

Holy Nativity of the Theotokos Antiochian Orthodox Mission

Our Lady of Saydnaya كنيسة سيدة صيدنايا

كنيسة ميلاد السيدة الأنطاكية الأرثوذكسية

Seattle, WA

Diocese of the Northwest

Metropolitan Joseph of New York and All North America

Sunday Mar 27th, 2022

Third Sunday of Great Lent

(Veneration of the Precious and Life-giving Cross)

الأحد الثالث من الصوم (أحد الصليب الكريم المحيي)



Fr. Anastasios Majdalani

Altar Boys: Toufic Majdalani, Theo Majdalani, Matthew and Melanie Matta

Choir/Chanters: Kh. Nissrine, Farizeh Louis

Ushers: Fidaa Maalouf

Holy Bread baked by: Farizeh Louis, and Kh. Nissrine

ORTHROS ON SUNDAY, MARCH 27, 2022; TONE 7 / EOTHINON 7**THIRD SUNDAY OF GREAT LENT****VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS**

MARTYR MATRONA OF THESSALONICA; MARTYRS PHILETOS THE SENATOR, HIS WIFE LYDIA OF ROME AND THOSE WITH THEM;
PAUL, BISHOP OF CORINTH

Priest: Blessed is our God, always, now and ever, and unto the ages of ages.	الكاهن: تَبَارَكَ اللهُ إِلَهُنَا كُلَّ حِينٍ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
Choir: Amen.	الجوقة: آمين.
Reader: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (<i>thrice</i>)	القارئ: قُدُّوسُ اللهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ، اَرْحَمْنَا. (ثَلَاثًا)
Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.	الْمَجْدُ لِلْأَبِ وَالابْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمين.
All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for Thy Name's sake. Lord, have mercy. (<i>thrice</i>)	أَيُّهَا الثَّلَاثُ الْقُدُّوسُ اَرْحَمْنَا، يَا رَبُّ اغْفِرْ خَطَايَانَا، يَا سَيِّدُ تَجَاوَزْ عَنْ سَيِّئَاتِنَا، يَا قُدُّوسُ اطْلَعْ وَاشْفِ أَمْرَاضَنَا، مِنْ أَجْلِ اسْمِكَ. يَا رَبُّ اَرْحَمْ. (ثَلَاثًا)
Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.	الْمَجْدُ لِلْأَبِ وَالابْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمين.
Our Father, Who art in heaven, hallowed be Thy Name. Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from the evil one.	أَبَانَا الَّذِي فِي السَّمَاوَاتِ، لِيَتَقَدَّسَ اسْمُكَ، لِيَأْتِ مَلَكُوتُكَ، لِيَتَكُنْ مَشِيئَتُكَ كَمَا فِي السَّمَاءِ كَذَلِكَ عَلَى الْأَرْضِ، خُبِّرْنَا الْجَوْهَرِيَّ أَعْطِنَا الْيَوْمَ، وَانْزِلْ لَنَا مَا عَلَيْنَا كَمَا نَنْزِلُ لِمَنْ لَنَا عَلَيْهِ، وَلَا تُدْخِلْنَا فِي التَّجْرِيبَةِ، لَكِنْ نَجِّنَا مِنَ الشَّرِّيرِ.
Priest: For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages. Ameen	الكاهن: لِأَنَّ لَكَ الْمُلْكَ وَالْقُدْرَةَ وَالْمَجْدَ، أَيُّهَا الْآبُ وَالابْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمين.

LITANY

Priest: Have mercy on us, O God, according to Thy great goodness, we pray Thee, hearken and have mercy.	الكاهن: إِرْحَمْنَا يَا اللَّهُ بِعَظِيمِ رَحْمَتِكَ، نَطْلُبُ إِلَيْكَ فَاسْتَجِبْ وَارْحَمْ.
Choir: Lord, have mercy. (<i>thrice</i>)	الجوقة: يَا رَبُّ ارْحَمْ. (ثلاثاً)
Priest: Again we pray for all pious and Orthodox Christians.	الكاهن: وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ الْمَسِيحِيِّينَ الْحَسَنِيِّينَ الْعِبَادَةِ الْأَرثُوذُكْسِيِّينَ.
Choir: Lord, have mercy. (<i>thrice</i>)	الجوقة: يَا رَبُّ ارْحَمْ. (ثلاثاً)
Priest: Again we pray for our Father and Metropolitan _____, and for Bishop _____, and all our brethren in Christ.	الكاهن: وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ آبِنَا وَمِثْرُوبُولِيَّتِنَا (فُلَان) وَرَئِيسِ كَهَنَتِنَا (فُلَان)، وَكُلِّ إِخْوَتِنَا فِي الْمَسِيحِ.
Choir: Lord, have mercy. (<i>thrice</i>)	الجوقة: يَا رَبُّ ارْحَمْ. (ثلاثاً)
Priest: For Thou art a merciful God, and lovest mankind, and unto thee do we ascribe glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages.	الكاهن: لِأَنَّكَ إِلَهٌ رَحِيمٌ وَمُحِبٌّ لِلْبَشَرِ، وَلَكَ نُزِّلُ الْمَجْدَ أَتَيْهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
Choir: Amen. Bless, Father, in the Name of the Lord.	الجوقة: آمِينَ، بِاسْمِ الرَّبِّ بَارِكْ يَا أَبَ.
Priest: Glory to the Holy, Consubstantial, Life-giving and Undivided Trinity, always, now and ever, and unto ages of ages.	الكاهن: الْمَجْدُ لِلثَّالُوثِ الْقُدُّوسِ، الْمُنْسَاوِي فِي الْجَوْهَرِ، الْمُخْيِي، غَيْرِ الْمُتَقَسِّمِ، كُلِّ حِينٍ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
Choir: Amen.	الجوقة: آمِينَ.

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.	المَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُّوسِ. إِفْتَحْ لِي أَبْوَابَ التَّوْبَةِ يَا وَاهِبَ الْحَيَاةِ، لِأَنَّ رُوحِي تَبْتَكِرُ إِلَى هَيْكَلِ قُدْسِكَ، آتِياً بِهَيْكَلِ جَسَدِي مُدَنِّساً بِجُمْلَتِهِ. لَكِنْ، بِمَا أَنَّكَ مُتَعَطِّفٌ، نَقِّنِي بِتَحَنُّنِ مَرَامِكَ.
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<p><i>Both now and ever, and unto ages of ages. Amen.</i></p> <p>Prepare for me the way of salvation, O Theotokos; for I have profaned myself with coarse sins, and consumed my whole life with procrastination. But by thine intercessions purify thou me from all abomination.</p>	<p>الآن وكلّ أولانٍ وإلى دَهْرِ الداهرينَ. آمين.</p> <p>سَهِّلِي لِي مَنَاهِجَ الْخَلَاصِ يَا وَالِدَةَ الْإِلَهِ، فَإِنِّي قَدْ دَنَسْتُ نَفْسِي بِخَطَايَا سَمِجَةٍ، وَأَفْنَيْتُ عُمْرِي كُلَّهُ بِالتَّوَانِي. لَكِنْ بِشَفَاعَاتِكَ، نَقِّينِي مِنْ كُلِّ رَجَاسَةٍ.</p>
<p><i>(TONE SIX) Have mercy upon me, O God, according to Thy lovingkindness; according to the multitude of Thy tender mercies blot out my transgressions.</i></p> <p>If I think upon the multitude of my evil deeds, wretch that I am, I tremble for the terrible Day of Judgment. But, trusting the compassion of Thy mercy, I shout to Thee like David, Have mercy upon me, O God, according to Thy Great Mercy.</p>	<p><i>(بِاللَّحْنِ السَّادِسِ) يَا رَحِيمُ، اِرْحَمْنِي يَا اللَّهُ بِعَظِيمِ رَحْمَتِكَ، وَبِحَسَبِ كَثْرَةِ رَأْفَاتِكَ امْحُ مَآثِمِي.</i></p> <p>إِذَا تَصَوَّرْتُ كَثْرَةَ أَفْعَالِي الرَّدِيئَةِ أَنَا الشَّقِيّ، فَإِنِّي أُرْتَعِدُ مِنْ يَوْمِ الدَّيْنُونَةِ الرَّهيبِ. لَكِنِّي إِذْ أَنَا وَاثِقٌ بِتَحَنُّنِكَ، أَهْتِفُ إِلَيْكَ مِثْلَ دَاوُدَ: اِرْحَمْنِي يَا اللَّهُ، بِحَسَبِ عَظِيمِ رَحْمَتِكَ.</p>
<p>KATAVASIAE OF THIRD SUNDAY OF LENT CANON IN TONE ONE</p>	
<p>Ode 1. Old Israel having passed through the depth of the Red Sea on unmoistened feet, defeated the powers of Amalek in the wilderness, by the hands of Moses stretched in the form of a cross.</p>	<p>(الأولى) إِنَّ مُوسَى لَمَّا رَسَمَ الصَّلِيبَ، ضَرَبَ بِالْعَصَا مَسْتَوِيَةَ فَشَقَ الْبَحْرَ الْأَحْمَرَ. وَأَجَارَ إِسْرَائِيلَ مَاشِيًا، وَلَمَّا ضَرَبَهُ مُخَالَفًا ضَمَهُ عَلَى فِرْعَوْنَ وَ مَرْكَبَاتِهِ مِمَثْلًا بِصِرَاحَةِ السِّلَاحِ الْغَيْرِ الْمَقْهُورِ. فَلِذَلِكَ نَسَبِحُ الْمَسِيحَ الْهَنَا لِأَنَّهُ قَدْ تَمَجَّدَ.</p>
<p>Ode 4. When the greater luminary beheld Thee suspended on the Cross, O mighty One, he trembled, and, drawing in his rays, hid them. And the whole of creation praised Thy long-suffering; for the earth was filled with Thy praise.</p>	<p>(الرابعة) إِنَّ النَّيِّرَ الْأَعْظَمَ، لَمَّا شَاهَدَكَ مُعَلَّقًا عَلَى الصَّلِيبِ أَيُّهَا الْمُقْتَدِرُ، ارْتَعَدَ، وَجَمَعَ أَشِعَّتَهُ وَأَخْفَاهَا. وَالْخَلِيقَةُ بِأَسْرَهَا سَبَّحَتْ بِخَوْفٍ طَوِيلٍ أَنَاتِكَ، لِأَنَّ الْأَرْضَ قَدْ امْتَلَأَتْ مِنْ تَسْبِيحَتِكَ.</p>
<p>Ode 6. Jonah the Prophet foreshadowed Thy divine Cross, when he stretched out his hands in the belly of the whale, and sprang out, saved from the beast by Thy might, O Word.</p>	<p>(السادسة) إِنَّ يُونَانَ النَّبِيَّ سَبَقَ فَرَسَمَ الصَّلِيبَ الْإِلَهِيَّ، لَمَّا بَسَطَ يَدَيْهِ فِي جَوْفِ الْحَوْتِ، وَطَفَرَ نَاجِيًا مِنَ الْوَحْشِ، بِقُدْرَتِكَ أَيُّهَا الْكَلِمَةُ.</p>

<p>We praise, we bless, and we worship the Lord.</p> <p>Ode 8. When Daniel, the great among Prophets, was thrown of old into the den of lions, and stretched out his hands in the shape of a cross, he escaped from their ravening unhurt, blessing Christ God unto all ages.</p>	<p>نُسَبِّحُ وَنُبَارِكُ وَنَسْجُدُ لِلرَّبِّ.</p> <p>(الثامنة) إِنَّ دَانِيَالَ، لَمَّا بَسَطَ يَدَيْهِ فِي الْجُبِّ، سَدَّ أَفْوَاهَ الْأُسْدِ الضَّارِيَةِ. وَالْفَتِيَّةَ الْعَاشِقِينَ حُسْنَ الْعِبَادَةِ لَمَّا تَمَنَّطَقُوا بِالْفَضِيلَةِ، أُخْمَدُوا قُوَّةَ النَّارِ، هَاتِفِينَ: بَارِكُوا الرَّبَّ يَا جَمِيعَ أَعْمَالِهِ.</p>
<p>Deacon: The Theotokos and Mother of the Light, let us honor and magnify in song.</p>	<p>الشَّمْسُ: لَوَالِدَةِ الْإِلَهِ وَأُمِّ النُّورِ بِالتَّسَابِيحِ نُكْرِمُ مُعْظَمِينَ.</p>
<p style="text-align: center;">MAGNIFICATIONS IN TONE FOUR</p>	
<p>My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior.</p> <p>Refrain: More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without corruption bearest God the Word, and art truly Theotokos, we magnify thee.</p>	<p>تُعْظِمُ نَفْسِي الرَّبَّ، وَتَبْتَهِجُ رُوحِي بِاللَّهِ مُخْلِصِي.</p> <p>الْإِلهُ: يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ مَجْدًا بَغَيْرِ قِيَاسٍ مِنَ السَّارَافِيمِ، الَّتِي بَغَيْرِ فُسَادٍ وَلَدَتْ كَلِمَةَ اللَّهِ، وَهِيَ حَقًّا وَالِدَةُ الْإِلَهِ إِيَّاكَ نُعْظِمُ.</p>
<p>For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. <i>(Refrain)</i></p>	<p>لَأَنَّهُ نَظَرَ إِلَى تَوَاضُعِ أَمَّتِهِ، فَهَا مِنْذُ الْآنَ تُطَوِّبُنِي جَمِيعُ الْأَجْيَالِ. (الْإِلهُ)</p>
<p>He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. <i>(Refrain)</i></p>	<p>صَنَعَ عِزًّا بِسَاعِدِهِ، وَشَتَّتَ الْمُتَكَبِّرِينَ بِذَهْنِ قُلُوبِهِمْ. (الْإِلهُ)</p>
<p>He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. <i>(Refrain)</i></p>	<p>عَصَدَ إِسْرَائِيلَ فَتَاهُ لِيَذْكُرَ رَحْمَتَهُ، كَمَا قَالَ لِأَبَائِنَا إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الْأَبَدِ. (الْإِلهُ)</p>

(Ode 9) O virgin Mother, truly the birth-giver of God, who didst conceive without seed Christ our God, elevated in the flesh on the Cross, these happenings all we believers now magnify, as is meet.

(الأودية التاسعة) أَيْتُهَا الْأُمُّ الْعِذْرَاءُ، وَالِدَةُ الْإِلَهِ بِالْحَقِيقَةِ، يَا مَنْ وَلَدَتْ خُلُوعاً مِنْ زَرْعِ الْمَسِيحِ إِلَهِنَا، الَّذِي رُفِعَ بِالْجَسَدِ عَلَى الصَّلِيبِ، نُعْظِمُكَ الْآنَ مَعَهُ، نَحْنُ الْمُؤْمِنِينَ، بِوَاجِبِ الْاسْتِثْنَاءِ.

THE LITTLE LITANY

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

Choir: Lord, have mercy.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For all the powers of Heaven praise Thee, and unto Thee do they ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

الشماس: أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.

الجوق: يَا رَبُّ ارْحَمْنَا.

الشماس: أَعِزُّدْ وَخَلِّصْ وَارْحَمْ وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ.

الجوق: يَا رَبُّ ارْحَمْنَا.

الشماس: بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةِ الْإِلَهِ الدَّائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.

الجوق: لَكَ يَا رَبُّ.

الكاهن: لِأَنَّهُ إِيَّاكَ تُسَبِّحُ كُلُّ قُوَّاتِ السَّمَاوَاتِ، وَلَكَ يُرْسِلُونَ الْمَجْدَ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.

الجوق: آمِينَ.

Holy is the Lord our God. (THRICE)

Exalt ye the Lord our God, and worship at His footstool, for He is holy.

قُدُّوسٌ هُوَ الرَّبُّ إِلَهُنَا. (ثَلَاثًا)

إِرْفَعُوا الرَّبَّ إِلَهَنَا، وَاسْجُدُوا لِمَوْطِي قَدَمَيْهِ، لِأَنَّ الرَّبَّ إِلَهَنَا قُدُّوسٌ هُوَ.

DOXASTICON FOR THE THIRD SUNDAY OF GREAT LENT IN TONE EIGHT

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

The Lord of all taught us by a proverb to run away from the haughtiness of the evil Pharisees; and instructed all not to exalt themselves in their opinions from duty, having Himself become a

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ.

إِنَّ رَبَّ الْكُلِّ، قَدْ عَلَّمَ بِمَثَلٍ بَأْنَ نَهَرُبَ مِنْ شُمُوحِ الْفَرِيسِيِّينَ الْأَرْدِيَاءِ، وَأَدَّبَ الْجَمِيعَ كَيْ لَا يَتَرَفَّعُوا بِآرَائِهِمْ عَنِ الْوَاجِبِ، إِذْ صَارَ هُوَ نَفْسُهُ رَسْمًا وَنُمُودَجًا، وَأَفْرَغَ

Symbol and an Exemplar, emptying Himself unto the Cross and death. Wherefore, with the publican, let us offer Him thanks, saying, O Thou Who didst suffer for our sakes and remained an unsuffering God, deliver us from sufferings and save our souls.	ذَاتَهُ حَتَّى إِلَى الصَّلِيبِ وَالْمَوْتِ. فَلَنَرْفَعْ لَهُ الشُّكْرَ مَعَ الْعَشَّارِ قَائِلِينَ: يَا مَنْ تَأَلَّمَ مِنْ أَجْلِنَا، وَلَبِثَ إِلَهًا غَيْرَ مَأْلُومٍ، نَجِّنَا مِنَ الْآلَامِ، وَخَلِّصْ نَفُوسَنَا.
Both now and ever, and unto ages of ages. Amen. 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.	الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. أَنْتِ هِيَ الْفَائِزَةُ عَلَى كُلِّ الْبَرَكَاتِ، يَا وَالِدَةُ الْإِلَهِ الْعَذْرَاءُ، لِأَنَّ الْجَحِيمَ قَدْ سُبِّبَتْ بِوَاسِطَةِ الْمُتَجَسِّدِ مِنْكَ، وَآدَمَ دُعِيَ ثَانِيَةً، وَاللَّعْنَةُ بَادَتْ، وَحَوَاءُ انْعَقَتْ، وَالْمَوْتُ أُمِيتَ، وَنَحْنُ قَدْ حَيَيْنَا. فَلِذَلِكَ نُسَبِّحُ هَاتِفِينَ: مُبَارَكٌ أَنْتَ أَيُّهَا الْمَسِيحُ إِلَهُنَا، يَا مَنْ هَكَذَا سُرَّ، الْمَجْدُ لَكَ.
THE GREAT DOXOLOGY IN TONE EIGHT	
Glory to Thee, who has shown us the Light. Glory to God in the highest, and on earth peace, good will among men.	الْمَجْدُ لَكَ يَا مُظْهِرَ النُّورِ، الْمَجْدُ لِلَّهِ فِي الْعَلَاءِ، وَعَلَى الْأَرْضِ السَّلَامُ، وَفِي النَّاسِ الْمَسْرَّةُ.
We praise thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks unto Thee for Thy great glory.	نُسَبِّحُكَ نُبَارِكُكَ، نَسْجُدُ لَكَ نُمَجِّدُكَ، نَشْكُرُكَ مِنْ أَجْلِ عَظِيمِ جَلَالِ مَجْدِكَ.
O Lord, heavenly King, God the Father Almighty; O Lord, the only begotten Son, Jesus Christ; and the Holy Spirit.	أَيُّهَا الرَّبُّ الْمَلِكُ، السَّمَاوِيُّ، الْإِلَهُ، الْآبُ الضَّابِطُ الْكُلَّ. أَيُّهَا الرَّبُّ الْإِبْنُ الْوَحِيدُ، يَا يَسُوعَ الْمَسِيحَ، وَيَا أَيُّهَا الرُّوحُ الْقُدُسُ.
O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy on us, thou that takest away the sins of the world.	أَيُّهَا الرَّبُّ الْإِلَهُ، يَا حَمَلَ اللَّهِ يَا ابْنَ الْآبِ، يَا رَافِعَ خَطِيئَةِ الْعَالَمِ ارْحَمْنَا، يَا رَافِعَ خَطَايَا الْعَالَمِ.
Receive our prayer, Thou that sittest at the right hand of the Father, and have mercy on us.	تَقَبَّلْ تَضَرُّعَنَا أَيُّهَا الْجَالِسُ 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 نُحْفَظَ 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، وَمُسَبِّحٌ وَمُمَجَّدٌ 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 نَلْتَكِلُ الْإِثْمَ عَلَيْكَ.
Blessed art Thou, O Lord: teach me Thy statutes. (<i>Thrice</i>)	مُبَارَكٌ أَنْتَ يَا رَبُّ عَلِّمْنِي حُقُوقَكَ. (ثَلَاثًا)
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 كُنْتَ لَنَا فِي جِيلٍ وَجِيلٍ، أَنَا قُلْتُ يَا رَبُّ ارْحَمْنِي وَاشْفِ نَفْسِي لِأَنَّنِي 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 lovingkindness unto them that know Thee. Holy God, Holy Mighty, Holy Immortal: have mercy on us. (<i>Thrice</i>)	فَابْسُطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ. قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا. (ثَلَاثًا)
Glory to the Father, and to the Son, and to the Holy Spirit.	الْمَجْدُ لِلآبِ وَالِابْنِ وَالرُّوحِ الْقُدُّوسِ.
Both now and ever, and unto ages of ages. Amen.	الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.
Holy Immortal, have mercy on us.	قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا.
Holy God, Holy Mighty, Holy Immortal: have mercy on us.	قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا.

TROPARION IN TONE FOUR

Today is Salvation come into the world. Let us sing praises to Him Who arose from the grave, the Author of our life; for having by Death destroyed death, He hath given us victory and Great Mercy.	الْيَوْمَ صَارَ الْخَلَاصُ لِلْعَالَمِ فَلْنُسَبِّحِ الَّذِي قَامَ مِنَ الْقَبْرِ، عُنْصُرَ حَيَاتِنَا، لِأَنَّهُ إِذْ قَدْ حَطَّمَ الْمَوْتَ بِالْمَوْتِ، مَنَحَنَا الظَّفَرَ وَالرَّحْمَةَ الْعُظْمَى.
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DIVINE LITURGY VARIABLES ON SUNDAY, MARCH 27, 2022**TONE 7 / EOTHINON 7****THIRD SUNDAY OF GREAT LENT****VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS**

MARTYR MATRONA OF THESSALONICA; MARTYRS PHILETOS THE SENATOR, HIS WIFE LYDIA OF ROME AND THOSE WITH THEM;
PAUL, BISHOP OF CORINTH

Deacon: For Metropolitan Paul, Archbishop John, and for their quick release from captivity and safe return, let us pray to the Lord.

الشماس: مِنْ أَجْلِ الْمَثْرُوبُولِيَّةِ بُولُسَ وَالْمَطْرَانِ يوحنا وَفَكَ
أُسْرِهِمَا وَعَوْدَتِهِمَا سَالِمِينَ، إِلَى الرَّبِّ نَطْلُبُ.

THE FIRST ANTIPHON

The light of Thy countenance is marked upon us. Thou hast given a sign to them that fear Thee, so that they may flee from the bow.

Refrain: Through the intercessions of the Theotokos, O Savior, save us.

Thou hast ascended on high, Thou hast led captivity captive. Thou hast given an inheritance to those that fear Thy Name, O Lord. (*Refrain*)

Glory... Both now... (Refrain)

قَدْ ارْتَسَمَ عَلَيْنَا نُورَ وَجْهِكَ يَا رَبِّ. أُعْطِيتَ الَّذِينَ
يَرْهَبُونَ اسْمَكَ مِيرَاثًا، لِيَهْرُبُوا مِنَ الْقَوْسِ.

اللازمة: بِشَفَاعَاتِ وَالِدَةِ الْإِلَهِ، يَا مُخَلِّصُ خَلِّصْنَا.

صَعِدْتَ إِلَى الْعَلَاءِ وَسَبَيْتَ سَبْيًا وَأَعْطَيْتَ مَوَاهِبَ
لِلَّذِينَ يَخَافُونَ اسْمَكَ يَا رَبِّ. (اللازمة)

الْمَجْدُ الْآنَ وَكُلَّ (اللازمة)

THE SECOND ANTIPHON

All the ends of the earth have seen the salvation of our God. Let us worship at the place where His feet stood.

Refrain: Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia.

God is our King before the ages; He hath wrought salvation in the midst of the earth. (*Refrain*)

I will be exalted among the heathen; I will be exalted in the earth. (*Refrain*)

Glory... Both now... O, only begotten Son and Word of God...

فِي كُلِّ الْأَرْضِ رَأَيْنَا خَلَاصَ إِلَهِنَا، اسْجُدُوا عِنْدَ
مَوْطِئِ قَدَمَيْهِ.

اللازمة: خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ قَامَ مِنَ بَيْنِ
الْأَمْوَاتِ، لِنُرْتَلَّ لَكَ. هَلِّلُوبِيَا.

اللَّهُ هُوَ مَلِكُنَا مُنْذُ الْقَدَمِ. صَنَعَ الْخَلَاصَ فِي وَسْطِ
الْأَرْضِ. (اللازمة)

وَأَعْلَمُوا أَنِّي أَنَا هُوَ اللَّهُ. أَرْتَفِعُ فِي الْأُمَمِ وَأَتَعَالَى فِي
الْأَرْضِ. (اللازمة)

الْمَجْدُ الْآنَ وَكُلَّ يَا كَلِمَةَ اللَّهِ الْإِبْنَ
الْوَحِيدَ ...

THE THIRD ANTIPHON

Exalt ye the Lord our God, and worship at His footstool. O Lord, save Thy people and bless Thine inheritance. Feed them, and lift them up forever.

إِزْفَعُوا الرَّبَّ إِلَهَنَا وَاسْجُدُوا عِنْدَ مَوْطِئِ قَدَمَيْهِ. يَا رَبِّ،
خَلِّصْ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ، وَارْعَهُمْ وَارْفَعْهُمْ إِلَى
الْأَبَدِ.

- During the Little Entrance, chant the Resurrectional Apolytikion. Then, the following:

THE EISODIKON (ENTRANCE HYMN) OF ORDINARY SUNDAYS

Come, let us worship and fall down before Christ. Save us, O Son of God, **Who art risen from the dead**; who sing to Thee. Alleluia.

هَلُمُّوا لِنَسْجُدْ وَنَرْكَعَ لِلْمَسِيحِ، مَلِكِنَا وَالْهِنَا. خَلَّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ قَامَ مِنَ بَيْنِ الْأَمْوَاتِ، لِنُرْتَلَّ لَكَ. هَلِّلُويَا.

RESURRECTIONAL APOLYTIKION IN TONE SEVEN

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

حَطَمْتَ بِصَلِيبِكَ الْمَوْتَ، وَفَتَحْتَ لِلصَّالِحِ الْفِرْدَوْسَ، وَحَوَّلْتَ نَوْحَ حَامِلَاتِ الطِّيبِ، وَأَمَرْتَ رُسُلَكَ أَنْ يَكْرِزُوا، بِأَنَّكَ قَدْ قُمْتَ أَيُّهَا الْمَسِيحُ الْإِلَهُ، مَانِحاً الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

APOLYTIKION FOR THE HOLY CROSS IN TONE ONE

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

خَلِّصْ يَا رَبُّ شَعْبَكَ، وَبَارِكْ مِيرَاثَكَ، وَامْنَحْ عَبِيدَكَ الْمُؤْمِنِينَ الْغَلَبَةَ عَلَى الشَّرِيرِ، وَاحْفَظْ بِقُوَّةِ صَلِيبِكَ جَمِيعَ الْمُخْتَصِّينَ بِكَ.

APOLYTIKION OF THE ANNUNCIATION IN TONE FOUR

Today is the beginning of our salvation, and the manifestation of the mystery from the ages; for the Son of God becometh the Son of the Virgin, and Gabriel proclaimeth grace. Wherefore, do we shout with him to the Theotokos: Rejoice, O full of grace! The Lord is with thee.

اليَوْمَ رَأْسُ خَلَاصِنَا، وَظُهُورُ السِّرِّ الَّذِي مُنْذُ الدَّهْوَرِ. فَإِنَّ ابْنَ اللَّهِ يَصِيرُ ابْنَ الْبَتُولِ، وَجِبْرَائِيلُ بِالنِّعْمَةِ يُبَشِّرُ. لِذَلِكَ نَحْنُ مَعَهُ، فَلْنَهْتِفْ نَحْوَ وَالِدَةِ الْإِلَهِ: افْرَحِي أَيُّهَا الْمُمْتَلِئَةُ نِعْمَةً، الرَّبُّ مَعَكَ.

KONTAKION FOR SUNDAYS IN GREAT LENT (AND AKATHIST SATURDAY) IN TONE EIGHT

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

إِنِّي أَنَا عَبْدُكَ يَا وَالِدَةَ الْإِلَهِ * أَكْتُبُ لَكَ رَايَاتِ الْغَلَبَةِ * يَا جُنْدِيَّةَ مُحَامِيَّةَ * وَأَقْدِمُ لَكَ الشُّكْرَ كَمُنْقَذَةٍ مِنَ الشَّدَائِدِ * لَكِنْ بِمَا أَنَّ لَكَ الْعِزَّةَ الَّتِي لَا تُحَارَبُ * أَعْتِقْنِي مِنْ صُنُوفِ الشَّدَائِدِ * حَتَّى أَصْرُخَ إِلَيْكَ: افْرَحِي يَا عَرُوساً لَا عَرُوسَ لَهَا.

THE ANTI-TRISAGION HYMN

Before Thy Cross we bow down in worship,
Master, and Thy Holy Resurrection we glorify.
(THRICE)

Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

And we glorify Thy Holy Resurrection.

Dynamis!

Before Thy Cross we bow down in worship,
Master, and Thy Holy Resurrection we glorify.

لِصَلِيبِكَ يَا سَيِّدَنَا نَسْجُدُ، وَلِقِيَامَتِكَ الْمُقَدَّسَةِ نُمَجِّدُ.
(ثَلَاثًا)

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ،
وَالْيَ دَهْرٍ الدَّاهِرِينَ. آمِينَ.

وَلِقِيَامَتِكَ الْمُقَدَّسَةِ نُمَجِّدُ.

قُوَّة! لِصَلِيبِكَ يَا سَيِّدَنَا نَسْجُدُ، وَلِقِيَامَتِكَ الْمُقَدَّسَةِ نُمَجِّدُ.

THE EPISTLE (For Third Sunday of Lent)

O Lord, save Thy people and bless Thine inheritance.

Unto Thee, O Lord, will I cry, O my God!

**The Reading from the Epistle of St. Paul to the
Hebrews. (4:14-5:6)**

Brethren, since we have a great High Priest, Who has passed through the heavens, Jesus the Son of God, let us hold fast the confession. For we do not have a High Priest Who is unable to sympathize with our infirmities, but one Who has been in all points tempted like as we are, yet without sin. Let us therefore draw near with boldness to the throne of grace, that we may receive mercy, and may find grace to help in time of need. For every high priest, being taken from among the people, is appointed on behalf of the people in things pertaining to God, that he may offer up both gifts and sacrifices for sins; who can have compassion on the ignorant and on those who are erring, since he himself also is encompassed with infirmity. Because of this he is bound, as for the people so also for himself, to offer up for sins. And no one takes the honor upon himself, but as being called by God, as was Aaron. So Christ also did not glorify Himself to become a High Priest, but it was by the One saying to Him, "Thou art My Son, today I have begotten Thee." As He says also in another place, "Thou art a Priest forever, according to the order of Melchizedek."

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ.

إِلَيْكَ يَا رَبُّ أَصْرُحُ إِلَهِي.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولُسَ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ.

(6:5-14:4)

يَا إِخْوَةُ، إِذْ لَنَا رَئِيسُ كَهَنَةٍ عَظِيمٍ قَدْ اجْتَازَ السَّمَاوَاتِ، يَسُوعُ ابْنُ اللَّهِ، فَلَنَتَمَسَّكَ بِالْإِعْتِرَافِ. لِأَنَّ لَنَا رَئِيسَ كَهَنَةٍ غَيْرَ قَادِرٍ أَنْ يَرْتَبِي لَأَوْهَانِنَا، بَلْ مُجَرَّبٌ فِي كُلِّ شَيْءٍ مِثْلَنَا مَا خَلَا الْخَطِيئَةَ. فَلْنُقْبَلْ إِذَنْ بِثِقَةٍ إِلَى عَرْشِ النِّعْمَةِ، لِنَنَالَ رَحْمَةً وَنَجِدَ ثِقَةً لِلْإِعَاثَةِ فِي أَوَانِهَا. فَإِنَّ كُلَّ رَئِيسِ كَهَنَةٍ مُتَّخِذٍ مِنَ النَّاسِ يُقَامُ لِأَجْلِ النَّاسِ فِيمَا هُوَ لِلَّهِ، لِيُقَرَّبَ تَقَادِمَ وَذَبَائِحَ عَنِ الْخَطَايَا، فِي إِمْكَانِهِ أَنْ يُشْفِقَ عَلَى الَّذِينَ يَجْهَلُونَ وَيَضِلُّونَ، لِكُونِهِ هُوَ أَيْضًا مُتَلَبِّسًا بِالضَّعْفِ. وَلِهَذَا يَجِبُ عَلَيْهِ أَنْ يُقَرَّبَ عَنِ الْخَطَايَا لِأَجْلِ نَفْسِهِ كَمَا يُقَرَّبُ لِأَجْلِ الشَّعْبِ. وَلَيْسَ أَحَدٌ يَأْخُذُ لِنَفْسِهِ الْكَرَامَةَ، بَلْ مَنْ دَعَاهُ اللَّهُ كَمَا دَعَا هَارُونَ. كَذَلِكَ الْمَسِيحُ لَمْ يُمَجِّدْ نَفْسَهُ لِيَصِيرَ رَئِيسَ كَهَنَةٍ، بَلِ الَّذِي قَالَ لَهُ "أَنْتَ ابْنِي وَأَنَا الْيَوْمَ وَلَدْتُكَ". كَمَا يَقُولُ فِي مَوْضِعٍ آخَرَ "أَنْتَ كَاهِنٌ إِلَى الْأَبَدِ عَلَى رُتْبَةِ مَلَكِيصَادَقَ".

THE GOSPEL (For Third Sunday of Lent)

The Reading from the Holy Gospel according to St. Mark. (8:34-9:1)

The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the gospel's will save it. For what does it profit a man to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ مَرْقُسَ الْإِنْجِيلِيِّ
الْبَشِيرِ، وَالتَّلْمِيزِ الطَّاهِرِ.

قَالَ الرَّبُّ: مَنْ أَرَادَ أَنْ يَتَّبَعَنِي فَلْيَكْفُرْ بِنَفْسِهِ وَيَحْمِلْ صَلِيبَهُ وَيَتَّبَعَنِي، لِأَنَّ مَنْ أَرَادَ أَنْ يُخَلِّصَ نَفْسَهُ يُهْلِكُهَا، وَمَنْ أَهْلَكَ نَفْسَهُ مِنْ أَجْلِي وَمِنْ أَجْلِ الْإِنْجِيلِ يُخَلِّصُهَا. فَإِنَّهُ مَاذَا يَنْتَفِعُ الْإِنْسَانُ لَوْ رَجَحَ الْعَالَمَ كُلَّهُ وَخَسِرَ نَفْسَهُ؟ أَمْ مَاذَا يُعْطِي الْإِنْسَانُ فِدَاءً عَنْ نَفْسِهِ؟ * لِأَنَّ مَنْ يَسْتَحْيِي بِي وَبِكَلَامِي فِي هَذَا الْجِيلِ الْفَاسِقِ الْخَاطِئِ. يَسْتَحْيِي بِهِ ابْنُ الْبَشَرِ مَتَى أَتَى فِي مَجْدٍ أَبِيهِ مَعَ الْمَلَائِكَةِ الْقَدِيسِينَ. وَقَالَ لَهُمْ: الْحَقُّ أَقُولُ لَكُمْ، إِنَّ قَوْمًا مِنَ الْقَائِمِينَ هَهُنَا لَا يَذُوقُونَ الْمَوْتَ حَتَّى يَرَوْا مَلَكُوتَ اللَّهِ قَدْ أَتَى بِقُوَّةٍ.

ST. BASIL LITURGY MEGALYNARION

In thee rejoiceth, O full of grace, all creation: the angelic hosts, and the race of men, O hallowed Temple and noetic paradise, glory of Virgins, of whom God was incarnate and became a little child, even our God Who is before all the ages; for He made thy womb a throne, and thy body He made more spacious than the heavens. In thee rejoiceth, O full of grace, all creation; and it glorifieth thee.

إِنَّ الْبَرَايَا بِأَسْرِهَا، تَفْرَحُ بِكَ يَا مُمْتَلِئَةً نِعْمَةً: مَحَافِلُ الْمَلَائِكَةِ، وَأَجْنَاسَ الْبَشَرِ. أَيَّتُهَا الْهَيْكَلُ الْمُتَقَدِّسُ، وَالْفِرْدَوْسُ النَّاطِقُ، فَخَرُ الْبَتُولِيَّةِ مَرِيَمَ، الَّتِي مِنْهَا تَجَسَّدَ الْإِلَهُ، وَصَارَ طِفْلاً، وَهُوَ إِلَهُنَا الَّذِي قَبْلَ الدُّهُورِ. لِأَنَّهُ صَنَعَ مُسْتَوْدَعَكَ عَرْشًا، وَجَعَلَ بَطْنَكَ أَرْحَبَ مِنَ السَّمَاوَاتِ. لِذَلِكَ يَا مُمْتَلِئَةً نِعْمَةً، تَفْرَحُ بِكَ كُلُّ الْبَرَايَا وَتُمَجِّدُكَ.

KOINONIKON (COMMUNION HYMN) FOR THIRD SUNDAY OF GREAT LENT

The light of Thy countenance is shown upon us, O Lord. Alleluia.

لَقَدْ ارْتَسَمَ عَلَيْنَا نُورٌ وَجْهِكَ يَا رَبِّ. هَلِّلُويَا.

THE DISMISSAL

Priest: May He Who rose from the dead, Christ our true God, through the intercessions of His all-immaculate and all-blameless holy Mother; by the might of the Precious and Life-giving Cross — which we venerate today — by the protection of the honorable Bodiless Powers of Heaven; at the supplication of the honorable, glorious Prophet, Forerunner and Baptist John; of the holy, glorious and all-laudable apostles; **of our father among the saints, Basil the Great, archbishop of Caesarea in Cappadocia, whose Divine Liturgy we have now celebrated;** of the holy, glorious and right-victorious Martyrs; of our venerable and God-bearing Fathers; *of Saint N., the patron and protector of this holy community;* of the holy and righteous ancestors of God, Joachim and Anna; **of the holy Martyr Matrona of Thessalonica; Martyrs Philetos the senator, his wife Lydia of Rome and those with them; and Paul, bishop of Corinth, whose memory we celebrate today,** and of all the saints: have mercy on us and save us, forasmuch as He is good and loveth mankind.

الكاهن: أَيُّهَا الْمَسِيحُ إِلَهُنَا الْحَقِيقِي، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، بِشَفَاعَاتِ أُمِّكَ الْكَلِيَّةِ الطَّهَارَةِ وَالْبَرِيَّةِ مِنْ كُلِّ عَيْبٍ؛ وَبَقْدَرَةِ الصَّلِيبِ الْكَرِيمِ الْمُخْيِي — الَّذِي نُكْرِمُهُ الْيَوْمَ — وَبِطَلَبَاتِ الْقُوَّاتِ السَّمَاوِيَّةِ الْمُكْرَّمَةِ الْعَادِمَةِ الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا الْمَعْمَدَانِ؛ وَالْقَدِيسَيْنِ الْمُشْرِفَيْنِ الرَّسُلِ الْجَدِيرَيْنِ بِكُلِّ مَدِيحٍ؛ وَأَبِينَا الْجَلِيلِ فِي الْقَدِيسِينَ بَاسِيلْيُوسَ الْكَبِيرِ رَئِيسِ أَسَاقِفَةِ الْقَيْصَرِيَّةِ وَكَبَادُوكْيَا كَاتِبِ هَذِهِ الْخِدْمَةِ الشَّرِيفَةِ؛ وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءَ الْمُتَأَلِّقِينَ بِالظَّفَرِ؛ وَأَبَانِنَا الْأَبْرَارِ الْمُتَوَشَّحِينَ بِاللَّهِ؛ وَالْقَدِيسِ (فُلَانِ) شَفِيعِ وَحَامِي هَذِهِ الرَّعِيَّةِ الْمُقَدَّسَةِ؛ وَالْقَدِيسَيْنِ الصَّدِيقَيْنِ يُوَاكِيمَ وَحَنَّةَ جَدِّي الْمَسِيحِ إِلَهِ؛ وَالشَّهِيدَةَ مَطْرُونَةَ الَّتِي فِي تَسَالُونِيكِي، الشَّهِيدَ فِيلِيْتُوسَ وَزَوْجَتِهِ لِيدِيَا الرُّومِيَّةَ وَالَّذِينَ مَعَهُمْ، بُولُسَ أَسْقَفِ كُورِنْثُوسَ، الَّذِينَ نَقِيمُ تَذَكَارَهُمُ الْيَوْمَ، وَجَمِيعَ قَدِيسِيكَ: اِرْحَمْنَا وَخَلِّصْنَا بِمَا أَنْكَ صَالِحٌ وَمُحِبٌّ لِلْبَشَرِ.

Priest: Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy upon us and save us.

الكاهن: بِصَلَوَاتِ أَبَانِنَا الْقَدِيسِينَ، أَيُّهَا الرَّبُّ يَسُوعُ الْمَسِيحُ إِلَهُنَا اِرْحَمْنَا وَخَلِّصْنَا.

Choir: Amen.

الجوق: آمين.

Spiritual Word:

The Cross is not plain.

It has something sweet, joy

Today, the third Sunday of Great Lent, the Church dedicates its adoration to the Holy **Cross**. We worship the Cross, but with the Cross there are also always flowers. There, the place where Christ was crucified, there was a garden with basil and flowers. For this reason, wherever the Cross is, there is also the basil and usually flowers. The Cross isn't plain, and drab, but it also has something sweet, something very joyful. This is not accidental. Christ felt pain, was afflicted, poured out his blood, but within all of this pain came the salvation of man, came joy. And all of this came from God for the salvation, for the joy, of man.

Man, however, must pick up his cross. And man's Cross isn't simply life's difficulties, though these help you to grieve for sin. The more someone is crucified, is in pain, and grieves for his sin, the more grace comes: he is set free, is liberated. These go together. It is necessary, however, for man to take the right stance. To accept whatever cross God allows, and to take refuge in Christ, in order to help him lift his Cross with the hope of salvation. However much man doesn't want to suffer, to hurt, or to be crucified together with Christ, this much is he also unhappy.

On this day, we venerate the Cross. We become one with Christ, and in this way we gain strength to continue on, in order to traverse the remaining weeks of Great Lent.

Holy Hesychasterion "The Nativity of Theotokos" Publications.

Archimandrite Symeon Kragiopoulos

كلمة روحية:

الغاية من الصوم صلب الشهوات

سجودنا للصليب الكريم، في وسط الصوم الأربعيني المقدس، إنما هو إقرار صريح بأن المعنى والغاية من مسيرة الصوم، هو في صلب وإماتة شهوات إنساننا العتيق. هو إقرار بأن الغاية في الامتناع عن ما يرغب به جسدنا، هو بحد ذاته علاج، ضدّ "الخلايا السرطانية الروحية" التي تُميت النفس والجسد.

من هنا أهمية استمرارنا في الصوم بنفس الوتيرة، لكي لا تأخذ هذه الخلايا فرصتها بالنشاط ومعاودة النمو من جديد. إذ ما هي المنفعة إن تراخينا وانهارت عزيمتنا في منتصف الطريق؟ وما هي النتيجة المأمولة؟

تدعونا الكنيسة اليوم لننال قوة ونعمة من عود الصليب لتتشدّد في جهادنا وعزيمتنا الروحية. نعم، عود الصليب فيه نعمة وقوة عظيمة غير مرئية. فننال هذه القوة عند مُلامستنا لهذا العود الكريم.

تسمّي الكنيسة الصليب "بالعود المحيي" وتعلّمنا بأن بواسطة الأكل من العود، في الفردوس، حصل الموت للجنس البشري. العود في الفردوس هو شجرة معرفة الخير والشرّ التي تناول منها آدم. فكان هذا العود جالباً الموت للجنس البشري. أمّا بواسطة الصليب، أي "العود المحيي"، فقد نلنا الحياة بواسطة أي بواسطة الثمرة، المسيح الذي صُلب عليه وأعطانا جسده ودمه غذاءً لمغفرة الخطايا ولحياة أبدية.

يقول لنا المسيح اليوم، ها نحن صاعدون إلى اورشليم حيث سيُسَلَّم ابنُ البشر ويُعلّق على الصليب "فمن أراد أن يتَّبِعَنِي، فَلْيَكْفُرْ بِنَفْسِهِ وَيَحْمِلْ صَلِيبَهُ وَيَتَّبِعَنِي" (متى 24:16). فاهلموا يا محبي الأعياد، نصعد معه لنعاين النور الذي لا يعرفه مساء للمسيح الناهض من بين الأموات.

Announcements

Upcoming Service:

- **Thursday April 7th at 7PM:** Great Compline صلاة النوم الكبرى
- **Sunday April 17th at 1 PM:** Palm Sunday أحد الشعانين و الزياح
- **Friday April 22nd at 7PM:** Holy Good Friday الجمعة العظيمة
- **Sunday April 24 at 10:30 AM:** Holy Pascha and Rush Service عيد الفصح المجيد at Saint Nicholas Cathedral

Location: St John Maximovitch chapel -- (back building of St Nicholas Russian Orthodox Cathedral)
1714 13th Ave, Seattle, WA 98122

Thank you:

Thank you to all the contributors to the success of the Falafel fundraiser of March 13th.
Thank you to Khalil & Betty Akl (SouqMarket) for donating the fresh falafel and their labor, to the parishioners who donated ingredients, funds and time and who served the food... to all who attended from our parish and those who supported us from outside the parish – May the Theotokos reward you. We have raised: \$1,950

Holy Week Expenses:

As we approach The Middle of The Great Lenten Season all parishes start preparing for the Pascha Feast where we will ask families to contribute to the Expenses of the Holy week **for the Health of their beloved One or for the Repose of Their Souls.**

Palm Sunday: Palm decorations and candles \$ 150.00

Great Holy Friday: The Lord Burial Flowers \$ 300.00

Rush (Hajmeh) and Pascha service: Eggs, coloring and Paschal candles: \$200

Your Generosity and Almsgiving will be appreciated if it is full or Partial amount for one occasion and send the list of names to the church email to pray for them you can donate to: theotokosholynativity.com/donations

or you can send a check made to: Holy Nativity of the Theotokos Mission of Seattle; postmarked as Paschal decoration

and mail it to : 15302 40th Ave W # 1-101, Lynnwood , WA , 98087

Church Support through Smile Amazon

You can help your church while shopping at Amazon without having to do an extra effort and without any cost to you. The church will benefit from 0.5% of your purchase from Amazon. Please spread the word among your friends and family. Please follow the instructions below:

- 1- <https://smile.amazon.com/>
- 2- Search in charity list for “ **Holy Nativity of the Theotokos Antiochian Mission**” verify **EIN: 82-2973506**
- 3- Select **Holy Nativity of the Theotokos Antiochian Mission**
- 4- Always login through smile.amazon.com Please remember your church by enrolling in that program and spreading the word. May the Lord bless all your effort. Amen.