْعَدْرَاءُ، لَقَدْ وُلِدْتَ مُعْطِيَةَ الْحَيَاةِ، وَأَنْقَذْتِ آدَمَ مِنَ الْخَطِيئَةِ، وَمَنْحَتِ حَوَاءَ الْفَرْحِ عَوَضَ الْحُزْنِ، لَكِنَّ الْإِلَهَ وَالْإِنْسَانَ الْمُتَجَسِّدَ مِنْكَ، أَرْشَدَهُمَا إِلَى الْحَيَاةِ الَّتِي قَدْ تَهَوَّرَا مِنْهَا.</p>
<p>Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE) O our God and our Hope, glory to Thee!</p>	<p>هَلِّلُوِيَا، هَلِّلُوِيَا، هَلِّلُوِيَا، الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا) يَا إِلَهَنَا وَرَجَاءَنَا لَكَ الْمَجْدُ.</p>
THE LITTLE LITANY	
<p>Priest: Again and again, in peace, let us pray to the Lord. Choir: Lord, have mercy. Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace. Choir: Lord, have mercy. Priest: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady the Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God. Choir: To Thee, O Lord. Priest: For blessed is Thy Name, and glorified is Thy kingdom: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages. Choir: Amen.</p>	<p>الكَاهِنُ: أَيْضًا وَأَيْضًا بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمْ. الكَاهِنُ: أَعُضِدْ، وَخَلِّصْ، وَارْحَمْ، وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمْ. الكَاهِنُ: بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقِدَاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا الْوَالِدَةَ الْإِلَهَ الدَّائِمَةَ الْبَتُولِيَّةِ مَرِيَمَ مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعْ أَنْفُسَنَا وَتَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ. الجوق: لَكَ يَا رَبِّ. الكَاهِنُ: لِأَنَّ اسْمَكَ مُبَارَكٌ وَمُلْكُكَ مُمَجَّدٌ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. الجوق: آمِينَ.</p>
FIRST TONE RESURRECTIONAL HYPAKOE (Plain Reading)	
<p>The repentance of the thief gained him paradise by stealth, and the sighing of the ointment-bearing women proclaimed the glad tidings that Thou wast risen, O Christ, and hadst bestowed upon the world Thy Great Mercy.</p>	<p>تَوْبَةُ اللِّصِّ قَدْ اخْتَلَسَتْ الْفِرْدَوْسَ، وَنُوحُ حَامِلَاتِ الطِّيبِ بَشَّرَ بِالْفَرْحِ بِأَنَّكَ قُمْتَ أَيُّهَا الْمَسِيحُ الْإِلَهَ، مَا نَحْنُ الْعَالَمُ الرَّحْمَةَ الْعُظْمَى.</p>
FIRST TONE RESURRECTIONAL ANABATHMOI (Plain Reading) First Antiphony	

<p>+ O Lord, to Thee in my sorrows do I cry. Hear Thou my cry of pain.</p> <p>+ Verily, the divine desire shall be without delay upon the people of the wilderness; for that they have come out of the vain world.</p> <p>+ <i>Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.</i></p> <p>+ Verily, glory and honor become the Holy Spirit, as they become the Father and the Son. Wherefore, do we praise the Triune, One in might.</p>	<p>+ أَيُّهَا الرَّبُّ، إِلَيْكَ أَهْتَفُ فِي حُزْنِي، فَاسْتَمِعْ تَوَجُّعِي.</p> <p>+ إِنَّ الشَّوْقَ الْإِلَهِيَّ يُصِيبُ أَهْلَ الْبَرَارِيِّ بِلا فُتُورٍ، لَاعْتِزَالِهِمْ عَنِ الْعَالَمِ الْبَاطِلِ.</p> <p>+ الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدْسِ، الْآنَ وَكُلَّ أَوَانٍ وَ إِلَى دَهْرِ الدَاهِرِينَ، آمِينَ.</p> <p>+ إِنَّ الْمَجْدَ وَالْإِكْرَامَ يَلِيقَانِ بِالرُّوحِ الْقُدْسِ، كَمَا يَلِيقَانِ بِالآبِ وَالابْنِ. لِأَجْلِ هَذَا نُسَبِّحُ الثَّالُوثَ ذَا الْعِزَّةِ الْوَاحِدَةَ.</p>
---	--

Second Antiphony

<p>+ O God, since Thou hast raised me to the hills of Thy laws, shed brightly Thy light of virtue upon me, that I may praise Thee.</p> <p>+ O Word, hold me fast with Thy right hand; keep me and preserve me, lest the fire of sin consume me.</p> <p>+ <i>Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.</i></p> <p>+ Verily, all creation together is regenerated by the Holy Spirit, and returns to its former being: for He is co-omnipotent with the Father and the Word.</p>	<p>+ اللَّهُمَّ إِذَا رَفَعْتَنِي إِلَى جِبَالِ نَوَامِسِيكَ، فَأَنْزِرْنِي بِالْفَضَائِلِ لَامِعاً لِكَيْ أُسَبِّحَكَ.</p> <p>+ أَيُّهَا الْكَلِمَةُ اضْبُطْنِي بِيَدِكَ الْيُمْنَى، وَاحْفَظْنِي وَصُنِّي لِئَلَّا تُحْرِقَنِي نَارُ الْخَطِيئَةِ.</p> <p>+ الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدْسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ، آمِينَ.</p> <p>+ إِنَّ الْخَلْقَةَ تَتَجَدَّدُ كُلُّهَا بِالرُّوحِ الْقُدْسِ، وَتَرْجِعُ إِلَى كِيَانِهَا الْأَوَّلِ، لِأَنَّهُ مُسَاوٍ فِي الْقُدْرَةِ لِلآبِ وَالْكَلِمَةِ.</p>
---	--

Third Antiphony

<p>+ My soul did rejoice with those who say: Let us go into the courts of the Lord. My heart was exceedingly glad.</p> <p>+ Great fear shall be in the house of David, where the seats shall be set, and all tribes and tongues of the earth shall be judged.</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>+ Verily, it is meet to offer glory, might and power to the Holy Spirit as to the Father and the Son; for the Trinity is one in Substance, not in Person.</p>	<p>+ قَدْ ابْتَهَجَتْ رُوحِي بِالْقَائِلِينَ لِي لِنَسْعَ إِلَى دِيَارِ الرَّبِّ، وَفَرِحَ قَلْبِي جِداً.</p> <p>+ خَوْفٌ عَظِيمٌ يَصِيرُ فِي بَيْتِ دَاوُدَ، حَيْثُ هُنَاكَ تُوَضَعُ الْكُرَاسِي وَتُحَاكَمُ كُلُّ قَبَائِلِ الْأَرْضِ وَالسِّنْتِهَا.</p> <p>+ الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدْسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ، آمِينَ.</p> <p>+ إِنَّ تَقْدِيمَ الْمَجْدِ وَالْعِزَّةِ وَالْإِكْرَامِ وَالسُّجُودِ وَاجِبٌ لِلرُّوحِ الْقُدْسِ كَمَا يَجِبُ لِلآبِ وَالابْنِ، لِأَنَّ الثَّالُوثَ مُوَحَّدٌ فِي الطَّبِيعَةِ لَا فِي الْوُجُوهِ.</p>
--	---

PROKEIMENON FOR THE RESURRECTION IN TONE ONE

<p>Now will I arise, saith the Lord; I will set Myself for salvation; I will make no tarrying therein. (TWICE)</p> <p>Stichos: The words of the Lord are pure words.</p> <p>Now will I arise, saith the Lord; I will set Myself for salvation; I will make no tarrying therein.</p>	<p>الآنَ أَقُومُ يَقُولُ الرَّبُّ، أَتَحَرَّى الْخَلَاصَ وَأَتَجَلَّى بِهِ.</p> <p>(مرتين)</p> <p>زَكَّجِكَ: كَلَامُ الرَّبِّ كَلَامٌ نَقِيٌّ.</p> <p>الآنَ أَقُومُ يَقُولُ الرَّبُّ، أَتَحَرَّى الْخَلَاصَ وَأَتَجَلَّى بِهِ.</p>
--	--

<p>Deacon: Let us pray to the Lord.</p> <p>Choir: Lord, have mercy.</p> <p>Priest: For Holy art Thou, O our God, Who 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 الرَّبِّ تَطْلُبُ.</p> <p>المرتل: يا ربُّ ارحم.</p> <p>الكاهن: لِأَنَّكَ قُدُّوسٌ أَنْتَ يَا إِلَهَنَا، وَفِي الْقَدِيسِينَ تَسْتَقَرُّ وَتَسْتَرِيحُ، وَلَكَ نُرْسِلُ الْمَجْدَ أَيُّهَا الْآبُ، وَالْإِبْنُ، وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>
<p>Chanter: Amen. Let everything that hath breath praise the Lord. (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 قَدِيسِيهِ، سَبِّحُوهُ فِي فَلكِ قُوَّتِهِ.</p> <p>فَلْتُسَبِّحِ الرَّبَّ، كُلُّ نَسَمَةٍ.</p>
<p>THE NINTH EOTHINON GOSPEL</p>	
<p>Deacon: And that we may be accounted worthy to hear the Holy Gospel, let us pray unto the Lord our God.</p> <p>Choir: Lord, have mercy. (thrice)</p> <p>Deacon: Wisdom! Attend! Let us hear the Holy Gospel</p> <p>Priest: Peace be to all.</p> <p>Choir: And to thy spirit.</p> <p>Priest: The Reading from the Holy Gospel according to Saint John (20:19-31)</p> <p>Choir: Glory to Thee, O Lord, glory to Thee.</p> <p>Deacon: Let us attend!</p>	<p>الشماس: مِنْ أَجْلِ أَنْ نَكُونَ مُسْتَحِقِّينَ لِسَمَاعِ الْإِنْجِيلِ الْمُقَدَّسِ، إِلَى الرَّبِّ إِلَهِنَا نَطْلُبُ.</p> <p>المرتل: يَا رَبُّ ارحم. (ثلاثاً)</p> <p>الشماس: الْحِكْمَةُ، فَلْتَسْتَقِمْ وَلْتَسْمَعْ الْإِنْجِيلَ الْمُقَدَّسَ،</p> <p>الكاهن: السَّلَامُ لِجَمِيعِكُمْ.</p> <p>المرتل: ولِروحِكَ.</p> <p>الكاهن: فَضْلٌ شَرِيفٌ مِنْ بِيْشَارَةِ الْقَدِيسِ يُوْحَنَّا الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ.</p> <p>المرتل: الْمَجْدُ لَكَ، يَا رَبُّ، الْمَجْدُ لَكَ.</p> <p>الشماس: لِنُصِغْ!</p>
<p>Priest: On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, "Peace be to you." When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be to you. As the Father has sent me, even so I send you." And when He had said this, He breathed on them, and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in His hands the print of the nails, and place my finger in the mark of the nails, and place my hand in His side, I will not believe." Eight days later, His disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood</p>	<p>الكاهن: لَمَّا كَانَتْ عَشِيَّةَ ذَلِكَ الْيَوْمِ، وَهُوَ أَوَّلُ الْأُسْبُوعِ وَالْأَبْوَابُ مَغْلَقَةٌ حَيْثُ كَانَ التَّلَامِيذُ مُجْتَمِعِينَ خَوْفًا مِنَ الْيَهُودِ، جَاءَ يَسُوعُ وَوَقَّفَ فِي الْوَسْطِ وَقَالَ لَهُمْ: "السَّلَامُ لَكُمْ". فَلَمَّا قَالَ هَذَا أَرَاهُمْ يَدَيْهِ وَجَنْبَهُ، فَفَرِحَ التَّلَامِيذُ حِينَ أَبْصَرُوا الرَّبَّ. وَقَالَ لَهُمْ ثَانِيَةً: "السَّلَامُ لَكُمْ، كَمَا أَرْسَلَنِي الْآبُ كَذَلِكَ أَنَا أَرْسَلُكُمْ".</p> <p>وَلَمَّا قَالَ هَذَا نَفَخَ فِيهِمْ وَقَالَ لَهُمْ: "خُذُوا الرُّوحَ الْقُدُّوسَ. مَنْ غَفَرْتُمْ خَطَايَاهُمْ تُغْفَرْ لَهُمْ وَمَنْ أَمْسَكْتُمْ خَطَايَاهُمْ أُمِسَّتْ". أَمَّا ثُومَا أَحَدُ الْإِثْنَيْ عَشَرَ الَّذِي يُقَالُ لَهُ التَّوَّامُ فَلَمْ يَكُنْ مَعَهُمْ حِينَ جَاءَ يَسُوعُ، فَقَالَ لَهُ التَّلَامِيذُ الْآخَرُونَ "إِنَّا قَدْ رَأَيْنَا الرَّبَّ"، فَقَالَ لَهُمْ: "إِنْ لَمْ أَعِينَ أَثَرَ الْمَسَامِيرِ فِي يَدَيْهِ، وَأَضَعُ إصْبَعِي فِي أَثَرِ الْمَسَامِيرِ، وَأَضَعُ يَدِي فِي جَنْبِهِ لَا أُوْمِنُ". وَبَعْدَ ثَمَانِيَةِ أَيَّامٍ كَانَ تَلَامِيذُهُ أَيْضًا دَاخِلًا وَتُومَا مَعَهُمْ،</p>

<p>among them, and said, "Peace be to you." Then He said to Thomas, "Put your finger here, and see My hands; and put out your hand, and place it in My side; do not be faithless, but believing." Thomas answered Him, "My Lord and my God!" Jesus said to him, "Thomas, you have believed because you have seen Me. Blessed are those who have not seen and yet believe." Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His Name.</p>	<p>فَأَتَى يَسُوعُ وَالْأَبْوَابَ مُغْلَقَةً وَوَقَفَ فِي الْوَسْطِ وَقَالَ لَهُمْ: "السَّلَامُ لَكُمْ"، ثُمَّ قَالَ لِتُومَا: "هَاتِ إصْبَعَكَ إِلَى هَهُنَا وَعَايِنِ يَدَيَّ، وَهَاتِ يَدَكَ وَصَّعْهَا فِي جَنْبِي، وَلَا تَكُنْ غَيْرَ مُؤْمِنٍ بَلْ مُؤْمِنًا". أَجَابَ تُومَا وَقَالَ لَهُ: "رَبِّي وَالْهِي". قَالَ لَهُ يَسُوعُ: "لَأَنَّكَ رَأَيْتَنِي يَا تُومَا أَمَنْتَ؟ طُوبَى لِلَّذِينَ لَمْ يَرَوْا وَأَمَنُوا". وَأَيَاتٍ آخَرَ كَثِيرَةً صَنَعَ يَسُوعُ أَمَامَ تَلَامِيذِهِ لَمْ تُكْتَبْ فِي هَذَا الْكِتَابِ. وَأَمَّا هَذِهِ، فَقَدْ كُتِبَتْ لِتُؤْمِنُوا بِأَنَّ يَسُوعَ هُوَ الْمَسِيحُ ابْنُ اللَّهِ، وَلِكِي تَكُونَ لَكُمْ، إِذَا أَمَنْتُمْ، حَيَاةً بِاسْمِهِ.</p>
<p>Choir: Glory to Thee, O Lord, glory to Thee.</p>	<p>المرتل: المَجْدُ لَكَ، يَا رَبُّ، المَجْدُ لَكَ.</p>
<p>Reader: 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 الْقُدُّوسِ، يَسُوعَ الْمَعْصُومِ مِنَ الْخَطَا وَحْدَهُ. لِصَلِيبِكَ أَيُّهَا الْمَسِيحُ نَسْجُدُ، وَلِقِيَامَتِكَ الْمُقَدَّسَةِ نُسَبِّحُ وَنُجَدِّدُ، لِأَنَّكَ أَنْتَ هُوَ إِلَهُنَا، وَآخِرَ سِوَاكَ لَا نَعْرِفُ، وَبِاسْمِكَ نُسَمِّي. هَلُمَّ يَا مَعْشَرَ الْمُؤْمِنِينَ نَسْجُدْ لِقِيَامَةِ الْمَسِيحِ الْمُقَدَّسَةِ، لِأَنَّ هُوَذَا بِالصَّلِيبِ قَدْ أَتَى الْفَرْحُ لِكُلِّ الْعَالَمِ. لِنُبَارِكِ الرَّبَّ فِي كُلِّ حِينٍ وَنُسَبِّحُ قِيَامَتَهُ، لِأَنَّهُ إِذْ اخْتَمَلَ الصَّلْبَ مِنْ أَجْلِنَا، الْمَوْتَ بِالْمَوْتِ حَطَّمَ.</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 اَمْحُ مَاثِمِي.</p>
<p>Wash me thoroughly from mine iniquity, and cleanse me from my sin.</p>	<p>اغْسِلْنِي كَثِيرًا مِنْ إِثْمِي، وَمِنْ خَطِيئَتِي طَهِّرْنِي.</p>
<p>For I know mine iniquity, and my sin is ever before me.</p>	<p>لَأَنِّي أَنَا عَارِفٌ بِإِثْمِي، وَخَطِيئَتِي أَمَامِي فِي كُلِّ حِينٍ.</p>
<p>Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged.</p>	<p>إِلَيْكَ وَحْدَكَ أَخْطَأْتُ، وَالشَّرُّ قُدَّامَكَ صَنَعْتُ، لَكِي تَصُدَّقَ فِي أَقْوَالِكَ وَتَغْلِبَ فِي مُحَاكَمَتِكَ.</p>
<p>For behold, I was conceived in iniquities, and in sins did my mother bear me.</p>	<p>هَاءِذَا بِالْأَثَامِ حَبِلَ بِي، وَبِالْخَطَايَا وُلِدْتَنِي أُمِّي.</p>
<p>For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me.</p>	<p>لِأَنَّكَ قَدْ أَحْبَبْتَ الْحَقَّ، وَأَوْضَحْتَ لِي غَوَامِضَ حِكْمَتِكَ وَمَسْتَوْرَاتِهَا.</p>
<p>Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow.</p>	<p>تَنْصَحْنِي بِالزُّوفَى فَاطْهُرْ، تَغْسِلْنِي فَأَبْيَضُ أَكْثَرَ مِنَ التَّلْجِ.</p>
<p>Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice.</p>	<p>تُسَمِعُنِي بِهَجَّةٍ وَسُرُورًا، فَتَبْتَهِجُ عِظَامِي الدَّالِيَةَ.</p>
<p>Turn Thy face away from my sins, and blot out all mine iniquities.</p>	<p>اصْرِفْ وَجْهَكَ عَنِ خَطَايَايَ، وَاَمْحُ كُلَّ مَاثِمِي.</p>

Create in me a clean heart, O God, and renew a right spirit within me.	قَلْبًا نَقِيًّا اَخْلُقْ فِيَّ يَا اللهُ، وروحاً مُسْتَقِيمًا جَدِّدْ فِي اَحْشَائِي.
Cast me not away from Thy presence, and take not Thy Holy Spirit from me.	لا تَطْرَحْنِي مِنْ اَمَامِ وَجْهِكَ، وروحَكَ الْقُدُّوسَ لا تَنْزِعْهُ مِنِّي.
Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me.	اَمْنَحْنِي بِهَجَّةِ خَلَاصِكَ، وِروحِ رِئاسِي اَعْضُدْنِي.
I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee.	فَاَعْلِمُ الْاَثَمَةَ طُرُقَكَ، وَالْكَفَرَةَ اِلَيْكَ يَرْجِعُونَ.
Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness.	اَنْقِذْنِي مِنَ الدِّمَاءِ يَا اللهُ اِلَهَ خَلَاصِي، فَيَبْتَهِجَ لِسَانِي بِعَدْلِكَ.
O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.	يا رَبُّ افْتَحْ شَفْتَيَّ، فَيُخْبِرَ فَمِي بِتَسْبِيحَتِكَ.
For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased.	لَا اَنْكَ لَوْ اَثَرْتَ الذَّبِيحَةَ، لَكُنْتُ الْاَنَ اَعْطِي، لَكِنَّكَ لا تُسَرُّ بِالْمُحْرَقَاتِ.
A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise.	الذَّبِيحَةُ لَلَّهِ رُوحٌ مُنْسَحِقٌ، الْقَلْبُ الْمُتَخَشِّعُ وَالْمُتَوَاضِعُ لا يَزُدُّهُ اللهُ.
Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up.	اَصْلِحْ يَا رَبُّ بِمَسَرَّتِكَ صِهْيُونَ وَلْتُبْنَ اسْوَارُ اورشليم.
Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings.	حِينَئِذٍ تُسَرُّ بِذَّبِيحَةِ الْعَدْلِ قُرْبَانًا وَمُحْرَقَاتِ.
Then shall they offer bullocks upon Thine altar.	حِينَئِذٍ يُقَرَّبُونَ عَلٰى مَذْبَحِكَ الْعُجُولِ.
LENTEN TROPARIA AFTER PSALM 50 IN TONE EIGHT	
<i>Glory to the Father, and to the Son, and to the Holy Spirit. Open to me the doors of repentance, O Life-giver; for my soul goeth early to the temple of Thy holiness, coming in the temple of my body, wholly polluted. But because Thou art compassionate, purify me by the compassion of Thy mercies.</i>	المَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُسِ. افْتَحْ لِي اَبْوَابَ التَّوْبَةِ يَا واهِبَ الْحَيَاةِ، لِأَنَّ رُوحِي تَبْتَكَرُ اِلَى هَيْكَلِ قُدْسِكَ، اَتِيًّا بِهَيْكَلِ جَسَدِي مُدَنَسًا بِجُمَلَتِهِ. لَكِنْ، بِمَا اَنَّكَ مُنْعَطِفٌ، نَقِّئِي بِتَحَنُّنِ مَرَامِكَ.
<i>Both now and ever, and unto ages of ages. Amen. Prepare for me the way of salvation, O Theotokos; for I have profaned myself with coarse sins, and consumed my whole life with procrastination. But by thine intercessions purify thou me from all abomination.</i>	الْاَنَ وَكُلَّ اَوَانٍ وَاِلَى دَهْرِ الدَاهِرِيْنَ. اَمِيْنَ. سَهِّلِي لِي مَنَاهِجَ الْخَلَاصِ يَا وَالِدَةَ الْاِلَهَةِ، فَاِنِّي قَدْ دَنَسْتُ نَفْسِي بِخَطَايَا سَمَجَةٍ، وَاَفْنَيْتُ عُمُرِي كُلَّهُ بِالتَّوَانِي. لَكِنْ بِشَفَاعَاتِكَ، نَقِّئِي مِنْ كُلِّ رَجَاسَةٍ.
<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. If I think upon the multitude of my evil deeds, wretch that I am, I tremble for the terrible Day of Judgment. But, trusting the compassion of Thy mercy, I shout to Thee like David, Have mercy upon me, O God, according to Thy Great Mercy.</i>	(بِاللَّحْنِ السَّادِسِ) يَا رَحِيمَ، ارْحَمْنِي يَا اللهُ كَعَظِيمِ رَحْمَتِكَ، وَكَمَثَلِ كَثْرَةِ رَأْفَاتِكَ اَمْحُ مَاثِمِي. اِذَا تَصَوَّرْتُ كَثْرَةَ اَفْعَالِي الرَّدِيئَةِ اَنَا الشَّقِيَّ، فَاِنِّي اَرْتَعِدُ مِنْ يَوْمِ الدَّيْنُونَةِ الرَّهِيْبِ. لَكِنِّي اِذْ اَنَا وَاثِقٌ بِتَحَنُّنِكَ، اَهْتَفُ اِلَيْكَ مِثْلَ دَاوُدَ: ارْحَمْنِي يَا اللهُ، بِحَسَبِ عَظِيمِ رَحْمَتِكَ.
THE INTERCESSION	

Deacon: O God, save Thy people, and bless Thine inheritance. Visit Thy world with mercy and compassions. Exalt the horn of Orthodox Christians, and send down upon us Thy rich mercies. Through the intercessions of our all-immaculate Lady 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 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; of our father among the saints Gregory Palamas, archbishop of Thessalonica; whose memory we celebrate today, 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.

الشماس: خَلِّصْ يَا اللَّهُ شَعْبَكَ، وَبَارِكْ مِيرَاثَكَ، وَانْقُدْ عَالَمَكَ بِالرَّحْمَةِ وَالرَّافَاتِ، وَارْفَعْ شَأْنَ الْمَسِيحِيِّينَ الْأَرْتُوذُكْسِيِّينَ، وَأَسْبِغْ عَلَيْنَا مَرَاحِمَكَ الْعَنِيَّةَ، بِشَفَاعَاتِ سَيِّدَتِنَا وَالِدَةِ الْإِلَهِ الْكَلِيَّةِ الطَّهَارَةِ وَالِدَائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ؛ وَبِقُوَّةِ الصَّلِيبِ الْكَرِيمِ الْمُحْيِي؛ وَبِطَلْبَاتِ الْقُوَاتِ السَّمَاوِيَّةِ الْمُكْرَمَةِ الْعَادِمَةِ الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا الْمَعْمَدَانَ؛ وَالْقَدِيسِينَ الْمُشْرَفِينَ الرَّسُولِينَ بَطْرُسَ وَبُولُسَ، وَسَائِرِ الرَّسُلِ الْمُشْرَفِينَ الْجَدِيرِينَ بِكُلِّ مَدِيحٍ؛ وَأَبَائِنَا الْقَدِيسِينَ مُعَلِّمِي الْمَسْكُونَةِ رُؤَسَاءِ الْكَهَنَةِ الْمُعْظَمِينَ بَاسِيلْيُوسَ الْكَبِيرِ، وَغْرِغُورْيُوسَ الْلاهُوتِي، وَيُوْحَنَّا الذَّهَبِيِّ الْقَمَّ؛ وَأَبَائِنَا الْقَدِيسِينَ أُنْتَاْسِيُوسَ وَكِيْرُلُسَ وَيُوْحَنَّا الرَّحِيمِ بَطْرِيْكَةَ الْإِسْكَنْدَرِيَّةِ، وَأَبِينَا الْقَدِيسِ نِيْقُولَاوَسَ رَئِيسِ أَسَاقِفَةِ مِيرَا الْلِيْكِيَّةِ، وَاسْبِيرِيدُونَ أُسْقَفِ ثْرِيمِيْتُوسَ، وَنِكْتَارْيُوسَ أُسْقَفِ الْمُدُنِ الْخَمْسِ الْعَجَائِبِيِّينَ، وَأَبِينَا الْقَدِيسِ تِيْخُونَ بَطْرِيْرِكَ مُوسْكُو، وَالْقَدِيسِ رَافَائِيلَ أُسْقَفِ بْرُوكْلِينَ؛ وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْعُظْمَاءِ جَاورْجِيُوسَ الْلايسِ الطَّفَرِ، وَدِيمِيْتْرْيُوسَ الْمُفِيضِ الطَّيْبِ، وَثِيُودُوسَ الْتِيْرُونِي، وَثِيُودُوسَ قَائِدِ الْجَيْشِ، وَمِينَاسَ الصَّانِعِ الْعَجَائِبِ؛ وَالْقَدِيسِينَ الشُّهَدَاءِ إِغْنَاطِيُوسَ الْمُتَوَشَّحِ بِاللَّهِ، خَرَالْمَبُوسَ وَالْفِثِيرْيُوسَ؛ وَالشُّهَدَاءِ الْعَظِيمَاتِ تَقْلَا، بَرَبَارَةَ، أُنْسْطَاسِيَا، كَاتْرِينَا، كِيرْيَاكِي، فُوتِينِي، مَارِينَا، بَارَاسْكِيْفَا، وَأَيْرِينِ؛ وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْمُتَأَلِّقِينَ بِالطَّفَرِ؛ وَأَبَائِنَا الْأَبْرَارِ الْمُتَوَشَّحِينَ بِاللَّهِ؛ وَالْقَدِيسِ (ة) (فُلَانِ، فُلَانَةَ) شَفِيْعِ(ة) وَحَامِي(ة) هَذِهِ الرَّعِيَّةِ الْمُقَدَّسَةِ؛ وَالْقَدِيسِينَ الصِّدِّيقِينَ جَدِّي الْمَسِيْحِ الْإِلَهِي، يُوَاكِيْمَ وَحَنَّةَ؛ وَأَبِينَا الْجَلِيلِ فِي الْقَدِيسِينَ غْرِغُورْيُوسَ بَالَامَاسَ رَئِيسِ أَسَاقِفَةِ تَسَالُونِيْكِيَّةِ، وَالْبَارِّ إِيْلَارْيُونِ الْجَدِيدِ، وَالرَّسُولِ هِيرُودِيُونِ الَّذِي مِنْ السَّبْعِينَ، وَالْبَارِّ اسْتِيْفَانُوسَ مِنْ ثْرِيْعَلِيَا، اللَّذِينَ نَقِيْمُ تَنْكَارُهُمُ الْيَوْمَ؛ وَجَمِيْعِ قَدِيسِيْكَ، نَنْصَرِّعُ إِلَيْكَ، أَيُّهَا الرَّبُّ الْجَزِيلُ الرَّحْمَةِ، فَاسْتَجِبْ لَنَا نَحْنُ الْخَطَاةَ الطَّالِبِينَ إِلَيْكَ وَارْحَمْنَا.

Chanter: Lord, have mercy. Lord, have mercy. Lord, have mercy. (Repeat 4 times)

المترن: يَا رَبُّ ارْحَمْ، يَا رَبُّ ارْحَمْ، يَا رَبُّ ارْحَمْ. (4 مرات)

Priest: Through the mercy and compassions and love for mankind of Thine Only-begotten Son, with Whom Thou art blessed, together with Thine all-holy, and

الكاهن: بِرَحْمَةِ وَرَافَاتِ ابْنِكَ الْوَحِيدِ وَمَحَبَّتِهِ لِلْبَشَرِ، الَّذِي أَنْتَ مُبَارَكٌ مَعَهُ وَمَعَ رُوحِكَ الْكَلْبِيِّ قُدْسُهُ الصَّالِحِ

<p>good, and life-giving Spirit: now and ever, and unto ages of ages. Choir: Amen.</p>	<p>والمُخَيِّ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى ذَهْرِ الدَاهِرِينَ. المرتل: آمين.</p>
<p>FIRST TONE RESURRECTIONAL KONTAKION AND OIKOS (Plain Reading)</p>	
<p>As God, Thou didst arise from the tomb in glory, and Thou didst raise the world together with Thyself. Mortal nature praised Thee as God, and death was obliterated. Adam danceth for joy, O Master, and Eve, now freed from fetters, rejoiceth as she crieth out: Thou, O Christ, dost grant resurrection to all.</p>	<p>لَقَدْ قُمْتَ مِنَ الْقَبْرِ بِمَجْدٍ أَيُّهَا السَّيِّدُ، كَالِهٍ، وَأَقَمْتَ مَعَكَ الْعَالَمَ، فَسَبَّحَتْكَ طَبِيعَةُ الْبَشَرِ كَالِهٍ، وَالْمَوْتُ اضْمَحَلَّ، وَأَدَمُ رَقَصَ طَرِباً، وَحَوَاءُ أُعْتِقَتْ مِنَ الْفُيُودِ. فَهِيَ تَهْتِفُ الْآنَ مَسْرُورَةً: أَنْتَ أَيُّهَا الْمَسِيحُ، الْمَانِحُ الْقِيَامَةَ لِلْجَمِيعِ.</p>
<p>Let us praise as God omnipotent Him that arose on the third day, Who broke the gates of Hades and raised from the grave the dead from ages past, and Who of His own good pleasure appeared to the myrrh-bearing women, giving them first the greeting: Rejoice; and announcing joy to the apostles, as the only Giver of life. Wherefore, with faith the women proclaim to the disciples the glad tidings of the symbols of victory, Hades groaneth, death lamenteth, the world is joyful, and all men rejoice together; for Thou, O Christ, hast granted resurrection to all.</p>	<p>لِنُسَبِّحَنَّ الَّذِي قَامَ لِثَلَاثَةِ أَيَّامٍ نَاهِضاً كَالِهٍ قَدِيرٌ، وَسَحَقَ أَبْوَابَ الْجَحِيمِ، وَأَقَامَ الَّذِينَ فِي الْفُيُودِ مِنْذُ الدَّهْرِ، وَظَهَرَ أَوَّلًا لِحَامِلَاتِ الطَّيِّبِ كَمَا ارْتَضَى، قَائِلاً لَهُنَّ "افْرَحْنَ". وَبَشَّرَ الرُّسُلَ بِالْفَرَحِ، كَوَاهِبِ الْحَيَاةِ. فَلِذَلِكَ، بَشَّرَتِ النِّسْوَةُ التَّلَامِيذَ بِشَارَاتِ الظَّفَرِ بِأَيْمَانٍ، وَالْجَحِيمُ تَنَهَّدَتْ، وَالْمَوْتُ انْتَحَبَ نَادِباً، وَالْعَالَمُ ابْتَهَجَ، وَالْجَمِيعُ فَرِحُوا مَعاً، لِأَنَّكَ أَيُّهَا الْمَسِيحُ مَنَحْتَ الْقِيَامَةَ لِلْجَمِيعِ.</p>
<p>THE SYNAXARION (Plain Reading)</p>	
<p>On March 28 in the Holy Orthodox Church, we commemorate the Venerable Hilarion the New; Apostle Herodion of the Seventy; and Venerable Stephen of Triglia.</p>	
<p>On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, Gregory Palamas, archbishop of Thessalonica.</p>	
<p><i>Verses</i></p>	
<p>The Spring of Light now leadeth to light unwaning The Light's own truly great and resplendent herald.</p>	
<p>This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the palace and gave himself to asceticism on Mount Athos. He eventually moved to Thessalonica to seek cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy, tending to his people in an Apostolic fashion for 13 years. He is glorified as an ascetic, a theologian, a hierarch and a miracle-worker, who forsook a prominent, secular lifestyle to take up his cross and follow Christ. The Most-Holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and angels of God appeared to him at different times.</p>	
<p>Through his intercessions, O Lord Jesus Christ our God, have mercy upon us. Amen.</p>	
<p>KATAVASIAE OF THE AKATHIST CANON IN TONE FOUR</p>	
<p>Ode 1. I shall open my mouth and it will be filled with the Spirit; and I shall speak forth to the Queen and Mother. I shall be seen joyfully singing her praises, and I shall delight to sing of her wonders.</p>	<p>(الأولى) أَفْتَحُ فَمِي فَيَمْتَلِئُ رُوحاً، وَأُبْدِي قَوْلًا فَائِضاً نَحْوَ الْأُمِّ الْمَلَكَةِ، وَأُظْهِرُ مُعَيِّدًا لِلْمَوْسِمِ بِابْتِهَاجٍ، وَأَتَرَنَّمُ بِعَجَائِبِهَا مَسْرُوراً.</p>
<p>Ode 3. As a living and copious fountain, O Theotokos, do thou strengthen those who hymn thy praises, and are joined together in spiritual company for thy service; and in thy divine glory make them worthy of crowns of glory.</p>	<p>(الثالثة) يَا وَالِدَةَ الْإِلَهِ، بِمَا أَنْكَ الْيَنْبُوعُ الْحَيُّ الْمُدْتَفِقُ بِسَخَاءٍ، وَطَدِينَا نَحْنُ الْمُتَشَدِّينَ تَسَابِيحَكَ، الْمُتَلْتَمِينَ مَخْفِلاً رُوحِيّاً، وَفِي مَجْدِكَ الْإِلَهِيِّ أَهْلِينَا لِأَكَالِيلِ الْمَجْدِ وَالشَّرَفِ.</p>

<p>Ode 4. He Who sits in clouds of glory upon the throne of the Godhead, Jesus the most high God, came with mighty hand and saved those who cried out unto Him: Glory to Thy power, O Christ.</p>	<p>(الرابعة) إِنَّ يَسُوعَ الْفَائِقَ النَّالِهِ، الْجَالِسَ بِمَجْدٍ عَلَى سُدَّةِ اللاهوتِ، قَدْ وَرَدَ عَلَى سَحَابَةٍ خَفِيفَةٍ، وَخَلَصَ بِقَبْضَتِهِ الْغَيْرِ الْفَاسِدَةَ الصَّارِحِينَ نَحْوَهُ: الْمَجْدُ لِقَدْرَتِكَ أَيُّهَا الْمَسِيحُ.</p>
<p>Ode 5. All creation was amazed at thy divine glory, for thou, O unwedded Virgin, didst hold in thee the God of all, and didst bear the Eternal Son, Who rewards with salvation all those who hymn thy praises.</p>	<p>(الخامسة) أَيُّهَا الْبَتُولُ الَّتِي لَمْ تَعْرِفْ زَوْجاً، إِنَّ الْبَرِيَا بِأَسْرِهَا قَدْ انْذَهَلَتْ مِنْ مَجْدِكَ الْإِلَهِيِّ، لِأَنَّكَ حَمَلْتِ فِي حَشَاكَ إِلَهَ الْكُلِّ، وَوَلَدْتِ الْإِبْنَ الْغَيْرَ الْمَحْدُودِ فِي زَمَنِ، وَمَنْحَتِ الْخَالِصَ لِكُلِّ الَّذِينَ يُسَبِّحُونَكَ.</p>
<p>Ode 6. As we the Godly-minded, celebrate this sacred and all-honorable feast of the Mother of God: come, let us clap our hands together and glorify the God Whom she bore.</p>	<p>(السادسة) هَلُمُّوا أَيُّهَا الْمُتَأَلِّهُوا الْعُقُولِ، لِنُصَقِّقْ بِالْأَيْدِي مُقِيمِينَ هَذَا الْعِيدَ الْإِلَهِيِّ الْكَلْبِيِّ الْإِكْرَامِ، الَّذِي لِرِوَالِدَةِ الْإِلَهِ، وَنُْمَجِّدِ الْإِلَهِ الَّذِي وُلِدَ مِنْهَا.</p>
<p>Ode 7. The Godly-minded children worshipped not the creature rather than the Creator, but trampling upon the threat of fire in manly fashion, they rejoiced and sang: O All-praised Lord and God of our Fathers, blessed art Thou.</p>	<p>(السابعة) إِنْ الْفَتِيَّةُ الْمُتَأَلِّهُي الْعُقُولِ، لَمْ يَعْبُدُوا الْخَلِيقَةَ دُونَ الْخَالِقِ، بَلْ وَطَنُوا وَعِيدَ النَّارِ بِشَجَاعَةٍ، فَرْتَلُوا فَرِحِينَ: أَيُّهَا الْفَائِقُ النَّسْبِيحِ، مُبَارَكٌ أَنْتَ يَا إِلَهَ آبَائِنَا.</p>
<p><i>We praise, we bless, and we worship the Lord.</i> Ode 8. The three holy children in the furnace the Child of the Theotokos saved; then was the type, now is its fulfillment, and the whole world gathers to sing: All ye works praise the Lord and magnify Him unto all ages.</p>	<p>(الثامنة) نُسَبِّحُ وَنُبَارِكُ وَنَسُجُدُ لِلرَّبِّ. إِنَّ مَوْلِدَ وَالِدَةِ الْإِلَهِ قَدْ حَفِظَ الْفَتِيَّةَ الْأَطْهَارَ فِي الْأَتُونِ سَالِمِينَ، إِذْ كَانَ حِينِيذٍ مَرْسُوماً وَأَمَّا الْآنَ فَقَدْ حَصَلَ مَفْعُولاً، فَهُوَ يُنْهَضُ الْمَسْكُونَةَ بِأَسْرِهَا إِلَى التَّرْتِيلِ هَائِفَةً: يَا جَمِيعَ أَعْمَالِ الرَّبِّ سَبِّحُوا الرَّبَّ، وَزِيدُوهُ رَفْعَةً عَلَى مَدَى الْأَدْهَارِ.</p>
<p>Deacon: The Theotokos and Mother of the Light, let us honor and magnify in song.</p>	<p>الشماس: لِرِوَالِدَةِ الْإِلَهِ وَأَمِّ النُّورِ بِالتَّسَابِيحِ نُكْرِّمُ مُعْظَمِينَ.</p>
<p>MAGNIFICATIONS IN TONE FOUR</p>	
<p>My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior. Refrain: More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without corruption bearest God the Word, and art truly Theotokos, we magnify thee.</p>	<p>نُعْظِمُ نَفْسِي الرَّبِّ، وَتَبْتَهِّجُ رُوحِي بِاللَّهِ مُخْلِصِي. اللازمة: يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ مَجْداً بَعِيرِ قِيَاسٍ مِنَ السَّارَافِيمِ، الَّتِي مِنْ دُونَ فَسَادٍ وَوَلَدَتْ كَلِمَةَ اللَّهِ، حَقّاً 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. (Refrain)</p>	<p>لِأَنَّهُ نَظَرَ إِلَى تَوَاضَعِ أُمَّتِهِ، فَهَا مُنْذُ الْآنَ تُطَوِّبُنِي جَمِيعُ الْأَجْيَالِ. (اللازمة)</p>
<p>For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations. (Refrain)</p>	<p>لِأَنَّ الْقَدِيرَ صَنَعَ بِي عَظَائِمَ وَقُدُوسَ اسْمَهُ، وَرَحْمَتُهُ إِلَى جِيلٍ فَجِيلٍ لِلَّذِينَ يَتَّقُونَهُ. (اللازمة)</p>
<p>He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. (Refrain)</p>	<p>صَنَعَ عِزّاً بِسَاعِدِهِ، وَشَتَّتِ الْمُتَكَبِّرِينَ بِذَهْنِ قُلُوبِهِمْ. (اللازمة)</p>
<p>He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the empty with good things, and the rich hath He sent empty away. (Refrain)</p>	<p>حَطَّ الْمُفْتَدِرِينَ عَنِ الْكُرَاسِي وَرَفَعَ الْمُتَوَاضِعِينَ، مَلَأَ الْجِياعَ مِنَ الْخَيْرَاتِ، وَالْأَغْنِيَاءَ أَرْسَلَهُمْ فَارِغِينَ. (اللازمة)</p>

<p>He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. <i>(Refrain)</i></p>	<p>عَضَدَ إِسْرَائِيلَ فَتَاهُ لِيَذْكَرَ رَحْمَتَهُ، كَمَا قَالَ لِأَبَائِنَا إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الأَبَدِ. <i>(اللازمة)</i></p>
<p>Ode 9. An unhewn stone, O Virgin, from thy mountain was cut, but not by hand, even Christ, Who brought together the separated natures. Wherefore, we rejoice gladly, and glorify thee, O Theotokos.</p>	<p><i>(التاسعة)</i> كُلُّ الأَرْضِيِّينَ فَلْيَبْتَهِجُوا بِالرُّوحِ حَامِلِينَ المَصَابِيحِ، وَطَبِيعَةَ العَقْلِيِّينَ الغَيْرِ الهَيُولِيِّينَ فَلتَحْتَفِلْ مَعاً، مُعَيَّدَةً لِمَوْسِمِ أُمِّ الإِلهِ الشَّرِيفِ وهَاتِفَةً: إِفْرَحِي يَا وَالدَةَ الإِلهِ التَّقِيَّةَ، الدَائِمَةَ الْبَتُولِيَّةَ، وَالكَلْبِيَّةَ الطَّوْبِيَّ.</p>
<p>THE LITTLE LITANY</p>	
<p>Deacon: Again and again, in peace, let us pray to the Lord. Choir: Lord, have mercy. Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace. Choir: Lord, have mercy. Deacon: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady the Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God. Choir: To Thee, O Lord. Priest: For all the powers of Heaven praise Thee, and unto Thee do they ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. Choir: Amen.</p>	<p>الشماس: أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمْنَا. الشماس: أَعْضُدْ، وَخَلِّصْ، وَارْحَمْ، وَاحْفَظْنَا يَا اللهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمْنَا. الشماس: بَعْدَ ذِكْرِنَا الكَلْبِيَّةَ القَدَاسَةِ، الطَّاهِرَةَ، الفَائِقَةَ الْبَرَكَاتِ المَجِيدَةِ، سَيِّدَتِنَا وَالدَةَ الإِلهِ الدَائِمَةَ البَتُولِيَّةَ مَرْيَمَ مَعَ جَمِيعِ القَدِيسِينَ، لِنُوَدِّعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الإِلهِ. الجوق: لَكَ يَا رَبِّ. الكاهن: لِأَنَّهُ إِيَّاكَ تُسَبِّحُ كُلُّ قُوَّاتِ السَّمَاوَاتِ، وَكَأَنَّكَ يُرْسَلُونَ المَجْدَ أَيُّهَا الأبُّ وَالإِبْنُ وَالرُّوحُ القُدُّوسُ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى ذَهْرِ الدَّاهِرِينَ. الجوق: آمِينَ.</p>
<p>Holy is the Lord our God. <i>(THRICE)</i> Exalt ye the Lord our God, and worship at His footstool, for He is holy.</p>	<p>قُدُّوسٌ هُوَ الرَّبُّ إِلَهُنَا. <i>(ثلاثاً)</i> إِرْفَعُوا الرَّبَّ إِلَهُنَا، وَاسْجُدُوا لِمَوْطِي قَدَمَيْهِ، لِأَنَّ الرَّبَّ إِلَهُنَا قُدُّوسٌ هُوَ.</p>
<p>9th EOTHINON EXAPOSTEILARION IN TONE 2 (**Upon that mount in Galilee**)</p>	
<p>When Thou hadst entered while the doors * were shut fast, Thou, O Master, * didst fill Thine Apostolic choir * with the All-holy Spirit; * and having breathed peace upon them, * Thou verily didst tell them * to bind and loose the sins of men; * and the eighth day thereafter, * Thy wounded side * and Thy hands didst Thou display unto Thomas, * with whom, we cry: Our Lord and God * art Thou, O Sovereign Master.</p>	<p>أَيُّهَا السَّيِّدُ، لَمَّا دَخَلْتَ وَالأَبْوَابُ مُعْلَقَةٌ، أَوْعَيْتَ رُسُلَكَ مِنَ الرُّوحِ الكَلْبِيِّ قُدُّسُهُ، إِذْ نَفَخْتَ فِيهِمْ بِسَلَامٍ، قَائِلاً لَهُمْ، أَنْ يَجْلُؤُوا أَوْ يَرْبِطُوا الخَطَايَا، وَبَعْدَ ثَمَانِيَةِ أَيَّامٍ أَرَيْتَ توما يَدَيْكَ وَجَنْبَكَ. فَمَعَهُ نَهَيْتُفُ إِلَيْكَ: أَنْتَ هُوَ الرَّبُّ وَالإِلهُ.</p>
<p>EXAPOSTEILARION/THEOTOKION ST. GREGORY PALAMAS TONE 2 (Upon that mount in Galilee)</p>	
<p>Rejoice, O pride of Fathers and mouth-piece of those who speak in theology, O dwelling-place of calm and house of wisdom, leader of teachers, and sea of intellect. Rejoice, O instrument of work, O end of vision, and healer of human illness. Rejoice, O Father Gregory, treasure of the Spirit, alive and dead.</p>	<p>إِفْرَحْ يَا فَخْرًا لِأَبَائِ، وَفَمَا لِأَهْوَتِيَّينَ. إِفْرَحْ يَا مَسْكِنَ الهُدُوءِ، وَيَا بَيْتًا لِلْحِكْمَةِ، وَرَعِيمَ المُعَلِّمِينَ، مَنْ هُوَ لُجَّةَ الصَّلَاحِ. إِفْرَحْ يَا آلَةَ العَمَلِ، كَمَالَ الثَّائُورِيَّاتِ، الشَّافِي الأَمْرَاضِ البَشَرِيَّةِ. إِفْرَحْ أَيُّهَا الأبُّ خِزَانَةُ الرُّوحِ فِي الحَيَاةِ وَبَعْدَ المَوْتِ أَيْضاً.</p>

O Lady, queen of all, embrace us in our sorrows. Be present on the Last Day, the day of tribulation, lest Satan, Hades and destruction overrule us. Make us all stand upright before the terrible tribune of thy Son, without offense, by thine intercessions, O Lady Theotokos.	مَلِكَةَ الْكُلِّ السَّيِّدَةِ، فِي الْحُزْنِ أَذْرِكِينَا، وَفِي شِدَائِدِ الْيَوْمِ الْأَخِيرِ أَذْرِكِينَا كَيْ لَا يَسُودَنَا الشَّيَاطِينُ، وَلَا الْجَحِيمُ وَالهَالِك. وَخَوَّلِينَا أَنْ نَقِفَ أَمَامَ مِنْبَرِ ابْنِكَ الرَّهيبِ غَيْرِ مُذْنِبِينَ، بِشَفَاعَاتِكَ أَيُّهَا السَّيِّدَةُ، أُمُّ الْإِلَهِ الْعَذْرَاءِ .
--	--

AINOI (PRAISES) IN TONE ONE

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 فَلْتُسَبِّحِ الرَّبَّ. سَبِّحُوا الرَّبَّ مِنَ السَّمَاوَاتِ، سَبِّحُوهُ فِي الْأَعَالِي، لِأَنَّهُ لَكَ يَلِيقُ النَّسْبِيحُ 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 سَائِرَ قُوَّاتِهِ، لِأَنَّهُ لَكَ يَلِيقُ النَّسْبِيحُ يَا اللَّهُ.

For the Resurrection in Tone One

<i>Verse 1. This glory shall be to all His saints. We praise, O Christ, Thy saving Passion and glorify Thy Resurrection.</i>	1- هَذَا الْمَجْدُ يَكُونُ لِجَمِيعِ أَبْرَارِهِ. أَيُّهَا الْمَسِيحُ نُسَبِّحُ أَلَامَكَ الْخَلَّاصِيَّةَ، وَنُحَمِّدُ قِيَامَتَكَ.
<i>Verse 2. Praise God in His sanctuary; praise Him in the firmament of His power. O Thou Who didst endure the Cross and abolish Death and didst rise again from the dead: give peace to our life, O Lord, for Thou only art almighty.</i>	2- سَبِّحُوا اللَّهَ فِي قَدِيسِيهِ، سَبِّحُوهُ فِي فَالِكِ قُوَّتِهِ. يَا مَنْ احْتَمَلَ الصَّلِيبَ وَأَبْطَلَ الْمَوْتَ، وَقَامَ مِنْ بَيْنِ الْأَمْوَاتِ، سَلِّمْ حَيَاتِنَا يَا رَبُّ، بِمَا أَنْتَ وَحْدَكَ كَلِّي الْأَقْتِدَارِ.
<i>Verse 3. Praise Him for His mighty acts; praise Him according to His excellent greatness. O Thou Who didst despoil Hell and raise man again from the dead by Thy Resurrection, O Christ, make us worthy with pure hearts to praise and glorify Thee.</i>	3- سَبِّحُوهُ عَلَى مَقْدَرَتِهِ، سَبِّحُوهُ نَظِيرَ كَثْرَةِ عَظَمَتِهِ. أَيُّهَا الْمَسِيحُ، يَا مَنْ سَبَى الْجَحِيمَ مُبِيداً، وَأَقَامَ الْإِنْسَانَ بِقِيَامَتِهِ، أَهْلُنَا أَنْ نُسَبِّحَكَ بِقُلُوبٍ نَقِيَّةٍ وَنُحَمِّدَكَ.
<i>Verse 4. Praise Him with the sound of the trumpet; praise Him with the psaltery and harp. Glorifying Thy divine condescension, we praise Thee, O Christ, for Thou wast born of a Virgin yet wast not separated from the Father. Thou didst suffer as man and of Thine own free will endured the Cross, and Thou didst rise again from the tomb going forth as from a bridal chamber that Thou mightest save the world. O Lord, glory to Thee.</i>	4- سَبِّحُوهُ بِلِحْنِ الْبُوقِ، سَبِّحُوهُ بِالْمِزْمَارِ وَالْقِيَّازَةِ. أَيُّهَا الْمَسِيحُ إِنَّا نُسَبِّحُكَ مُمَجِّدِينَ تَنَارُكَ اللَّائِقَ بِاللَّهِ، يَا مَنْ وُلِدَ مِنَ الْعَذْرَاءِ، وَلَمْ يَنْفَصِلْ عَنِ حُضْنِ الْآبِ، وَتَأَلَّمَ كإِنْسَانٍ، وَاحْتَمَلَ الصَّلْبَ طَوْعاً، وَانْبَعَثَ مِنَ الرَّمْسِ وَارِداً كَمَا مِنْ خَدْرِ، لِكَيْ يُخَلِّصَ الْعَالَمَ، يَا رَبُّ الْمَجْدُ لَكَ.
For St. Gregory Palamas in Tone One (**Thou art the joy**)	
<i>Verse 5. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs. Thou didst live in the world of blessed life. Wherefore, thou dost rejoice now with the congregations of the blessed, and dwellest in the land of the meet, as one who is meek, O Bishop Gregory, enriched by God with the grace of miracles, which thou dost grant to those who honor thee.</i>	5- سَبِّحُوهُ بِالطَّبْلِ وَالْمِصَافِ. سَبِّحُوهُ بِالْأُوتَارِ وَآلَةِ الطَّرْبِ. لَقَدْ جُرُزْتَ فِي الْحَيَاةِ حَيَاةً مَغْبُوطَةً، وَالآنَ أَنْتَ تَفْرُحُ مَعَ مَحَافِلِ الْمَغْبُوطِينَ، فَتَسْكُنُ يَا غِرِيغُورِيُوسُ كُودِيَعِ أَرْضِ الْوُدَعَاءِ، مُسْتَعْنِيّاً بِالْعَجَائِبِ مِنَ اللَّهِ، تَمَنِّحُهَا لِمُكْرَمِيكَ.
<i>Verse 6. Praise Him upon the loud cymbals: praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord.</i>	6- سَبِّحُوهُ بِنَقَمَاتِ الصُّنُوجِ. سَبِّحُوهُ بِصُنُوجِ التَّهْلِيلِ. كُلُّ نَسَمَةٍ فَلْتُسَبِّحِ الرَّبَّ.

<p>Thou didst live in the world of blessed life. Wherefore, thou dost rejoice now with the congregations of the blessed, and dwellest in the land of the meet, as one who is meek, O Bishop Gregory, enriched by God with the grace of miracles, which thou dost grant to those who honor thee.</p>	<p>لَقَدْ جُرْتَ فِي الْحَيَاةِ حَيَاةً مَّغْبُوطَةً، وَالآنَ أَنْتَ تَفْرُحُ مَعَ مَحَافِلِ الْمَغْبُوطِينَ، فَتَسْكُنُ يَا غِرِيغوريوسُ كوديعِ أَرْضِ الْوُدْعَاءِ، مُسْتَعْنِيًا بِالْعَجَائِبِ مِنَ اللَّهِ، تَمْنَحُهَا لِمَكْرَمِيكَ.</p>
<p><i>Verse 7. The mouth of the righteous shall meditate on wisdom, and his tongue shall speak of judgment.</i> Planting the doctrines of Orthodoxy, uprooting the thistles of wicked opinion, O blessed Gregory, and growing well the plant of faith with the rain of thy sayings, thou didst offer to God, like a good farmer, ears a hundred fold.</p>	<p>7- قُمْ الصَّديقِ يَنْطِقُ دَائِمًا بِالْحِكْمَةِ، وَيَنْقُوهُ بِكَلَامِ الْحَقِّ. إِذْ قَدْ غَرَسْتَ عَقَائِدَ الرَّأْيِ الْمُسْتَقِيمِ، مُسْتَأْصِلًا يَا مَغْبُوطُ شَوْكَ الرَّأْيِ الْوَحِيمِ. أَنْمَيْتَ بَعِيثِ أَقْوَالِكَ زَرْعَ الْإِيمَانِ حَسَنًا، وَكَفَّلَاحَ اللَّهِ أَعْطَيْتَهُ عَوْضَ السُّنْبُلِ مِائَةَ ضِعْفٍ.</p>
<p><i>Verse 8. Thy priests, O Lord, shall be clothed in righteousness, and Thy saints shall rejoice.</i> The ranks of angels and assemblies of men wondered at the splendor of thy blameless life, O blessed Gregory; for by thine own choice thou didst reveal thyself as a firm striver, an ascetic, a worthy Bishop, a deserving minister of God, and a chosen friend.</p>	<p>8- لِيَرْتِدِ كَهَنَتُكَ الْبِرَّ ثَوْبًا، وَلِيَهْتِفَ أَنْتَقِيَاؤُكَ قَرَحًا. أَدْهَشَ الْأَمْلاكَ وَالنَّاسَ حُسْنَ سِيرَتِكَ الَّتِي لَا تُمَسُّ، يَا مَغْبُوطُ، بَعِيْبٍ. إِذْ ظَهَرْتَ فِي الْجِهَادِ الصَّنْدِيدِ، وَالنُّسْكَ رَأْسَ كَهَنَةٍ، وَخَادِمًا لِلَّهِ عَنِ اسْتِحْقَاقٍ، وَصَفِيًّا خَصِيصًا لَهُ.</p>
<p>DOXASTICON FOR SECOND SUNDAY OF LENT IN TONE SIX</p>	
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Thou didst shine forth, O Christ, a Light to those who dwell in the darkness of sin, in the season of abstinence. Show us, therefore, the glorious day of Thy passion, that we may cry to Thee aloud: Arise, O God, and have mercy upon us.</p>	<p>الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدْسِ. أَيُّهَا الْمَسِيحُ، يَا مَنْ أَشْرَقَ نُورًا لِلْسَّاكِنِينَ فِي دُبُجُورِ الْخَطَايَا فِي حِينِ الْإِمْسَاكِ. أَرْنَا يَوْمَ آلامِكَ الْجَلِيلِ، لِنَهْتِفَ إِلَيْكَ: قُمْ يَا اللَّهُ وَارْحَمْنَا.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. أَنْتِ هِيَ الْفَائِقَةُ عَلَى كُلِّ الْبَرَكَاتِ، يَا وَالِدَةُ الْإِلَهِ الْعَذْرَاءِ، لِأَنَّ الْجَحِيمَ قَدْ سُبِيَتْ بِوِاسِطَةِ الْمُتَجَسِّدِ مِنْكَ، وَآدَمَ دُعِيَ ثَانِيَةً، وَاللَّعْنَةُ بَادَتْ، وَحَوَاءَ انْعَتَقَتْ، وَالْمَوْتَ أُمِيَتْ، وَنَحْنُ قَدْ حَيِينَا. فَلِذَلِكَ نُسَبِّحُ هَاتِفِينَ: مُبَارَكٌ أَنْتِ أَيُّهَا الْمَسِيحُ إِلَهُنَا، يَا مَنْ هَكَذَا سُرَّ، الْمَجْدُ لَكَ.</p>
<p>THE GREAT DOXOLOGY IN TONE SIX</p>	
<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>الْمَجْدُ لَكَ يَا مُظْهِرَ النُّورِ، الْمَجْدُ لِلَّهِ فِي الْعِلَاءِ، 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 Son, Jesus Christ; and the Holy Spirit.</p>	<p>أَيُّهَا الرَّبُّ الْمَلِكُ، السَّمَاوِيُّ، الْإِلَهُ، الْآبُ الصَّابِطُ الْكُلُّ؛ أَيُّهَا الرَّبُّ الْإِبْنُ الْوَحِيدُ، يَا يَسُوعُ الْمَسِيحُ؛ وَيَا أَيُّهَا الرُّوحُ الْقُدْسُ.</p>
<p>O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy on us, thou that takest away the sins of the world.</p>	<p>أَيُّهَا الرَّبُّ الْإِلَهُ، يَا حَمَلَ اللَّهِ يَا ابْنَ الْآبِ، يَا رَافِعَ خَطِيئَةِ الْعَالَمِ، ارْحَمْنَا، يَا رَافِعَ خَطَايَا الْعَالَمِ.</p>

Receive our prayer, Thou that sittest at the right hand of the Father, and have mercy on us.	تَقَبَّلْ تَصَرُّعَنَا أَيُّهَا الْجَالِسُ عَنْ يَمِينِ الْآبِ، وَارْحَمْنَا.
For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the glory of God the Father. Amen.	لَأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ، أَنْتَ وَحْدَكَ الرَّبُّ يَسُوعُ الْمَسِيحُ، فِي مَجْدِ اللَّهِ الْآبِ. آمِينَ.
Every day will I bless Thee, and I will praise Thy Name forever; yea, forever and ever.	فِي كُلِّ يَوْمٍ أَبَارِكُكَ، وَأَسَبِّحُ اسْمَكَ إِلَى الْأَبَدِ، وَإِلَى أَبَدِ الْأَبَدِ.
Vouchsafe, O Lord, to keep us this day without sin.	أَهْلُنَا، يَا رَبُّ، أَنْ نَحْفَظَ فِي هَذَا الْيَوْمِ بِغَيْرِ خَطِيئَةٍ.
Blessed art Thou, O Lord, God of our Fathers, and praised and glorified is Thy Name forever. Amen.	مُبَارَكٌ أَنْتَ يَا رَبُّ، إِلَهَ آبَائِنَا، وَمُسَبَّحٌ وَمُمَجَّدٌ اسْمُكَ إِلَى الْأَبَدِ. آمِينَ.
Let Thy mercy be upon us, O Lord, even as we have set our hope in Thee.	لِنَتَكُنَّ، يَا رَبُّ، رَحْمَتِكَ عَلَيْنَا، كَمَا تَكُنُنَا 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، مَلْجَأٌ كُنْتَ 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 النُّورَ.
O continue Thy mercy unto them that know Thee. Holy God, Holy Mighty, Holy Immortal: have mercy on us. (thrice)	فَأَبْسِطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ. قُدُّوسٌ اللَّهُ، قُدُّوسٌ الْقَوِيُّ، قُدُّوسٌ الَّذِي لَا يَمُوتُ، ارْحَمْنَا. (ثَلَاثًا)
Glory to the Father and to the Son and to the Holy Spirit.	الْمَجْدُ لِلْآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُّوسِ.
Both now and ever, and unto ages of ages. Amen.	الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.
Holy Immortal: have mercy on us.	قُدُّوسٌ الَّذِي لَا يَمُوتُ، ارْحَمْنَا.
Holy God, Holy Mighty, Holy Immortal: have mercy on us.	قُدُّوسٌ اللَّهُ، قُدُّوسٌ الْقَوِيُّ، قُدُّوسٌ الَّذِي لَا يَمُوتُ، ارْحَمْنَا.
TROPARION IN TONE FOUR	
Today is Salvation come into the world. Let us sing praises to Him Who arose from the grave, the Author of our life; for having by Death destroyed death, He hath given us victory and Great Mercy.	الْيَوْمَ صَارَ الْخَلَاصُ لِلْعَالَمِ فَلنُسَبِّحِ الَّذِي قَامَ مِنَ الْقَبْرِ، عُنْصُرَ حَيَاتِنَا، لِأَنَّهُ إِذْ قَدْ حَطَمَ الْمَوْتَ بِالْمَوْتِ، مَنَحَنَا الظَّفَرَ وَالرَّحْمَةَ الْعُظْمَى.
<i>These texts have been prepared by the Dept. of Liturgics of the Antiochian Archdiocese</i> Portions of the Archdiocesan Service Texts include texts from <i>The Menaion</i> , <i>The Great Horologion</i> , <i>The Pentecostarion</i> , <i>The Octoechos</i> , and <i>The Psalter of the Seventy</i> , which are Copyright © Holy Transfiguration Monastery, Brookline, Massachusetts, and are used with permission. All rights reserved. These works may not be further reproduced, beyond printing out a single copy for personal non-commercial use, without the prior written authorization of Holy Transfiguration Monastery.	