

ORTHROS ON SUNDAY, FEBRUARY 18, 2018; TONE 4 / EOTHINON 4
SUNDAY OF FORGIVENESS (CHEESE FARE)

LEO THE GREAT, POPE OF ROME; AGAPITOS THE CONFESSOR, BISHOP OF SYNNAIDA IN PHRYGIA;
VENERABLE COLMAN, BISHOP OF LINDISFARNE

The first part of Orthros may be found in the red Service Book, pages 44-58.

“GOD IS THE LORD” IN TONE FOUR

Chanter: God is the Lord and hath appeared unto us.
Blessed is He that cometh in the Name of the Lord.
(Repeat after verses)

المرتل: الله الرَّبُّ ظَهَرَ لَنَا، مُبَارَكٌ الْآتِي بِاسْمِ الرَّبِّ. (تعاد بعد
الإستخونات)

1. O give thanks unto the Lord, and call upon His holy Name.

1 - إَعْتَرِفُوا 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 FOUR

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

إِنَّ تَلْمِيذَاتِ الرَّبِّ تَعَلَّمْنَ مِنَ الْمَلَائِكَةِ الْكَرَّرَ بِالْقِيَامَةِ الْبَهْجِ،
وَطَرَحْنَ الْقَضَاءَ الْجَدِيَّ، وَخَاطَبْنَ الرُّسُلَ مُفْتَحِرَاتٍ وَقَائِلَاتٍ: سُبِّحَ
الْمَوْتُ وَقَامَ الْمَسِيحُ الْإِلَهُ، وَمَنَحَ الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

RESURRECTIONAL APOLYTIKION IN TONE FOUR

Glory to the Father, and to the Son, and to the Holy Spirit.

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

المجدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُّوسِ.

إِنَّ تَلْمِيذَاتِ الرَّبِّ تَعَلَّمْنَ مِنَ الْمَلَائِكَةِ الْكَرَّرَ بِالْقِيَامَةِ الْبَهْجِ،
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RESURRECTIONAL THEOTOKION IN TONE FOUR

Both now and ever, and unto ages of ages. Amen.
The Mystery which was hidden from everlasting and was unknown of the angels, O Theotokos, was revealed through thee, to those who dwell upon earth. In that God, having become incarnate—in unconfused union—of His own good will accepted the Cross for our sake. Whereby He raised again the first created, and hath saved our souls from death.

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.

إِنَّ السِّرَّ الْخَفِيِّ مُنْذُ الدُّهُورِ، غَيْرَ الْمَعْلُومِ عِنْدَ الْمَلَائِكَةِ، بِكَ
ظَهَرَ يَا وَالِدَةَ الْإِلَهِ لِلذِّينِ عَلَى الْأَرْضِ، إِذْ تَجَسَّدَ الْإِلَهُ بِاتِّحَادٍ لَا
تَشْوِشَ فِيهِ، وَكَابَدَ الصَّلِيبَ طَوْعاً مِنْ أَجْلِنَا، وَبِهِ أَقَامَ الْمَجْبُولَ
أَوَّلًا، وَخَلَّصَ مِنَ الْمَوْتِ نَفُوسَنَا.

The Little Litany

Priest: Again and again, in peace, let us pray to the Lord.

الشماس: أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.

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 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 Thine is the majesty, 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.

Choir: Amen.

الجوق: يا رب ارحم.

الشماس: أَعُضِدْ وَخَلِّصْ وَارْحَمْ واحفظنا يا الله بنعمتك.

الجوق: يا رب ارحم.

الشماس: بعدَ ذِكْرِنَا الكُلِّيَّةَ القَدَّاسَةِ، الطَّاهِرَةَ، الفَائِقَةَ البَرَكَاتِ المَجِيدَةِ، سَيِّدَتِنَا وَالدَّةَ الإِلهِ، الدَّائِمَةَ البَتُولِيَّةِ مَرْيَمَ، مَعَ جَمِيعِ القَدِّيسِينَ، لِنُودِعَ أَنفُسَنَا وَبَعْضُنَا بَعْضًا، وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الإِلهِ.

الجوق: لك يا رب.

الكاهن: لِأَنَّ لَكَ العِزَّةَ، وَلَكَ المُلْكَ، والقُوَّةَ، وَالمَجْدَ أَيُّهَا الأبُ وَالإِبْنُ وَالرُّوحُ القُدُّوسُ، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.

الجوق: آمين.

FOURTH TONE RESURRECTIONAL KATHISMATA (Plain Reading)

First Kathisma

The ointment-bearing women glanced into the entrance of the tomb; and, because they could not bear the brilliance of the angel, they trembled in astonishment, saying, Hath He been stolen Who opened paradise to the thief? Or is He risen up, Who before His Passion didst preach Resurrection? Verily, Christ God hath risen, granting Resurrection and life to those who are in Hades.

Glory to the Father, and to the Son, and to the Holy Spirit.

Thou hast suffered crucifixion willingly, O Savior, and mortal men placed in a new tomb Thee Who didst establish the corners of the world with a word. Therefore, hath death the stranger been bound and taken captive, being defeated. And all those in Hades, cried out through Thy reviving Resurrection: Verily, Christ the Life-giver is risen; for He is everlastingly constant.

Both now and ever, and unto ages of ages. Amen.

Thy betrothed and guardian, O Theotokos, when he beheld thy supernatural Conception without seed, was amazed and perplexed. But he recalled to his mind the rain falling on the fleece of wool, and the bush burning with fire but not consumed, and he testified before the priests crying, A Virgin giving birth, and after remaining virgin.

إِنَّ حَامِلَاتِ الطَّيِّبِ تَطَّلَعْنَ نَاطِرَاتٍ إِلَى مَدْخَلِ القَبْرِ، وَلَمَّا لَمْ يُطْفَأَنَّ لَمَعِ المَلَائِكِ السَّاطِعِ، انْدَهَلْنَ بِرَعْدَةِ قَائِلَاتٍ: هَلْ سُرِقَ الَّذِي فَتَحَ الفِرْدَوْسَ لِلِّصِّ؟ أَمْ قَامَ نَاهِضًا الَّذِي بَشَّرَ قَبْلَ الأَلَامِ بِالبَعْثِ؟ حَقًّا قَدْ قَامَ المَسِيحُ الإِلهُ، وَاهبًا الذِّينَ فِي الجَحِيمِ القِيَامَةَ وَالحَيَاةَ.

المجد للأب، والإبْنِ، وَالرُّوحِ القُدُّوسِ.

أَيُّهَا المَخْلُصُ، إِنَّكَ اِحْتَمَلْتَ الصَّلْبَ طَوْعًا بِإِرَادَتِكَ، وَوَضَعَكَ النَّاسُ المَائِتُونَ فِي رَمْسٍ جَدِيدٍ، يَا مَنْ ثَبَّتَ الأَقْفَارَ بِكَلِمَةٍ. وَلِذَلِكَ قُبِدَ المَوْتُ العَرِيبُ وَسُبِي مَقْهُورًا، وَكُلُّ الذِّينَ فِي الجَحِيمِ هَتَفُوا حِينَ قِيَامَتِكَ المُحْيِيَّةِ: حَقًّا قَدْ قَامَ المَسِيحُ مُعْطِي الحَيَاةَ، إِذْ هُوَ البَاقِي إِلَى الدَّهْرِ.

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمين.

إِنْ يوسُفَ خَطِيْبِكَ وَحَافِظِكَ، لَمَّا شَاهَدَ حَبْلَكَ الفَائِقَ عَلَى الطَّبْعِ الَّذِي هُوَ بغيرِ زرعٍ، انْدَهَلَ مُتَحِيرًا، يَا وَالدَةَ الإِلهِ. لَكِنَّهُ اتَّخَذَ فِي عَقْلِهِ المَطَرَ المُنْحَدِرَ عَلَى الجَرَّةِ، وَالعُوسَجَةَ المُلْتَهَبَةَ بِالنَّارِ دُونَ أَنْ تَحْتَرِقَ، وَشَهِدَ أَمَامَ الكَهَنَةِ هَاتِفًا: عَذْرَاءُ تَلِدُ، وَبَعْدَ الوِلَادَةِ تَلْبَثُ عَذْرَاءً.

Second Kathisma

Thou didst rise from the tomb, O Christ Savior, our God, because Thou art deathless; and Thou didst raise with Thee Thy world by Thy Resurrection, and didst

أَيُّهَا المَسِيحُ المَخْلُصُ إِلهُنَا، لَقَدْ قُمْتَ مِنَ القَبْرِ بِمَا أَتَكَ عَادِمٌ المَوْتُ، وَأَنْهَضْتَ مَعَكَ عَالَمَكَ بِقِيَامَتِكَ، وَسَحَقْتَ بِقُوَّتِكَ عِزَّةَ

<p>crush the might of death, proclaiming Resurrection to all. Wherefore, do we glorify Thee, O Thou Who alone art merciful and the Lover of mankind.</p> <p><i>Glory to the Father and to the Son and to the Holy Spirit.</i></p> <p>Gabriel descended from his sublime height wrapped in a white robe, and came to the stone where the Rock of Life was, and he shouted to the weeping women, saying, Cease your wailing and crying, and receive ye smiling joy, with comfort; for He whom ye seek weeping is verily risen. Wherefore, go and proclaim to the Apostles that the Lord is risen.</p> <p><i>Both now and ever, and unto ages of ages. Amen.</i></p> <p>All the ranks of the angels, O thou who art undefiled, have been dazzled by the secret of thy dreadful birth-giving; that the All-encompassing at a sign from Him was encompassed in thy bosom as a babe, and that He Who is before eternity received a temporal beginning, and that He who feedeth every living breath with His ineffable goodness was nourished with milk. Wherefore, did they glorify thee with praise; for thou art truly the Theotokos.</p>	<p>الموت، وأعلنت القيامة لجميع. فلذلك نُمجِّدك أيها الرِّحومُ وحدك والمحبُّ البشر.</p> <p>المجدُّ للآبِ والإبْنِ والروحِ القُدسِ.</p> <p>إِنَّ جِبْرَائِيلَ انْحَدَرَ مِنَ الْعُلُوِّ السَّامِي، مُتَوَشِّحاً حُلَّةً بِيَضَاءٍ، وَأَتَى إِلَى الْحَجَرِ حَيْثُ صَخْرَةُ الْحَيَاةِ، وَهَتَفَ نَحْوَ الْبَاكِيَاتِ قَائِلاً: اكْفُنْنَ مِنَ النَّوْحِ وَالْعَوِيلِ، وَأَقْبِلْنَ الْبَشَاشَةَ وَالْفَرَحَ مُطْمَئِنَّاتٍ، لِأَنَّ الَّذِي تَطْلُبْنَهُ بَاكِيَاتٍ قَدْ قَامَ بِالْحَقِيقَةِ، فَاهْتِفْنَ بِالرُّسُلِ أَنَّ الرَّبَّ قَدْ قَامَ.</p> <p>الآنَ وكلَّ أوانٍ والى دهرِ الداهرينَ، آمين.</p> <p>أَيُّهَا النَّقِيَّةُ، إِنَّ مَصَافَّ الْمَلَائِكَةِ أَجْمَعِينَ، قَدْ انْدَهَلُوا مِنْ سِرِّ مَوْلِدِكَ الرَّهيبِ. كَيْفَ أَنَّ الْحَاوِيَّ الْكُلَّ قَدْ اِحْتَوَى بِإِرَادَتِهِ فِي أَحْضَانِكَ كَطِفْلِ، وَالَّذِي قَبْلَ الدُّهُورِ أَحَدًا ابْتِدَاءً زَمَنِيًّا، وَالْمُعَدِّي كُلَّ نَسَمَةٍ بِجُودَةٍ صَلاحِهِ الَّذِي لَا يُوَصِّفُ، اغْتَدَى بِاللَبَنِ. لِذَلِكَ مَجْدُوكِ مَادِحِينَ، بِمَا أَنْتِ وَالِدَةُ الْإِلَهِ حَقًّا.</p>
EVLOGETARIA (BENEDICTIONS) IN TONE FIVE	
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i></p> <p>The company of the Angels was amazed when they beheld Thee numbered among the dead. Yet Thyself, O Savior, destroyed the power of death, with Thee raising up Adam and releasing all men from Hell.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.</p> <p>جَمْعُ الْمَلَائِكَةِ انْدَهَلَ مُتَحَيِّرًا، عِنْدَ مُشَاهَدَتِهِمْ إِيَّاكَ مَحْسُوبًا بَيْنَ الْأَمْوَاتِ أَيُّهَا الْمُخْلِصُ، وَدَاحِضًا 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>Wherefore, O Women Disciples, do ye mingle sweet-smelling spices with your tears of pity? The radiant Angel within the sepulcher cried unto the Myrrh-bearing Women: Behold the grave, and understand, for the Savior is risen from the tomb.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.</p> <p>الْمَلَائِكَةُ اللَّامِعَةُ عِنْدَ الْقَبْرِ نَقَّوْهُ نَحْوَ حَامِلَاتِ الطَّيِّبِ قَائِلاً: لِمَ تَمْرُجْنَ الطُّيُوبَ بِالذُّمُوعِ، بِتَرْتِّبِ يَا تَلْمِيذَاتِ؟ أَنْظُرْنَ اللَّحْدَ وَأَفْرَحْنَ، لِأَنَّ الْمُخْلِصَ قَدْ قَامَ مِنَ الْقَبْرِ.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i></p> <p>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.</p> <p>إِنَّ حَامِلَاتِ الطَّيِّبِ سَحَرًا جَدًّا، سَارَعْنَ إِلَى قَبْرِكَ نَائِحَاتٍ. إِلَّا أَنَّ الْمَلَائِكَةَ وَقَفَ بِهِنَّ، وَقَالَ لَهُنَّ: زَمَانُ النَّوْحِ قَدْ كَفَّ وَبَطَلَ فَلَا تَبْكِينَ، بَلْ بَشِّرْنَ الرُّسُلَ بِالْقِيَامَةِ.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i></p> <p>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.</p> <p>إِنَّ النِّسْوَةَ حَامِلَاتِ الطَّيِّبِ، وَأَفِينَ بِالْحَنُوطِ إِلَى قَبْرِكَ أَيُّهَا الْمُخْلِصُ. فَسَمِعْنَ مَلَائِكًا مُتَتَعِمًّا نَحْوَهُنَّ قَائِلاً: لِمَ تَحْسِبْنَ الْحَيَّ مَعَ الْمَوْتَى؟ فَبِمَا أَنَّهُ إِلَهُ، قَدْ قَامَ مِنَ الْقَبْرِ نَاهِضًا.</p>

<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> We adore the Father, as also His Son, and the Holy Spirit, the Holy Trinity in one Essence, crying with the Seraphim: Holy, holy, holy art Thou, O Lord.</p>	<p>المَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُسِ. نَسْجُدُ لِلآبِ، وَلابْنِهِ، وَلرُوحِ قُدُسِهِ، ثالوثاً قُدُوساً في جَوْهَرٍ واحِدٍ، هاتِفِينَ مَعَ السَّرَافِيمِ: قُدُوسٌ، قُدُوسٌ، قُدُوسٌ أَنْتَ يَا رَبَّ.</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 أوانٍ وإلى دَهْرِ الداهِرِينَ، آمين. أَيْتُهَا العَذْرَاءُ، لَقَدْ وُلِدْتَ مُعْطِي الحَيَاةِ، وَأَنْقَذْتَ آدَمَ مِنَ الحَاطِيئَةِ، وَمَنْحْتَ حَوَاءَ الفَرَحِ عَوْضَ الحُزْنِ، لَكِنَّ الإِلهَةَ وَالإنْسَانَ المُتَجَسِّدَ مِنْكَ، أَرشَدَهُمَا إلى الحَيَاةِ التي قَدْ تَهَوَّرَا مِنْهَا.</p>
<p>Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (3 times) O our God and our Hope, glory to Thee.</p>	<p>هللوا، هللوا، هللوا، هللوا المَجْدُ لَكَ يَا اللهُ. (ثلاثاً) يا إِلَهنا ورجاءنا لك المَجْد.</p>
<p>THE LITTLE LITANY</p>	
<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 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>الشَّماس: أَيْضاً وَأَيْضاً بِسَلامٍ إلى الرَّبِّ نَطْلُبُ. الجوق: يا رَبُّ ارْحَمْ. الشَّماس: أَعْضُدْ وَخَلِّصْ وارْحَمْ واحْفَظْنا يا اللهُ بِنِعْمَتِكَ. الجوق: يا رَبُّ ارْحَمْ. الشَّماس: بَعْدَ نِكرِنا الكَلِيَّةَ القَداسَةَ، الطَّاهِرَةَ، الفائِقَةَ البَرَكاتِ المَجيدَةِ، سَيِّدَتِنا وِالِدَةَ الإِلهِ، الدائِمَةَ البَتولِيَّةَ مَرِيَمَ، مَعَ جَميعِ القَدِيسِينَ، لِنُودِعَ أَنْفُسَنا وَبِعُضُنَا بَعْضاً، وَكُلَّ حَيَاتِنا لِلْمَسِيحِ الإِلهِ. الجوق: لَكَ يَا رَبُّ. الكاهن: لِأَنَّ اسْمَكَ مُبارِكٌ وَمُلْكُكَ مُمَجَّدٌ أَيُّها الآبُ وَالابْنُ والرُّوحُ القُدُسُ، الآنَ وَكُلَّ أوانٍ وإلى دَهْرِ الداهِرِينَ. الجوق: آمين.</p>
<p>FOURTH TONE RESURRECTIONAL HYPAKOE (Plain Reading)</p>	
<p>The ointment-bearing women hastened running to the Apostles and related to them the account of Thy Resurrection, O Christ, saying, Thou hast risen because Thou art God, granting the world Great Mercy.</p>	<p>إِنَّ حَامِلاتِ الطَّيِّبِ سَبَقْنَ مُحاضِراتِ إلى الرُّسُلِ، وَبَشَّرْنَ بِحَواثِثِ قِيامَتِكَ المُعْجِزَةِ أَيُّها المَسِيحُ قائلاتِ: إِنَّكَ قَدْ قُمْتَ بِما أَنَّكَ إلهٌ، مانِحاً العالَمَ الرِّحْمَةَ العُظْمَى.</p>
<p>FOURTH TONE RESURRECTIONAL ANABATHMOI (Plain Reading) First Antiphony</p>	
<p>+ The many sufferings from my youth combat me. But Thou, O my Savior, assist and save me. + O ye haters of Zion, depart in shame from before the Lord; for ye shall be dry by fire as the grass. + <i>Glory to the Father, and to the Son, and to the</i></p>	<p>+ مُنْذُ سَبابِي آمَمٌ كَثيرَةٌ تُحارِبُني، لَكِنَّ أَنْتَ يَا مُخَلِّصِي أَعْضُدْني وَخَلِّصْني. + يا مُبْغِضِي صِهْيُونِ احْزُرُوا مِنْ تُجاهِ الرَّبِّ، لِأَنَّكُمْ سَتَصيرُونَ جاقِينَ كالعُشْبِ اليابِسِ بالنارِ.</p>

<p><i>Holy Spirit: both now and ever, and unto ages of ages. Amen.</i> By the Holy Spirit every spirit shall live and shall be purified, ascending, and brilliant, through the one hidden and pure Trinity.</p>	<p>+ المَجْدُ لِلآبِ، وَالإِبْنِ، وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ، آمِينَ. بِالرُّوحِ الْقُدُسِ تَحْيَا كُلُّ نَفْسٍ وَتَتَّقَى، مُرْتَفِعَةً وَلامِعَةً بِالثَّلَاوِثِ الْوَاحِدِ الْخَفِيِّ الطَّاهِرِ.</p>
Second Antiphony	
<p>+ To Thee, O Lord, have I cried fervidly from the depth of my soul. Let Thy divine ears listen to me. + All those who have placed their trust in the Lord shall transcend all sorrows. + <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, the Holy Spirit doth overflow with streams and passages of grace, and doth water all creation with refreshing life.</p>	<p>+ إِلَيْكَ يَا رَبُّ صَرَخْتُ بِحَرَارَةٍ مِنْ صَمِيمِ النَّفْسِ، فَلْتَكُنْ أذْنَاكَ الْإِلَهِيَّتَانِ سَامِعَتَيْنِ لِي. + كُلُّ الَّذِينَ وَضَعُوا رِجَاءَهُمْ عَلَى الرَّبِّ، هُمْ أَعْلَى مِنْ جَمِيعِ الْمُحْزَنَاتِ. + المَجْدُ لِلآبِ، وَالإِبْنِ، وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ، آمِينَ. بِالرُّوحِ الْقُدُسِ تَقِيضُ سَوَاقِي النِّعْمَةِ وَمَجَارِيهَا، وَتُرْوِي الْبَرَايَا بِأَسْرَهَا بِالْحَيَاةِ الْمُحْيِيَّةِ.</p>
Third Antiphony	
<p>+ Let my heart rise to Thee, O Word, and let not the pleasures of the world enter into me to vie with the earthly life. + And as each of us hath surpassing love to his mother, the more should we love the Lord with utmost fervor. + <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> By the Holy Spirit cometh the riches of divine knowledge, divine vision, and wisdom; for through Him the Word doth proclaim all the commandments of the Father.</p>	<p>+ لِيَرْتَفِعْ قَلْبِي نَحْوَكَ أَيُّهَا الْكَلِمَةُ، وَلَا تُشْغِفْنِي مُطْرِبَاتِ الْعَالَمِ إِلَى مُنَافَسَةِ الْعَيْشَةِ التُّرَابِيَّةِ. + لِكُلِّ مَتَا غَرَامٌ مُفْرِطٌ لِوَالِدَتِهِ، فَكَمْ بِالْأُخْرَى يَجِبُ عَلَيْنَا أَنْ نُحِبَّ الرَّبَّ بِأَشَدِّ حَرَارَةٍ. + المَجْدُ لِلآبِ، وَالإِبْنِ، وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ، آمِينَ. بِالرُّوحِ الْقُدُسِ غِنَى الْمَعْرِفَةِ الْإِلَهِيَّةِ، وَالنَّظَرِ الْإِلَهِيِّ وَالْحِكْمَةِ. لِأَنَّ بِهِ يُعْلَنُ الْكَلِمَةُ الْأَوَامِرِ الْأَبَوِيَّةِ بِأَسْرَهَا.</p>
PROKEIMENON FOR THE RESURRECTION IN TONE FOUR	
<p>Arise, O God, help us and redeem us for Thy Name's sake. (TWICE) <i>Stichos: O God, with our own ears have we heard.</i> Arise, O God, help us and redeem us for Thy Name's sake.</p>	<p>بروكيمنن: قُمْ يَا اللَّهُ أَعِنَّا وَافْتَدِنَا مِنْ أَجْلِ اسْمِكَ. (مرتين) استيخن: اللَّهُمَّ بآذَانِنَا قَدْ سَمِعْنَا. قُمْ يَا اللَّهُ أَعِنَّا وَافْتَدِنَا مِنْ أَجْلِ اسْمِكَ.</p>
<p>Deacon: Let us pray to the Lord. Choir: Lord, have mercy. Priest: For Holy art Thou, O our God, who restest in the Holy Place, 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.</p>	<p>الشماس: إِلَى الرَّبِّ نَطْلُبُ. المرتل: يَا رَبُّ ارْحَمْنَا. الكاهن: لِأَنَّكَ قُدُّوسٌ أَنْتَ يَا إِلَهِنَا، وَفِي الْقَدِيسِينَ تَسْتَقَرُّ وَتَسْتَرِيحُ، وَلَكَ نُرْسِلُ الْمَجْدَ أَيُّهَا الْآبُ، وَالإِبْنُ، وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ.</p>
<p>Chanter: Amen. Let everything that hath breath</p>	<p>المرتل: آمِينَ. كُلُّ نَسَمَةٍ فَلْتَسْبِحِ الرَّبَّ (مرتين)</p>

<p>praise the Lord. <i>(Twice)</i> <i>Praise ye God in His saints; praise Him in the firm foundation of His power.</i> Let everything that hath breath praise the Lord.</p>	<p>سَبِّحُوا اللَّهَ فِي قَدَيْسِيهِ، سَبِّحُوهُ فِي فَلَكِ قُوَّتِهِ. كُلُّ نَسَمَةٍ فَلْتُسَبِّحِ الرَّبَّ.</p>
THE FOURTH EOTHINON GOSPEL	
<p>Deacon: And that we may be accounted worthy to hear the Holy Gospel, let us pray to the Lord God. Choir: Lord, have mercy. <i>(Thrice)</i> Deacon: Wisdom! Attend! Let us hear the Holy Gospel. Priest: Peace be to all. Choir: And to thy spirit. Priest: The Reading from the Holy Gospel according to Saint Luke (24:1-12). Choir: Glory to Thee, O Lord, glory to Thee. Deacon: <i>Let us attend!</i></p>	<p>الشماس: مِنْ أَجْلِ أَنْ نَكُونَ مُسْتَحِقِّينَ لِسَمَاعِ الْإِنْجِيلِ الْمُقَدَّسِ، إِلَى الرَّبِّ إِلَهِنَا نَطْلُبُ. المرتل: يَا رَبُّ ارْحَمْ (ثَلَاثًا) الشماس: الْحِكْمَةُ، فَلْنَسْتَقِمْ وَلْنَسْمَعَ الْإِنْجِيلَ الْمُقَدَّسَ، الكاهن: السَّلَامَ لِجَمِيعِكُمْ. المرتل: وَلِرُوحِكَ. الكاهن: فَضْلٌ شَرِيفٌ مِنْ بَشَارَةِ الْقَدَيْسِ لَوْقَا الْإِنْجِيلِيِّ الْبَشِيرِ وَالتِّلْمِيزِ الطَّاهِرِ. المرتل: الْمَجْدُ لَكَ يَا رَبُّ الْمَجْدُ لَكَ. الشماس: لِنُصْغِ!</p>
<p>Priest: On the first day of the week, at early dawn, the women went to the tomb, taking the spices which they had prepared. And they found the stone rolled away from the tomb, but when they went in they did not find the body. While they were perplexed about this, behold, two men stood by them in dazzling apparel; and as they were frightened and bowed their faces to the ground, the men said to them, “Why do you seek the Living among the dead? He is not here, but is risen! Remember how He told you, while He was still in Galilee, that the Son of man must be delivered into the hands of sinful men, and be crucified, and on the third day rise.” And they remembered His words, and returning from the tomb they told all this to the eleven and to all the rest. Now it was Mary Magdalene and Joanna and Mary the mother of James and the other women with them who told this to the Apostles; but these words seemed to them an idle tale, and they did not believe them. But Peter arose and ran to the tomb; and stooping down, he saw the linen cloths lying by themselves; and he departed, wondering to himself what had happened. Choir: Glory to Thee, O Lord, glory to Thee.</p>	<p>الكاهن: فِي أَوَّلِ الْأُسْبُوعِ بَاكِرًا جِدًّا أَنْتَ نِسَاءً إِلَى الْقَبْرِ وَهُنَّ يَحْمِلْنَ الْحَنُوطَ الَّذِي أَعَدَدْنَهُ وَمَعَهُنَّ أَنْاسٌ، * فَوَجَدْنَ الْحَجَرَ قَدْ دُحِرَ عَنِ الْقَبْرِ. * فَدَخَلْنَ فَلَمْ يَجِدْنَ جَسَدَ الرَّبِّ يَسُوعَ. * وَبَيْنَمَا هُنَّ مُتَحَيِّرَاتٌ فِي ذَلِكَ إِذَا بَرَجَلَيْنِ قَدْ وَقَفَا بِهِنَّ بِلِيَاسٍ بَرَّاقٍ. * وَإِذْ كُنَّ خَائِفَاتٍ وَنَكَّسْنَ وُجُوهَهُنَّ إِلَى الْأَرْضِ قَالَا لِهُنَّ لِمَاذَا تَطْلُبْنَ الْحَيَّ بَيْنَ الْأَمْوَاتِ، * إِنَّهُ لَيْسَ هَهُنَا لَكِنَّهُ قَدْ قَامَ، أَذْكَرْنَ كَيْفَ كَلَّمَكُنَّ وَهُوَ بَعْدُ فِي الْجَلِيلِ. * إِذْ قَالَ إِنَّهُ يَنْبَغِي لِابْنِ الْبَشَرِ أَنْ يُسَلَّمَ إِلَى أَيْدِي أَنْاسٍ خَطَاةٍ وَيُصَلَّبَ وَيَقُومَ فِي الْيَوْمِ الثَّلَاثِ. * فَذَكَرْنَ كَلَامَهُ. * وَرَجَعْنَ مِنَ الْقَبْرِ وَأَخْبِرْنَ الْأَحَدَ عَشَرَ وَجَمِيعَ الْبَاقِينَ بِهَذَا كُلِّهِ. * وَمَرِيَمَ الْمَجْدَلِيَّةَ وَحَنَّةَ وَمَرِيَمَ أُمَّ يَعْقُوبَ وَبَاقِي مَنْ مَعَهُنَّ هُنَّ اللَّوَاتِي أَخْبِرْنَ الرُّسُلَ بِهَذَا. * فَكَانَ عِنْدَهُمْ هَذَا الْكَلَامُ كَالْهَذْيَانِ وَلَمْ يُصَدِّقُوهُنَّ. * فَقَامَ بَطْرُسُ وَأَسْرَعَ إِلَى الْقَبْرِ وَتَطَلَّعَ فَرَأَى الْأَكْفَانَ مَوْضُوعَةً وَحْدَهَا. فَانصَرَفَ إِلَى مَقَرِّهِ مُتَعَجِّبًا مِمَّا كَانَ. المرتل: الْمَجْدُ لَكَ يَا رَبُّ، الْمَجْدُ لَكَ.</p>
<p>Reader: In that we have beheld the Resurrection of Christ, let us bow down before the Holy Lord Jesus, the only sinless One. Thy Cross do we adore, O</p>	<p>القارئ: إِذْ قَدْ رَأَيْنَا قِيَامَةَ الْمَسِيحِ، فَلْنَسْجُدْ لِلرَّبِّ الْقُدُّوسِ، يَسُوعَ الْمَعْصُومِ مِنَ الْخَطَا وَحْدَهُ. لِصَلِيبِكَ أَيُّهَا الْمَسِيحُ نَسْجُدُ وَلِقِيَامَتِكَ</p>

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.	المُقَدَّسَةَ نُسَبِّحُ وَنُحَمِّدُ، لِأَنَّكَ أَنْتَ هُوَ إِلَهُنَا وَآخِرَ سِوَاكَ لَا نَعْرِفُ وَبِاسْمِكَ نُسَمِّي. هَلُمَّ يَا مَعْشَرَ الْمُؤْمِنِينَ نَسْجُدُ لِقِيَامَةِ الْمَسِيحِ المُقَدَّسَةَ، لِأَنَّ هُوَذَا بِالصَّلِيبِ قَدْ أَتَى الفَرْحُ لِكُلِّ الْعَالَمِ. لِنُبَارِكَ الرَّبِّ فِي كُلِّ حِينٍ وَنُسَبِّحُ قِيَامَتَهُ، لِأَنَّهُ إِذِ احْتَمَلَ الصَّلْبَ مِنْ أَجْلِنا المَوْتَ بِالمَوْتِ حَطَّمَهُ.
PSALM 50	
Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression.	ارْحَمْنِي يَا اللَّهُ كَعَظِيمِ رَحْمَتِكَ، وَكَمِثْلِ كَثْرَةِ رَأْفَتِكَ اْمْحُ مَاثِمِي.
Wash me thoroughly from mine iniquity, and cleanse me from my sin.	إِغْسِلْنِي كَثِيرًا مِنْ إِثْمِي، وَمِنْ خَطِيئَتِي طَهِّرْنِي.
For I know mine iniquity, and my sin is ever before me.	لَأْتِي أَنَا عَارِفٌ بِإِثْمِي، وَخَطِيئَتِي أَمَامِي فِي كُلِّ حِينٍ.
Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged.	إِلَيْكَ وَحْدَكَ أَخْطَأْتُ، وَالشَّرَّ قُدَّامَكَ صَنَعْتُ، لَكِي تَصُدَّقَ فِي أَقْوَالِكَ وَتَغْلِبَ فِي مُحَاكَمَتِكَ.
For behold, I was conceived in iniquities, and in sins did my mother bear me.	هَاءَئِذَا بِالْآثَامِ حُبِلَ بِي، وَبِالْخَطَايَا وُلِدْتَنِي أُمِّي.
For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me.	لَأَنَّكَ قَدِ أَحْبَبْتَ الحَقَّ، وَأَوْضَيْحْتَ لِي غِيَاوِمِصَّ حِكْمَتِكَ وَمَسْتَوْرَاتِهَا.
Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow.	تَنْضَخُنِي بِالزُّوفَى فَاطْهُرْ، تَغْسِلْنِي فَأَبْيَضُ أَكْثَرَ مِنَ التَّلْجِ.
Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice.	نُصَمِعْنِي بِهَجَّةٍ وَسُرُورًا، فَتَبْنِهْجُ عِظَامِي الدَّلِيلَةَ.
Turn Thy face away from my sins, and blot out all mine iniquities.	إِصْرِفْ وَجْهَكَ عَنِ خَطَايَايَ، وَاْمْحُ كُلَّ مَاثِمِي.
Create in me a clean heart, O God, and renew a right spirit within me.	قَلْبًا نَقِيًّا اِخْلُقْ 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.	إِمْنَحْنِي بِهَجَّةٍ خَلَاصِكَ، وَبِرُوحِ رِئَاسِيِّ اعْضُدْنِي.
I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee.	فَأَعْلِّمُ الْآثِمَةَ 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.	يا رب افتح شفاتي، فيخبر فمي بتسبيحتك.
For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased.	لأنك لو أذرت الذبيحة، لكذبت الآن أعطي، لكنك لا تسير بالمحرفات.
A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise.	الذبيحة لله روح مُسَدِّحٍ، القلبُ المُتَحَسِّدُ والمُتَوَاضِعُ لا يزدله الله.
Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up.	أصلح يا رب بمسرتك صهيون ولتبن أسوار أورشليم.
Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings.	حينئذ تسر بذيبة العدل قرباناً ومحرقات.
Then shall they offer bullocks upon Thine altar.	حينئذ يقربون على مذبحك العجول.

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.	المجد للأب، والابن، والروح القدس. افتح لي أبواب التوبة يا واهب الحياة، لأن روحي تنبكر إلى هيكل قدسك، آتياً بهيكل جسدي مدنساً بجملته. لكن، بما أنك متعطف، تقيني بتحنن مراحمك.
<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.	الآن وكل أوان وإلى دهر الدهرين، آمين. سهلي لي مناهج الخلاص يا والدة الإله، فإني قد دنست نفسي بخطايا سمجة، وأفنيت عمري كله بالتواني. لكن بشفاعاتك، تقيني من كل رجاسة.
(TONE SIX) <i>Have mercy upon me, O God, according to Thy loving-kindness: according to the multitude of Thy tender mercies blot out my transgressions.</i> 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.	(بالحن السادس) يا رحيم، ارحمني يا الله كعظيم رحمتك، وكثرة رافاتك امح مآثمي. إذا تصورت كثرة أفعالي الرديئة أنا الشقي، فإني أرتعد من يوم الدينونة الرهيب. لكني إذ أنا واثق بتحننك، أهتف إليك مثل داود: ارحمني يا الله، بحسب عظيم رحمتك.

THE INTERCESSION

Deacon: O God, save Thy people, and bless Thine inheritance. Visit Thy world with mercy and compassions. Exalt the horn of Orthodox Christians, and send down upon us Thy rich mercies. Through the intercessions of our all-immaculate Lady Theotokos and ever-virgin Mary; by the might of the precious and life-giving Cross; by the protection of the honorable bodiless Powers of heaven; at the	الشماس: خالص يا الله شعبك، وبارك ميراثك، وافتقد عالمك بالرحمة والرأفات، وارفع شأن المسيحيين الأرثوذكسين، وأسبغ علينا مراحمك الغنية، بشفاعات سيدتنا والدة الإله الكلية الطهارة والدائمة البتولية مريم، وبفوه الصليب الكريم المخيي، وبطلبات القوات السماوية المكرمة العادمة الأجساد، والنبي الكريم السابق
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<p>supplication of the honorable, glorious prophet, forerunner and Baptist John; of the holy, glorious, all-laudable apostles Peter and Paul, and of all the holy apostles; of our fathers among the saints, great hierarchs and ecumenical teachers Basil the Great, Gregory the Theologian and John Chrysostom; Athanasius, Cyril and John the Merciful, patriarchs of Alexandria; Nicholas of Myra, Spyridon of Trimythous and Nektarios of Pentapolis the Wonderworkers; of our fathers among the saints Tikhon, patriarch of Moscow and Raphael, bishop of Brooklyn; of the holy, glorious, great-martyrs, George the Trophy-bearer, Demetrios the Myrrh-streamer, Theodore the Soldier, Theodore the General, and Menas the Wonderworker; of the hieromartyrs Ignatius the God-bearer of Antioch, Charalampos and Eleutherios; of the holy, glorious great women martyrs, Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photeini, Marina, Paraskeva and Irene; of the holy, glorious, right-victorious martyrs; of our venerable and God-bearing fathers who shone in the ascetic life; of Saint N., the patron and protector of this holy community; of the holy and righteous ancestors of God, Joachim and Anna; of our fathers among the saints Leo the Great, pope of Rome; Agapitos the Confessor, bishop of Synnada in Phrygia; and Venerable Colman, bishop of Lindisfarne, whose memory we celebrate today, and of all the saints: we beseech Thee, O most merciful Lord, hearken unto the petitions of us sinners who make our supplications unto Thee, and have mercy upon us.</p>	<p>المَجِيدِ يُوْحَنَّا المَعْمَدَانِ، والقَدَيْسَيْنِ المُشْرِقَيْنِ الرَّسُولَيْنِ بُطْرُسَ وِپولُسَ وَسَائِرِ الرُّسُلِ المُشْرِقِينَ الجَدِيرِينَ بِكُلِّ مَدِيحٍ، وَأَبَائِنَا القَدَيْسِينَ مُعَلِّمِي المَسْكُونَةِ رُؤَسَاءِ الكَهَنَةِ المُعْظَمِينَ بَاسِيلْيُوسَ الكَبِيرِ، وَغَرِيغُورِيُوسَ اللَاهُوتِي، وَيُوْحَنَّا الذَّهَبِيَّ القَمِّ؛ وَأَبَائِنَا القَدَيْسِينَ أَنْتَانِاسِيُوسَ وَكِيرْلُسَ وَيُوْحَنَّا الرَّحِيمِ بَطَارِكَةَ الإسْكَندَرِيَّةِ، وَأَبِينَا القَدَيْسِ نِيْقُولَاوَسَ رَتِيْسِ أَسَاقِفَةِ مِيرَا اللِيكِيَّةِ، وَاسْبِيرِيدُونَ أُسْقُفَ ثَرِيمِيْثُوسَ، وَنِكْتَارِيُوسَ أُسْقُفَ المُدُنِ الخَمْسِ العَجَائِبِيْنَ، وَأَبَانَا القَدَيْسِ تِيخُونِ بَطْرِيْرِكِ مَوْسَكُو، والقَدَيْسِ رَافَائِيلِ أُسْقُفِ بَرُوكْلِيْنَ؛ والقَدَيْسِينَ المَجِيدِينَ الشُّهَدَاءِ العُظْمَاءِ جَاوَرَجِيُوسَ اللَابِسِ الظْفَرِ، وَدِيمِيْتَرِيُوسَ المَفِيضِ الطَّيْبِ، وَثِيُودُورَسَ التِيروِنِي، وَثِيُودُورَسَ قَائِدِ الجَيْشِ، وَمِينَاسَ الصَّانِعِ العَجَائِبِ؛ والقَدَيْسِينَ الشُّهَدَاءِ إِغْنَاطِيُوسَ المُنَوِّشِحَ بِاللَّهِ، خَرَّالمَبُوسَ وَالثِيرِيُوسَ؛ والشُّهَدَاءِ العَظِيمَاتِ ثَقْلَا، بَرَبَّارَةَ، أَنَسْطَاسِيَا، كَاثَرِينَا، كِيرِيَاكِي، فُوتِينِي، مَارِينَا، بَارَاسَكِيْفَا، وَأِيرِينِ؛ والقَدَيْسِينَ المَجِيدِينَ الشُّهَدَاءِ المُنْتَالِقِينَ بِالظْفَرِ، وَأَبَائِنَا الأَبْرَارِ المُنَوِّشِحِينَ بِاللَّهِ، والقَدَيْسِ (فَلَانِ) شَفِيْعَ هَذِهِ الكَنِيسَةِ المُقَدَّسَةِ، والقَدَيْسِينَ الصَّدِيقِينَ جَدِّي المَسِيحِ الإِلَهِ، يُوَاكِيْمَ وَحَنَّةَ، وَأَبَانَا الجَلِيلِ فِي القَدَيْسِينَ لَآوَنِ الكَبِيرِ، أُسْقُفِ رُومِيَّةِ، وَالبَارَّ أَعَابِيْتُوسَ المَعْتَرِفِ، وَالبَارَّ كُولْمَانَ الذِينَ نَقِيْمُ تَذْكَارَهُمُ اليَوْمَ، وَجَمِيعِ قَدَيْسِيْكَ، نَتَضَرَّعُ إِلَيْكَ أَيُّهَا الرَّبُّ الجَزِيلُ الرَّحْمَةِ، فَاسْتَجِبْ لَنَا نَحْنُ الخَطَاةَ الطَّالِبِينَ إِلَيْكَ وَارْحَمْنَا.</p>
<p>Chanter: Lord, have mercy. Lord, have mercy. Lord, have mercy. (Repeat 4 times)</p>	<p>المَرْتِل: يَا رَبُّ ارْحَمْنَا، يَا رَبُّ ارْحَمْنَا، يَا رَبُّ ارْحَمْنَا. (4 مَرَاتِ)</p>
<p>Priest: Through the mercies 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>الكَاهِن: بِرَحْمَةِ وَرَأْفَاتِ ابْنِكَ الوَحِيدِ وَمَحَبَّتِهِ لِلْبَشَرِ، الذِي أَنْتَ مُبَارَكٌ مَعَهُ وَمَعَ رُوحِكَ الكَلْبِيِّ قُدْسُهُ الصِّدَالِحِ وَالمُحْيِي، الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. المَرْتِل: آمِينَ.</p>
<p>KONTAKION AND OIKOS FOR SUNDAY OF FORGIVENESS (Plain Reading)</p>	
<p>O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.</p>	<p>أَيُّهَا المُهْدِي إِلَى الحِكْمَةِ، وَرَازِقِ الفَهْمِ وَالفِطْنَةِ، وَمُؤدِّبِ الجُهَالِ، وَعَاضِدِ المَسَاكِينِ، شَدِّدْ وَفَهِّمْ قَلْبِي أَيُّهَا السَّيِّدُ، وَأَعْطِنِي كَلِمَةً يَا كَلِمَةَ الآبِ، لِأَنَّني هَاأَنْذَا لَا أَمْنَعُ شَفَتِي مِنَ الصُّرَاخِ إِلَيْكَ: يَا رَحُومُ، ارْحَمْنِي أَنَا الوَاقِعُ.</p>

Banished from the joys of Paradise, Adam sat outside and wept, and beating his hands upon his face he said, "I am fallen, in Thy compassion have mercy upon me." When Adam saw the angel drive him out and shut the door of the divine garden, he groaned aloud and said, "I am fallen, in Thy compassion have mercy upon me." O Paradise, share in the sorrow of thy Master Who is brought to poverty, and with the sound of thy leaves pray to the Creator that He may not keep thy gate closed forever. I am fallen, in Thy compassion have mercy upon me. O Paradise, perfect, all-holy and blessed, planted for Adam's sake and shut because of Eve, pray to God for the fallen. In Thy compassion, have mercy upon me who am fallen.

إِنَّ آدَمَ جَلَسَ إِذْ ذَاكَ إِزَاءَ نَعِيمِ الْفِرْدَوْسِ، وَانْتَحَبَ ضَارِباً وَجْهَهُ بِيَدَيْهِ قَائِلاً: يَا رَحُومُ، ارْحَمْنِي أَنَا الْوَاقِعُ. إِنَّ آدَمَ لَمَّا أَبْصَرَ الْمَلَائِكَةَ دَافِعاً إِيَّاهُ، وَمَوْصِداً بَابَ الْبُسْتَانِ الْإِلَهِيِّ، تَنَفَّسَ الصُّعْدَاءَ مُتَنَهِّداً وَهَاتِفاً: يَا رَحُومُ، ارْحَمْنِي أَنَا الْوَاقِعُ. أَيُّهَا الْفِرْدَوْسُ الْكَلْبِيُّ الْفَضْلِ، الْكَلْبِيُّ الْقُدْسِ، الْكَلْبِيُّ الْإِكْرَامِ، يَا مَنْ لِأَجْلِ آدَمَ نُصِبْتَ، وَمِنْ جَزِي حَوَاءَ أُغْلِقْتَ، ابْتَهَلْ إِلَى اللَّهِ مِنْ أَجْلِي، أَنَا السَّاقِطُ، هَاتِفاً: يَا رَحُومُ، ارْحَمْنِي أَنَا الْوَاقِعُ.

THE SYNAXARION (Plain Reading)

On February 18 in the Holy Orthodox Church, we commemorate our fathers among the saints Leo the Great, pope of Rome; Agapitos the Confessor, bishop of Synnada in Phrygia; and Venerable Colman, bishop of Lindisfarne.

On this day, we make remembrance of the exile of the first-fashioned, Adam, from the Paradise of delight.

Verses

Let the world mourn bitterly along with ages past;
As, by sweet eating, it hath fallen along with those who had fallen.

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

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

KATAVASIAS OF THE SUNDAY OF FORGIVENESS IN TONE SIX

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

(الأولى) إِنَّ إِسْرَائِيلَ لَمَّا سَلَكَ بِالْأَقْدَامِ فِي قَعْرِ اللَّجَّةِ كَأَنَّهُ عَلَى الْيَابِسَةِ، وَعَايَنَ فِرْعَوْنَ الْمُضْطَّهَدَ غَارِقاً، صَرَخَ هَاتِفاً: لِنُسَبِّحْ إِلَهَنَا تَسْبِيحاً عَلَى الظَّفَرِ.

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

(الثالثة) لَيْسَ قُدُّوسٌ مِثْلَكَ أَيُّهَا الرَّبُّ إِلَهِي، يَا مَنْ رَفَعْتَ قَرْنَ الْمُؤْمِنِينَ بِكَ أَيُّهَا الصَّالِحِ، وَتَبَتَّهْتَهُمْ عَلَى صَخْرَةِ الْإِعْتِرَافِ بِكَ.

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

(الرابعة) إِنَّ الْكَنِيسَةَ الْمُوقَّرَةَ، تَهْتِفُ مَرْتَلَةً كَمَا يَلِيقُ بِاللَّهِ، مُعَيِّدَةً لِلرَّبِّ بِضَمِيرٍ نَقِيٍّ: الْمَسِيحُ قُوَّتِي، رَبِّي، وَإِلَهِي.

Ode 5. O Good One, lighten with Thy divine light the

(الخامسة) أَيُّهَا الصَّالِحِ، أَضِيءْ بِنُورِكَ الْإِلَهِيِّ نُفُوسَ الْمُدَلِّجِينَ

souls of those who come to Thee early and eagerly that they may know Thee, O Word of God, the true God, Who callest us from the darkness of iniquities.	إِلَيْكَ بِشَوْقٍ، لِيَعْرِفُوكَ يَا كَلِمَةَ اللَّهِ بِالْحَقِيقَةِ، الدَّاعِي إِلَيْنَا مِنْ قَتَامِ الزَّلَاتِ.
Ode 6. O Most merciful One, when I saw the sea of this life agitated with the tumult of temptations, I hastened to Thy quiet haven, crying, Raise my life from corruption.	(السادسة) أَيُّهَا الْجَزِيلُ الرَّحْمَةِ، مَذُ رَأَيْتُ بَحْرَ الْعُمُرِ جَائِشاً بِعَاصِفَةِ التَّجَارِبِ، بَادَرْتُ إِلَى مِينَاكَ الْهَادِي هَاتِفاً: أَصْعِدْ مِنْ الْفَسَادِ حَيَاتِي.
Ode 7. Verily, the angel made the furnace overflow with dew for the righteous youth, burning the Chaldeans by the command of God, and constraining the usurper to shout, crying, Blessed art Thou, God of our Fathers.	(السابعة) إِنَّ الْمَلَائِكَةَ قَدْ صَيَّرَ الْأَتُونَ يَفِيضُ نَدَى الْفَيْثَةِ الْأَبْرَارِ، مُحْرِقاً، بِأَمْرِ اللَّهِ، الْكَلْدَانِيِّينَ، وَأَقْنَعَ الْمُعْتَصِبَ أَنْ يَهْتَفَ قَائِلاً: مُبَارِكٌ أَنْتَ يَا إِلَهَ آبَائِنَا.
Ode 8. <i>We praise, we bless, and we worship the Lord.</i> Thou didst spring forth from the flames as dew for those righteous ones, and with water Thou didst consume the sacrifice of the righteous one; for Thou doest all things by Thy mere will. Wherefore, we exalt Thee still more to the end of ages.	(الثامنة) نُسَبِّحُ وَنُبَارِكُ وَنَسْجُدُ لِلرَّبِّ. لَقَدْ أَنْبَعَتْ مِنَ اللَّهْيَبِ نَدَى لِبِالْبَرَارِ، وَبِالْمَاءِ أَلْهَبَتْ ذَبِيحَةَ الصِّدِّيقِ. لِأَنَّكَ تَصْنَعُ كُلَّ شَيْءٍ بِمَجْرَدِ مَشِيئَتِكَ، فَتَزِيدُكَ رِفْعَةً مَدَى الدَّهْرِ.
Deacon: The Theotokos and Mother of the Light, let us honor and magnify in song.	الشَّمْسِ: لَوْلَادَةِ الْإِلَهِ وَأُمِّ النُّورِ بِالتَّسَابِيحِ نَكْرَمُ مَعْظَمِينَ.
MAGNIFICATIONS IN TONE SIX	
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 barest God the Word, and art truly Theotokos, we magnify thee. (<i>Repeat after each Verse.</i>)	تُعْظِمُ نَفْسِي الرَّبَّ وَتَبْتَهِجُ رُوحِي بِاللَّهِ مُخْلِصِي. يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ وَأَرْفَعُ مَجْداً بِغَيْرِ قِيَاسٍ مِنَ السَّارَافِيمِ. يَا مَنْ بَدُونَ فَسَادٍ وَوَلَدْتَ كَلِمَةَ اللَّهِ. حَقاً إِنَّكَ وَالِدَةُ الْإِلَهِ إِيَّاكَ نُعْظِمُ.
For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. (Refrain)	لَأَنَّهُ نَظَرَ إِلَى تَوَاضُعِ أُمَّتِهِ، فَهَا مُنْذُ الْآنَ تُطَوِّبُنِي جَمِيعُ الْأَجْيَالِ. (اللازمة)
For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations. (Refrain)	لَأَنَّ الْقَدِيرَ صَنَعَ بِي عِظَائِمَ وَقُدُوسَ اسْمُهُ، وَرَحْمَتُهُ إِلَى جِيلِ فَجِيلٍ لِلَّذِينَ يَتَّقُونَهُ. (اللازمة)
He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. (Refrain)	صَنَعَ عِزّاً بِسَاعِدِهِ وَشَنَّتْ الْمُتَكَبِّرِينَ بِذَهْنِ قُلُوبِهِمْ. (اللازمة)
He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the empty with good things, and the rich hath He sent empty away. (Refrain)	حَطَّ الْمُقْتَدِرِينَ عَنِ الْكِرَاسِيِّ وَرَفَعَ الْمُتَوَاضِعِينَ، مَلأَ الْجِياعَ مِنْ الْخَيْرَاتِ، وَالْأَغْنِيَاءَ أَرْسَلَهُمْ فَارِغِينَ. (اللازمة)
He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. (Refrain)	عَضَدَ إِسْرَائِيلَ فَتَاهُ لِيَذْكَرَ رَحْمَتَهُ، كَمَا قَالَ لِأَبَائِنَا إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الْأَبَدِ. (اللازمة)

<p>Ode 9. Verily, the God Whom no man can see, nor the ranks of the angels dare to look upon, through thee, O pure one, was seen among men as incarnate Word. Wherefore, with the heavenly hosts, we magnify Him, and thee do we bless.</p>	<p>(التاسعة) إِنَّ الْإِلَهَ الَّذِي لَا تَسْتَطِيعُ الْبَشَرُ أَنْ تُعَايِنَهُ، وَلَا تَجْسُرُ طَعَمَاتُ الْمَلَائِكَةِ أَنْ تَنْظُرَ إِلَيْهِ، بِكَ أَيُّهَا النَّقِيَّةُ قَدْ شُوهِدَ فِي الْبَشَرِ كَلِمَةً مُتَجَسِّدَةً. فَلِذَلِكَ نُعَظِّمُهُ مَعَ الْأَجْنَادِ السَّمَاوِيَّةِ وَإِيَّاكَ نُعْبِطُ.</p>
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THE LITTLE LITANY

<p>Priest: Again and again, in peace, let us pray to the Lord.</p>	<p>الشماس: أيضاً وأيضاً بسلام إلى الرب نطلب.</p>
<p>Choir: Lord, have mercy.</p>	<p>الجوق: يا رب ارحم.</p>
<p>Priest: Help us; save us; have mercy on us; and keep us, O God by thy grace.</p>	<p>الشماس: أعضد وخلص وارحم واحفظنا يا الله بنعمتك.</p>
<p>Choir: Lord, have mercy.</p>	<p>الجوق: يا رب ارحم.</p>
<p>Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady 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>الشماس: بعد ذكرنا الكليّة القداسة، الطاهرة، الفائقة البركات المجيدة، سيدتنا والدة الإله، الدائمة البتولية مريم مع جميع القديسين، لنودع أنفسنا وبعضنا بعضاً وكلّ حياتنا للمسيح الإله.</p>
<p>Choir: To Thee, O Lord.</p>	<p>الجوق: لك يا رب.</p>
<p>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.</p>	<p>الكاهن: لأنه إياك تسبح كل قوأت السماوات، ولك يُرسلون المجد أيها الأب والإبن والروح القدس، الآن وكلّ أوانٍ وإلى دهر الدهارين.</p>
<p>Choir: Amen.</p>	<p>الجوق: آمين.</p>

<p>Holy is the Lord our God. (THRICE)</p>	<p>قدوس هو الرب الهنا. (ثلاثاً)</p>
<p>Exalt ye the Lord our God, and worship at His footstool, for He is holy.</p>	<p>إرفعوا الرب الهنا، واسجدوا لموطي قدميه، لأنّ الرب الهنا قدوس هو.</p>

THE FOURTH EOTHINON EXAPOSTELARION IN TONE TWO

<p>Let us gleam, shining with virtues, and behold the man standing in brilliant clothes inside the grave, giving life to the ointment-bearing women with their faces downcast. Let us learn of the Resurrection of the Lord of Heaven and hasten with Peter to the tomb and wonder at the great happening, waiting to behold Christ the Life.</p>	<p>لِنَتَلَأْ مُشْرِقِينَ بِالْفَضَائِلِ، وَنُشَاهِدِ الرِّجَالَ الْوَاقِفِينَ بِمَلَابِسَ لَامِعَةٍ دَاخِلِ الْقَبْرِ الْوَاهِبِ الْحَيَاةِ، لِحَامِلَاتِ الطِّيبِ الْمُطْرِقَاتِ وَجُوهُهُنَّ إِلَى الْأَرْضِ. وَلِنَتَعَلَّمْ قِيَامَةَ سَيِّدِ السَّمَاءِ، وَلِنُسَارِعْ مَعَ بُطْرُسَ إِلَى الْقَبْرِ، وَنَتَعَجَّبَ مِنَ الْحَادِثِ، وَنَنْتَظِرُ لِنُعَايِنِ الْمَسِيحِ الْحَيَاةِ.</p>
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EXAPOSTELARION & THEOTOKION FOR SUNDAY OF FORGIVENESS IN TONE TWO

(**Hearken, ye women**)

<p>Woe is me, wretched one; for I have transgressed Thy commandment, and have been stripped of Thy glory, and, therefore, was filled with confusion and cast out of paradise, O compassionate One. Wherefore, O merciful One, have mercy upon me, who was justly denied Thy good tidings.</p>	<p>وَيْلِي خَالَفْتُ وَصِيَّتَكَ، أَنَا الشَّقِيَّةُ يَا رَبِّ، وَتَعَرَّيْتُ مِنْ مَجْدِكَ، إِذْ قَدْ أَفْعَمْتُ خِزْيًا، مُبْعَدًا مِنْ نِعْمَى الْفِرْدَوْسِ، أَيُّهَا الْمُتَحَنِّنُ. فَيَا رَحِيمًا، ارْحَمْنِي أَنَا الَّذِي فَقَدْتُ بَعْدَ خَيْرَاتِكَ.</p>
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<p>O Lord, we were estranged before from paradise, because of eating from the tree. Therefore, lead us into it again by Thy Cross and by Thy Passion, my Savior and my God. Fortify us therein that we may fulfill our fast with becoming purity, and worship Thy divine Resurrection and Passover of salvation, by the intercessions of Thy Mother.</p>	<p>لَيْتُنْ تَعَرَّيْنَا قَبْلًا مِنَ الْفِرْدَوْسِ يَا رَبِّ، بِسَبَبِ الْأَكْلِ مِنَ الْعُودِ. أَدْخَلْتَنَا أَيْضًا إِلَيْهِ بِصَلِيْبِكَ وَالْأَلَامِ، مُخْلِصِي وَإِلَهِي. فَحَصِّنَا بِهِ لِكِي نُنْتَمِّمَ هَذَا الصِّيَامَ بِنَقَاءٍ، وَنَسْجُدَ لِقِيَامَتِكَ الْإِلَهِيَّةِ، وَلِلْفُضْحِ الْخَلَاصِيِّ، بِشَفَاعَاتِ وَالذَّبِّكَ.</p>
<p>AINOI (PRAISES) IN TONE FOUR</p>	
<p>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.</p>	<p>كُلُّ نَسَمَةٍ فَلْتُسَبِّحِ الرَّبَّ. سَبِّحُوا الرَّبَّ مِنَ السَّمَاوَاتِ، سَبِّحُوهُ فِي الْأَعَالِي، لِأَنَّهُ لَكَ يَلِيْقُ التَّسْبِيْحُ يَا اللَّهُ.</p>
<p>Praise ye Him, all His angels; praise ye Him, all His hosts. To Thee, O God, is due our song.</p>	<p>سَبِّحُوهُ يَا جَمِيعَ مَلَائِكَتِهِ، سَبِّحُوهُ يَا سَائِرِ قُوَاتِهِ، لِأَنَّهُ لَكَ يَلِيْقُ التَّسْبِيْحُ يَا اللَّهُ.</p>
<p>For the Resurrection in Tone Four</p>	
<p><i>Verse 1. This glory shall be to all His saints.</i> We glorify Thy Resurrection, O Lord Almighty, O Thou who sufferedst crucifixion and death and didst rise from the dead.</p>	<p>1- هذا المجد يكون لجميع أبنائه. نُجَمِّدُ انْبِعَاثَكَ أَيُّهَا الرَّبُّ الْقَادِرُ عَلَى كُلِّ شَيْءٍ، يَا مَنْ اخْتَمَلَ الصَّلْبَ وَالْمَوْتَ، وَقَامَ مِنْ بَيْنِ الْأَمْوَاتِ.</p>
<p><i>Verse 2. Praise God in His sanctuary: praise Him in the firmament of His power.</i> Thou hast freed us, O Christ, from the first curse. And by Thy Death Thou didst banish the insurgency of Diabolus prevailing over our nature. And in Thy Resurrection Thou didst fill all with joy. Wherefore, we cry to Thee, O Thou Lord, Who didst rise from the dead; glory to Thee.</p>	<p>2- سَبِّحُوا اللَّهَ فِي قَدِيسِيهِ، سَبِّحُوهُ فِي فَالِكِ قُوَّتِهِ. أَيُّهَا الْمَسِيْحُ لَقَدْ أَعْتَقْتَنَا بِصَلِيْبِكَ مِنَ اللَّعْنَةِ الْأُولَى، وَبِمَوْتِكَ صَمَحَلْتَ تَمَرْدَ الْمَحَالِ الْمُتَسَلِّطِ عَلَى طَبِيعَتِنَا، وَبِقِيَامَتِكَ مَلَأْتَ الْكُلَّ فَرْحًا. فَلِذَا نَهْتَفُ نَحْوَكِ: يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، يَا رَبُّ الْمَجْدُ لَكَ.</p>
<p><i>Verse 3. Praise Him for His mighty acts: praise Him according to His excellent greatness.</i> O Christ Savior, Who didst rise from the dead, lead us by Thy Cross to Thy right hand, and save us from the gins of the enemy. Stretch forth Thine arm and raise us who are fallen in sins; through the intercession of Thy saints, O Lord, the Lover of mankind.</p>	<p>3- سَبِّحُوهُ عَلَى مَقْدَرَتِهِ، سَبِّحُوهُ نَظِيرَ كَثْرَةِ عَظَمَتِهِ. أَيُّهَا الْمَسِيْحُ الْمُخْلِصُ، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، إِهْدِنَا بِصَلِيْبِكَ إِلَى حَقِّكَ، وَنَجِّنَا مِنْ فِخَاخِ الْعَدُوِّ، وَامْدُدْ سَاعِدَكَ، وَأَنْهَضْنَا نَحْنُ السَّاقِطِينَ فِي الْخَطَايَا، بِشَفَاعَةِ قَدِيسِيكَ أَيُّهَا الرَّبُّ الْمُحِبُّ الْبَشَرَ.</p>
<p><i>Verse 4. Praise Him with the sound of the trumpet. Praise Him with the psaltery and harp.</i> O Only Son of God, Thou didst come to earth, but wast not separated from the Paternal bosom; and because of Thy love to mankind Thou didst become unchangeable man. Thou didst suffer crucifixion and death in the flesh, O Thou Who in Thy Divinity suffereth not. Thou didst rise from the dead, granting mankind immortality; for Thou alone art Almighty.</p>	<p>4- سَبِّحُوهُ بِلِحْنِ الْبُوقِ، سَبِّحُوهُ بِالْمِزْمَارِ وَالْقِيَارَةِ. يَا كَلِمَةَ اللَّهِ الْوَحِيدِ، لَقَدْ وَاقَيْتَ إِلَى الْأَرْضِ وَلَمْ تَنْفَصِلْ عَنِ الْأَحْضَانِ الْأَبَوِيَّةِ. وَمِنْ أَجْلِ مَوَدَّتِكَ لِلْأَنَامِ صِرْتَ إِنْسَانًا خُلُوعًا مِنْ اسْتِحَالَةٍ، وَاخْتَمَلْتَ الصَّلْبَ وَالْمَوْتَ بِالْجَسَدِ، يَا مَنْ هُوَ بِلَاهُوتِهِ غَيْرُ مُتَأَلِّمٍ، وَقُمْتَ مِنْ بَيْنِ الْأَمْوَاتِ، وَمَنْحَتَ جِنْسَ الْبَشَرِ عَدَمَ الْمَوْتِ، بِمَا أَنَّكَ قَادِرٌ عَلَى كُلِّ شَيْءٍ وَحْدَكَ.</p>

Verse 5. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.

Thou didst purchase for us deathlessness, O Savior, when Thou didst accept death bodily. Thou didst dwell in a grave to deliver us from Hades, raising us with Thee; for as man Thou didst suffer, but since Thou art God Thou didst arise. Therefore, do we shout, Glory to Thee, O Lord, Giver of life, Who art alone the Lover of mankind.

5 - سَبِّحُوهُ بِالطَّبَلِ وَالْمَصَافِي، سَبِّحُوهُ بِالْأُوتَارِ وَآلَةِ الطَّرَبِ.

أَيُّهَا الْمُخْلِصُ لَقَدْ ابْتَعْتَ لَنَا عَدَمَ الْمَوْتِ لَمَّا قَبِلْتَ الْمَوْتَ بِالْجَسَدِ. وَحَلَلْتَ فِي قَبْرِ لِيُثَبِّتَنَا مِنَ الْجَحِيمِ مُنْهَضًا إِيَّانَا مَعَكَ. لِأَنَّكَ تَأَلَّمْتَ كَانِسَانٍ لِكَنَّكَ قَدْ فُتِمْتَ بِمَا أَنْتَ إِلَهٌ. فَلِذَا لَكَ نَهْتَفُ الْمَجْدُ لَكَ يَا مَانِحَ الْحَيَاةِ، الرَّبُّ الْمُحِبُّ الْبَشَرَ وَحَدَكَ.

For Sunday of Forgiveness in Tone Five

Verse 6. Praise Him upon the loud cymbals: praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord.

Verily, Adam cried moaning, and said, Woe is me; for the serpent and the woman drew me away from divine favor; and the taste of the tree hath estranged me from Paradise. Woe is me; I cannot bear the disgrace, I who was formerly king over all earthly creatures. Behold, I am now captive because of a counsel aside from the law. And I, who was for a time robed with the glory of immortality, have become like one dead, wrapped in the rags of death, in a pitiful manner. Woe is me: whom shall I make my helper in wailing? But Thou, Lover of mankind, mantled in compassion, Who didst create me from the earth, recall and save me from the bondage of the enemy.

6 - سَبِّحُوهُ بِبَعَمَاتِ الصَّنُوجِ، سَبِّحُوهُ بِصُنُوجِ التَّهْلِيلِ، كُلُّ نَسَمَةٍ فَلْتَسْبِحِ الرَّبَّ.

إِنَّ أَدَمَ صَرَخَ بِنَحِيْبٍ قَائِلًا: وَيْحَ لِي، لِأَنَّ الْحَيَاةَ وَالْمَرْأَةَ قَدْ أَبْعَدَانِي مِنَ الدَّالَّةِ الْإِلَهِيَّةِ، وَمَذَاقَةَ الْعُودِ قَدْ عَرَّبْتَنِي مِنْ نَعِيمِ الْفِرْدَوْسِ. وَيْلِي، لَسْتُ إِذْنُ أَحْتَمِلُ الْعَارَ، أَنَا الَّذِي كَانَ قَدِيمًا مَلِكًا عَلَى كُلِّ بَرَايَا اللَّهِ الْأَرْضِيَّةِ. لَقَدْ ظَهَرْتُ الْآنَ أُسِيرًا مِنْ مَشُورَةِ خَارِجَةٍ عَنِ الشَّرِيعَةِ. وَالَّذِي كَانَ حِينًا مَا مُتَسَرِّبًا مَجْدَ عَدَمِ الْمَوْتِ، وَأُمْسَى كَمَايْتٍ، مُتَّسِحًا أَطْمَارَ الْمَنُونِ، بِحَالَةٍ يُرْتَى لَهَا. وَيْحِي، مَنْ أَجْعَلُهُ مُسَاعِدًا مَعِيَ لِلنُّوحِ؟ لَكِنْ أَنْتَ أَيُّهَا الْمُحِبُّ الْبَشَرَ، الْمُتَدَرِّجُ النَّحْنُ، يَا مَنْ خَلَقَنِي مِنَ الْأَرْضِ، أَعِدْ دَعْوَتِي، وَخَلِّصْنِي مِنْ عُبُودِيَّةِ الْعَدُوِّ.

Verse 7. Arise, O my God, lift up Thy hand, and forget not the humble.

The arena of the virtues has been opened. Let all who wish to struggle for the prize now enter, girding themselves for the noble contest of the Fast; for those that strive lawfully are justly crowned. Taking up the armor of the Cross, let us make war against the enemy. Let us have as our invincible rampart the Faith, prayer as our breastplate, and as our helmet almsgiving; and as our sword let us use fasting that cuts away all evil from our heart. If we do this, we shall receive the true crown from Christ the King of all at the Day of Judgment.

7 - قُمْ يَا رَبِّي وَاللَّهِي وَتَرْتَفِعْ يَدَكَ، وَلَا تَنْسَ بِأَسْيَاكِ إِلَى الْإِنْقِضَاءِ.

لَقَدْ انْفَتَحَ مِيدَانُ الْفَضَائِلِ، فَادْخُلُوهُ يَا رَاغِبِينَ فِي الْجِهَادِ، مُتَمَنِّطِينَ بِكَفَاحِ الصَّوْمِ الْحَسَنِ. لِأَنَّ الَّذِينَ يُحْسِنُونَ الْجِهَادَ، يُكَلَّلُونَ بِعَدَلٍ. فَلْتُحَارِبَنَّ الْعَدُوَّ مُتَدَرِّعِينَ بِالصَّلِيبِ، مُعْتَصِمِينَ بِالْإِيمَانِ كَسُورٍ لَا يُنْقِي، وَبِالصَّلَاةِ كَدِرْعٍ. وَبِالصَّدَقَةِ كَخُوْدَةٍ، وَبِالصِّيَامِ حُسَامًا يَقْطَعُ مِنَ الْقَلْبِ كُلَّ رَذِيلَةٍ. فَالَّذِي يَصْنَعُ هَكَذَا، يُحْرِرُ الْإِكْلِيلَ الْحَقِيقِيَّ مِنَ الْمَسِيحِ مَلِكِ الْكُلِّ فِي يَوْمِ الدِّينُونَةِ.

Also for Sunday of Forgiveness in Tone Six

Verse 8. I will praise Thee, O Lord, with my whole heart: I will show all Thy marvelous works.

When Adam received of the food, as a transgressor was he driven from Paradise. But Moses, purifying the pupils of his eyes with fasting, was made worthy to behold God. Wherefore, ye who long to dwell in Paradise, come, let us keep far from unprofitable food; and ye who desire to

8 - أَعْتَرِفُ لَكَ يَا رَبُّ مِنْ كُلِّ قَلْبِي، وَأُحَدِّثُ بِجَمِيعِ عَجَائِبِكَ.

إِنَّ أَدَمَ لَمَّا تَنَاوَلَ مِنَ الْأَكْلِ، كَمُخَالِفٍ طُرِدَ مِنَ الْفِرْدَوْسِ. أَمَّا مُوسَى فَلَمَّا نَقَى حَدَقَتِي نَفْسِهِ بِالصِّيَامِ، صَارَ مُعَايِنًا لِلَّهِ. فَيَا أَيُّهَا التَّائِقُونَ إِلَى سُكْنَى الْفِرْدَوْسِ، هَلِّمُوا نَبْتَعِدْ عَنِ الطَّعَامِ غَيْرِ

<p>see God, come, let us fast the four Mosaic tens. And by perseverance and sincerity in prayer we shall put down the passions of the soul and remove the wiles of the flesh, ascending lightly towards the celestial way, where the ranks of angels praise the indivisible Trinity with unceasing voices, to behold the transcending comeliness of the Master. Therefore, O Life-giving Son of God, make us who trust in Thee worthy to exchange glad tidings with the hosts of angels; by the intercession of the passion of Thy Mother, O Christ, and of the Apostles, Martyrs and all the saints.</p>	<p>النافع. ويا أيها الراغبون في مُعَايَنَةِ اللَّهِ، هَلِّمُوا نَصْمَ الْأَرْبَعِ عَشْرَاتِ الْمَوْسَوِيَّةِ. حَتَّى بِمُؤَاظَبَتِنَا عَلَى الصَّلَاةِ وَالْإِبْتِهَالِ بِخُلُوصٍ، نُحْمَدُ أَهْوَاءَ النَّفْسِ، وَنَنْزِعُ أَدْرَانَ الْجَسَدِ، فَنَرْتَقِي بِخَفَّةٍ نَحْوَ الْمَسَلِكِ الْعُلُويِّ، حَيْثُ مَصَافُ الْمَلَائِكَةِ يُسَبِّحُونَ الثَّالِوثَ غَيْرَ الْمُتَقَسِّمِ، بِأَصْوَاتٍ لَا تَقْتُرُ، وَنَنْظُرُ إِلَى الْجَمَالِ السَّيِّدِيِّ الْفَائِقِ. فَيَا ابْنَ اللَّهِ الْمُعْطِي الْحَيَاةَ، أَهْلُنَا أَنْ نَتَبَاشَرَ هُنَاكَ، نَحْنُ الْمُتَكَلِّينَ عَلَيْكَ، مَعَ أَجْنَادِ الْمَلَائِكَةِ. بِشَفَاعَاتِ الْأُمِّ وَالذِّتِكَ أَيُّهَا الْمَسِيحُ،. وَالرُّسُلِ وَالشَّهَدَاءِ، وَجَمِيعِ الْقَدِّيسِينَ.</p>
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THE DOXASTICON FOR SUNDAY OF FORGIVENESS IN TONE SIX

<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i></p> <p>The time cometh which is the beginning of spiritual struggles and triumph over Satan. And the complete armor of abstinence is the beauty of the angels and in favor with God, and received in an invisible manner with a voice in His ear. Wherefore, O Lord, prepare us thereby to worship Thy holy Passion and Resurrection, since Thou art the Lover of mankind.</p>	<p>المَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدْسِ.</p> <p>قَدْ وَفَى الزَّمَانُ، الَّذِي هُوَ بَدَأُ الْجِهَادَاتِ الرُّوحِيَّةِ، وَالْفَوْزُ عَلَى الشَّيَاطِينِ، وَالسَّلَاحُ الْكَامِلُ لِلْإِمْسَاكِ. جَمَالُ الْمَلَائِكَةِ، وَالذَّالَّةُ لَدَى اللَّهِ. لِأَنَّ بِهِ صَارَ مُوسَى مُنَاجِيًا الْخَالِقِ، وَقَبِلَ فِي مَسْمَعِهِ صَوْتًا، بِحَالٍ غَيْرِ مَنْظُورَةٍ. فَيَا رَبُّ، أَهْلُنَا بِهَا أَنْ نَسْجُدَ لِالْأَمِكَ، وَقِيَامَتِكَ الْمُقَدَّسَةِ، بِمَا أَنْتَ مُحِبٌّ لِلْبَشَرِ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i></p> <p>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.</p> <p>أَنْتَ هِيَ الْفَائِقَةُ عَلَى كُلِّ الْبَرَكَاتِ، يَا وَالِدَةُ الْإِلَهِ الْعَذْرَاءِ، لِأَنَّ الْجَحِيمَ قَدْ سُبِّيتَ بِوَسِطَةِ الْمُتَجَسِّدِ 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 SIX

<p>Glory to Thee, Who hast shown us the Light; Glory to God in the highest, and on earth peace, good will among men.</p>	<p>المَجْدُ لَكَ يَا مُظْهِرَ النُّورِ، المَجْدُ لِلَّهِ فِي الْعَلَاءِ، وَعَلَى الْأَرْضِ السَّلَامُ، وَفِي النَّاسِ الْمَسْرَةَ.</p>
<p>We praise Thee, we bless Thee, we worship Thee, we glorify Thee; we give thanks unto Thee for Thy great glory.</p>	<p>نُسَبِّحُكَ نُبَارِكُكَ، نَسْجُدُ لَكَ نُحْمَدُكَ، نَشْكُرُكَ مِنْ أَجْلِ عَظِيمِ جَلَالِ مَجْدِكَ.</p>
<p>O Lord, heavenly King, God the Father Almighty; O Lord, the only-begotten Son, Jesus Christ; and the Holy Spirit.</p>	<p>أَيُّهَا الرَّبُّ الْمَلِكُ، السَّمَاوِيِّ، الْإِلَهِ، الْآبِ الصَّابِطُ الْكُلُّ. أَيُّهَا الرَّبُّ الْإِبْنُ الْوَحِيدُ، يَا يَسُوعَ الْمَسِيحِ، وَيَا أَيُّهَا الرُّوحُ الْقُدْسُ.</p>
<p>O Lord God, Lamb of God, Son of the Father, Who takest away the sin of the world, have mercy on us; O Thou Who takest away the sins of the world.</p>	<p>أَيُّهَا الرَّبُّ الْإِلَهِ، يَا حَمَلَ اللَّهِ يَا ابْنَ الْآبِ، يَا رَافِعَ خَطِيئَةِ الْعَالَمِ ارْحَمْنَا، يَا رَافِعَ خَطَايَا الْعَالَمِ.</p>

Receive our prayer, O Thou Who sittest at the right hand of the Father, and have mercy on us.	تَقَبَّلْ تَضَرُّعَنَا أَيُّهَا الْجَالِسُ عَنْ يَمِينِ الْآبِ وَارْحَمْنَا.
For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the Glory of God the Father. Amen.	لَأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ، أَنْتَ وَحْدَكَ الرَّبُّ يَسُوعُ الْمَسِيحُ، فِي مَجْدِ اللَّهِ الْآبِ، آمِينَ.
Every day will I bless Thee, and I will praise Thy Name forever; yea, forever and ever.	فِي كُلِّ يَوْمٍ أَبَارِكُكَ، وَأُسَبِّحُ اسْمَكَ إِلَى الْأَبَدِ، وَإِلَى أَبَدِ الْأَبَدِ.
Vouchsafe, O Lord, to keep us this day without sin.	أَهْلُنَا يَا رَبُّ أَنْ نَحْفَظَ فِي هَذَا الْيَوْمِ بِغَيْرِ خَطِيئَةٍ.
Blessed art Thou, O Lord God of our Fathers, and praised and glorified be Thy Name forever. Amen.	مُبَارَكٌ أَنْتَ يَا رَبُّ إِلَهَ آبَائِنَا، وَمُسَبَّحٌ وَمَمَجَّدٌ اسْمُكَ إِلَى الْأَبَدِ، آمِينَ.
Let Thy mercy, O Lord, be upon us, as we do put our hope in Thee.	لِتَكُنْ يَا رَبُّ رَحْمَتُكَ عَلَيْنَا، كَمَا نَلْتَمَسُ اتِّكَالَنا عَلَيْكَ.
Blessed art Thou, O Lord: teach me Thy statutes. (Thrice)	مُبَارَكٌ أَنْتَ يَا رَبُّ عَلِّمْنِي حُقُوقَكَ. (ثلاثاً)
Lord, Thou hast been our refuge in all generations. I said: Be merciful unto me; heal my soul, for I have sinned against Thee.	يَا رَبُّ مَلْجَأُ كُنْتُمْ لَنَا فِي جِيلٍ وَجِيلٍ، أَنَا قُلْتُ يَا رَبُّ ارْحَمْنِي وَاشْفِ نَفْسِي لِأَنِّي قَدْ 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 نَعَايُنُ النُّورَ.
O continue Thy loving kindness unto them that know Thee. Holy God, Holy Mighty, Holy Immortal: have mercy on us. (Thrice)	فَأَبْسِطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ. قُدُّوسَ اللَّهِ، قُدُّوسَ الْقَوِيِّ، قُدُّوسَ الَّذِي لَا يَمُوتُ ارْحَمْنَا. (ثلاثاً)
Glory to the Father, and to the Son, and to the Holy Spirit:	الْمَجْدُ لِلْآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ.
Both now and ever, and unto ages of ages. Amen.	الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.
Holy Immortal, have mercy on us.	قُدُّوسَ الَّذِي لَا يَمُوتُ ارْحَمْنَا.
Holy God, Holy Mighty, Holy Immortal: have mercy on us.	قُدُّوسَ اللَّهِ، قُدُّوسَ الْقَوِيِّ، قُدُّوسَ 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، عُنُصَرَ حَيَاتِنَا. لِأَنَّهُ إِذْ قَدْ حَطَّمَ الْمَوْتَ بِالْمَوْتِ، مَنَحَنَا الظَّفَرَ، وَالرَّحْمَةَ الْعَظْمَى.

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