

خدمة صلاة الغروب غروب أحد الغفران

**LENTEN VESPERS WITH CEREMONY OF MUTUAL FORGIVENESS  
SERVED ON THE SUNDAY OF FORGIVENESS**

**Priest:** Blessed is our God, always, now and ever, and unto ages of ages.

الكاهن: تبارك الله إلهنا كل حين، الآن وكل أوان وإلى دهر الداهرين.

**Choir:** Amen.

الجوق: آمين.

**THE PSALM OF INTRODUCTION—PSALM 103**

**Reader:** Come, let us worship and fall down before God our King.

Come, let us worship and fall down before Christ, our King and our God.

Come, let us worship and fall down before Christ Himself, our King and our God.

القارئ: هلم لنسجد ونركع لملكنا وإلهنا.

هلم لنسجد ونركع للمسيح ملكنا وإلهنا.

هلم لنسجد ونركع للمسيح، هذا هو ملكنا وربنا وإلهنا.

**Reader:** Bless the Lord, O my soul; O Lord my God, Thou hast been magnified exceedingly. Confession and majesty hast Thou put on, Who coverest Thyself with light as with a garment, Who stretchest out the heaven as it were a curtain; Who supporteth His chambers in the waters, Who appointeth the clouds for His ascent, Who walketh upon the wings of the winds, Who maketh His angels spirits, and His ministers a flame of fire. Who establisheth the earth in the sureness thereof; it shall not be turned back forever and ever. The abyss like a garment is His mantle; upon the mountains shall the waters stand. At Thy rebuke they will flee, at the voice of Thy thunder shall they be afraid. The mountains rise up and the plains sink down, unto the place where Thou hast established them. Thou appointedst a bound that they shall not pass, neither return to cover the earth. He sendeth forth springs in the valleys; between the mountains will the waters run. They shall give drink to all the beasts of the field; the wild asses will wait to quench their thirst. Beside them will the birds of the heaven lodge, from the midst of the rocks will they give voice. He watereth the mountains from His chambers; the earth shall be satisfied with the fruit of Thy works. He causeth the grass to grow for the cattle, and green herb for the service of men, to bring forth bread out of the earth; and wine maketh glad the heart of man. To make his face cheerful with oil; and bread strengtheneth man's heart. The trees of the plain shall be satisfied, the cedars of Lebanon, which Thou hast planted. There will the sparrows make their nests; the house of the heron is chief among them. The high mountains are a refuge for

باركي يا نفسي الرب، أيها الرب إلهي لقد عظمت جداً. الاعتراف وعظم الجلال تسربت، أنت اللابس النور مثل الثوب. الباسط السماء كالخيمة، المسقف بالمياه علاليه. الجاعل السحاب مركبة له، الماشي على أجنحة الرياح. الصانع ملائكته أرواحاً، وخدامه لهيب نار. المؤسس الأرض على قواعدها، فلا تتزعزع إلى دهر الداهرين. رداؤه اللجة كالثوب، على الجبال تقف المياه. من انتهارك تهرب، ومن صوت رعدك تجزع. ترتفع الجبال، وتتحفض البقاع إلى الموضع الذي أسسته لها. وضعت لها حداً فلا تتعداه، ولا ترجع فنغطي وجه الأرض. أنت المرسل العيون في الشعاب. وفي وسط الجبال تغبر المياه. تسقي كل وحوش الغياض، تقبل حمير الوحش عند عطشها. عليها طيور السماء تسكن، من بين الصخور تعرد بأصواتها. أنت الذي يسقي الجبال من علاليه، من ثمرة أعمالك تشبع الأرض. أنت الذي ينبث العشب للبهائم، والخضرة لخدمة البشر. ليخرج خبزاً من الأرض، والحمز تفرح قلب الإنسان. لينبهج الوجه بالزيت، والخبز يشدد قلب الإنسان. ترى أشجار الغاب، وأرز لبنان الذي نصبته. هناك تعيش العصافير، ومساكن الهيرودي

<p>the harts, and so is the rock for the hares. He hath made the moon for seasons; the sun knoweth his going down. Thou appointedst the darkness, and there was the night, wherein all the beasts of the forest will go abroad; young lions roaring after their prey, and seeking their food from God. The sun ariseth, and they are gathered together, and they lay them down in their dens. Man shall go forth unto his work, and to his labor until the evening. How magnified are Thy works, O Lord! In wisdom hast Thou made them all. The earth is filled with Thy creation. So is this great and spacious sea, wherein are things creeping innumerable, small living creatures with the great. There go the ships; there this leviathan, whom Thou hast made to play therein. All things wait on Thee, to give them their food in due season; when Thou givest it them, they will gather it. When Thou openest Thy hand, all things shall be filled with goodness; when Thou turnest away Thy face, they shall be troubled. Thou wilt take their spirit, and they shall cease; and unto their dust shall they return. Thou wilt send forth Thy Spirit, and they shall be created; and Thou shalt renew the face of the earth. Let the glory of the Lord be unto the ages; the Lord will rejoice in His works. Who looketh on the earth and maketh it tremble, Who toucheth the mountains and they smoke. I will sing unto the Lord throughout my life, I will chant to my God for as long as I have my being. May my words be sweet unto Him; I will rejoice in the Lord. O that sinners would cease from the earth, and they that work iniquity, that they should be no more. Bless the Lord, O my soul. The sun knoweth his going down. Thou appointedst the darkness, and there was the night. How magnified are Thy works, O Lord! In wisdom hast Thou made them all.</p>	<p>تَتَقَدَّمُهَا. الْجِبَالُ الْعَالِيَةُ لِلْأَيْلَةِ، وَالصُّخُورُ مَلْجَأٌ لِلْأُرَابِ. صَنَعَ الْقَمَرَ لِلْأَوْقَاتِ، وَالشَّمْسُ عَرَفَتْ غُرُوبَهَا. جَعَلَ الظُّلْمَةَ فَكَانَ لَيْلٌ، وَفِيهِ تَعْبُرُ جَمِيعُ وَحُوشِ الْغَابِ. أَشْبَالٌ تَزَارُ لِتَخْطُفَ وَتَطْلُبَ مِنْ اللَّهِ طَعَامَهَا. أَشْرَقَتِ الشَّمْسُ فَاجْتَمَعَتْ، وَفِي صَيَرَهَا رَبَّصَتْ. يَخْرُجُ الْإِنْسَانُ إِلَى عَمَلِهِ وَإِلَى صِنَاعَتِهِ حَتَّى الْمَسَاءِ. مَا أَعْظَمَ أَعْمَالَكَ يَا رَبُّ، كُلُّهَا بِحِكْمَةٍ صَنَعْتَ، قَدْ اِمْتَلَأَتِ الْأَرْضُ مِنْ خَلْقَتِكَ. هَذَا الْبَحْرُ الْكَبِيرُ الْوَاسِعُ، هُنَاكَ دَبَابَاتٌ لَا عَدَدَ لَهَا، حَيَوَانَاتٌ صِغَارٌ مَعَ كِبَارٍ. هُنَاكَ تَجْرِي السُّفُنُ، هَذَا التَّيْنُ الَّذِي خَلَقْتَهُ يَلْعَبُ فِيهِ. وَكُلُّهَا إِيَّاكَ تَتَرَجَّى، لِتُعْطِيَهَا طَعَامَهَا فِي حِينِهِ، وَإِذَا أَنْتَ أَعْطَيْتَهَا جَمَعْتَ. تَفْتَحُ يَدَكَ فَيَمْتَلِئُ الْكُلُّ خَيْرًا، تَصْرِفُ وَجْهَكَ فَيَضْطَرِبُونَ. تَنْزِعُ أَرْوَاحَهُمْ فَيَفْنُونَ، وَإِلَى تُرَابِهِمْ يَرْجِعُونَ. تُرْسِلُ رُوحَكَ فَيُخْلِقُونَ، وَتُجَدِّدُ وَجْهَ الْأَرْضِ. لِيَكُنْ مَجْدُ الرَّبِّ إِلَى الدَّهْرِ، يَفْرَحُ الرَّبُّ بِأَعْمَالِهِ. الَّذِي يَنْظُرُ إِلَى الْأَرْضِ فَيَجْعَلُهَا تَرْتَعْدُ، وَيَمَسُّ الْجِبَالَ فَتَدْحَنُ. أَسْبَحُ الرَّبَّ فِي حَيَاتِي، وَأُرْتِلُ لِلْإِلَهِيِّ مَا دُمْتُ مَوْجُودًا. يَلْذُ لَهُ تَأْمُلِي، وَأَنَا أَفْرَحُ بِالرَّبِّ. لِيَبْدِ الْخَطَاةُ مِنَ الْأَرْضِ، وَلَا يَبْقَ فِيهَا الْأَنْثَمَةُ. بَارِكِي يَا نَفْسِي الرَّبَّ. الشَّمْسُ عَرَفَتْ غُرُوبَهَا، جَعَلَ الظُّلْمَةَ فَكَانَ لَيْلٌ. مَا أَعْظَمَ أَعْمَالَكَ يَا رَبُّ، كُلُّهَا بِحِكْمَةٍ صَنَعْتَ.</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> Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (3x) O our God and our Hope, glory to Thee!</p>	<p>الْمَجْدُ لِلْأَبِ، وَالْأَبْنِ، وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. هَلِّلُوِيَا، هَلِّلُوِيَا، هَلِّلُوِيَا، الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا) يَا إِلَهَنَا وَرَجَاءَنَا لَكَ الْمَجْدُ.</p>
<b>THE GREAT LITANY</b>	
<b>Deacon:</b> In peace, let us pray to the Lord.	<b>الشماس:</b> بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	<b>الجوقة:</b> يَا رَبُّ ارْحَمِ.
<b>Deacon:</b> For the peace from above and the salvation of our souls, let us pray to the Lord .	<b>الشماس:</b> مِنْ أَجْلِ السَّلَامِ الَّذِي مِنَ الْعُلَى وَخَلَاصِ نَفُوسِنَا، إِلَى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	<b>الجوقة:</b> يَا رَبُّ ارْحَمِ.

<b>Deacon:</b> For the peace of the whole world, the good estate of the Holy Churches of God, and the union of all men, let us pray to the Lord.	الشماس: مِنْ أَجْلِ سَلامِ كُلِّ العالَمِ وَحُسْنِ ثَباتِ كنائِسِ اللّهِ المُقدَّسة، واتّحادِ الكلِّ، إلى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	الجوقة: يا رَبِّ ارْحَم.
<b>Deacon:</b> For this Holy House and those who with faith, reverence, and fear of God, enter therein, let us pray to the Lord.	الشماس: مِنْ أَجْلِ هَذا البَيْتِ المُقدَّسِ، والَّذينَ يَدْخُلونَ إليه بِإيمانٍ وَوَرعٍ وَخَوفِ اللّهِ، إلى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	الجوقة: يا رَبِّ ارْحَم.
<b>Deacon:</b> For our father and Metropolitan N., (our Archbishop N. or Bishop N.), the honorable presbytery, the diaconate in Christ, and all the clergy and people, let us pray to the Lord.	الشماس: مِنْ أَجْلِ أبينا ومِتروبوليتنا (فلان) وأسقفنا (فلان) والكَهنة المُكْرَمينَ والشَّمامسة الخُدّامَ بالمسيحِ، وجميعِ الإكليروسِ والشَّعبِ، إلى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	الجوقة: يا رَبِّ ارْحَم.
<b>Deacon:</b> For Metropolitan Paul and Archbishop John and their quick release from captivity and safe return, let us pray to the Lord.	الشماس: مِنْ أَجْلِ المِتروبوليتِ بولسَ والمِطرانِ يوحنا وفَكَ أسْرِهِما وَعَوْدَتِهِما سالِمينَ، إلى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	الجوقة: يا رَبِّ ارْحَم.
<b>Deacon:</b> For the President, civil authorities, and Armed Forces, let us pray to the Lord.	(في أمريكا) الشماس: مِنْ أَجْلِ حُكّامِ هَذا البَلَدِ، ومُؤازِرَتِهِمْ في كُلِّ عَمَلٍ صالحٍ، إلى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	الجوق: يا رَبِّ ارْحَم.
<b>Deacon:</b> For this city and every city and countryside and the faithful who dwell therein, let us pray to the Lord.	الشماس: مِنْ أَجْلِ هَذهِ المَدِينَةِ، وَجميعِ المُدنِ والقرى والمُؤمِنينَ السّاكِنينَ فيها، إلى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	الجوقة: يا رَبِّ ارْحَم.
<b>Deacon:</b> For healthful seasons, abundance of the fruits of the earth, and peaceful times, let us pray to the Lord.	الشماس: مِنْ أَجْلِ اعتِدالِ الأهُويَةِ وَخِصبِ الأَرْضِ بالثَمارِ، وأوقاتِ سَلامِيَّةٍ، إلى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	الجوقة: يا رَبِّ ارْحَم.
<b>Deacon:</b> For travelers by sea, by land, and by air, the sick, the suffering, the captive, and for their salvation, let us pray to the Lord.	الشماس: مِنْ أَجْلِ المُسافِرينَ في البَحْرِ والبرِّ والجَوِّ، والمَرَضى والمَضنَّيينَ، والأَسرى وَخِلاصِهِمْ، إلى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	الجوقة: يا رَبِّ ارْحَم.
<b>Deacon:</b> For our deliverance from all tribulation, wrath, danger, and necessity, let us pray to the Lord.	الشماس: مِنْ أَجْلِ نَجاتِنا مِنْ كُلِّ ضيقٍ وَعَصبٍ وَخَطَرٍ وَشِدَّةٍ، إلى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	الجوقة: يا رَبِّ ارْحَم.
<b>Deacon:</b> Help us; save us; have mercy on us, and keep us, O God, by Thy grace.	الشماس: أَعِضُدْ وَخَلِّصْ وارْحَمْ واحفَظْنا يا اللّهِ بِنِعَمَتِكَ.
<b>Choir:</b> Lord, have mercy.	الجوقة: يا رَبِّ ارْحَم.
<b>Deacon:</b> Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady the Theotokos and ever-Virgin Mary, with all the Saints,	الشماس: بعدَ ذِكرِنا الكَلِيَّةِ القَداسَةِ الطاهِرةِ، الفانِقةِ البَرَكاتِ، المَجيدةِ، سَيِّدَتِنا والِدَةَ الإلهِ

let us commend ourselves and each other, and all our life unto Christ our God.	الدائمة البتولية مريم، مع جميع القديسين، لنودع أنفسنا وبعضنا بعضاً وكل حياتنا للمسيح الإله.
<b>Choir:</b> To Thee, O Lord.	الجوقة: لك يا رب.
<b>Priest:</b> For unto Thee are due all glory, honor, and worship: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.	الكاهن: لأنه ينبغي لك كل تمجيد وإكرام وسجود، أيها الأب والابن والروح القدس، الآن وكل أوان، وإلى دهر الدهرين.
<b>Choir:</b> Amen.	الجوقة: آمين.
<b>“O LORD, I HAVE CRIED” IN TONE SEVEN</b>	
<b>Choir:</b> O Lord, I have cried out unto Thee, hear Thou me; hear Thou me, O Lord. O Lord, I have cried out unto Thee, hear Thou me. Give ear to the voice of my supplication when I cry out unto Thee: hear Thou me, O Lord.	الجوق: يا ربّي إليك صرختُ، فاستمع لي، استمع لي يا رب. يا ربّي إليك صرختُ فاستمع لي، أنصت إلى صوت تضرّعي حين أضرّخ إليك، استمع لي يا رب.
<b>Choir:</b> Let my prayer be set forth before Thee as the incense, and the lifting up of my hands as the evening sacrifice; hear Thou me, O Lord.	الجوق: لئستقم صلّاتي كالبخور أمامك، وليكن رفع يديّ كذبيحة مساءية، استمع لي يا رب.
Set a watch, O Lord, before my mouth, and a protecting door round about my lips.	اجعل يا رب حارساً لعمي وباباً حصيناً على شفّتي.
Incline not my heart to evil words, to make excuses in sins.	لا تمل قلبي إلى كلام الشرّ فيتعلّل بعلى الخطايا.
With men that work iniquity; and I will not communicate with the choicest of them.	مع الناس العاملين الإثم ولا أتفق مع مختاريهم.
The just man shall correct me in mercy and shall reprove me; but let not the oil of the sinner anoint my head.	سيؤدبني الصديق برحمته ويوتخني، أما زيت الخاطي فلا يدهن به رأسي.
For my prayer also shall still be against the things with which they are well pleased; their judges falling upon the rock have been swallowed up.	لأن صلّاتي أيضاً في مسرتهم، قد ابتلعت قضائهم ملتصقين بصخرة.
They shall hear my words, for they are sweet; as when the thickness of the earth is broken upon the ground, their bones are scattered by the side of hell.	يسمعون كلماتي فإنها قد استلذت مثل سمن الأرض المنسقى على الأرض تبددت عظامهم حول الجحيم.
But to Thee, O Lord, Lord, are mine eyes; in Thee have I put my trust, take not away my soul.	لأن يا رب، يا رب إليك عينيّ وعليك توكلت فلا تنزع نفسي.
Keep me from the snare which they have laid for me, and the traps of the workers of iniquity.	احفظني من الفخ الذي نصبوه لي ومن معاير فاعلي الإثم.
Let the wicked fall into their own nets, whilst I alone escape.	تسقط الخطاة في مصائدهم، وأكون أنا على انفرد إلى أن أعبر.
I cried unto the Lord with my voice, with my voice unto the Lord, did I make my supplication.	بصوتي إلى الرب صرختُ، بصوتي إلى الرب تضرّعتُ.
I will pour out before Him my supplication, mine affliction before Him will I declare.	أسكب أمامه تضرّعي وأخزاني فدّامه أخبر.
When my spirit was fainting within me, then Thou knewest my paths.	عند فناء روعي مني، أنت تعرف سبلي.

In this way wherein I have walked they hid for me a snare.	في هذا الطريقِ التي كُنْتُ أَسْلُكُ فيها، أَخْفَوْا لِي فَخَاً.
I looked on my right hand, and beheld, but there was no man that would know me.	تَأَمَّلْتُ فِي الْمِيَامِنِ وَأَبْصَرْتُ فَلَمْ يَكُنْ مَنْ يَعْرِفُنِي.
Refuge failed me; no one cared for my soul.	ضَاعَ الْمَهْرَبُ مِنِّي، وَلَمْ يُوْجِدْ مَنْ يَطْلُبُ نَفْسِي.
I cried unto Thee, O Lord; I said: Thou art my refuge and my portion in the land of the living.	فَصَرَخْتُ إِلَيْكَ، يَا رَبُّ، وَقُلْتُ: أَنْتَ هُوَ رَجَائِي، وَنَصِيْبِي فِي أَرْضِ الْأَحْيَاءِ.
Attend unto my cry, for I am brought very low.	أَنْصِتْ إِلَى طِلْبَتِي، فَإِنِّي قَدْ تَذَلَّلْتُ جَدًّا.
Deliver me from my persecutors, for they are stronger than I.	نَجِّنِي مِنَ الَّذِينَ يَضْطَهِدُونَنِي، فَإِنَّهُمْ قَدْ اعْتَرَوْا عَلَيَّ.
<b>The Penitential Stichera from the Triodion in Tone Seven</b>	
<b>Verse 10.</b> Bring my soul out of prison, that I may praise Thy Name. As the Prodigal Son, I also come to Thee, O compassionate Lord, and I fall down before Thee. Accept me as one of Thy hired servants, and have mercy on me.	<b>10.</b> أُخْرِجْ مِنِ الْحَبْسِ نَفْسِي، لِكِي أَشْكُرَ اسْمَكَ. لَقَدْ أَتَيْتُ أَنَا أَيْضًا، أَيُّهَا الرَّؤُوفُ، كَالْإِبْنِ الشَّاطِرِ. فَاقْبَلْنِي سَاجِدًا كَأَحَدِ أُجْرَائِكَ، اللَّهُمَّ وَارْحَمْنِي.
<b>Verse 9.</b> The righteous shall wait for me until Thou recompense me. As the man who fell among thieves and was wounded, I too have fallen through my sins and my soul is wounded. To whom shall I flee for refuge, guilty that I am, if not to Thee, the merciful Physician of our souls? Pour on me, O God, the oil of Thy Great Mercy.	<b>9.</b> إِبْرَائِيْلُ يَنْتَظِرُ الصِّدِّيقِينَ حَتَّى تُجَازِيَنِي. كَمَثَلِ الْوَاقِعِ بَيْنَ اللَّصُوصِ وَالْمُجْرَحِ، هَكَذَا أَنَا سَقَطْتُ مِنْ تَلْقَاءِ خَطَايَايَ وَحَصَلَتْ نَفْسِي مُجْرَحَةً. فَإِلَى مَنْ أَلْجَأُ إِلَّا إِلَيْكَ، يَا طَبِيبَ النَّفُوسِ وَالْأَجْسَادِ؟ فَاسْبِغْ عَلَيَّ، اللَّهُمَّ، رَحْمَتَكَ الْعَظْمَى.
<b>Verse 8.</b> Out of the depths have I cried to Thee, O Lord, Lord hear my voice. Sinner though I be, O Savior, cut me not down as the barren fig tree. Grant me forgiveness for my many years of sin, and water my soul with tears of repentance, that as fruit I may offer Thee acts of mercy and compassion.	<b>8.</b> مِنَ الْأَعْمَاقِ صَرَخْتُ إِلَيْكَ يَا رَبُّ، يَا رَبُّ اسْتَمِعْ لِيصَوْتِي. أَيُّهَا الْمُخْلِصُ، لَا تَحْشُمْنِي كَالْتِينَةِ الْخَالِيَةِ مِنَ النَّمْرِ، أَنَا الْخَاطِيءُ، بَلِ امْنَحْنِي الْعُفْرَانَ لِخَطَايَايَ الْكَثِيرَةِ، وَرَوْ نَفْسِي بِدُمُوعِ التَّوْبَةِ، حَتَّى أَقْدِمَ لَكَ أَثْمَارَ الرَّحْمَةِ.
<b>Verse 7.</b> Let Thine ears be attentive to the voice of my supplication. Thou art the Sun of righteousness; illumine the hearts of those who praise Thee, singing: Glory to Thee, O Lord.	<b>7.</b> لِيَكُنْ أُنْذَانُكَ مُضْغِيئَتَيْنِ إِلَى صَوْتِ تَضَرُّعِي. أَيُّهَا الْمَسِيحُ، بِمَا أَنَّكَ شَمْسُ الْعَدْلِ، أَضِيءْ بِنُورِكَ أَقْدِمَةَ الْمُسَبِّحِينَ إِلَيْكَ، يَا رَبُّ الْمَجْدُ لَكَ.
<b>For Forgiveness Sunday in Tone Two</b>	
<b>Verse 6.</b> If Thou, O Lord, shouldst mark iniquities, O Lord, who shall stand? For with Thee there is forgiveness. Let us all hasten to the subjugation of the flesh by abstinence, as we approach the divine battlefield, the battlefield of blameless fasting. Let us pray to the Lord, our Savior, in tears and prayers, turning away completely from sin, and crying, "We have sinned against Thee, O Christ, the King. Save us, therefore, as of old Thou didst save the people of Nineveh; and make us partakers of Thy heavenly kingdom, O compassionate One."	<b>6.</b> إِنْ كُنْتَ لِلْآثَامِ رَاصِدًا يَا رَبُّ، يَا رَبُّ مَنْ يَثْبُتُ، فَإِنَّهُ مِنْ عِنْدِكَ هُوَ الْإِغْتِقَارُ. يَاقْبَالِنَا عَلَى مِيدَانِ الصِّيَامِ الطَّاهِرِ، هَلُمَّ نُبَادِرْ كُلَّنَا إِلَى تَذَلُّلِ الْبَشَرَةِ بِالْإِمْسَاكِ، وَلِنَطْلُبِ الرَّبَّ مُخْلِصِنَا بِالْأَدْمُوعِ وَالصَّلَوَاتِ، وَنَلْنَسَ الشُّرُورَ كُلَّ النَّسِيَانِ هَاتِفِينَ: خَطِينَا إِلَيْكَ أَيُّهَا الْمَسِيحُ الْمَلِكُ، فَخَلِّصْنَا كَمَا خَلِّصْتَ أَهْلَ نَيْنَوَى قَدِيمًا، وَاجْعَلْنَا شُرَكَاءَ فِي مَلَكُوتِكَ السَّمَاوِيِّ، أَيُّهَا الْمُتَحَنِّنُ.

<p><b>Verse 5.</b> <i>Because of Thy Name have I waited for Thee, O Lord; my soul hath waited upon Thy word, my soul hath hoped in the Lord. If I were to imagine all my sins deserving all punishment, I would despair of myself, O Lord Savior; for by them have I disobeyed Thy noble commandment, wasting my life in extravagance. Wherefore, I beseech Thee to purify me with Thy showers of forgiveness, and lighten me with fasting and supplication; for Thou alone art compassionate; and reject me not, O all-bountiful and of transcendent goodness.</i></p>	<p>5. مِنْ أَجْلِ اسْمِكَ صَبَرْتُ لَكَ يَا رَبُّ، صَبَرْتُ نَفْسِي فِي أَقْوَالِكَ، تَوَكَّلْتُ نَفْسِي عَلَى الرَّبِّ. يَا رَبُّ، لَدَى تَأْمَلِي أَعَالِي الْمُسْتَوْجِبَةَ كُلَّ عُقُوبَةٍ، أَيَّاسٌ مِنْ نَفْسِي لِأَنِّي بِمَخَالَفَتِي وَصَايَاكَ الشَّرِيفَةَ، أَيُّهَا الْمُخْلِصُ، قَضَيْتُ عُمْرِي بِالْخَلَاعَةِ. فَلِذَلِكَ أَبْتَهِلُ إِلَيْكَ أَنْ تُطَهِّرَنِي بِوَابِلِ التَّوْبَةِ، وَتُنِيرَنِي بِالصَّوْمِ وَالصَّلَاةِ لِأَنَّكَ رَحِيمٌ وَحَدِّكَ، وَلَا تَرْفُضْنِي أَيُّهَا الْمُحْسِنُ إِلَى الْكُلِّ وَالْفَائِقُ الصَّلَاحِ.</p>
<p><b>Verse 4.</b> <i>From the morning watch until night, from the morning watch let Israel trust in the Lord. Let us begin the season of fasting with rejoicing, giving ourselves to spiritual strife, purifying soul and body, fasting from passions, as we fast from foods, faring on the virtues of the Spirit, which, if we continue to long for, we shall all be worthy to behold the most solemn Passion of Christ, and the holy Passover, rejoicing with spiritual joy.</i></p>	<p>4. مِنْ أَنْفِجَارِ الصُّبْحِ إِلَى اللَّيْلِ، مِنْ أَنْفِجَارِ الصُّبْحِ قَلْبِي كُلُّ إِسْرَائِيلَ عَلَى الرَّبِّ. لِنَفْتَحِ زَمَنَ الصِّيَامِ بِحُبُورٍ، بِإِذْنِ أَنْفُسِنَا فِي الْجِهَادَاتِ الرُّوحِيَّةِ. وَلِنُنَقِّ النَّفْسَ وَنُطَهِّرَ الْجَسَدَ، صَائِمِينَ عَنِ الشَّهَوَاتِ صَوْمَنَا عَنِ الْأَغْذِيَّةِ، مُتَعَمِّمِينَ بِفَضَائِلِ الرُّوحِ الَّتِي نَسْتَحِقُّ، بِتَثْمِيمِنَا إِيَّاهَا بِشَوْقٍ، أَنْ نَشَاهِدَ آلامَ الْمَسِيحِ الْإِلَهِ الْكَامِلَةَ الْوَقَارِ، وَنُعَايِنَ الْفِصْحَ الْمُقَدَّسَ مُبْتَهَجِينَ رُوحِيًّا.</p>
<p><b>THEOTOKION FROM THE MENAION IN TONE EIGHT (**O strange wonder**)</b></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. Rejoice, godly chariot of the Light, * temple and house of the Lord; * tabernacle of holiness, * rejoice, thou from whose spotless womb * Light is risen upon us all, * making the ends of the world exceeding bright, * as in His goodness, He sanctifieth us. * O all-pure Maid, rejoice, * crown of our salvation and our life, rejoice; * rejoice, thou dread report and fame of them that trust in thee.</i></p>	<p>المَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُسِ. الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. السَّلَامُ عَلَيْكَ يَا مَرْكَبَةَ النُّورِ. السَّلَامُ عَلَيْكَ يَا هَيْكَلَ الرَّبِّ وَالْخِبَاءَ الْمُقَدَّسَ. إِفْرَحِي يَا مَنْ أَشْرَقَ لَنَا مِنْ أَحْشَائِهَا الطَّاهِرِ، النُّورِ الَّذِي يُنِيرُ أَقْطَارَ الْعَالَمِ وَيُقَدِّسُنَا بِصَلَاحِهِ. السَّلَامُ عَلَيْكَ أَيُّهَا الطَّاهِرَةُ يَا بَدَأَ الْخَلَاصِ. السَّلَامُ عَلَيْكَ يَا سَمَاعًا رَهيبًا، وَحَدِيثًا غَرِيبًا لِلْمُتَوَكِّلِينَ عَلَيْهَا.</p>
<p><b>THE HOLY ENTRANCE</b></p>	
<p><i>(While the "Both Now" is chanted, the following dialogue occurs QUIETLY as the clergy make the entrance.)</i></p>	
<p><b>Deacon:</b> Let us pray to the Lord. Lord, have mercy. <b>Priest:</b> In the evening and in the morning and at noonday we praise Thee, we bless Thee, we give thanks unto Thee, and we pray unto Thee, O Master of all, Lord Who lovest mankind: Direct our prayer as incense before Thee, and incline not our hearts unto words or thoughts of evil, but deliver us from all who seek after our souls. For unto Thee, O Lord, Lord, are our eyes, and in Thee have we hoped. Put us not to shame, O our God. 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. Amen.</p>	<p><b>الشمَّاس:</b> إِلَى الرَّبِّ نَطْلُبُ. يَا رَبُّ ارْحَمْنَا. <b>الكَاهِن:</b> مَسَاءً وَصَبَاحًا وَعِنْدَ الظَّهِيرَةِ، نُسَبِّحُكَ وَنُبَارِكُكَ، وَنَشْكُرُكَ وَنَطْلُبُ إِلَيْكَ، يَا سَيِّدَ الْكُلِّ، الرَّبُّ الْمُحِبُّ الْبَشَرَ. فَقَوِّمِ صَلَاتِنَا كَالْبَخُورِ أَمَامَكَ، وَلَا تُثْمَلِ قُلُوبَنَا إِلَى أَقْوَالٍ أَوْ أَفْكَارٍ شَرِيرَةٍ، بَلْ نَجِّنَا مِنْ جَمِيعِ الَّذِينَ يُطَارِدُونَ نَفُوسَنَا، لِأَنَّ عِيُونَنَا إِلَيْكَ يَا رَبُّ، يَا رَبُّ، وَعَلَيْكَ تَوَكَّلْنَا. فَلَا تَحْذُلْنَا يَا إِلَهَنَا. لِأَنَّكَ بِكَ يَلِيقُ كُلُّ مَجْدٍ وَإِكْرَامٍ وَسُجُودٍ، أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.</p>

*(When the clergy reach the center of the solea, the first part of the great censuring begins. After the first part of the great censuring is completed, this next dialogue occurs QUIETLY.)*

<b>Deacon:</b> Bless, father, the holy entrance.	الشَّمَّاسُ: بَارِكْ يَا سَيِّدُ الدُّخُولِ الْمُقَدَّسِ.
<b>Priest:</b> Blessed is the entrance to thy holy place, always, now and ever and unto ages of ages. Amen.	الكاهن: مُبَارَكٌ هُوَ دُخُولُ قَدَيْسِيكَ كُلَّ حِينٍ، الْآنَ وَكُلَّ أَوَانٍ، وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

*(After the choir has finished, the following is said ALOUD.)*

<b>Deacon:</b> Wisdom! Let us attend!	الشَّمَّاسُ: الْحِكْمَةَ! فَلْنَسْتَقِمْ!
<b>O GLADSOME LIGHT</b>	يا نوراً بهياً

<b>Choir:</b> O gladsome Light of the holy glory of the immortal, heavenly, holy and blessed Father: O Jesus Christ. Lo now that we have come to the setting of the sun, as we behold the evening light, we hymn Thee: Father, Son, and Holy Spirit, God. Meet it is for Thee at all times to be magnified by joyous voices, O Son of God and Giver of life. Wherefore the whole world doth glorify Thee.	<b>الجوق:</b> يا نوراً بهياً لَقُدْسِ مَجْدِ الآبِ الَّذِي لَا يَمُوتُ، السَّمَاوِيِّ، الْقُدُّوسِ، الْمَغْبُوطِ، يا يَسُوعَ الْمَسِيحِ. إِذْ قَدْ بَلَّغْنَا إِلَى غُرُوبِ الشَّمْسِ، وَنَظَرْنَا نُوراً مَسَائِيّاً، نُسَبِّحُ الآبَ وَالإِبْنَ وَالرُّوحَ الْقُدْسَ الإِلَهَ. فَيَا ابْنَ اللَّهِ الْمُعْطِيَ الْحَيَاةَ، إِنَّكَ لَمُسْتَحِقٌّ فِي سَائِرِ الْأَوْقَاتِ أَنْ تُسَبَّحَ بِأَصْوَاتِ بَارَّةٍ، لِذَلِكَ الْعَالَمُ لَكَ يُمَجِّدُ.
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<b>Deacon:</b> The evening prokeimenon.	الشَّمَّاسُ: تَرْنِيمَةُ الْمَسَاءِ.
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#### FIRST LENTEN GREAT PROKEIMENON IN TONE EIGHT

<b>Choir:</b> Turn not away Thy face from Thy servant; for I am in trouble: hear me speedily. Attend to my soul, and deliver it. (TWICE)	<b>الجوق:</b> لَا تَصْرِفْ وَجْهَكَ عَن عَبْدِكَ فَإِنِّي حَزِينٌ، اسْتَجِبْ لِي سَرِيعاً، أَنْظِرْ إِلَى نَفْسِي وَخَلِّصْهَا. (مَرَّةً)
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<i>Verse 1. Let Thy salvation, O God, help me. (Refrain)</i>	<i>عَزَّجَبَكَ: خَلِّصْكَ يَا اللَّهُ فَلْيُعْضِدْنِي. (اللازمة)</i>
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<i>Verse 2. Let the poor see it and be glad. (Refrain)</i>	<i>عَزَّجَبَكَ: قَبِّصِرْ ذَلِكَ الْفُقَرَاءَ وَيُقْرِحُونَ. (اللازمة)</i>
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<i>Verse 3. Seek God, and thy soul shall live. (Refrain)</i>	<i>عَزَّجَبَكَ: أَطْلُبِ اللَّهَ فَتَحْيَا نَفْسُكَ. (اللازمة)</i>
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#### THE EVENING PRAYER

<b>People:</b> Vouchsafe, O Lord, to keep us this evening without sin. Blessed art Thou, O Lord, the God of our fathers, and praised and glorified is Thy Name forever. Amen. Let Thy mercy be upon us, O Lord, even as we have set our hope on Thee. Blessed art Thou, O Lord; teach me Thy statutes. Blessed art Thou, O Master; make me to understand Thy statutes. Blessed art Thou, O Holy One; enlighten me with Thy statutes. Thy mercy, O Lord, endureth forever. O despise not the works of Thy hands. To Thee belongeth worship, to Thee belongeth praise, to Thee belongeth glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. Amen.	<b>الشعب:</b> أَهْلُنَا يَا رَبِّ أَنْ نُحَفَظَ فِي هَذَا الْمَسَاءِ بِغَيْرِ خَطِيئَةٍ. مُبَارَكٌ أَنْتَ يَا رَبِّ، إِلَهَ آبَائِنَا، وَمُسَبَّحٌ وَمُمَجَّدٌ اسْمُكَ إِلَى الْأَبَدِ، آمِينَ. لِنَتَكُنْ يَا رَبِّ رَحْمَتَكَ عَلَيْنَا، كَمِثْلِ اتِّكَالِنَا عَلَيْكَ. مُبَارَكٌ أَنْتَ يَا رَبِّ، عَلِّمْنِي وَصَايَاكَ. مُبَارَكٌ أَنْتَ يَا سَيِّدُ، فَهَمِّنِي خُفُوقَكَ. مُبَارَكٌ أَنْتَ يَا قُدُّوسُ، أَنْزِنِي بِعَذْلِكَ. يَا رَبِّ رَحْمَتُكَ إِلَى الْأَبَدِ، وَعَنْ أَعْمَالِ يَدَيْكَ لَا تُعْرِضْ. لَكَ يَنْبَغِي الْمَدِيحُ، بِكَ يَلِيقُ التَّسْبِيحُ، لَكَ يَجِبُ الْمَجْدُ، أَيُّهَا الآبُ وَالإِبْنُ وَالرُّوحُ الْقُدْسُ، الْآنَ وَكُلَّ أَوَانٍ، وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.
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*At this point, the candles and altar cloths are changed to Lenten Purple.*

#### THE LITANY OF SUPPLICATION

<b>Deacon:</b> Let us complete our evening prayer unto the Lord.	الشَّمَّاسُ: لِنَكْمِلْ طَلِبَتَنَا الْمَسَائِيَةَ لِلرَّبِّ.
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<b>Choir:</b> Lord, have mercy.	<b>الجوقة:</b> يا رَبِّ اَرْحَم.
<b>Deacon:</b> Help us; save us; have mercy on us; and keep us, O God, by Thy grace.	<b>الشماس:</b> اَعْضُدْ وَخَلِّصْ وَاَرْحَمْ وَاَحْفَظْنَا يا اَللهُ بِبِنِعْمَتِكَ.
<b>Choir:</b> Lord, have mercy.	<b>الجوقة:</b> يا رَبِّ اَرْحَم.
<b>Deacon:</b> That the whole evening may be perfect, holy, peaceful, and sinless, let us ask of the Lord.	<b>الشماس:</b> اَنْ يَكُونَ مَسَاؤُنَا كُلُّهُ كَامِلاً، مُقَدَّساً، سَلَامِيّاً، وَبِلاَ خَطِيئَةٍ، الرَّبِّ نَسْأَلُ.
<b>Choir:</b> Grant this, O Lord.	<b>الجوقة:</b> اسْتَجِبْ يا رَبِّ.
<b>Deacon:</b> An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord.	<b>الشماس:</b> مَلَاكٍ سَلَامٍ مُرْشِداً، اَمِيناً، حَافِظاً نَفُوسِنَا وَاَجْسَادِنَا، الرَّبِّ نَسْأَلُ.
<b>Choir:</b> Grant this, O Lord.	<b>الجوقة:</b> اسْتَجِبْ يا رَبِّ.
<b>Deacon:</b> Pardon and forgiveness of our sins and transgressions, let us ask of the Lord.	<b>الشماس:</b> مُسَامَحَةَ خَطَايَانَا وَعُفْرَانَ زَلَاتِنَا، الرَّبِّ نَسْأَلُ.
<b>Choir:</b> Grant this, O Lord.	<b>الجوقة:</b> اسْتَجِبْ يا رَبِّ.
<b>Deacon:</b> All things good and profitable for our souls and peace for the world, let us ask of the Lord.	<b>الشماس:</b> الصَّالِحَاتِ وَالْمُؤَافِقَاتِ لِنَفُوسِنَا، وَالسَّلَامِ لِلْعَالَمِ، الرَّبِّ نَسْأَلُ.
<b>Choir:</b> Grant this, O Lord.	<b>الجوقة:</b> اسْتَجِبْ يا رَبِّ.
<b>Deacon:</b> That we may complete the remaining time of our life in peace and repentance, let us ask of the Lord.	<b>الشماس:</b> اَنْ نُتَمِّمَ بَقِيَّةَ زَمَانِ حَيَاتِنَا بِسَلَامٍ وَتَوْبَةٍ، الرَّبِّ نَسْأَلُ.
<b>Choir:</b> Grant this, O Lord.	<b>الجوقة:</b> اسْتَجِبْ يا رَبِّ.
<b>Deacon:</b> A Christian ending to our life, painless, blameless, peaceful; and a good defense before the fearful Judgment Seat of Christ, let us ask of the Lord.	<b>الشماس:</b> اَنْ تَكُونَ اَوَاخِرُ حَيَاتِنَا مَسِيحِيَّةً، سَلَامِيَّةً، بِلاَ حُزْنٍ وَلاَ خِزْيٍ، وَجِواباً حَسَناً لَدَى مَنبَرِ الْمَسِيحِ الْمَرْهُوبِ، نَسْأَلُ.
<b>Choir:</b> Grant this, O Lord.	<b>الجوقة:</b> اسْتَجِبْ يا رَبِّ.
<b>Deacon:</b> Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady the Theotokos and ever-virgin Mary, with all the Saints, let us commend ourselves and each other, and all our life unto Christ our God.	<b>الشماس:</b> بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ، الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْاِلهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِيسِيْنَ، لِنُودِعَ اَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْاِلهِ.
<b>Choir:</b> Grant this, O Lord.	<b>الجوقة:</b> لَكَ يا رَبِّ.
<b>Priest:</b> For thou art a good God and lovest mankind, and unto Thee we ascribe glory, to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages.	<b>الكاهن:</b> لِأَنَّكَ اِلهٌ صَالِحٌ وَمُحِبٌّ لِلْبَشَرِ، وَلَكَ نُرْسِلُ الْمَجْدَ، أَيُّهَا الْاَبُ وَالِابْنُ وَالرُّوْحُ الْقُدُّسُ، الْاَنَ وَكُلَّ اَوَانٍ، وَالى دَهْرِ الدَّاهِرِيْنَ.
<b>Choir:</b> Amen.	<b>الجوق:</b> آمين.
<b>THE PEACE</b>	
<b>Priest:</b> Peace be to all.	<b>الكاهن:</b> السَّلَامُ لِجَمِيعِكُمْ.
<b>Choir:</b> And to thy spirit.	<b>الجوقة:</b> وَلِرُوحِكَ أَيُّضاً.
<b>Deacon:</b> Let us bow our heads unto the Lord.	<b>الشماس:</b> لِنَحْنِ رُؤُوسِنَا لِلرَّبِّ.



<p><b>Choir:</b> To thee, O Lord.</p>	<p><b>الجوقة:</b> لَكَ يَا رَبِّ.</p>
<p>• <i>All bow their heads as the priest says the following prayer:</i></p>	
<p><b>Priest:</b> O Lord our God, who didst bow the heavens and come down for the salvation of mankind: Look upon thy servants and thine inheritance; for unto thee, the fearful Judge who yet lovest mankind, have thy servants bowed their heads and submissively inclined their necks, awaiting not help from men but entreating thy mercy and looking confidently for thy salvation. Guard them at all times, both during this present evening and in the approaching night, from every foe, from all adverse powers of the devil and from vain thoughts and from evil imaginations.</p>	<p><b>الكاهن:</b> أَيُّهَا الرَّبُّ إِلَهُنَا، يَا مَنْ طَاطَأَ السَّمَاوَاتِ وَنَزَلَ لِخَلَاصِ جِنْسِ الْبَشَرِ، أَنْظُرْ إِلَى عِبِيدِكَ وَإِلَى مِيرَاثِكَ، فَإِنَّ عِبِيدَكَ قَدْ حَنَوْا رُؤُوسَهُمْ وَأَخَضَعُوا أَعْنَاقَهُمْ لَكَ، أَيُّهَا الْقَاضِي الْمَهِيْبُ الْمُحِبُّ الْبَشَرَ، غَيْرَ مُنْتَظِرِينَ الْمَعُونَةَ مِنَ الْبَشَرِ، بَلْ مُنْتَظِرِينَ رَحْمَتَكَ وَمُتَوَقِّعِينَ خَلَاصَكَ. فَاحْفَظْهُمْ فِي كُلِّ حِينٍ، وَفِي هَذَا الْمَسَاءِ الْحَاضِرِ، وَاللَّيْلِ الْمُقْبِلِ، مَصُونِينَ مِنْ كُلِّ فِعْلٍ مُضَادٍّ شَيْطَانِيٍّ، وَمِنْ الْأَفْكَارِ الْبَاطِلَةِ وَالْهَوَاجِسِ الشَّرِيْرَةِ.</p>
<p><b>Priest:</b> Blessed and glorified be the might of thy kingdom: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.</p>	<p><b>الكاهن:</b> لِيَكُنْ عِزُّ مُلْكِكَ مُبَارَكًا وَمُمَجَّدًا أَيُّهَا الْآبُ وَالابْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>
<p><b>Choir:</b> Amen.</p>	<p><b>الجوقة:</b> آمين.</p>
<p><b>THE APOSTICHA FOR FORGIVENESS SUNDAY IN TONE FOUR</b></p>	
<p>Thy grace hath risen, O Lord, the illumination of our souls hath shone forth. Lo, now is the acceptable time; the season of repentance hath come. Let us cast down the works of darkness, and put on the works of light, that we may pass the great tempest of fasting and reach the summit of the third-day Resurrection of our Lord and Savior Jesus Christ, the Savior of our souls.</p>	<p>يَا رَبِّ، لَقَدْ بَرَعْتَ نِعْمَتَكَ، لَقَدْ أَشْرَقَتْ اسْتِنَارَةُ نَفُوسِنَا. هَا وَقْتُ حَسَنٍ قُبُولُهُ، هَا أَوَانُ التَّوْبَةِ. فَلْنَطْرُحْ أَعْمَالَ الظُّلْمَةِ وَنَتَدَجِّجْ بِأَسْلِحَةِ النُّورِ لِكَيْمَا نَجُوزَ لُجَّةَ الصِّيَامِ الْعَظِيمَةِ، وَنَبْلُغَ إِلَى قِيَامَةِ رَبِّنَا وَمُخْلِصِنَا يَسُوعَ الْمَسِيحِ ذَاتِ الثَّلَاثَةِ الْأَيَّامِ، مُخْلِصِ نَفُوسِنَا.</p>
<p><i>Verse 1. Unto Thee have I lifted up mine eyes, O Thou that dwellest in heaven. Behold, as the eyes of servants look unto the hands of their masters, as the eyes of the handmaiden look unto the hands of her mistress, so do our eyes wait upon the Lord our God, until He take pity upon us. Thy grace hath risen, O Lord, the illumination of our souls hath shone forth. Lo, now is the acceptable time; the season of repentance hath come. Let us cast down the works of darkness, and put on the works of light, that we may pass the great tempest of fasting and reach the summit of the third-day Resurrection of our Lord and Savior Jesus Christ, the Savior of our souls.</i></p>	<p><b>زَنَجِبُكَ:</b> إِلَيْكَ رَفَعْتُ عَيْنِي يَا سَاكِنَ السَّمَاءِ، كَمَا تَرْتَفِعُ أَعْيُنُ الْعَبِيدِ إِلَى أَيْدِي مَوْلَاهُمْ، وَعَيْنَا الْأُمَّةِ إِلَى يَدَيْ سَيِّدَتَيْهَا، كَذَلِكَ تَرْتَفِعُ أَعْيُنُنَا إِلَى الرَّبِّ إِلَهُنَا حَتَّى يَتَحَنَّنَ عَلَيْنَا. يَا رَبِّ، لَقَدْ بَرَعْتَ نِعْمَتَكَ، لَقَدْ أَشْرَقَتْ اسْتِنَارَةُ نَفُوسِنَا. هَا وَقْتُ حَسَنٍ قُبُولُهُ، هَا أَوَانُ التَّوْبَةِ. فَلْنَطْرُحْ أَعْمَالَ الظُّلْمَةِ وَنَتَدَجِّجْ بِأَسْلِحَةِ النُّورِ لِكَيْمَا نَجُوزَ لُجَّةَ الصِّيَامِ الْعَظِيمَةِ، وَنَبْلُغَ إِلَى قِيَامَةِ رَبِّنَا وَمُخْلِصِنَا يَسُوعَ الْمَسِيحِ ذَاتِ الثَّلَاثَةِ الْأَيَّامِ، مُخْلِصِ نَفُوسِنَا.</p>
<p><i>Verse 2. Have mercy upon us O Lord, have mercy upon us: for we are utterly humiliated. Let shame come on them that prosper, and abasement on the proud. O Christ God, glorified in the mention of Thy saints, send us, through their beseechings, the Great Mercy.</i></p>	<p><b>عِزُّ زَنَجِبُكَ:</b> اِرْحَمْنَا يَا رَبُّ اِرْحَمْنَا، فَإِنَّا كَثِيرًا مَا امْتَلَأْنَا هَوَانًا، كَثِيرًا مَا امْتَلَأَتْ أَنْفُسُنَا عَارًا مِنَ الْمُحْصِيْبِينَ، وَاهَانَةً مِنَ الْمُسْتَكْبِرِينَ. أَيُّهَا الْمَسِيحُ إِلَهُ الْمُمَجَّدُ فِي تَذْكَارِ قَدِيْسِيْكَ، أَفْرِغْ عَلَيْنَا بِشَفَاعَاتِهِمُ الرَّحْمَةَ الْعَظِيمَةَ.</p>
<p><b>THEOTOKION FOR FORGIVENESS SUNDAY IN TONE FOUR</b></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. The ranks of angels praise thee, O most holy Theotokos; for thou didst bear God Who forever is with the Father and the Holy Spirit, by Whose will the ranks of angels arose from nothing. Wherefore, beseech Him to save and lighten the souls of those who praise thee in Orthodoxy, O most pure one.</i></p>	<p>المَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدْسِ. الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. آمِينَ. إِنَّ مَرَاتِبَ الْمَلَائِكَةِ يُمَجِّدُونَكَ يَا وَالِدَةَ الْإِلَهِ الْكَلْبِيِّ قُدْسُهَا، لِأَنَّكَ وَلَدْتَ الْإِلَهِ الَّذِي هُوَ مَوْجُودٌ دَائِمًا مَعَ الْآبِ وَالرُّوحِ، وَالَّذِي بِمَشِيئَتِهِ أَقَامَ أَجْنَادَ الْمَلَائِكَةِ مِنَ الْعَدَمِ. فَالِيهِ تَوَسَّلِي أَنْ يُخَلِّصَ وَيُنِيرَ نَفُوسَ الْمُسَبِّحِينَ لَكَ بِرَأْيٍ مُسْتَقِيمٍ، يَا كَلْبِيَّةَ الطُّهَارَةِ.</p>
<b>THE HYMN OF ST. SIMEON THE GOD-RECEIVER (Plain Reading)</b>	
<p><b>Reader:</b> Lord, now lettest thou Thy servant depart in peace, according to Thy word; for mine eyes have seen Thy salvation, which Thou hast prepared before the face of all people, a light to lighten the Gentiles and the glory of Thy people Israel.</p>	<p>القارئ: الْآنَ أَطْلِقُ عَبْدَكَ أَيُّهَا السَّيِّدُ عَلَى حَسَبِ قَوْلِكَ بِسَلَامٍ، لِأَنَّ عَيْنَيَّ قَدْ أَبْصَرْتُ خَلَاصَكَ الَّذِي أَعَدَدْتَهُ أَمَامَ كُلِّ الشُّعُوبِ، نُورًا لِاسْتِعْلَانِ الْأُمَّمِ، وَمَجْدًا لِشُعْبِكَ إِسْرَائِيلَ.</p>
<b>THE TRISAGION PRAYERS</b>	
<p><b>People:</b> Holy God, Holy Mighty, Holy Immortal: have mercy on us. (<i>thrice</i>)</p>	<p>الشعب: قُدُوسُ اللَّهِ، قُدُوسُ الْقَوِيِّ، قُدُوسُ الَّذِي لَا يَمُوتُ، اِرْحَمْنَا. (ثَلَاثًا)</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>المَجْدُ لِلآبِ وَالِابْنِ وَالرُّوحِ الْقُدْسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. آمِينَ.</p>
<p>All Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God visit and heal our infirmities, for Thy Name's sake.</p>	<p>أَيُّهَا الثَّلَاوُثُ الْقُدُوسُ، اِرْحَمْنَا. يَا رَبِّ اغْفُرْ خَطَايَانَا. يَا سَيِّدَ تَجَاوَزْ عَن سَيِّئَاتِنَا. يَا قُدُوسَ اطَّلِعْ وَاشْفِ أَمْرَاضَنَا، مِنْ أَجْلِ اسْمِكَ.</p>
<p>Lord, have mercy. (<i>thrice</i>)</p>	<p>يَا رَبِّ ارْحَمْنَا. (ثَلَاثًا)</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>المَجْدُ لِلآبِ وَالِابْنِ وَالرُّوحِ الْقُدْسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. آمِينَ.</p>
<p>Our Father, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done, on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from the evil one.</p>	<p>أَبَانَا الَّذِي فِي السَّمَاوَاتِ، لِيَتَقَدَّسَ اسْمُكَ، لِيَأْتِ مَلَكُوتُكَ، لِيَتَكُنْ مَشِيئَتُكَ كَمَا فِي السَّمَاءِ كَذَلِكَ عَلَى الْأَرْضِ، خُبْزَنَا الْجَوْهَرِيِّ أَعْطِنَا الْيَوْمَ، وَاتْرُكْ لَنَا مَا عَلَيْنَا، كَمَا نَتْرُكُ لِمَنْ نَحْنُ لِمَنْ لَنَا عَلَيْهِ، وَلَا تُدْخِلْنَا فِي تَجْرِبَةٍ، لَكِنْ نَجِّنَا مِنَ الشَّرِّيرِ.</p>
<p><b>Priest:</b> For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto ages of ages.</p>	<p>الكاهن: لِأَنَّ لَكَ الْمُلْكَ، وَالْقُوَّةَ، وَالْمَجْدَ، أَيُّهَا الْآبُ وَالِابْنُ وَالرُّوحِ الْقُدْسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ.</p>
<p><b>Choir:</b> Amen.</p>	<p>الجوقة: آمِينَ.</p>
<b>LENTEN APOLYTIKIA IN TONE FIVE</b>	
<p>Rejoice, O Virgin Theotokos, Mary full of grace; the Lord is with you. Blessed art you among women and blessed is the fruit of your womb, for you have borne the Savior of our souls. (<i>The clergy and people prostrate.</i>)</p>	<p>إِفْرَحِي يَا وَالِدَةَ الْإِلَهِ الْعَذْرَاءِ، مَرِيْمُ يَا مُمْتَلِئَةَ نِعْمَةً، الرَّبُّ مَعَكَ. مُبَارَكَةٌ أَنْتِ فِي النِّسَاءِ وَمُبَارَكَةٌ هِيَ ثَمْرَةُ بَطْنِكَ، لِأَنَّكَ وَلَدْتَ مُخَلِّصَ نَفُوسِنَا. (سَجْدَةً)</p>

<p><i>Glory to the Father, and to the Son, and to the Holy Spirit. O Baptizer of Christ, remember us all, that we may be delivered from our iniquities, for to you is given grace to intercede for us. (The clergy and people prostrate.)</i></p>	<p>المَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدْسِ. يَا صَايِعَ الْمَسِيحِ أَذْكَرُ جَمَاعَتَنَا، لِكَيْ نُنَجَّوْ مِنْ آثَامِنَا، لِأَنَّكَ قَدْ أَعْطَيْتَ نِعْمَةً لِنَتَشَفَّعَ فِيْنَا. (سَجْدَةٌ)</p>
<p><i>Now and ever, and unto ages of ages. Amen. Intercede for us, O holy apostles and all the saints, that we may be delivered from perils and sorrows, for we have acquired you as fervent intercessors before the Savior. (The clergy and people prostrate.)</i></p>	<p>أَيُّهَا الرُّسُلُ الْأَطْهَارُ وَجَمِيعَ الْقَدِيسِينَ، تَوَسَّلُوا مِنْ أَجْلِنَا لِكَيْ نُنَجَّوْ مِنَ الشَّدَائِدِ وَالْأَحْزَانِ، لِأَنَّكَ قَدْ أَحْرَزْنَاكُمْ شَفَعَاءَ لَدَى الْمُخَلِّصِ. (سَجْدَةٌ)</p>
<p><i>Beneath your compassion we take refuge, O Theotokos, do not despise our supplications in adversity, but deliver us from perils, O only pure and only blessed one.. (No prostration.)</i></p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ، آمِينَ. يَا وَالِدَةَ الْإِلَهِ، إِذْ قَدْ لَجَأْنَا تَحْتَ كَنَفِ تَحَنُّنِكَ، فَلَا تُعْرِضِي عَن تَوَسُّلَاتِنَا فِي الصِّبِقَاتِ، بَلْ نَجِّنَا مِنَ الشَّدَائِدِ أَيُّهَا النَّقِيَّةُ الْمُبَارَكَةُ وَحَدِّكِ.</p>
<p><b>Reader:</b> Lord, have mercy. (40 times)</p>	<p>القارئ: يَا رَبُّ ارْحَمْ. (أَرْبَعِينَ صَوْتًا، بِصَوْتِ هَادِي)</p>
<p><b>Reader:</b> Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.</p>	<p>القارئ: المَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدْسِ. الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. آمِينَ.</p>
<p><b>Reader:</b> More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without corruption bearest God the Word and art truly Theotokos: we magnify thee.</p>	<p>القارئ: يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ مَجْدًا بَعِيرَ قِيَاسٍ مِنَ السَّارَافِيمِ، الَّتِي بَدُونِ فَسَادٍ وَوَلَدَتْ كَلِمَةَ اللَّهِ، حَقًّا إِنَّكَ وَالِدَةُ الْإِلَهِ إِيَّاكَ نُعْظِمُ.</p>
<p><b>Reader:</b> Bless, father, in the Name of the Lord.</p>	<p>القارئ: بِاسْمِ الرَّبِّ، بَارِكْ يَا أَبَ.</p>
<p><b>Priest:</b> Christ our God, the Existing One, is blessed, always, now and ever, and unto ages of ages.</p>	<p>الكاهن: الْمَسِيحُ الْهُنَا، الَّذِي هُوَ مُبَارَكٌ كُلَّ حِينٍ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ.</p>
<p><b>Reader:</b> Amen. O heavenly King, support our believing kings; confirm their faith; guide the nations; give peace to the world and preserve well this holy church. Grant repose to our departed fathers and brothers, in the dwelling-places of the righteous. Receive us in repentance and confession, for Thou art good and the Lover of mankind.</p>	<p>الجوقة: آمِينَ. أَيُّهَا الْمَلِكُ السَّمَاوِيِّ، أَيِّدْ عِبِيدَكَ الْمُؤْمِنِينَ، وَطِدِّ الْإِيمَانَ، هَدِيءِ الْأُمَمَ، أَعْطِ الْعَالَمَ السَّلَامَ، وَاحْفَظْ هَذِهِ الْكَنِيسَةَ الْمُقَدَّسَةَ حِفْظًا جَيِّدًا، وَرَتِّبِ الْمُتَوَقِّينَ مِنْ آبَائِنَا وَإِخْوَتِنَا فِي مَسَاكِنِ الصِّدِّيقِينَ، وَتَقَبَّلْنَا بِالنُّوبَةِ وَالْإِعْتِرَافِ، بِمَا أَنْتَ صَالِحٌ وَمُحِبُّ لِلْبَشَرِ.</p>
<p><b>THE PRAYER OF ST. EPHRAIM THE SYRIAN</b></p>	
<p><b>Priest:</b> O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk. <i>(The clergy and people prostrate.)</i></p>	<p>الكاهن: أَيُّهَا الرَّبُّ وَسَيِّدُ حَيَاتِي، أَعْتَقِنِي مِنْ رُوحِ الْبَطَالَةِ وَالْفُضُولِ، وَحُبِّ الرِّئَاسَةِ وَالْكَلامِ الْبَاطِلِ. (سَجْدَةٌ)</p>
<p><b>Priest:</b> But give rather the spirit of chastity, humility, patience, and love to Thy servant. <i>(The clergy and people prostrate.)</i></p>	<p>الكاهن: وَأَنْعِمْ عَلَيَّ أَنَا عَبْدَكَ بِرُوحِ الْعِفَّةِ، وَالنُّوَاضِعِ، وَالصَّبْرِ، وَالْمَحَبَّةِ. (سَجْدَةٌ)</p>
<p><b>Priest:</b> Yea, O Lord and King, grant me to see my own transgressions and not to judge my brother; for blessed art Thou unto ages of ages. Amen. <i>(The clergy and people prostrate.)</i></p>	<p>الكاهن: نَعَمْ، يَا مَلِكِي وَإِلَهِي، هَبْ لِي أَنْ أَعْرِفَ ذُنُوبِي وَعُيُوبِي، وَأَنْ لَا أَدِينُ إِخْوَتِي، فَإِنَّكَ مُبَارَكٌ إِلَى دَهْرِ الدَاهِرِينَ. آمِينَ. (سَجْدَةٌ)</p>
<p><b>THE DISMISSAL</b></p>	

<p><b>Priest:</b> Glory to thee, O Christ our God and our Hope, glory to thee.</p>	<p><b>الكاهن:</b> المَجْدُ لَكَ أَيُّهَا الْمَسِيحُ الْإِلَهُ، يَا رَجَاءَنَا، الْمَجْدُ لَكَ.</p>
<p><b>Choir:</b> Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen. Lord, have mercy (<i>thrice</i>). Father, bless.</p>	<p><b>الجوق:</b> المَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. يَا رَبُّ ارْحَمْ (ثَلَاثًا)، بِاسْمِ الرَّبِّ بَارِكْ يَا أَبَ.</p>
<p><b>Priest:</b> May Christ our true God, through the intercessions of His all-immaculate and all-blameless holy Mother; by the protection of the honorable Bodiless Powers of Heaven; <i>at the supplication of Saint N., the patron and protector of this holy community;</i> of the holy and righteous ancestors of God, Joachim and Anna; and of all the saints: have mercy on us and save us, forasmuch as He is good and loveth mankind.</p>	<p><b>الكاهن:</b> أَيُّهَا الْمَسِيحُ إِلَهُنَا الْحَقِيقِي، بِشَفَاعَاتِ وَالِدَتِكَ الْقَدِيسَةِ الْكَلْبِيَّةِ الطَّهَارَةِ، وَالتَّبرِئَةِ مِنْ كُلِّ عَيْبٍ، وَبِطَلْبَاتِ الْقُوَاتِ السَّمَاوِيِّينَ غَيْرِ الْمُتَجَسِّدِينَ، وَالْقَدِيسِ (فُلَان) شَفِيعِ هَذِهِ الْكَنِيسَةِ الْمُقَدَّسَةِ، وَالْقَدِيسِينَ الصِّدِّيقِينَ يُوَاكِمِمْ وَحَنَّةَ جِدِّي الْمَسِيحِ الْإِلَهُ، وَالْقَدِيسِينَ الشُّهَدَاءِ أَعَابِيوسَ الْفَلَسْطِينِيَّ وَرَفَقَتَهُ؛ الرَّسُولِ أَرِسْتُوبُولُسَ أَحَدِ السَّبْعِينَ، وَأَوَّلِ أَسَاقِفَةِ بَرِيطَانِيَا؛ وَالشَّهِيدِينَ الْجَدِيدِينَ مَانُوِيلَ الْكُرَيْتِي وَبَرْتَانِيوسَ، الَّذِينَ نُعَيمُ تَذَكَارَهُمُ الْيَوْمَ، وَجَمِيعِ قَدِيسِيكَ: ارْحَمْنَا وَخَلِّصْنَا بِمَا أَنْكَ صَالِحٌ وَمُحِبٌّ لِلنَّشَرِ.</p>
<p><b>Choir:</b> Amen.</p>	<p><b>الجوق:</b> آمِينَ.</p>
<p><b>THE CEREMONY OF MUTUAL FORGIVENESS</b></p>	
<p><i>As the choir very slowly and in low voice sings the theotokion below and then the odes of the Paschal Canon (Nassar 921-929, Holy Week &amp; Pascha book 674-690), the exchange of mutual forgiveness may now take place, beginning with the clergy. The priest stands next to the icon of the Theotokos at the iconostasis. One by one, the faithful slightly bow before the priest, who also does the same before each of the faithful, each saying to one another, "Forgive me, a sinner." The response is, "God forgives." The faithful also ask forgiveness from each other in the same manner. To prevent infection of the Coronavirus, the clergy and laity should wear masks, cross their arms on their chests and offer slight bows while ensuring no physical contact.</i></p>	
<p><b>FORGIVENESS THEOTOKION IN TONE TWO</b></p>	
<p>O righteous one, Mother of the most-high God, defend all those who take refuge in faith in thy precious protection; for we sinners, bowed by the multitude of sins, have no other constant intercessor with God in tribulations and sorrows, save thee. Wherefore, we bow to thee, adoring. Save thou thy servants from every distress.</p>	<p>أَيُّهَا الصَّالِحَةَ، حَامِي عَنْ كُلِّ الْمُتَلَجِّئِينَ بِإِيمَانٍ إِلَى سِتْرِكَ الْعَزِيزِ، لِأَنَّهُ لَيْسَ لَنَا نَحْنُ الْخَطَاةَ، الْمُتَحَنِّينَ مِنْ كَثْرَةِ السَّيِّئَاتِ، وَسَيِّطٌ دَائِمٌ عِنْدَ اللَّهِ فِي الشَّدَائِدِ وَالْأَحْزَانِ، سِوَاكَ يَا أُمَّ الْإِلَهِ الْعَلِيِّ. لِأَجْلِ ذَلِكَ نَجْتَوِ لَكَ سَاجِدِينَ، فَأَنْفَعِدِي عِبِيدَكَ مِنْ كُلِّ شِدَّةٍ.</p>
<p><i>When everyone has completed the exchange of mutual forgiveness, the priest, facing the icon of Christ on the iconostasis, says:</i></p>	
<p><b>Priest:</b> Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy upon us and save us.</p>	<p><b>الكاهن:</b> بِصَلَوَاتِ آبَائِنَا الْقَدِيسِينَ، أَيُّهَا الرَّبُّ يَسُوعُ الْمَسِيحُ إِلَهُنَا ارْحَمْنَا وَخَلِّصْنَا.</p>
<p><b>Choir:</b> Amen.</p>	<p><b>الجوق:</b> آمِينَ.</p>
<p style="text-align: center;"><b>These texts have been prepared by the Department of Liturgics of the Antiochian Archdiocese</b></p> <p>Portions of the Archdiocesan Service Texts include texts from <i>The Menaion, The Great Horologion, The Pentecostarion, The Octoechos, and 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.</p>	