

Orthros on Sunday, April 04, 2021; Tone 2 / Eothinon 10
Third Sunday of Great Lent
Veneration of the Precious and Life-Giving Cross

Priest: Blessed is our God, always, now and ever, and unto the ages of ages.	الكاهن: تبارك الله إلهنا كل حين، الآن وكل أولي وإلى دهر 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. (<i>thrice</i>)	المرتل: قُدوس الله، قُدوس القوي، قُدوس 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 أولي وإلى دهر 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 قُدوس اطلع واشف أمراضنا، من أجل اسمك.
Lord, have mercy. (<i>thrice</i>)	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 أولي وإلى دهر 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 نحن 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 أولي وإلى دهر 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. خلص يا رب شعبك وبارك ميراثك، وامنح عبيدك المؤمنين الغلبة على الشرير، واخفظ 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 رافتك لشعبك الجديد المسمى بك، وفرح بقوتك حكمانا المؤمنين، مانحاً إياهم الغلبة على محاربيهم. لتكن لهم معونتك سلاحاً للسلام، وظفراً غير مَقهور.

<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 غيرِ المَحذولةِ، يا والدةَ الإلهِ الكليَّةِ النَّسبيحِ، لا تُعْرِضِي يا صالحَةُ عَنْ تَوْسَلَاتِنَا، بَلْ وَطِّدِي سِيْرَةَ المُسْتَقِيمِي الرَّأْيِ، وَخَلِّصِي الَّذِينَ أَمَرْتُ أَنْ يَتَمَلَّكُوا، وَامْتَحِحِيهِمِ الْعَلْبَةَ مِنَ السَّمَاءِ، بِمَا أَتَيْتِ الْإِلَهَ، أَيْتُهَا الْمُبَارَكَةُ وَحْدَكَ.</p>
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<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 اللَّهُ بِعَظِيمِ رَحْمَتِكَ، نَطْلُبُ إِلَيْكَ فَاسْتَجِبْ وَارْحَمْ.</p>
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<p>Choir: Lord, have mercy. (<i>thrice</i>)</p>	<p>الجوقة: يَا رَبِّ ارْحَمْ. (ثَلَاثًا)</p>
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<p>Priest: Again we pray for all pious and Orthodox Christians.</p>	<p>الكاهن: وَأَيْضًا نَطْلُبُ مِنْ أَجْلِ الْمَسِيحِيِّينَ الْحَسَنِي الْعِبَادَةِ الْأَرْثُوذُكْسِيِّينَ.</p>
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<p>Choir: Lord, have mercy. (<i>thrice</i>)</p>	<p>الجوقة: يَا رَبِّ ارْحَمْ. (ثَلَاثًا)</p>
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<p>Priest: Again we pray for our Father and Metropolitan _____, our Bishop _____, and all our brotherhood in Christ.</p>	<p>الكاهن: وَأَيْضًا نَطْلُبُ مِنْ أَجْلِ أَبِينَا وَمِتْرُوبُولِيْتِنَا (فُلَان) وَرَبِّيسِ كَهَنَتِنَا (فُلَان)، وَكُلِّ إِخْوَتِنَا فِي الْمَسِيحِ.</p>
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<p>Choir: Lord, have mercy. (<i>thrice</i>)</p>	<p>الجوقة: يَا رَبِّ ارْحَمْ. (ثَلَاثًا)</p>
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<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 إِلَهٌ رَحِيمٌ وَمُجِيبٌ لِلبَشَرِ، وَلَكَ نُزُوسُ الْمَجْدِ أَيُّهَا الْأَبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>
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<p>Choir: Amen. Bless, father, in the Name of the Lord.</p>	<p>الجوقة: آمين، بِاسْمِ الرَّبِّ بَارِكْ يَا أَب.</p>
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<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 لِلثَّلَاوِثِ الْقُدُّوسِ، الْوَاحِدِ فِي الْجَوْهَرِ، الْمُحْيِي، غَيْرِ الْمُنْقَسِمِ، كُلَّ حِينٍ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>
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<p>Choir: Amen.</p>	<p>الجوقة: آمين.</p>
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<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 الْمَسْرَةَ. (ثَلَاثًا) يَا رَبِّ افْتَحْ شَفَنِي فَيُخْبِرَ فَمِي بِتَسْبِيحَتِكَ. (مَرَّتَيْنِ)</p>
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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 يُحْزِنُونَنِي؟ كَثِيرُونَ قَامُوا عَلَيَّ. كَثِيرُونَ يَقُولُونَ لِنَفْسِي لَا خَلَاصَ لَهُ بِإِلَهِهِ. وَأَنْتَ يَا رَبِّ، نَاصِرِي وَمَجْدِي وَرَافِعُ رَأْسِي. بِصَوْتِي إِلَى الرَّبِّ صَرَّخْتُ، فَأَجَابَنِي مِنْ جَبَلِ قُدْسِهِ. أَنَا رَقَدْتُ وَنَمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي. فَلَا أَخَافُ مِنْ رِبَوَاتِ الشَّعْبِ الْمُحِيطِينَ بِي، الْمُتَوَازِرِينَ</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 رَبُّ، 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 تُؤَخِّنِي، وَلَا بِرَجْزِكَ تُؤَدِّبْنِي. فَإِنَّ سِهَامَكَ قَدْ نَشَبَتْ فِيَّ، وَمَكَّنْتَ عَلَيَّ يَدَكَ. لَيْسَ لِجَسَدِي شِفَاءً مِنْ وَجْهِ غَضَبِكَ، وَلَا سَلَامَةٌ فِي عِظَامِي مِنْ وَجْهِ خَطَايَايَ. لِأَنَّ آثَامِي قَدْ تَعَالَتْ فَوْقَ رَأْسِي، كَحِمْلٍ ثَقِيلٍ قَدْ ثَقَلَتْ عَلَيَّ. قَدْ أَثْنَنْتُ وَقَاخْتُ جِرَاحَاتِي مِنْ قِبَلِ جَهَالَتِي. شَقِيتُ وَأَنْحَنَيْتُ إِلَى الْغَايَةِ، وَالنَّهَارَ كُلَّهُ مَشَيْتُ عَابِسًا. لِأَنَّ مَتْنِي قَدْ امْتَلَأَ مَهَازِيٍّ وَلَيْسَ لِجَسَدِي شِفَاءً. شَقِيتُ وَأَنْصَعْتُ جِدًّا، وَكُنْتُ أُنِينٌ مِنْ تَنَهْدِ قَلْبِي. يَا رَبُّ، إِنَّ بُعْثِي كُلُّهَا أَمَامَكَ، وَتَنْهَدِي لَمْ يَخَفْ عَنْكَ. قَدْ اضْطَرَبَ قَلْبِي وَفَارَقْتَنِي قُوَّتِي، وَتَوَرَّ عَيْنِي أَيْضًا لَمْ يَبْقَ مَعِي. أَصْدِقَائِي وَأَقْرِبَائِي دَنَوْا مِنِّي وَوَقَفُوا لَدَيَّ، وَجُنُسِي وَقَفَ مِنِّي بَعِيدًا. وَأَجْهَدُنِي الَّذِينَ يَطْلُبُونَ نَفْسِي، وَالْمُلْتَمِسُونَ لِي الشَّرَّ تَكَلَّمُوا بِالْبَاطِلِ، وَعَشُوشًا طَوَّلَ النَّهَارَ دَرَسُوا. أَمَّا أَنَا فَكَأَصَمٌ لَا يَسْمَعُ، وَكَأَخْرَسٌ لَا يَفْتَحُ فَاهَهُ. وَصِرْتُ كإِنْسَانٍ لَا يَسْمَعُ وَلَا فِي فَمِهِ تَبْكِيَةٌ. لِأَنِّي عَلَيْكَ، يَا رَبُّ، تَوَكَّلْتُ، أَنْتَ تَسْتَجِيبُ لِي يَا رَبِّي وَإِلَهِي. لِأَنِّي قُلْتُ لَا يَسْتَمِتْ بِي أَعْدَائِي، وَعِنْدَمَا زَلَّتْ قَدَمَايَ عَظُمُوا عَلَيَّ الْكَلَامَ. لِأَنِّي أَنَا لِلضَّرْبِ مُسْتَعِدٌّ، وَوَجَعِي لَدَيَّ فِي كُلِّ حِينٍ. لِأَنِّي أَنَا أُخْبِرُ 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 وَإِلَهِي وَلَا تَتْبَاعِدْ عَنِّي. أَسْرِعْ إِلَى مَعُونَتِي يَا رَبُّ خَلَّاصِي.

فَلَا تُهْمَلْنِي يَا رَبِّي وَإِلَهِي وَلَا تَتْبَاعِدْ 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 إِلَيْكَ أَبْتَكِرُ. عَطِشَتْ إِلَيْكَ نَفْسِي، وَاشْتَأَقَ إِلَيْكَ جَسَدِي، فِي أَرْضٍ بَرِّيَّةٍ وَغَيْرِ مَسْلُوكَةٍ وَعَادِمَةِ الْمَاءِ. هَكَذَا ظَهَرْتُ لَكَ فِي الْقُدْسِ لِأَعْيُنِ قُوَّتِكَ وَمَجْدِكَ. لِأَنَّ رَحْمَتَكَ أَفْضَلُ مِنَ الْحَيَاةِ، وَشَفَقَتِي تُسَبِّحَانِكَ. هَكَذَا أُبَارِكُكَ فِي حَيَاتِي وَبِاسْمِكَ أَرْفَعُ يَدَيَّ، فَتَمْتَلِي نَفْسِي كَمَا مِنْ شَحْمٍ وَدَسَمٍ، وَبِشِفَاهِ الْإِبْتِهَاجِ يُسَبِّحُكَ فَمِي. إِذَا ذَكَرْتُكَ عَلَى فِرَاشِي، هَدَدْتُ بِكَ فِي الْأَسْحَارِ، لِأَنَّكَ صِرْتَ لِي عَوْنًا وَبِظِلِّ جَنَاحَيْكَ أَسْتَتِرُ. الْتَصَقْتُ نَفْسِي بِكَ، وَإِيَّايَ عَضَدْتَ يَمِينُكَ. أَمَّا الَّذِينَ يَطْلُبُونَ نَفْسِي بَاطِلًا، فَسَيَدْخُلُونَ فِي أَسْفَلِ الْأَرْضِ، وَيَذْفَعُونَ إِلَى أَيْدِي السُّيُوفِ، وَيَكُونُونَ أَنْصِبَةً لِلنَّعَالِبِ. أَمَّا الْمَلِكُ فَيَسُرُّ بِاللَّهِ، وَيُمْتَدِّحُ كُلُّ مَنْ يَخْلِفُ بِهِ، لِأَنَّهُ قَدْ سُدَّتْ أَفْوَاهُ الْمُتَكَلِّمِينَ بِالظُّلْمِ.</p> <p>هَدَدْتُ بِكَ فِي الْأَسْحَارِ لِأَنَّكَ صِرْتَ لِي عَوْنًا، وَبِظِلِّ جَنَاحَيْكَ أَسْتَتِرُ. الْتَصَقْتُ نَفْسِي بِكَ، وَإِيَّايَ عَضَدْتَ يَمِينُكَ.</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>الْمَجْدُ لِلآبِ وَالِابْنِ وَالرُّوحِ الْقُدْسِ، الْآنَ وَكُلَّ أَوَانٍ، وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.</p> <p>هَلَلُوبِيَا، هَلَلُوبِيَا، هَلَلُوبِيَا، الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا)</p> <p>يَا رَبُّ ارْحَمْنِي. (ثَلَاثًا)</p> <p>الْمَجْدُ لِلآبِ وَالِابْنِ وَالرُّوحِ الْقُدْسِ.</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>الْآنَ وَكُلَّ أَوَانٍ، وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.</p> <p>يَا رَبُّ إِلَهَ خَلَاصِي، فِي النَّهَارِ صَرَخْتُ وَفِي اللَّيْلِ أَمَامَكَ، فَلْتَدْخُلْ قُدَّامَكَ صَلَاتِي، أَمِلْ أذُنَكَ إِلَيَّ طَلِبْتِي، فَقَدْ امْتَلَأْتُ مِنَ الشُّرُورِ نَفْسِي، وَدَنَتْ مِنْ الْجَحِيمِ حَيَاتِي. حُسِبْتُ مَعَ الْمُنْحَدِرِينَ فِي الْجُبِّ، صِرْتُ مِثْلَ إِنْسَانٍ لَيْسَ لَهُ مُعِينٌ، مَطْرُوحًا بَيْنَ الْأَمْوَاتِ مِثْلَ الْقَتْلَى الرَّاقِدِينَ فِي الْقُبُورِ، الَّذِينَ لَا تَذْكُرُهُمْ أَيْضًا، وَهُمْ مِنْ يَدِكَ مُقْصُونَ. جَعَلُونِي فِي جُبِّ أَسْفَلِ السَّافِلِينَ، فِي ظُلُمَاتِ الْمَوْتِ وَظِلَالِهِ. عَلَيَّ اسْتَقَرَّ غَضَبُكَ، وَجَمِيعُ أَهْوَالِكَ أَحْرَزْتَهَا عَلَيَّ. أَبْعَدْتَ عَنِّي مَعَارِفِي، جَعَلُونِي لَهُمْ رَجَاسَةً. قَدْ</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 الْمَسْكَنَةِ. صَرَخْتُ إِلَيْكَ، يَا رَبُّ، النَّهَارَ كُلَّهُ وَإِلَيْكَ بَسَطْتُ يَدَيَّ. أَلْعَلَّكَ لِلْأَمْوَاتِ تَصْنَعُ الْعَجَائِبَ؟ أَمْ الْأَطْبَاءُ يُقِيمُونَهُمْ، فَيَعْتَرِفُونَ لَكَ؟ هَلْ يُحَدِّثُ أَحَدٌ فِي الْقَبْرِ بِرَحْمَتِكَ، وَفِي الْهَلَاكِ بِحَقِّكَ؟ هَلْ تُعْرِفُ فِي الظُّلْمَةِ عَجَائِبَكَ، وَعَدْلَكَ فِي أَرْضٍ مَنْسِيَّةٍ؟ وَأَنَا إِلَيْكَ، يَا رَبُّ، صَرَخْتُ فِتْبَلُوكَ فِي الْعِدَاةِ صَلَاتِي. لِمَاذَا، يَا رَبُّ، تُقْصِي نَفْسِي وَتَصْرِفُ وَجْهَكَ عَنِّي؟ فَقِيرٌ أَنَا، وَفِي الشَّقَاءِ مُنْذُ شَبَابِي، وَحِينَ ارْتَفَعْتُ انْتَضَعْتُ وَتَحَيَّرْتُ. عَلَيَّ جَارَ رَجْزِكَ، وَمُفْرَعَاتِكَ 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 أَدُنْكَ إِلَيَّ طَلِبْتِي.

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

بَارِكِي يَا نَفْسِي الرَّبَّ، وَيَا جَمِيعَ مَا فِي دَاخِلِي اسْمَهُ الْقُدُّوسِ. بَارِكِي يَا نَفْسِي الرَّبَّ، وَلَا تَنْسِي جَمِيعَ مَكَاافَاتِهِ. الَّذِي يَغْفِرُ جَمِيعَ آثَامِكَ، الَّذِي يَشْفِي جَمِيعَ أَمْرَاضِكَ، الَّذِي يُنْجِي مِنَ الْفَسَادِ حَيَاتِكَ، الَّذِي يُكَلِّمُكَ بِالرَّحْمَةِ وَالرَّأْفَةِ، الَّذِي يُشْبِعُ بِالْخَيْرَاتِ شَهَوَاتِكَ، فَيَتَجَدَّدُ كَالنَّسْرِ شَبَابِكَ. الرَّبُّ صَانِعُ الرَّحْمَاتِ وَالْقَضَاءِ لِجَمِيعِ الْمَظْلُومِينَ. عَرَفَ مُوسَى طُرُقَهُ، وَبَنِي إِسْرَائِيلَ مَشِيئَاتِهِ. الرَّبُّ رَحِيمٌ وَرَوْوْفٌ، طَوِيلُ الْأَنَاةِ وَكَثِيرُ الرَّحْمَةِ، لَيْسَ إِلَى الْإِنْقِضَاءِ يَسْخَطُ، 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 وَكَرْهَرِ الْحَقْلِ

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.

كَذَلِكَ يُرْهِرُ، لِأَنَّهُ إِذَا هَبَّتْ فِيهِ الرِّيحُ لَيْسَ يَثْبُتُ وَلَا يُعْرِفُ أَيْضًا مَوْضِعَهُ. أَمَّا رَحْمَةُ الرَّبِّ فَهِيَ مُنْذُ 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 بِقُوَّةٍ، الْعَامِلِينَ بِكَلِمَتِهِ عِنْدَ سَمَاعِ صَوْتِ كَلَامِهِ. بَارِكُوا الرَّبَّ يَا جَمِيعَ قُوَّاتِهِ، يَا خُدَّامَهُ الْعَامِلِينَ إِرَادَتَهُ. بَارِكُوا الرَّبَّ يَا جَمِيعَ أَعْمَالِهِ، فِي كُلِّ مَوْضِعٍ سِيَادَتِهِ. بَارِكِي يَا نَفْسِي الرَّبَّ. فِي كُلِّ مَوْضِعٍ 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 طِلْبَتِي. اسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمَحَاكِمَةِ مَعَ عَبْدِكَ، فَإِنَّهُ لَنْ يَتَزَكَّى 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 كَارِضٍ لَا تُمَطِّرُ. أَسْرِعْ فَاسْتَجِبْ لِي يَا رَبُّ، فَقَدْ فَنَيْتُ رُوحِي. لَا تَصْرِفْ وَجْهَكَ عَنِّي، فَأَشَابَةِ الْهَابِطِينَ فِي الْجُبِّ. اجْعَلْنِي فِي الْعِدَاةِ 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، نُحْيِينِي. بِعَدْلِكَ تُخْرِجُ مِنَ الْحُزْنِ نَفْسِي، وَبِرَحْمَتِكَ تَسْتَأْصِلُ أَعْدَائِي، وَتَهْلِكُ جَمِيعَ الَّذِينَ يُحْزِنُونَ نَفْسِي لِأَنِّي أَنَا عَبْدُكَ. اسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمَحَاكِمَةِ مَعَ عَبْدِكَ. (مَرَّتَيْنِ) رُوحَكَ الصَّالِحَ 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 الْقُدْسِ، الْآنَ وَكُلَّ أَوَانٍ وَالِي دَهْرِ الدَّاهِرِينَ، آمِينَ. هَلِّلُوِيَا، هَلِّلُوِيَا، هَلِّلُوِيَا، المَجْدُ لَكَ يَا اللهُ. (ثلاثاً) يَا إِلَهَنَا، وَرَجَاءَنَا، لَكَ المَجْدُ.</p>
THE GREAT LITANY		
<p>Priest: In peace, let us pray to the Lord.</p>	<p>الكاهن: بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.</p>	
<p>Choir: Lord, have mercy.</p>	<p>الجوقة: يَا رَبُّ ارْحَمِ.</p>	
<p>Priest: For the peace from above and the salvation of our souls, let us pray to the Lord.</p>	<p>الكاهن: مِنْ أَجْلِ السَّلَامِ الَّذِي مِنَ الْعُلَى وَخَلَاصِ نَفُوسِنَا، إِلَى الرَّبِّ نَطْلُبُ.</p>	
<p>Choir: Lord, have mercy.</p>	<p>الجوقة: يَا رَبُّ ارْحَمِ.</p>	
<p>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.</p>	<p>الكاهن: مِنْ أَجْلِ سَلَامِ كُلِّ الْعَالَمِ، وَحُسْنِ ثَبَاتِ كَنَائِسِ اللَّهِ الْمُقَدَّسَةِ، وَاتِّحَادِ الْجَمِيعِ، إِلَى الرَّبِّ نَطْلُبُ.</p>	
<p>Choir: Lord, have mercy.</p>	<p>الجوقة: يَا رَبُّ ارْحَمِ.</p>	
<p>Priest: For this holy House and those who with faith, reverence, and fear of God enter therein, let us pray to the Lord.</p>	<p>الكاهن: مِنْ أَجْلِ هَذَا الْبَيْتِ الْمُقَدَّسِ، وَالَّذِينَ يَدْخُلُونَ إِلَيْهِ بِإِيمَانٍ وَوَرَعَ وَخَوْفِ اللهِ، إِلَى الرَّبِّ نَطْلُبُ.</p>	
<p>Choir: Lord, have mercy.</p>	<p>الجوقة: يَا رَبُّ ارْحَمِ.</p>	
<p>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.</p>	<p>الكاهن: مِنْ أَجْلِ آبِنَا وَمِتْرُوبُولِيْتِنَا (فَلان) وَرِئِيسِ كَهَنَتِنَا (فَلان)، وَالْكَهَنَةَ الْمُكْرَمِينَ، وَالشَّمَامِسَةَ، خُدَامِ الْمَسِيحِ، وَجَمِيعِ الْإِكْلِيرُوسِ وَالشَّعْبِ، إِلَى الرَّبِّ نَطْلُبُ.</p>	
<p>Choir: Lord, have mercy.</p>	<p>الجوقة: يَا رَبُّ ارْحَمِ.</p>	
<p>Priest: For Metropolitan PAUL and Archbishop JOHN and their quick release from captivity and safe return, let us pray to the Lord.</p>	<p>الكاهن: مِنْ أَجْلِ المِتْرُوبُولِيْتِ بُولُسَ وَالْمِطْرَانِ يُوْحَنَّا وَفَكَ أَسْرِهِمَا وَعَوْدَتِهِمَا سَالِمِينَ، إِلَى الرَّبِّ نَطْلُبُ.</p>	
<p>Choir: Lord, have mercy.</p>	<p>الجوقة: يَا رَبُّ ارْحَمِ.</p>	
<p>Priest: For the President, civil authorities, and our Armed Forces, let us pray to the Lord.</p>	<p>الكاهن: مِنْ أَجْلِ حُكَّامِ هَذَا الْبَلَدِ، وَمُؤَاوَزَتِيهِمْ فِي كُلِّ عَمَلٍ صَالِحٍ، إِلَى الرَّبِّ نَطْلُبُ.</p>	
<p>Choir: Lord, have mercy.</p>	<p>الجوقة: يَا رَبُّ ارْحَمِ.</p>	
<p>Priest: For this city and every city and countryside and the faithful, who dwell therein; let us pray to the Lord.</p>	<p>الكاهن: مِنْ أَجْلِ هَذِهِ الْمَدِينَةِ، وَجَمِيعِ الْمُدُنِ وَالْقُرَى، وَالْمُؤْمِنِينَ السَّاكِنِينَ فِيهَا، إِلَى الرَّبِّ نَطْلُبُ.</p>	
<p>Choir: Lord, have mercy.</p>	<p>الجوقة: يَا رَبُّ ارْحَمِ.</p>	
<p>Priest: For healthful seasons, abundance of the fruits of the earth, and peaceful times, let us pray to the Lord.</p>	<p>الكاهن: مِنْ أَجْلِ اعْتِدَالِ الْأَهْوِيَةِ، وَخَصْبِ ثِمَارِ الْأَرْضِ وَأَوْقَاتِ سَلَامِيَّةٍ، إِلَى الرَّبِّ نَطْلُبُ.</p>	
<p>Choir: Lord, have mercy.</p>	<p>الجوقة: يَا رَبُّ ارْحَمِ.</p>	
<p>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.</p>	<p>الكاهن: مِنْ أَجْلِ الْمُسَافِرِينَ فِي الْبَحْرِ وَالْبَرِّ وَالْجَوِّ، وَالْمَرْضَى وَالْمُتَأَلِّمِينَ وَالْأَسْرَى، وَخَلَاصِهِمْ، إِلَى الرَّبِّ نَطْلُبُ.</p>	

Choir: Lord, have mercy.	الجوقة: يا رَبُّ ارْحَمْ.
Priest: For our deliverance from all tribulation, wrath, danger, and necessity, let us pray to the Lord.	الكاهن: مِنْ أَجْلِ نَجَاتِنَا مِنْ كُلِّ ضَيْقٍ وَعَظَبٍ وَخَطَرٍ وَشِدَّةٍ إِلَى الرَّبِّ نَطْلُبُ.
Choir: Lord, have mercy.	الجوقة: يا رَبُّ ارْحَمْ.
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: يا رَبُّ ارْحَمْ.
Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady the Theotokos and ever-Virgin Mary, with all the Saints, let us commend ourselves and each other, and all our life unto Christ our God.	الكاهن: بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقَدَّاسَةِ الطَّاهِرَةِ الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ، مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبِعِضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.
Choir: To Thee, O Lord.	الجوقة: لَكَ يَا رَبُّ.
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 تَعْبِيدٍ وَإِكْرَامٍ وَسُجُودٍ، أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
Choir: Amen.	الجوقة: آمين.
“GOD IS THE LORD” IN TONE TWO	
Chanter: God is the Lord and hath appeared unto us. Blessed is He that cometh in the Name of the Lord. (<i>Repeat after verses</i>)	المُرْتَل: اللَّهُ الرَّبُّ ظَهَرَ لَنَا، مُبَارَكٌ الْآتِي بِاسْمِ الرَّبِّ. (تُعَادُ بَعْدَ الْإِسْتِيخونات)
1. O give thanks unto the Lord, and call upon His holy Name.	1 - اِعْتَرِفُوا لِلرَّبِّ وَاذْعُوا 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.
RESURRECTIONAL APOLYTIKION IN TONE TWO	
When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.	عِنْدَمَا انْحَدَرْتَ إِلَى الْمَوْتِ أَيُّهَا الْحَيَاةُ الَّذِي لَا يَمُوتُ، حِينَئِذٍ أَمَتَّ الْجَحِيمَ بِبُرْقِ لَاهُوتِكَ. وَعِنْدَمَا أَقَمْتَ الْأَمْوَاتِ مِنْ تَحْتِ الثَّرَى، صَرَخَ نَحْوِكَ جَمِيعُ الْقُوَاتِ السَّمَاوِيِّينَ: أَيُّهَا الْمَسِيحُ الْإِلَهِ، مُعْطِي الْحَيَاةِ، الْمَجْدُ لَكَ.
APOLYTIKION FOR THE HOLY CROSS IN TONE ONE	
<i>Glory to the Father, and to the Son, and to the Holy Spirit. 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.</i>	المَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُّوسِ. خَلِّصْ يَا رَبُّ شَعْبَكَ، وَبَارِكْ مِيرَاثَكَ، وَامْنَحْ عِبِيدَكَ الْمُؤْمِنِينَ الْعَلْبَةَ عَلَى الشَّرِيرِ، وَاحْفَظْ بِقُوَّةِ صَلَيبِكَ جَمِيعَ الْمُخْتَصِّينَ بِكَ.
RESURRECTIONAL THEOTOKION IN TONE ONE	
<i>Both now and ever and unto ages of ages. Amen.</i>	الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمين.

<p>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>إِنَّ جِبْرَائِيلَ لَمَّا تَقَوَّه نَحْوَكِ أَيُّهَا الْعَذْرَاءُ بِالسَّلَامِ، فَمَعَ الصَّوْتِ تَجَسَّدَ سَيِّدُ الْكُلِّ فِيكَ، أَيُّهَا السَّفِينَةُ الْمُقَدَّسَةُ، كَمَا قَالَ دَاوُدُ الصِّدِّيقِ. وَظَهَرْتَ أَرْحَبَ مِنَ السَّمَاوَاتِ حَامِلَةً خَالِقِكَ. فَالْمَجْدُ لِلَّذِي حَلَّ فِيكَ، الْمَجْدُ لِلَّذِي أَتَى مِنْكَ، الْمَجْدُ لِلَّذِي أَعْتَقَنَا بِوِلَادَتِهِ مِنْكَ.</p>
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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: أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.</p> <p>الجوق: يَا رَبُّ ارْحَمْنَا.</p> <p>الكاهن: أَعْضُدْ، وَخَلِّصْ، وَارْحَمْ، وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ.</p> <p>الجوق: يَا رَبُّ ارْحَمْنَا.</p> <p>الكاهن: بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.</p> <p>الجوق: لَكَ يَا رَبُّ.</p> <p>الكاهن: لِأَنَّ لَكَ الْعِزَّةَ وَلَكَ الْمُلْكَ وَالْقُوَّةَ وَالْمَجْدَ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحَ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p> <p>الجوق: آمِينَ.</p>
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SECOND TONE RESURRECTIONAL KATHISMATA (Plain Reading) First Kathisma

<p>Verily, the honorable Joseph did bring down Thy pure body from the Tree, wrapped it in fine linen, and laid it in a new tomb. But Thou didst rise in three days, O Lord, granting the world Great Mercy.</p>	<p>إِنَّ يَوْسُفَ الْمُتَّقِي، أَحَدَرَ جَسَدَكَ الطَّاهِرَ مِنَ الْعُودِ، وَلَقَّاهُ بِالسَّبَانِي النَّقِيَّةِ وَطَيَّبَهُ، وَوَضَعَهُ فِي قَبْرِ جَدِيدٍ. لَكِنَّكَ قُمْتَ لِثَلَاثَةِ أَيَّامٍ، يَا رَبُّ، مَانِحاً الْعَالَمَ الرَّحْمَةَ الْعَظْمَى.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Verily, the angel did appear at the tomb, saying to the ointment-bearing women: The ointment is worthy of the dead, but Christ hath been shown to be foreign to corruption. Rather cry ye instead: The Lord is risen, granting the world Great Mercy.</p>	<p>الْمَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُّوسِ. إِنَّ الْمَلَائِكَةَ قَدَ وَقَفَتْ عِنْدَ الْقَبْرِ قَائِلَاتٍ لِلنِّسْوَةِ حَامِلَاتِ الطَّيِّبِ، أَمَّا الطَّيِّبُ فَهُوَ لَائِقٌ بِالْأَمْوَاتِ، وَأَمَّا الْمَسِيحُ فَقَدْ ظَهَرَ غَرِيباً عَنِ الْفُسَادِ، لَكِنْ اضْرُخْنَ قَائِلَاتٍ: قَدْ قَامَ الْمَسِيحُ، مَانِحاً الْعَالَمَ الرَّحْمَةَ الْعَظْمَى.</p>
<p><i>(Theotokion of the Resurrectional Apolytikion)</i> Both now and ever, and unto ages of ages. Amen. Exceeding glorious beyond the power of thought are thy mysteries, O Theotokos; for being sealed in purity, and preserved in virginity, thou wast acknowledged to be in very truth the Mother who didst bring forth the true God. Wherefore, entreat Him to save our souls.</p>	<p><i>(والدنية طروبانية اللحن الأول)</i> الآن وكلَّ أوانٍ وإلى دهر الداهرين. آمين. أسرارُك كُلُّهَا يَا وَالِدَةَ الْإِلَهِ تَفُوقُ كُلَّ عَقْلِ وَتَسْمُو عَلَى كُلِّ مَجْدٍ. لِأَنَّكَ وَأَنْتِ مَخْتَوْمَةُ الطَّاهِرَةِ، وَمَصُونَةُ الْبَتُولِيَّةِ، عُرِفْتَ أَمَّا بِغَيْرِ رَيْبٍ، وَوُلِدْتَ الْإِلَهِ الْحَقِيقِي، فَإِلَيْهِ ابْتَهَلِي أَنْ يُخَلِّصَ نَفُوسَنَا.</p>

Second Kathisma	
<p>O Lord, since Thou didst not prevent the sealing of the tombstone when Thou didst arise, Thou didst bestow on all the rock of fidelity. O Lord, glory to Thee.</p>	<p>إِنَّكَ بَعَدَمٍ مِّنْعَكَ خَتَمَ حَجَرِ الْقَبْرِ، مَنَحْتَ الْجَمِيعَ صَخْرَةَ الْإِيمَانِ حِينَ انْبِعَاثِكَ مِنَ الْقَبْرِ، فَيَا رَبُّ، الْمَجْدُ لَكَ.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Verily, the assembly of the Disciples rejoiced in unison with the ointment-bearing women. As for us, we celebrate with them a common festival to the honor and exaltation of Thy Resurrection, exclaiming to Thee, O Lord, Lover of mankind, grant Thy people, through their supplications, Great Mercy.</p>	<p>الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُسِ. إِنَّ رَهْطَ تَلَامِيذِكَ يَبْتَهِجُ بِاتِّفَاقٍ مَعَ النِّسْوَةِ حَامِلَاتِ الطِّيبِ، وَنَحْنُ نُعِيدُ مَعَهُمْ لِمَجْدِ وَكِرَامَةِ قِيَامَتِكَ عِيداً شَائِعاً. فَبُوسَاطَتِهِمْ، اْمْنَحْ شَعْبَكَ، أَيُّهَا الرَّبُّ الْمَجِيبُ الْبَشَرِ، عَظِيمِ الرَّحْمَةِ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. أَنْتِ هِيَ الْفَائِزَةُ عَلَى كُلِّ الْبَرَكَاتِ، يَا وَالِدَةَ الْإِلَهِ الْعَذْرَاءِ، لِأَنَّ الْجَحِيمَ قَدْ سُبِّيتَ بِوَاسِطَةِ الْمُتَجَسِّدِ مِنْكَ، وَأَدَمَ دُعِيَ ثَانِيَةً، وَاللَّعْنَةُ بَادَتْ، وَحَوَاءَ انْعَثَقَتْ، وَالْمَوْتَ أُمِيتَ، وَنَحْنُ قَدْ حَيِينَا. فَلِذَلِكَ نُسَبِّحُ هَاتِفِينَ: مُبَارَكٌ أَنْتِ أَيُّهَا الْمَسِيحُ إِلَهُنَا، يَا مَنْ هَكَذَا سُرَّ، الْمَجْدُ لَكَ.</p>
Third Kathisma for the Holy Cross	
<p>In Paradise of old the tree stripped me bare; for by giving me its fruit to eat, the enemy brought in death. But now the Tree of the Cross that clothes men with the garment of life has been set up on earth, and the whole world is filled with boundless joy. Beholding it venerated, O ye people, let us with one accord raise in faith our cry to God: His house is full of glory.</p>	<p>إِنَّ الْعَدُوَّ فِي الْفِرْدُوسِ قَدِيمًا عَزَى آدَمَ بِوَاسِطَةِ الْعُودِ، وَجَلَبَ الْمَوْتَ لِأَجْلِ الْمَذَاقَةِ، وَأَمَّا عُودُ الصَّلِيبِ فَانْعَرَسَ عَلَى الْأَرْضِ آتِيًا لِلْبَشَرِ بِلِبَاسِ الْحَيَاةِ، وَاسْتَوَعَبَ الْعَالَمَ بِأَسْرِهِ كُلِّ فَرَحٍ. فَلُنْشَاهِدُهُ أَيُّهَا الشُّعُوبُ مَسْجُوداً لَهُ، وَنُصْرُخُ لِلَّهِ بِإِيمَانٍ وَنِعْمَاتٍ مُؤْتَلِفَةً: أَنْ بَيْتَهُ مَمْلُوءٌ مَجْدًا.</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> In Paradise of old the tree stripped me bare; for by giving me its fruit to eat, the enemy brought in death. But now the Tree of the Cross that clothes men with the garment of life has been set up on earth, and the whole world is filled with boundless joy. Beholding it venerated, O ye people, let us with one accord raise in faith our cry to God: His house is full of glory.</p>	<p>الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُسِ؛ الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. إِنَّ الْعَدُوَّ فِي الْفِرْدُوسِ قَدِيمًا عَزَى آدَمَ بِوَاسِطَةِ الْعُودِ، وَجَلَبَ الْمَوْتَ لِأَجْلِ الْمَذَاقَةِ، وَأَمَّا عُودُ الصَّلِيبِ فَانْعَرَسَ عَلَى الْأَرْضِ آتِيًا لِلْبَشَرِ بِلِبَاسِ الْحَيَاةِ، وَاسْتَوَعَبَ الْعَالَمَ بِأَسْرِهِ كُلِّ فَرَحٍ. فَلُنْشَاهِدُهُ أَيُّهَا الشُّعُوبُ مَسْجُوداً لَهُ، وَنُصْرُخُ لِلَّهِ بِإِيمَانٍ وَنِعْمَاتٍ مُؤْتَلِفَةً: أَنْ بَيْتَهُ مَمْلُوءٌ مَجْدًا.</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>مُبَارَكٌ أَنْتِ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ. جَمَعَ الْمَلَائِكَةُ أَنْذَهْلَ مُتَحَيِّرًا، عِنْدَ مُشَاهَدَتِهِمْ إِيَّاكَ مَحْسُوبًا بَيْنَ الْأَمْوَاتِ أَيُّهَا الْمُخْلِصُ، وَدَاجِضًا قُوَّةَ الْمَوْتِ، وَمُنْهَضًا آدَمَ مَعَكَ، وَمُعْتِقًا إِيَّانَا مِنَ الْجَحِيمِ كَافَةً.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i></p>	<p>مُبَارَكٌ أَنْتِ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.</p>

<p>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>المَلَائِكَةُ اللامِعَةُ عِنْدَ القَبْرِ تَقَوُّهُ نَحْوَ حَامِلَاتِ الطَّيِّبِ قَائِلًا: لِمَ تَمْرُجْنَ الطُّيُوبَ بالدُّمُوعِ، بِتَرْتِّبِ يَا تَلْمِيذَاتِ؟ أَنْظُرْنَ اللُّحْدَ وَأَفْرَحْنَ، لِأَنَّ المُخْلِصَ قَدْ قَامَ مِنَ القَبْرِ.</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 المَلَائِكَةَ وَقَفَتْ بِهِنَّ، وَقَالَ لَهُنَّ: زَمَانُ النُّوحِ قَدْ كَفَّ وَبَطَلَ فَلَا تَبْكِينَ، بَلْ بَشِّرْنَ الرُّسُلَ بِالقِيَامَةِ.</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 التَّسْوَةَ حَامِلَاتِ الطَّيِّبِ، وَأَقْبِنَ بِالْحَنُوطِ إِلَى قَبْرِكَ أَيُّهَا المُخْلِصُ. فَسَمِعْنَ مَلَائِكًا مُتَنَعِّمًا نَحْوَهُنَّ قَائِلًا: لِمَ تَحْسِبْنَ الحَيِّ مَعَ المَوْتَى؟ فَبِمَا أَنَّهُ إلهٌ، قَدْ قَامَ مِنَ القَبْرِ 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>المَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ القُدُّوسِ. نَسْجُدُ لِلآبِ، وَلابْنِهِ، وَلِرُوحِ قُدُّوسِهِ، ثَالِوثًا قُدُّوسًا فِي جَوْهَرٍ وَاحِدٍ، هَاتِفِينَ 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>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. أَيُّهَا العَذْرَاءُ، لَقَدْ وَادَدْتَ مُعْطِي الحَيَاةِ، وَأَنْقَذْتِ آدَمَ مِنَ الخَطِيئَةِ، وَمَنْحَتِ حَوَاءَ الفَرَحِ عَوَضَ الحُزْنَ، لَكِنَّ الإلهَ وَالإِنْسَانَ المُتَجَسِّدَ مِنْكَ، أَرْشَدَهُمَا إِلَى الحَيَاةِ الَّتِي قَدْ تَهَوَّرَا مِنْهَا.</p>
<p>Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE) O our God and our Hope, glory to Thee!</p>	<p>هَلِّلُوِيَا، هَلِّلُوِيَا، هَلِّلُوِيَا، المَجْدُ لَكَ يَا اللهُ. (ثَلَاثًا) يَا إِلَهَنَا وَرَجَاءَنَا لَكَ المَجْدُ.</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>الكاهن: أَيضًا وَأَيضًا بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمْنَا. الكاهن: أَعْضُدْ، وَخَلِّصْ، وَارْحَمْنَا يَا اللهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمْنَا. الكاهن: بَعْدَ ذِكْرِنَا الكَلِيَّةِ القُدَّاسَةِ، الطَاهِرَةِ، الفَائِقَةِ البَرَكَاتِ المَجِيدَةِ، سَيِّدَتِنَا وَإِلَهَةَ الدَّائِمَةِ البَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ القُدِّيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الإلهِ. الجوق: لَكَ يَا رَبُّ. الكاهن: لِأَنَّ اسْمَكَ مُبَارَكٌ وَمُلْكُكَ مُمَجَّدٌ أَيُّهَا الآبُ وَالابْنُ وَالرُّوحُ القُدُّوسُ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. الجوق: آمِينَ.</p>
SECOND TONE RESURRECTIONAL HYPAKOE (Plain Reading)	

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

<p>Arise, O my Lord and God in the precept which Thou hast commanded, and a congregation of people shall surround Thee. (TWICE)</p> <p>Stichos: My Lord and my God, in Thee have I put my trust.</p> <p>Arise, O my Lord and God in the precept which Thou hast commanded, and a congregation of people shall surround Thee.</p>	<p>إِسْتَبْقِظْ يَا رَبِّي وَالْهِي بِالْأَمْرِ الَّذِي أَوْصَيْتَ، وَمَجْمَعُ الشُّعُوبِ يُحِيطُ بِكَ. (مرتين) سْتِيخُنْ: رَبِّي وَالْهِي عَلَيْكَ تَوَكَّلْتُ. إِسْتَبْقِظْ يَا رَبِّي وَالْهِي بِالْأَمْرِ الَّذِي أَوْصَيْتَ، وَمَجْمَعُ الشُّعُوبِ يُحِيطُ بِكَ.</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 restand 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>الشَّماس: إِلَى الرَّبِّ نَطْلُبُ. المرتل: يَا رَبُّ ارْحَمِ. الكاهن: لِأَنَّكَ قُدُوسٌ أَنْتَ يَا إِلَهَنَا، وَفِي الْقَدِيسِينَ تَسْتَقَرُّ وَسَتَرِيحُ، وَلَكَ نُرْسَلُ الْمَجْدَ أَيُّهَا الْأَبُ، وَالْإِبْنُ، وَالرُّوحُ الْقُدُّسُ، 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: آمِينَ. كُلُّ نَسَمَةٍ، فَلْنَسَبِّحِ الرَّبَّ. (مرتين) سَبِّحُوا اللَّهَ فِي قَدِيسِيهِ، سَبِّحُوهُ فِي فَالِكِ قُوَّتِهِ. فَلْنَسَبِّحِ الرَّبَّ، كُلُّ نَسَمَةٍ.</p>
<p>THE TENTH 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 (21:1-14)</p> <p>Choir: Glory to Thee, O Lord, glory to Thee.</p> <p>Deacon: Let us attend!</p>	<p>الشَّماس: مِنْ أَجْلِ أَنْ نَكُونَ مُسْتَحَقِّينَ لِسَمَاعِ الْإِنْجِيلِ الْمُقَدَّسِ، إِلَى الرَّبِّ إِلَهِنَا نَطْلُبُ. المرتل: يَا رَبُّ ارْحَمِ. (ثلاثاً) الشَّماس: الْحِكْمَةُ، فَلْنَسْتَقِمْ وَلْنَسْمَعْ الْإِنْجِيلَ الْمُقَدَّسَ، الكاهن: السَّلَامُ لِجَمِيعِكُمْ. المرتل: وَلِرُوحِكَ. الكاهن: فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ يُوْحَنَّا الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ. المرتل: الْمَجْدُ لَكَ، يَا رَبُّ، الْمَجْدُ لَكَ. الشَّماس: لِنُصْغِ!</p>
<p>Priest: At that time, Jesus revealed Himself again to the disciples by the Sea of Tiberias; and He revealed Himself in this way. Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of His disciples were together. Simon Peter said to them, "I am going fishing." They said to Him, "We will go with you." They went out and got into the boat; but that night they caught nothing. Just as day was breaking, Jesus stood on the beach; yet the disciples did not know that it was Jesus. Jesus said to them, "Children, have you any fish?" They</p>	<p>الكاهن: فِي ذَلِكَ الزَّمَانِ، أَظْهَرَ يَسُوعُ نَفْسَهُ لِتَلَامِيذِهِ عَلَى بَحْرِ طَبْرِيَّةَ مِنْ بَعْدِ مَا قَامَ مِنْ بَيْنِ الْأَمْوَاتِ. هَكَذَا ظَهَرَ لَهُمْ. كَانَ قَدْ اجْتَمَعَ سَمْعَانُ بُطْرُسُ وَتُومَا الَّذِي يُقَالُ لَهُ التَّوَامُ، وَتَثْنَائِيلُ الَّذِي مِنْ قَانَا الْجَلِيلِ، وَابْنَا رَبْدَى، وَاثْنَانِ آخَرَانِ مِنْ تَلَامِيذِهِ فَقَالَ لَهُمْ سَمْعَانُ بُطْرُسُ: "أَنَا ذَاهِبٌ لِأَصْطَادَا." فَقَالُوا لَهُ: "وَنَحْنُ أَيْضاً نَجِيءُ مَعَكَ." فَخَرَجُوا وَرَكِبُوا السَّفِينَةَ لِلْوَقْتِ، وَلَمْ يَصِيدُوا فِي تِلْكَ اللَّيْلَةِ شَيْئاً فَلَمَّا كَانَ الصُّبْحُ، وَقَفَ يَسُوعُ عَلَى الشَّاطِئِ، وَلَمْ يَعْلَمْ التَّلَامِيذُ أَنَّهُ يَسُوعُ فَقَالَ لَهُمْ يَسُوعُ: "يَا فِتْيَانُ، هَلْ عِنْدَكُمْ شَيْءٌ مِنْ</p>

<p>answered Him, "No." Jesus said to them, "Cast the net on the right side of the boat, and you will find some." So they cast it, and now they were not able to haul it in, for the quantity of fish. That disciple whom Jesus loved said to Peter, "It is the Lord!" When Simon Peter heard that it was the Lord, he put on his clothes, for he was naked, and sprang into the sea. But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, but about a hundred yards off. When they got out on land, they saw a charcoal fire there, with fish lying on it, and bread. Jesus said to them, "Bring some of the fish that you have just caught." So Simon Peter went aboard and hauled the net ashore, full of large fish, 153 of them; and although there were so many, the net was not torn. Jesus said to them, "Come and dine." Now none of the disciples dared ask Him, "Who are you?" They knew it was the Lord. Jesus came and took the bread and gave it to them, and so with the fish. This was now the third time that Jesus was revealed to the disciples after He was raised from the dead.</p>	<p>الْمَأْكُولِ؟ فَقَالُوا: "لَا" فَقَالَ لَهُمْ: "الْقُوا الشَّبَكَةَ مِنْ جَانِبِ السَّفِينَةِ الْيَمِينِ فَتَجِدُوا." فَأَلْقَوْهَا، فَلَمْ يَعُودُوا يَقْدِرُونَ أَنْ يَجْذِبُوهَا مِنْ كَثْرَةِ السَّمَكِ فَقَالَ ذَلِكَ التَّلْمِيزُ الَّذِي كَانَ يَسُوعُ يُحِبُّهُ لِبُطْرُسَ: "هُوَ الرَّبُّ." فَلَمَّا سَمِعَ سَمْعَانُ بُطْرُسَ أَنَّهُ الرَّبُّ، انْتَرَزَ بِثَوْبِهِ (لَأَنَّهُ كَانَ عُرْيَانًا) وَطَرَحَ نَفْسَهُ فِي الْبَحْرِ وَأَمَّا التَّلَامِيزُ الْآخَرُونَ فَجَاءُوا بِالسَّفِينَةِ (وَلَمْ يَكُونُوا بَعِيدِينَ عَنِ الْأَرْضِ إِلَّا نَحْوَ مِائَتَيْ ذِرَاعٍ) وَهُمْ يَجْرُونَ شَبَكَةَ السَّمَكِ فَلَمَّا نَزَلُوا إِلَى الْأَرْضِ، رَأَوْا جَمْرًا مَوْضُوعًا وَسَمَكًا عَلَيْهِ وَخُبْزًا فَقَالَ لَهُمْ يَسُوعُ: "قَدِّمُوا مِنَ السَّمَكِ الَّذِي اضْطَدْتُمْ الْآنَ" فَصَعِدَ سَمْعَانُ بُطْرُسَ وَجَرَّ الشَّبَكَةَ إِلَى الْأَرْضِ، وَهِيَ مَمْلُوءَةٌ سَمَكًا كَبِيرًا، مِئَةً وَثَلَاثًا وَخَمْسِينَ. وَمَعَ هَذِهِ الْكَثْرَةِ لَمْ تَتَخَرَّقِ الشَّبَكَةُ فَقَالَ لَهُمْ يَسُوعُ: "هَلُمُّوا تَعَدُّوا." وَلَمْ يَجْسُرْ أَحَدٌ مِنَ التَّلَامِيزِ أَنْ يَسْأَلَهُ "مَنْ أَنْتَ؟" إِذْ عَلِمُوا أَنَّهُ الرَّبُّ فَتَقَدَّمَ يَسُوعُ وَأَخَذَ الْخُبْزَ وَأَعْطَاهُمْ، وَكَذَلِكَ السَّمَكِ وَهَذِهِ مَرَّةٌ ثَالِثَةٌ ظَهَرَ فِيهَا يَسُوعُ لِتَّلَامِيزِهِ مِنْ بَعْدِ مَا قَامَ مِنَ بَيْنِ الْأَمْوَاتِ.</p>
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Choir: Glory to Thee, O Lord, glory to Thee. **المرتل:** المَجْدُ لَكَ، يَا رَبُّ، المَجْدُ لَكَ.

<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 الْغُدُوسِ، يَسُوعَ الْمَعْصُومِ مِنَ الْخَطَا وَحْدَهُ. لِصَلِيبِكَ أَيُّهَا الْمَسِيحُ نَسْجُدُ، وَلِقِيَامَتِكَ الْمُقَدَّسَةِ نُسَبِّحُ وَنُجَمِّدُ، 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>
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PSALM 50

<p>Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression.</p>	<p>ارْحَمْنِي يَا اللَّهُ بِعَظِيمِ رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَتِكَ امْحُ مَاثِمِي.</p>
<p>Wash me thoroughly from mine iniquity, and cleanse me from my sin.</p>	<p>اغْسِلْنِي كَثِيرًا مِنْ إِثْمِي، وَمِنْ خَطِيئَتِي طَهِّرْنِي.</p>
<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، وَالشَّرَّ قُدَّامَكَ صَنَعْتُ، لَكِي تَصُدِّقَ فِي أَقْوَالِكَ وَتَغْلِبَ فِي مُحَاكَمَتِكَ.</p>

For behold, I was conceived in iniquities, and in sins did my mother bear me.	هَاءِذَا بِالْآثَامِ حُيِّلَ بِي، وَبِالْخَطَايَا وَلَدْتَنِي 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.	تَنْضِخُنِي بِالزُّوفَى 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 وَسُرُورًا، فَتَبْتَهِجُ عِظَامِي الدَّالِيَةَ.
Turn Thy face away from my sins, and blot out all mine iniquities.	اصْرِفْ وَجْهَكَ عَنِّ خَطَايَايَ، وَامْحُ كُلَّ مَاثِمِي.
Create in me a clean heart, O God, and renew a right spirit within me.	قَلْبًا نَقِيًّا أَخْلُقْ فِيَّ يَا اللَّهُ، وَرُوحًا مُسْتَقِيمًا جَدِّدْ فِي أَحْشَائِي.
Cast me not away from Thy presence, and take not Thy Holy Spirit from me.	لَا تَطْرَحْنِي مِنْ أَمَامِ وَجْهِكَ، وَرُوحَكَ الْقُدُّوسَ لَا تَنْزِعْهُ مِنِّي.
Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me.	امْنَحْنِي بِهَجَّةٍ خَلَاصِكَ، وَبِرُوحِ رِئَاسِيٍّ اعْضُدْنِي.
I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee.	فَأَعْلِمُ 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، فَيَبْتَهِجَ لِسَانِي بِعَدْلِكَ.
O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.	يَا رَبُّ افْتَحْ شَفْتِي، 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 أُعْطِي، لَكِنَّكَ لَا تُسَرُّ بِالْمُحْرَقَاتِ.
A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise.	الذَّبِيحَةُ لِلَّهِ رُوحٌ مُنْسَحِقٌ، الْقَلْبُ الْمُتَخَشِّعُ وَالْمُتَوَاضِعُ لَا يَزُدُّهُ اللَّهُ.
Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up.	أُصْلِحْ يَا رَبُّ بِمَسَرَّتِكَ صِهْيُونََ وَلْتُبْنَ أَسْوَارُ أُورُشَلِيمَ.
Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings.	حِينَئِذٍ تُسَرُّ بِذَّبِيحَةِ الْعَدْلِ قُرْبَانًا وَمُحْرَقَاتِ.
Then shall they offer bullocks upon Thine altar.	حِينَئِذٍ يُقَرَّبُونَ عَلَى مَذْبَحِكَ الْعُجُولَ.
LENTEN TROPARIA AFTER PSALM 50 IN TONE EIGHT	
<i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> 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، وَالابْنِ، وَالرُّوحِ الْقُدُّوسِ. افْتَحْ لِي أَبْوَابَ التَّوْبَةِ يَا وَاهِبَ الْحَيَاةِ، لِأَنَّ رُوحِي تَبْتَكَرُ إِلَى هَيْكَلِ قُدْسِكَ، آتِيًّا بِهَيْكَلِ جَسَدِي مُدَنَسًا بِجُمْلَتِهِ. لَكِنْ، بِمَا أَنَّكَ مُتَعَطِّفٌ، نَقِّنِي بِتَحَنُّنِ مَرَامِكَ.
<i>Both now and ever, and unto ages of ages. Amen.</i> Prepare for me the way of salvation, O Theotokos; for I have profaned myself with coarse sins, and consumed my whole life with procrastination. But by thine intercessions purify thou me from all abomination.	الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. سَهِّلِي لِي مَنَاهَجَ الْخَلَاصِ يَا وَالِدَةَ الْإِلَهِ، فَإِنِّي قَدْ دَنَسْتُ نَفْسِي بِخَطَايَا سَمِجَةٍ، وَأَفْتِنْتُ عُمْرِي كُلَّهُ بِالتَّوَانِي. لَكِنْ بِشَفَاعَاتِكَ، نَقِّنِي مِنْ كُلِّ رَجَاسَةٍ.

(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.

(بِاللَّحْنِ السَّادِسِ) يَا رَحِيمُ، ارْحَمْنِي يَا اللَّهُ كَعَظِيمِ رَحْمَتِكَ، وَكَمَثَلِ كَثْرَةِ رَأْفَاتِكَ اِمْحُ مَاثِمِي. إِذَا تَصَوَّرْتُ كَثْرَةَ أَعْمَالِي الرَّدِيئَةِ أَنَا الشَّقِي، فَإِنِّي أَرْتَعِدُ مِنْ يَوْمِ الدِّينُونَةِ الرَّهِيْبِ. لَكِنِّي إِذْ أَنَا وَائِقٌ بِتَحَنُّنِكَ، أَهْتَفُ إِلَيْكَ مِثْلَ دَاوُدَ: ارْحَمْنِي يَا اللَّهُ، 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 the Theotokos and ever-virgin Mary; by the might of the precious and life-giving Cross—which we especially venerate today—by the protection of the honorable bodiless Powers of heaven; at the supplication of the honorable, glorious prophet, forerunner and Baptist John; of the holy, glorious, all-laudable 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,

الشماس: خَلِّصْ يَا اللَّهُ شَعْبَكَ، وَبَارِكْ مِيرَاثَكَ، وَافْتَقِدْ عَالَمَكَ بِالرَّحْمَةِ وَالرَّأْفَاتِ، وَارْفَعْ شَأْنَ الْمَسِيحِيِّينَ الْأَرْثُوذُكْسِيِّينَ، وَأَسْبِغْ عَلَيْنَا مَرَاحِمَكَ الْعَنِيَّةَ، بِشَفَاعَاتِ سَيِّدَتِنَا وَالدَّةِ الْإِلَهِيَّةِ الْكَلِيَّةِ الطَّهَارَةِ وَالِدَائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ؛ وَبِقُوَّةِ الصَّلِيبِ الْكَرِيمِ الْمُخْبِي —الَّذِي نُكْرِمُهُ الْيَوْمَ— وَبِطَلْبَاتِ الْقُوَاتِ السَّمَاوِيَّةِ الْمُكْرَمَةِ الْعَادِمَةِ الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا الْمَعْمَدَانَ؛ وَالْقَدِيسَيْنِ الْمَشْرِفَيْنِ الرَّسُولَيْنِ بُطْرُسَ وَبُولُسَ، وَسَائِرِ الرُّسُلِ الْمَشْرِفِينَ الْجَدِيرِينَ بِكُلِّ مَدِيحٍ؛ وَأَبَائِنَا الْقَدِيسِينَ مُعَلِّمِي الْمَسْكُونَةِ رُؤَسَاءِ الْكَهَنَةِ الْمُعْظَمِينَ بَاسِيلْيُوسَ الْكَبِيرِ، وَغَرِيغُورْيُوسَ الْلَاهُوتِي، وَيُوْحَنَّا الذَّهَبِيِّ الْقَمِّ؛ وَأَبَائِنَا الْقَدِيسِينَ أَنْثَاسْيُوسَ وَكَيْرْلُسَ وَيُوْحَنَّا الرَّحِيمِ بَطَارِكَةَ الْإِسْكَنْدَرِيَّةِ، وَأَبِينَا الْقَدِيسِ نِيْقُولَاوَسَ رَئِيسَ أَسَاقِفَةِ مِيرَا الْلِيكِيَّةِ، وَاسْبِيرِيدُونَ أُسْقَفِ ثَرِيمِيثُوسَ، وَنِكْتَارْيُوسَ أُسْقَفِ الْمُدُنِ الْخَمْسِ الْعَجَائِبِيِّينَ، وَأَبِينَا الْقَدِيسِ تِيخُونَ بَطْرِيْرِكَ مُوسَكَو، وَالْقَدِيسِ رَافَائِيلَ أُسْقَفِ بَرُوكْلِينَ؛ وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْعُظْمَاءِ جَاوْرَجْيُوسَ الْلَايْسِ الطَّفَرِ، وَدِيمِيْثْرْيُوسَ الْمُفِيضِ الطَّيْبِ، وَثِيوُدُورَسَ الْتِيروُنِي، وَثِيوُدُورَسَ قَائِدَ الْجَيْشِ، وَمِينَاسَ الصَّانِعِ الْعَجَائِبِ؛ وَالْقَدِيسِينَ الشُّهَدَاءِ إِغْنَاطْيُوسَ الْمُتَوَشِّحِ بِاللَّهِ، خَرَالْمَبُوسَ وَالْفِئْرِيُوسَ؛ وَالشُّهَدَاءِ الْعُظِيمَاتِ ثَقْلَا، بَرَبَارَةَ، أَنْسْتَأْسِيَا، كَاثْرِيْنَا، كِيرْيَاكِي، فُوتِينِي، مَارِينَا، بَارَاسَكِيْفَا، وَأِيرِينِ؛ وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْمُتَأَلِّقِينَ بِالطَّفَرِ؛ وَأَبَائِنَا الْأَبْرَارِ الْمُتَوَشِّحِينَ بِاللَّهِ؛ وَالْقَدِيسِ(ةِ) (فُلَانِ، فُلَانَةَ) شَفِيعِ(ةِ) وَحَامِي(ةِ) هَذِهِ الرَّعِيَّةِ الْمُقَدَّسَةِ؛ وَالْقَدِيسِينَ الصِّدِّيقِينَ جَدِّي الْمَسِيحِ الْإِلَهِي، يُوَاكِيْمَ وَحَنَّةَ؛ وَالْبَارَّ جَاوْرَجْيُوسَ مِنْ جَبَلِ مَالْيُونِ؛ وَالشُّهَدَاءِ الْقَارِيَّ عِبْدَ اللَّهِ (ثِيوُدُولُوسَ) وَالشَّمَّاسِ أَعَادُبُدُسَ مِنْ تَسَالُونِيكِيَّةِ؛ وَالْبَارَّ

<p>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>ثيوناَسُ أَسْقُفِ تَسَالُونِيكِيَّةِ؛ وإِسِيدُورِ أَسْقُفِ سِيفِيلِ، الَّذِينَ نَقِيمُ تَذَكَارَهُمُ الْيَوْمَ؛ وَجَمِيعِ قَدِيسِيكَ، نَتَضَرَّعُ إِلَيْكَ، أَيُّهَا الرَّبُّ الْجَزِيلُ الرَّحْمَةِ، فَاسْتَجِبْ لَنَا نَحْنُ الْخَطَاةَ الطَّالِبِينَ إِلَيْكَ وَارْحَمْنَا.</p>
<p>Chanter: Lord, have mercy. Lord, have mercy. Lord, have mercy. <i>(Repeat 4 times)</i></p>	<p>المِرتَل: يَا رَبُّ ارْحَمْنَا، يَا رَبُّ ارْحَمْنَا، يَا رَبُّ ارْحَمْنَا. (4 مرات)</p>
<p>Priest: Through the mercy and compassions and love for mankind of Thine Only-begotten Son, with Whom Thou art blessed, together with Thine all-holy, and good, and life-giving Spirit: now and ever, and unto ages of ages. Choir: Amen.</p>	<p>الكاهن: بِرَحْمَةِ وَرَأْفَاتِ ابْنِكَ الْوَحِيدِ وَمَحَبَّتِهِ لِلْبَشَرِ، الَّذِي أَنْتَ مُبَارَكٌ مَعَهُ وَمَعَ رُوحِكَ الْكَلْبِيِّ قُدْسُهُ الصَّالِحِ وَالْمُخَيِّ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى ذَهْرِ الدَّاهِرِينَ. المِرتَل: آمِينَ.</p>
<p>KONTAKION & OIKOS FOR THIRD SUNDAY OF GREAT LENT (Plain Reading)</p>	
<p>The fiery sword no longer guards the gate of Eden, for in a strange and glorious way the wood of the Cross has quenched its flames. The sting of death and the victory of hell are now destroyed, for Thou art come, my Savior, crying unto those in hell: "Return again to Paradise."</p>	<p>إِنَّ السِّيفَ النَّارِيَّ لَنْ يَحْرُسَ مِنْ بَعْدُ عَدْنَ، لِأَنَّ عَوْدَ الصَّلِيبِ قَدْ أَطْفَأَهُ إِطْفَاءً مُذْهِشاً. فَكُسِرَتْ شَوْكَةُ الْمَوْتِ، وَبَادَتْ غَلْبَةُ الْجَحِيمِ، وَوَقَعَتْ يَا مُخْلِصِي، هَاتِفًا بِالَّذِينَ فِيهَا: أَدْخُلُوا مِنْ جَدِيدٍ إِلَى الْفِرْدَوْسِ.</p>
<p>Pilate set up three crosses in the place of the Skull, two for the thieves and one for the Giver of Life. Seeing Him, hell cried to those below: "O my ministers and my powers! Who is this that has fixed a nail in my heart? A wooden spear has pierced me suddenly, and I am torn apart. Inwardly I suffer; anguish has seized my belly and my senses. My spirit trembles, and I am constrained to cast out Adam and his posterity. A tree brought them to my realm, but now the Tree of the Cross brings them back again to Paradise."</p>	<p>إِنَّ بِيلاطُسَ نَصَبَ فِي الْجُلْجَلَةِ ثَلَاثَةَ صِلْبَانٍ، إِثْنَيْنِ لِلصَّيْنِ وَوَاحِدًا لَوَاهِبِ الْحَيَاةِ، الَّذِي لَمَّا أَبْصَرَهُ الْجَحِيمُ قَالَ لِلَّذِينَ فِي أَسْفَلٍ: يَا خُدَّامِي وَقُوَّاتِي، مَنْ هُوَ هَذَا الَّذِي شَكَّ قَلْبِي بِمِسْمَارٍ، وَطَعَنَنِي بَعْتَةً بِحَرْبِيَّةٍ خَشَبِيَّةٍ؟ وَهَا أَنَا أَمْرَقُ فِي دَوَاخِلِي، وَتَتَوَجَّعُ أَحْشَائِي، وَتُظَلِّمُ حَوَاسِي، وَتَضْطَرُّبُ رُوحِي، وَأَضْطَرُّ مُكْرَهًا أَنْ أَقْذِفَ آدَمَ وَذُرِّيَّتَهُ كُلَّهَا، الْمَدْفُوعِينَ إِلَيَّ بِسَبَبِ الْعُودِ، لِأَنَّ الْعُودَ يُدْخِلُهُمْ مِنْ جَدِيدٍ إِلَى الْفِرْدَوْسِ.</p>
<p>THE SYNAXARION (Plain Reading)</p>	
<p>On April 4 in the Holy Orthodox Church, we commemorate the Venerable George of Mount Maleon; Martyrs Theodoulos the reader and Agathopodos the deacon of Thessalonica; Venerable Theonas, archbishop of Thessalonica; and Isidore, bishop of Seville.</p> <p>On this same day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross.</p> <p style="text-align: center;">Verses</p> <p style="text-align: center;">Let the whole world entire worship the Cross through Which it truly knew to worship Thee, O Word.</p> <p>Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God's grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast.</p> <p>By its power, O Christ God, preserve us from the crafty designs of the evil one and account us worthy to worship Thy divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as Thou alone art good and the Lover of mankind. Amen.</p>	

KATAVASIAE OF THIRD SUNDAY OF LENT CANON IN TONE ONE

<p>Ode 1. Of old the divine Moses foreshadowed Thy Cross, passing Israel across the Red Sea when he struck the moist element with his rod, singing to Thee, O Christ God, a song of exodus.</p>	<p>(الأولى) إِنَّ مُوسَى الْإِلَهِيِّ قَدْ سَبَقَ فَرَسَمَ صَلَيبِكَ قَدِيمًا، وَأَجَارَ إِسْرَائِيلَ فِي الْبَحْرِ الْأَحْمَرِ، لَمَّا ضَرَبَ الْجَوْهَرَ الرُّطْبَ بِالْعَصَا، مُرْتَلًّا لَكَ، أَيُّهَا الْمَسِيحُ الْإِلَهَ، تَسْبِيحًا عَلَى الْخُرُوجِ.</p>
<p>Ode 3. O Christ Master, establish me by Thy Cross on the rock of faith, lest my heart be shaken by the impacts of the arrogant enemy; for Thou alone art holy.</p>	<p>(الثالثة) أَيُّهَا الْمَسِيحُ السَّيِّدُ، تَثْبِثِي بِصَلِيبِكَ عَلَيَّ صَخْرَةَ الْإِيمَانِ، لِئَلَّا يَتَرَعَزَعَ قَلْبِي مِنْ صَدَمَاتِ الْعَدُوِّ الْعَاتِي، لِأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ.</p>
<p>Ode 4. When the greater luminary beheld Thee suspended on the Cross, O mighty One, he trembled, and, drawing in his rays, hid them. And the whole of creation praised Thy long-suffering; for the earth was filled with Thy praise.</p>	<p>(الرابعة) إِنَّ النَّيِّرَ الْأَعْظَمَ، لَمَّا شَاهَدَكَ مُعَلَّقًا عَلَى الصَّلِيبِ أَيُّهَا الْمُقْتَدِرُ، ارْتَعَدَ، وَجَمَعَ أَشِعَّتَهُ وَأَخْفَاهَا. وَالْخَلِيقَةُ بِأَسْرَهَا سَبَّحَتْ بِخَوْفٍ طَوَّلَ أَنْتِكَ، لِأَنَّ الْأَرْضَ قَدْ اِمْتَلَأَتْ مِنْ تَسْبِيحَتِكَ.</p>
<p>Ode 5. To Thee, O Savior of the world, do we travel early, praising Thee, having found safety in Thy Cross, through which Thou didst renew mankind and lead us to the never-setting light.</p>	<p>(الخامسة) إِلَيْكَ نَذَلُجُ يَا مُخْلِصَ الْعَالَمِ، مُسَبِّحِينَ إِيَّاكَ، لِأَنَّنا وَجَدْنَا سَلَامًا بِصَلِيبِكَ، الَّذِي بِهِ جَدَدَتْ الْجِنْسَ الْبَشَرِيَّ، وَاقْتَدَدْنَا إِلَى النُّورِ الَّذِي لَا يَغْرُبُ.</p>
<p>Ode 6. Jonah the Prophet foreshadowed Thy divine Cross, when he stretched out his hands in the belly of the whale, and sprang out, saved from the beast by Thy might, O Word.</p>	<p>(السادسة) إِنَّ يُونَانَ النَّبِيَّ سَبَقَ فَرَسَمَ الصَّلِيبِ الْإِلَهِيِّ، لَمَّا بَسَطَ يَدَيْهِ فِي جَوْفِ الْحَوْتِ، وَطَفَّرَ نَاجِيًا مِنَ الْوَحْشِ، بِقُدْرَتِكَ أَيُّهَا الْكَلِمَةُ.</p>
<p>Ode 7. He Who delivered the three youths from the flames came to earth, taking a body, and was nailed to the Cross, freely granting us salvation, He Who alone is blessed, transcendent in glory, the God of our Fathers.</p>	<p>(السابعة) إِنَّ الَّذِي أَنْقَذَ الْفَتِيَّةَ مِنَ اللَّهَبِ أَتَى إِلَى الْأَرْضِ مُتَّخِذًا جَسَدًا، وَقَدْ سَمَرَ عَلَى الصَّلِيبِ مَاتِحًا إِيَّانَا الْخَلَّاصَ، وَهُوَ الْمُبَارَكُ وَحْدَهُ، وَالْفَائِقُ التَّمْجِيدِ، إِلَهَ آبَائِنَا.</p>
<p><i>We praise, we bless, and we worship the Lord.</i> Ode 8. When Daniel, the great among Prophets, was thrown of old into the den of lions, and stretched out his hands in the shape of a cross, he escaped from their ravening unhurt, blessing Christ God unto all ages.</p>	<p>(الثامنة) تَسْبِيحٌ وَتُبَارِكٌ وَتَسْبُجٌ لِلرَّبِّ. إِنَّ دَانِيَالَ الْمُعْظَمَ فِي الْأَنْبِيَاءِ، لَمَّا طَرِحَ فِي جُوبِ الْأَسْوَدِ قَدِيمًا، وَبَسَطَ ذِرَاعَيْهِ بِشَكْلِ صَلِيبٍ، نَجَا مِنْ اقْتِرَاسِهَا بِغَيْرِ أذى، مُبَارِكًا الْمَسِيحَ الْإِلَهَ عَلَى مَدَى الدَّهْرِ.</p>
<p>Deacon: The Theotokos and Mother of the Light, let us honor and magnify in song.</p>	<p>الشماس: لَوْلَاذَةَ الْإِلَهِ وَأَمِّ النُّورِ بِالتَّسَابِيحِ نُكْرِمُ مُعْظَمِينَ.</p>
<p align="center">MAGNIFICATIONS IN TONE ONE</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>تُعْظِمُ نَفْسِي الرَّبِّ، وَتَبْتَهِجُ رُوحِي بِاللَّهِ مُخْلِصِي. اللازمة: يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ مَجْدًا بِغَيْرِ 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. (Refrain)</p>	<p>لِأَنَّه نَظَرَ إِلَى تَوَاضِعِ أَمَّتِهِ، فَهَا مُنْذُ الْآنَ تُطَوِّبُنِي جَمِيعُ الْأَجْيَالِ. (اللازمة)</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. <i>(Refrain)</i>	لَأَنَّ الْقَدِيرَ صَنَعَ بِي عَظَائِمَ وَقُدُوسٌ اسْمُهُ، وَرَحْمَتُهُ إِلَى جِيلٍ فَجِيلٍ لِلَّذِينَ يَتَّقُونَهُ. <i>(اللازمة)</i>
He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. <i>(Refrain)</i>	صَنَعَ عِزًّا بِسَاعِدِهِ، وَشَتَّتَ الْمُتَكَبِّرِينَ بِذَهْنِ قُلُوبِهِمْ. <i>(اللازمة)</i>
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. <i>(Refrain)</i>	حَطَّ الْمُقْتَدِرِينَ عَنِ الْكِرَاسِيِّ وَرَفَعَ الْمُتَوَاضِعِينَ، مَلَأَ الْجِيَاعَ مِنَ الْخَيْرَاتِ، وَالْأَغْنِيَاءَ أَرْسَلَهُمْ فَارِغِينَ. <i>(اللازمة)</i>
He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. <i>(Refrain)</i>	عَضَدَ إِسْرَائِيلَ فَتَاهُ لِيَذْكُرَ رَحْمَتَهُ، كَمَا قَالَ لِأَبَائِنَا إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الْأَبَدِ. <i>(اللازمة)</i>
Ode 9. O virgin Mother, truly the birth-giver of God, who didst conceive without seed Christ our God, elevated in the flesh on the Cross, these happenings all we believers now magnify, as is meet.	<i>(الأودية التاسعة)</i> أَيُّهَا الْأُمُّ الْعَذْرَاءُ، وَالِدَةُ الْإِلَهِ بِالْحَقِيقَةِ، يَا مَنْ وُلِدْتَ خُلُوعًا مِنْ زَرْعِ الْمَسِيحِ إِلَيْنَا، الَّذِي رَفَعَ بِالْجَسَدِ عَلَى الصَّلِيبِ، نُعَظِّمُكَ الْآنَ مَعَهُ، نَحْنُ الْمُؤْمِنِينَ، بِوَاجِبِ الْاسْتِثْهَالِ.
THE LITTLE LITANY	
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.	الشماس: أَيضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمْنَا. الشماس: أَعِزُّدْ، وَخَلِّصْ، وَارْحَمْ، وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمْنَا. الشماس: بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقِدَاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَحِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرِيَمَ مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبِعِضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ. الجوق: لَكَ يَا رَبُّ. الكاهن: لِأَنَّكَ إِيَّاكَ تُسَبِّحُ كُلُّ قُوَّاتِ السَّمَاوَاتِ، وَلَكَ يُرْسَلُونَ الْمَجْدَ أَيُّهَا الْأَبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. الجوق: آمِينَ.
Holy is the Lord our God. <i>(THRICE)</i> Exalt ye the Lord our God, and worship at His footstool, for He is holy.	قُدُوسٌ هُوَ الرَّبُّ إِلَيْنَا. <i>(ثلاثاً)</i> ارْفَعُوا الرَّبَّ إِلَيْنَا، وَاسْجُدُوا لِمَوْطِي قَدَمِيهِ، لِأَنَّ الرَّبَّ إِلَيْنَا قُدُوسٌ هُوَ.
THE TENTH EOTHINON EXAPOSTEILARION IN TONE TWO <i>(**Upon that mount in Galilee**)</i>	

On the sea of Tiberias, * of old there went a fishing * Nathanael, Peter, and with them, another two with Thomas, * as well as Zebedee's children; * and then, as Christ commanded, * upon the right, they cast their net * and drew out many fishes. * Then knowing Him, * Peter swiftly swam to Him. And He showed them * both bread and fish upon the coals * in this, His third appearance.	إِنَّ ابْنِي زَبْدَى، وَبَطْرُسَ وَنَثَائِيلَ، وَابْنَيْنِ آخَرَيْنِ وَتوما، كانوا بالصَيْدِ فِي بَحِيرَةِ طَبْرِيَّةَ. اللَّذَيْنِ بِأَمْرِ الْمَسِيحِ، أَلْقَوْا الشَّبَكَةَ فِي الْجَانِبِ الْأَيْمَنِ، فَجَدَّبُوا سَمَكًا كَثِيرًا. فَلَمَّا عَرَفَهُ بَطْرُسُ، تَقَدَّمَ إِلَيْهِ سَابِحًا. فَهَذَا ظُهُورُ ثَالِثِ لِسَيِّدِ، لَمَّا أَرَاهُمْ حُبْرًا وَسَمَكًا عَلَى جَمْرِ.
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EXAPOSTELARION & THEOTOKION FOR THE HOLY CROSS IN TONE TWO
(Upon that mount in Galilee**)**

Seeing today the precious Cross of Christ laid down, let us adore it in faith, rejoicing, and embrace it with longing, imploring the Lord Who on it was willingly crucified, to make us worthy to adore the precious Cross, and to reach the day of Resurrection free of all condemnation.	إِنَّا الْيَوْمَ إِذْ نَرَى صَلِيبَ الْمَسِيحِ الْكَرِيمِ، فَلْنَسْجُدْ بِإِيمَانٍ لَهُ، وَلْنُصَافِحْهُ بِفَرَحٍ، مُبْتَهِلِينَ لِلَّذِي صُلِبَ بِاخْتِيَارِهِ، لِكَيْمَّا يُؤَهِّلُنَا جَمِيعًا لِلْسُّجُودِ لِلصَّليبِ الْكَرِيمِ، وَنَبْلُغَ مَعَ نَهَارِ الْقِيَامَةِ الْبَهِيِّ، خُلُوعًا مِنْ دَيْنُونَةٍ.
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O most pure one, in true worship we now adore the Tree on which thy Son stretched out His pure hands, nailed thereto. Wherefore, grant us safety, and arrival at the adoration of the all-revered Passion of salvation, and the all-brilliant Pascha Day that giveth joy to the world.	يَا كَلِيَّةَ النِّقَاوَةِ، نَجْتَبِئُ بِحُسْنِ عِبَادَةٍ لِّلْعُودِ الَّذِي بَسَطَ ابْنُكَ عَلَيْهِ يَدَيْهِ الطَّاهِرَتَيْنِ، إِذْ سَمَرَ. فَاْمُنِّحِنَا السَّلَامَةَ، لِنَبْلُغَ بِهَا السُّجُودَ إِلَى الْأَلَامِ الْبَاعِثَةِ الْخَلَاصِ، وَإِلَى يَوْمِ الْفِصْحِ السَّيِّدِيِّ الْكَلْبِيِّ ضِيَاؤُهُ، وَالْمُبْهِجِ الْعَالَمِ.
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AINOI (PRAISES) IN TONE TWO

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 فَلْنَسَبِّحِ الرَّبَّ. سَبِّحُوا الرَّبَّ مِنَ السَّمَاوَاتِ، سَبِّحُوهُ فِي الْأَعَالِي، لِأَنَّهُ لَكَ يَلِيقُ النَّسْبِيحُ يَا اللَّهُ.
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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.
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For the Resurrection in Tone Two

<i>Verse 1. This glory shall be to all His saints.</i> All creatures glorify Thee, O Lord, with every breath; for by the Cross Thou didst abolish death, that Thou mightest manifest to the nations Thy Resurrection from the dead; for Thou alone art the Lover of mankind.	1- هَذَا الْمَجْدُ يَكُونُ لِجَمِيعِ أَنْبِيَائِهِ. أَيُّهَا الرَّبُّ، إِنَّ الْبَرَايَا بِأَسْرَهَا تَمَجَّدُكَ مَعَ كُلِّ نَسَمَةٍ، لِأَنَّكَ بِالصَّليبِ قَدْ أَنْبَطْتَ الْمَوْتَ، لِكَيْ تُظَهَرَ لِلشُّعُوبِ قِيَامَتَكَ مِنْ بَيْنِ الْأَمْوَاتِ، بِمَا أَنَّكَ مُحِبُّ الْبَشَرِ وَحَدَّكَ.
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<i>Verse 2. Praise God in His sanctuary; praise Him in the firmament of His power.</i> Answer, O Jews, how was it that the guardian soldiers lost the King Whom they were guarding? Why was it that the stone could not retain the Rock of life? Either must ye, therefore, deliver to us Him that was buried, or worship with us Him Who is risen, shouting: Glory to Thy bountiful mercies, our Savior, glory to Thee.	2- سَبِّحُوا اللَّهَ فِي قَدِيسِيهِ، سَبِّحُوهُ فِي فَلكِ قُوَّتِهِ. أَجِيبُوا أَيُّهَا الْيَهُودُ كَيْفَ أَنْ الشَّرْطُ أَضَاعُوا الْمَلِكَ الَّذِي كَانُوا يَحْرُسُونَهُ؟ لِمَاذَا الْحَجَرُ لَمْ يَحْفَظْ صَخْرَةَ الْحَيَاةِ؟ فإِذَا أَنْ تُعْطُونَا الْمَدْفُونِ، أَوْ فَاسْجُدُوا مَعَنَا لِلنَّاهِضِ هَاتِفِينَ: الْمَجْدُ لِرَأْفَاتِكَ الْغَزِيرَةِ، يَا مَخْلِصَنَا الْمَجْدُ لَكَ.
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<p>Verse 3. Praise Him for His mighty acts; praise Him according to His excellent greatness. Rejoice, O nations, and be glad, for the angel hath sat on the stone of the grave, and given us the glad tidings, saying: Christ the Savior of the world is risen from the dead. He hath filled all with sweet scent. Rejoice, O ye nations, and be joyful.</p>	<p>3- سَبِّحُوهُ عَلَى مَقْدَرَتِهِ، سَبِّحُوهُ نَظِيرَ كَثْرَةِ عَظَمَتِهِ. افْرَحُوا يَا شُعُوبَ وَابْتَهِجُوا، لِأَنَّ الْمَلَكَ قَدْ جَلَسَ عَلَى حَجَرِ الْقَبْرِ، مُبَشِّرًا إِيَّانَا وَقَائِلًا: الْمَسِيحُ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ مُخَلِّصُ الْعَالَمِ، وَأَوْعَبَ الْكُلَّ شَذًا عَطْرًا. فَافْرَحُوا إِذَا يَا شُعُوبَ وَابْتَهِجُوا.</p>
<p>Verse 4. Praise Him with the sound of the trumpet; praise Him with the psaltery and harp. O Lord God, verily, before Thy Conception an angel did come with peace to her who is full of grace. And now an angel hath rolled the stone from the door of Thy tomb, made glorious by Thy Resurrection. The first angel spake with signs of joy instead of sorrow; and the latter brought us the glad tidings of a Lord Who giveth life instead of death. Therefore, do we shout to Thee, O Benefactor of all: Glory to Thee, O Lord.</p>	<p>4- سَبِّحُوهُ بِلَحْنِ الْبُوقِ، سَبِّحُوهُ بِالْمُزْمَارِ وَالْقَيْتَارَةِ. أَيُّهَا الرَّبُّ الْإِلَهَ، إِنَّ مَلَكَ قَبْلَ الْحَبْلِ بِكَ أَتَى بِالسَّلَامِ إِلَى الْمُتَمَلِّئَةِ نِعْمَةً. وَالْآنَ، فَإِنَّ مَلَكَ أَيْضًا دَخَرَ حَجَرَ عَن بَابِ رَمْسِكَ الْمَجِيدِ فِي حَالِ قِيَامَتِكَ. فَالْأَوَّلُ بَشَّرَ بِأَمَارَاتِ السُّرُورِ عِوَضَ الْحُزَنِ، وَالثَّانِي كَرَّرَ لَنَا بِسَيِّدِ مُعْطِي الْحَيَاةِ عِوَضَ الْمَوْتِ. فَلِذَا نَهَيْتُ إِلَيْكَ: أَيُّهَا الْمُحْسِنُ إِلَى الْكُلِّ، يَا رَبُّ الْمَجْدُ لَكَ.</p>
<p>For the Third Sunday of Great Lent in Tone Four (**As one valiant**)</p>	
<p>Verse 5. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs. Let us shout with exultant voice, * let us sing joyous songs of praise, * let us kiss the ven'erable Cross with faith and love; * and let us lift up our voice and cry: O all-blessed Cross of Christ, * bless and sanctify our souls * and our bodies by thy great might; * and preserve unharmed * from all kinds of affliction by our adversaries us who now with gladness * offer thee worship in piety.</p>	<p>5- سَبِّحُوهُ بِالطَّبْلِ وَالْمَصَافِ. سَبِّحُوهُ بِالْأُوتَارِ وَأَلَّةِ الطَّرْبِ. لِنَهْلَلِ بِالنَّعْمَاتِ، وَنُعْظِمَ بِالنَّسَابِيحِ، صَلِيبَ الرَّبِّ الْكَرِيمِ، مُصَافِحِينَ إِيَّاهُ وَنَهَيْتُ نَحْوَهُ: قَدِّسْنَا بِقُوَّتِكَ، نَفُوسًا وَأَجْسَادًا، أَيُّهَا الصَّلِيبُ الْكَلْبِيُّ وَقَارُهُ، وَمِنْ أَضْرَارِ الْمُضَادِّينَ احْفَظْنَا، وَصُنَّا نَحْنُ الْجَائِثِينَ لَكَ بِحُسْنِ عِبَادَةٍ.</p>
<p>Verse 6. Praise Him upon the loud cymbals; praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord. Let us shout with exultant voice, * let us sing joyous songs of praise, * let us kiss the ven'erable Cross with faith and love; * and let us lift up our voice and cry: O all-blessed Cross of Christ, * bless and sanctify our souls * and our bodies by thy great might; * and preserve unharmed * from all kinds of affliction by our adversaries us who now with gladness * offer thee worship in piety.</p>	<p>6- سَبِّحُوهُ بِنِعْمَاتِ الصُّنُوجِ، سَبِّحُوهُ بِصُنُوجِ التَّهْلِيلِ، كُلِّ نَسْمَةٍ فَلْتَسَبِّحِ الرَّبَّ. لِنَهْلَلِ بِالنَّعْمَاتِ، وَنُعْظِمَ بِالنَّسَابِيحِ، صَلِيبَ الرَّبِّ الْكَرِيمِ، مُصَافِحِينَ إِيَّاهُ وَنَهَيْتُ نَحْوَهُ: قَدِّسْنَا بِقُوَّتِكَ، نَفُوسًا وَأَجْسَادًا، أَيُّهَا الصَّلِيبُ الْكَلْبِيُّ وَقَارُهُ، وَمِنْ أَضْرَارِ الْمُضَادِّينَ احْفَظْنَا، وَصُنَّا نَحْنُ الْجَائِثِينَ لَكَ بِحُسْنِ عِبَادَةٍ.</p>
<p>Verse 7. Exalt ye the Lord our God, and worship at His footstool, for He is holy. Come draw forth as though from a spring * the unfailling and mighty streams * pouring from the grace of the Cross of Jesus Christ. * For lo, the holy and precious Wood is set forth for all to see, * as the fountainhead of gifts, * which is watered by the divine * Water and the Blood * of the Master of all, Who of His own will was exalted on it freely * and so exalted all mortal men.</p>	<p>7- اِرْفَعُوا الرَّبَّ آلِهَنَا وَاسْجُدُوا لِمَوْطِي قَدَمَيْهِ، فَإِنَّهُ قُدُّوسٌ. تَقَدَّمُوا فَاسْتَقُوا الْآنَ مِنْ مِيَاهِ لَا تَفْرَعُ، تَجْرِي مِنْ جِدَاوِلِ نَعِيمِ الصَّلِيبِ. إِذْ نَرَى الْعُودَ الْمُقَدَّسَ، يَنْبُوعَ الْمَوَاهِبِ، مَوْضُوعًا أَمَامَنَا. الْمُرْتَوِي مِنَ الدَّمِ وَالْمَاءِ الْجَارِيَيْنِ مِنْ سَيِّدِ الْكُلِّ، مَنْ رَفَعَ بِاخْتِيَارِهِ عَلَيْهِ، كَيْ يَرْفَعَ الْبَشَرَ.</p>

<p>Verse 8. <i>God is our King before the ages; He has worked salvation in the midst of the earth.</i> The foundation of holy Church, * the adornment and gem of monks, * and the boast and joy and salvation of God's priests * art thou, O all-honored Cross. And for this cause, as we worship thee, * we this day in heart and soul * are enlightened by the divine * grace of Him that once * was affixed unto thee and hath destroyed the might and rule of the deceiver * and hath abolished the ancient curse.</p>	<p>8-اللَّهُ مَلِكُنَا مِنْ قَبْلِ الدَّهْرِ، صَنَعَ خَلَاصًا فِي وَسْطِ الْأَرْضِ. أَنْتَ رُكْنٌ مُؤَيَّدٌ لِلْكَنِيسَةِ وَالْمُلُوكِ، فَخَرٌّ وَخَلَاصٌ لِلْمُتَوَجِّدِينَ، أَيُّهَا الصَّلِيبُ الْمَوْقَرُ. لِذَلِكَ نَجْتَوِي لَكَ، مُسْتَنيرِينَ الْيَوْمَ، بِقُلُوبِنَا وَالنَّفُوسِ، بِنِعْمَةٍ مَنْ قَدْ بَسِطَ عَلَيْكَ الْإِلَهِيَّةَ، مُحَطِّمًا بَأْسَ الْغَاشِيِّ، وَمُبِيدًا قُوَّةَ اللَّعْنَةِ.</p>
DOXASTICON FOR THE THIRD SUNDAY OF GREAT LENT IN TONE EIGHT	
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> The Lord of all taught us by a proverb to run away from the haughtiness of the evil Pharisees; and instructed all not to exalt themselves in their opinions from duty, having Himself become a Symbol and an Exemplar, emptying Himself unto the Cross and death. Wherefore, with the publican, let us offer Him thanks, saying, O Thou Who didst suffer for our sakes and remained an un suffering God, deliver us from sufferings and save our souls.</p>	<p>المَجْدُ لِلْأَبِ وَالابْنِ وَالرُّوحِ الْقُدُسِ. إِنَّ رَبَّ الْكُلِّ، قَدْ عَلَّمَ بِمَثَلٍ بَأَنَّ نَهْرَبَ مِنْ شُمُوحِ الْفَرِيسِيِّينَ الْأَرْدِيَاءِ، وَأَدَبَ الْجَمِيعَ كَيْ لَا يَتَرَفَّعُوا بِأَرَائِهِمْ عَنِ الْوَاجِبِ، إِذْ صَارَ هُوَ نَفْسُهُ رَسْمًا وَنُمُودَجًا، وَأَفْرَغَ ذَاتَهُ حَتَّى إِلَى الصَّلِيبِ وَالْمَوْتِ. فَلَنَرْفَعُ لَهُ الشُّكْرَ مَعَ الْعَشَارِ قَائِلِينَ: يَا مَنْ تَأَلَّمَ مِنْ أَجْلِنَا، وَلَبِثَ إِلَهًا غَيْرَ مَأْلُومٍ، نَجِّنَا مِنَ الْأَلَامِ، وَخَلِّصْ نَفُوسَنَا.</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 وَالِدَةَ الْإِلَهِ الْعِذْرَاءِ، لِأَنَّ الْجَحِيمَ قَدْ سُبِيَتْ بِوَسِيطَةِ الْمَتَجَبِّدِ مِنْكَ، وَأَدَمَ دُعِيَ ثَانِيَةً، وَاللَّعْنَةُ بَادَتْ، وَحَوَاءَ انْعَتَقَتْ، وَالْمَوْتُ أُمِيتَ، وَنَحْنُ قَدْ حَيِينَا. فَلِذَلِكَ نُسَبِّحُ هَاتِفِينَ: مُبَارَكٌ أَنْتَ أَيُّهَا الْمَسِيحُ إِلَهُنَا، يَا مَنْ هَكَذَا سُرَّ، الْمَجْدُ لَكَ.</p>
THE GREAT DOXOLOGY IN TONE EIGHT	
<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 مُظَهِّرَ 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، نَسُجُدُ 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، الْأَبُ الصَّابِطُ الْكُلِّ؛ أَيُّهَا الرَّبُّ الْإِبْنُ الْوَحِيدُ، يَا يَسُوعُ الْمَسِيحُ؛ وَيَا أَيُّهَا الرُّوحُ الْقُدُسُ.</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 الْأَبِ، يَا رَافِعَ خَطِيئَةَ الْعَالَمِ، ارْحَمْنَا، يَا رَافِعَ خَطَايَا الْعَالَمِ.</p>
<p>Receive our prayer, Thou that sittest at the right hand of the Father, and have mercy on us.</p>	<p>تَقَبَّلْ نَصْرَعْنَا أَيُّهَا الْجَالِسُ عَنْ يَمِينِ الْأَبِ، وَارْحَمْنَا.</p>

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 أُبَارِكُكَ، وَأَسْبِّحُ اسْمَكَ إِلَى الْأَبَدِ، وَإِلَى أَبَدِ الْأَبَدِ.
Vouchsafe, O Lord, to keep us this day without sin.	أَهْلِنَا، 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، وَمُسَبِّحٌ وَمُمَجَّدٌ اسْمُكَ إِلَى الْأَبَدِ. آمِينَ.
Let Thy mercy be upon us, O Lord, even as we have set our hope in Thee.	لِتَكُنْ، يَا رَبُّ، رَحْمَتُكَ 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 خَطِئْتُ إِلَيْكَ.
Lord, I have fled unto Thee; teach me to do Thy will, for Thou art my God.	يَا رَبُّ، إِلَيْكَ لَجَأْتُ فَعَلِّمْنِي أَنْ أَعْمَلَ رِضَاكَ، لِأَنَّكَ أَنْتَ هُوَ إِلَهِي.
For with Thee is the fountain of life; in Thy light shall we see light.	لَأَنَّ مِنْ قِبَلِكَ عَيْنَ الْحَيَاةِ، وَبِنُورِكَ نُعَايِنُ النُّورَ.
O continue Thy mercy unto them that know Thee. Holy God, Holy Mighty, Holy Immortal: have mercy on us. (thrice)	فَانْبَسِطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ. قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ، ارْحَمْنَا. (ثَلَاثًا)
Glory to the Father and to the Son and to the Holy Spirit.	الْمَجْدُ لِلْآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُّوسِ.
Both now and ever, and unto ages of ages. Amen.	الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.
Holy Immortal: have mercy on us.	قُدُّوسُ الَّذِي لَا يَمُوتُ، ارْحَمْنَا.
Holy God, Holy Mighty, Holy Immortal: have mercy on us.	قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ، ارْحَمْنَا.
TROPARION IN TONE FOUR	
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 فَلْنُسَبِّحِ الَّذِي قَامَ مِنَ الْقَبْرِ، عُنْصُرَ حَيَاتِنَا، لِأَنَّهُ إِذْ قَدْ حَطَّمَ 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.	