

Our Lady of Saydnaya

كنيسة سيدة صيدنايا

كنيسة ميلاد السيدة الأنطاكية الأرثوذكسية

**Holy Nativity of the Theotokos Antiochian Orthodox Church
Seattle, WA**

Diocese of the Northwest

Metropolitan Saba of New York and All North America

Sunday, March 3rd, 2024

Sunday of the Prodigal Son

أحد الإبن الضال



Fr. Anastasios Majdalani

Altar Boys: Toufic and Theo Majdalani

Choir/Chanters: Kh. Nissrine, Farizeh Louis

Ushers: Fidaa Maalouf, Nagi Bachour

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

ORTHROS ON SUNDAY, MARCH 03, 2024; TONE 6 / EOTHINON 6**SUNDAY OF THE PRODIGAL SON**

MARTYRS EUTROPIOS, KLEONIKOS, AND BASILIKOS OF AMASEA; HIEROMARTYR THEODORETOS OF ANTIOCH

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.
Priest: Glory to Thee, our God, glory to Thee. O heavenly King, the Comforter, Spirit of Truth, Who art in all places, and fillest all things, Treasury of good things, and Giver of life, come, and dwell in us, and cleanse us from every stain; and save our souls, O good One.	الكاهن: الْمَجْدُ لَكَ يَا إِلَهُنَا الْمَجْدُ لَكَ. أَيُّهَا الْمَلِكُ السَّمَاوِيِّ الْمُعَزِّي، رُوحَ الْحَقِّ، الْحَاضِرُ فِي كُلِّ مَكَانٍ وَالْمَالِيُ الْكُلِّ، كَنْزُ الصَّالِحَاتِ وَرَازِقُ الْحَيَاةِ، هَلُمَّ وَاسْكُنْ فِيْنَا، وَطَهِّرْنَا مِنْ كُلِّ دَنَسٍ، وَخَلِّصْ أَيُّهَا الصَّالِحُ نَفُوسَنَا.
Reader: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (<i>thrice</i>)	القارئ: قُدُّوسُ اللهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ، اِرْحَمْنَا. (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 لِلآبِ 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 One, visit and heal our infirmities for Thy Name's sake.	أَيُّهَا الثَّلَاوُثُ الْقُدُّوسُ اِرْحَمْنَا، يَا رَبُّ اغْفِرْ خَطَايَانَا، يَا سَيِّدُ تَجَاوَزْ عَن سَيِّئَاتِنَا، يَا قُدُّوسُ اطَّلِعْ وَاشْفِ أَمْرَاضَنَا، مِنْ أَجْلِ اسْمِكَ.
Lord, have mercy. (<i>thrice</i>)	يَا رَبُّ اِرْحَمْنَا. (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 لِلآبِ 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، لِتَكُنْ مَشِيئَتُكَ كَمَا فِي السَّمَاءِ كَذَلِكَ عَلَى الْأَرْضِ، خُبِّرْنَا الْجَوْهَرِيَّ اعْطِنَا الْيَوْمَ، وَاتْرُكْ لَنَا مَا عَلَيْنَا كَمَا تَتْرُكُ نَحْنُ لِمَنْ لَنَا عَلَيْهِ، وَلَا تَدْخُلْنَا فِي التَّجْرِبَةِ، لَكِنْ نَجِّنَا مِنَ الشَّرِيرِ.
Priest: For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.	الكاهن: لِأَنَّ لَكَ الْمُلْكَ وَالْقُدْرَةَ وَالْمَجْدَ، أَيُّهَا الْآبُ وَالابْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
Choir: Amen.	الجوقة: آمين.
LITANY	الطلبية السلامية
Priest: Have mercy on us, O God, according to Thy great mercy, we pray Thee, hearken and have mercy.	الكاهن: اِرْحَمْنَا يَا اللهُ بِعَظِيمِ رَحْمَتِكَ، نَطْلُبُ إِلَيْكَ فَاسْتَجِبْ وَارْحَمْ.
Choir: Lord, have mercy. (<i>thrice</i>) (use this response until noted below)	الجوقة: يَا رَبُّ اِرْحَمْنَا. (ثَلَاثًا) (تُعَادُ بَعْدَ كُلِّ طَلْبَةٍ)

Priest: Again we pray for all pious and Orthodox Christians.	الكاهن: وَأَيْضاً تَطْلُبُ مِنْ أَجْلِ الْمَسِيحِيِّينَ الْحَسَنِي الْعِبَادَةِ الأرثوذكسيين.
Priest: Again we pray for our father and metropolitan, N., (our bishop, N.,) and all our brotherhood in Christ.	الكاهن: وَأَيْضاً تَطْلُبُ مِنْ أَجْلِ آبِينَا وَمَثْرُوبُولِيْتِنَا (فُلَان) وَرَيْسِ كَهَنَتِنَا (فُلَان)، وَكُلِّ إِخْوَتِنَا فِي الْمَسِيحِ.
Priest: For thou art a merciful God and lovest mankind, and unto thee we ascribe glory, to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.	الكاهن: لِأَنَّكَ إِلَهٌ رَحِيمٌ وَمُحِبٌّ لِلْبَشَرِ، وَلَكَ نُرْسِلُ الْمَجْدَ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
Choir: Amen. Bless, Father, in the Name of the Lord.	الجوقة: آمين. 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 لِلثَّلَاوِثِ الْقُدُوسِ، الْمُتَسَاوِي فِي الْجَوْهَرِ، الْمُخِيي، غَيْرِ الْمُتَقَسِمِ، كُلِّ حِينٍ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
Choir: Amen.	الجوقة: آمين.
KATAVASIAE OF THE PRODIGAL SON CANON IN TONE TWO	كُتَابَاسِيَاةِ قَانُونِ الْإِبْنِ الشَّاطِرِ بِاللَّحْنِ الثَّانِي
Ode 1. Take up the song of Moses, and cry out, O my soul: He is become my help and refuge for me unto salvation; this is my God, and I will glorify Him.	(الأولى) يَا نَفْسِي اتَّخِذِي تَسْبِيحَةَ مُوسَى وَاهْتِفِي قَائِلَةً: مُعِيناً وَسَاتِراً صَارَ لِي لِلْخَلَاصِ، هَذَا هُوَ إِلَهِي فَأَمَجِّدْهُ.
Ode 4. When the Prophet foresaw Thy birth from a Virgin, he proclaimed it, crying: I have heard Thy report, and I was afraid; for from Thaeman, and out of the overshadowed holy mountain art Thou come, O Christ.	(الرابعة) إِنَّ النَّبِيَّ لَمَّا سَبَقَ فَنظَرَ مَوْلِدَكَ مِنَ الْبَتُولِ كَرَّرَ هَاتِفاً: سَمِعْتُ سَمَاعَكَ فَفَزَعْتُ، لِأَنَّكَ، أَيُّهَا الْمَسِيحُ، قَدْ وَاقَيْتَ مِنَ النَّيْمَنِ مِنْ جَبَلِ ظَلِيلِ مُقَدَّسٍ.
Ode 6. I am ever oppressed in a deep of sins, O Savior, and I am tossed in the gulf of life; but like Jonah from the sea monster, so bring even me up out of the passions and preserve me.	(السادسة) إِنِّي مُكْتَتَفٌ فِي عُمُقِ الْخَطَايَا أَيُّهَا الْمُخَلِّصُ، وَغَارِقٌ فِي لُجَّةِ الْعُمُرِ. لَكِنْ كَمَا أَضَعَدْتَ يُونَانَ مِنْ جَوْفِ الْحَوْتِ، هَكَذَا اجْتَذِبْنِي مِنَ الْأَهْوَاءِ وَخَلِّصْنِي.
<i>We praise, we bless, and we worship the Lord.</i> Ode 8. Praise, bless, and supremely exalt unto all the ages Him that once prefigured the wonder of the Virgin unto Moses in the bush on Mount Sinai.	تَسْبِيحٌ وَتُبَارِكٌ وَتَسْجُدٌ لِلرَّبِّ. (الثامنة) بَارِكُوا مَنْ سَبَقَ فَرَسَمَ لِمُوسَى قَدِيماً عَجَبَ الْبَتُولِ فِي الْعُلْيَقَةِ فِي جَبَلِ سَيْنَا، وَسَبِّحُوهُ، وَزِيدُوهُ رِفْعَةً مَدَى جَمِيعِ الدُّهُورِ.
Deacon: The Theotokos and Mother of the Light let us honor and magnify in song.	الشماس: لَوْلَاذَةِ الْإِلَهِ وَأَمِّ النُّورِ بِالتَّسَابِيحِ نَكْرِمُ مُعْظَمِينَ.
MAGNIFICATIONS IN TONE FOUR	تَعْظِيمَاتُ بِاللَّحْنِ الرَّابِعِ
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,	تُعْظِمُ نَفْسِي الرَّبِّ، وَتُبْتَهِجُ رُوحِي بِاللَّهِ مُخَلِّصِي. اللازمة: يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ مَجْداً بَغَيْرِ قِيَاسٍ مِنَ السَّارَافِيمِ، الَّتِي مِنْ دُونِ فَسَادٍ وَوَلَدَتْ كَلِمَةَ اللَّهِ، حَقّاً

thou who without corruption didst bear God the Word, and art truly Theotokos, we magnify thee.	أَنْتِ وَالِدَةُ الْإِلَهِ إِيَّاكَ نُعْظِمُ.
For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations. <i>(Refrain)</i>	لَأَنَّ الْقَدِيرَ صَنَعَ بِي عَظَائِمَ وَقُدُوسٌ اسْمُهُ، وَرَحْمَتُهُ إِلَى جِيلٍ فَجِيلٍ لِلَّذِينَ يَتَّقُونَهُ. (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. <i>(Refrain)</i>	حَطَّ الْمُقْتَدِرِينَ عَنِ الْكِرَاسِيِّ وَرَفَعَ الْمُتَوَاضِعِينَ، مَلَأَ الْجِياعَ مِنَ الْخَيْرَاتِ، وَالْأَغْنِيَاءَ أَرْسَلَهُمْ فَارِغِينَ. (اللازمة)
Ode 9. Let all the earth-born mortals rejoice in the Spirit, bearing their lamps. And let the nature of Bodiless Minds celebrate with honor the holy festival of the Mother of God, and cry out: 'Hail! All-blessed, pure, and ever-virgin Theotokos!'	(التاسعة) كُلُّ الْأَرْضِيِّينَ فَلْيَبْتَهِجُوا بِالرُّوحِ حَامِلِينَ الْمَصَابِيحَ، وَطَبِيعَةُ الْعَقْلِيِّينَ غَيْرِ الْهَيُولِيِّينَ فَلْتَحْتَقِلْ مَعًا، مُعَيَّدَةً لِمَوْسِمِ أُمِّ الْإِلَهِ الشَّرِيفِ وَهَاتِفَةً: إِفْرَحِي يَا وَالدَةَ الْإِلَهِ النَّقِيَّةَ، الدَّائِمَةَ الْبَتُولِيَّةَ، وَالْكَلْبِيَّةَ الطُّوبَى.
THE LITTLE LITANY	الطلبية السلامية الصغرى
Deacon: Again and again, in peace, let us pray to the Lord. Choir: Lord, have mercy. Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace. Choir: Lord, have mercy. Deacon: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God. Choir: To Thee, O Lord. Priest: For all the powers of Heaven praise Thee, and unto Thee do they ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. Choir: Amen	الشماس: أيضاً وأيضاً بسلام إلى الرب نطلب. الجوق: يا رب ارحم. الشماس: أعضد وخلص وارحم واحفظنا يا الله بنعمتك. الجوق: يا رب ارحم. 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. الجوق: لك يا رب. الكاهن: لأته إياك تسبح كل قوّات السماوات، ولك يرسلون المجد أيها الأب والإبن والروح القدس، الآن وكلّ أوانٍ وإلى دهر الدهرين. الجوق: آمين.
Holy is the Lord our God. <i>(thrice)</i> Exalt ye the Lord our God, and worship at His footstool, for He is holy.	قُدُوسٌ هُوَ الرَّبُّ إِلَهُنَا. (ثلاثاً) إِرْفَعُوا الرَّبَّ إِلَهُنَا، وَاسْجُدُوا لِمَوْطِي قَدَمَيْهِ، لِأَنَّ الرَّبَّ إِلَهُنَا قُدُوسٌ هُوَ.
DOXASTICON OF THE PRODIGAL SON IN TONE SIX	ذُكْصَا الْإِبْنِ الشَّاطِرِ بِاللَّحْنِ السَّادِسِ
<i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> O good Father, I have withdrawn from Thee. Do not forsake me or cast me from Thy kingdom. The most evil enemy hath stripped me naked and robbed me of my fortune; and I have wasted the gifts of the soul in riotous living. Wherefore, I will rise and	الْمَجْدُ لِلأَبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ. أَيُّهَا الأَبُ الصَّالِحُ، لَقَدْ ابْتَعَدْتُ عَنْكَ، فَلَا تُهْمَلْنِي، وَلَا تُظْهِرْنِي مَرْدُولاً مِنْ مَلَكُوتِكَ. لِأَنَّ العَدُوَّ الكَلْبِيَّ شَرُّهُ قَدْ عَرَّانِي، وَسَلَبَ ثَرَوَتِي. وَقَدْ بَدَّرْتُ مَوَاهِبَ النُّفْسِ بالبَذْخِ. فَلأَنْهَضَنَّ إِذْنًا، وَلأَعُدُّ إِلَيْكَ هَاتِفًا: إِجْعَلْنِي كَأَحَدِ أَجْرَائِكَ، يَا مَنْ مِنْ أَجْلِي بَسَطَ يَدَيْهِ الطَّاهِرَتَيْنِ

return to Thee, crying: Make me as one of Thy hired servants, O Thou who for my sake did stretch Thy pure hands on the Cross to snatch me from the wicked beast and clothe me with the first robe, since Thou alone art most compassionate.	على الصَّليب، لِكَيْ يَخْتِطِفَنِي مِنَ الْوَحْشِ الرَّدِيِّ، وَيُسْرِبَنِي الْخَلَّةَ الْأُولَى، أَيُّهَا الْجَزِيلُ الرَّحْمَةِ وَحْدَكَ.
<i>Both now and ever, and unto ages of ages. Amen.</i> Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.	الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ. أَنْتِ هِيَ الْفَائِزَةُ عَلَى كُلِّ الْبَرَكَاتِ، يَا وَالِدَةَ الْإِلَهِ الْعَذْرَاءِ، لِأَنَّ الْجَحِيمَ قَدْ سُبِّيتَ بِوَسِيطَةِ الْمُتَجَسِّدِ مِنْكَ، وَأَدَمَ دُعِيَ ثَانِيَةً، وَاللَّعْنَةُ بَادَتْ، وَحَوَاءَ انْعَقَّتْ، وَالْمَوْتَ أُمِيتَ، وَنَحْنُ قَدْ حَيِينَا. فَلِذَلِكَ نُسَبِّحُ هَاتِفِينَ: مُبَارَكٌ أَنْتَ أَيُّهَا الْمَسِيحُ إِلَهَنَا، يَا مَنْ هَكَذَا سُرَّ، الْمَجْدُ لَكَ.
THE GREAT DOXOLOGY IN TONE SIX	الذوكصولوجيا الكبرى باللحن السادس
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، نَسُجُدُ 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 يَسُوعُ الْمَسِيحُ، 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.	لِأَنَّكَ 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، وَأَسْبِّحُ 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، 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 نَسْتَعِينُ بِكَ.
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 كُنْتُمْ لَنَا فِي جِيلٍ وَجِيلٍ، أَنَا قُلْتُ يَا رَبُّ ارْحَمْنِي وَاشْفِ نَفْسِي لِأَنَّي قَدْ خَطِئْتُ إِلَيْكَ.
Lord, I have fled unto Thee: teach me to do Thy	يَا رَبُّ إِلَيْكَ لَجَأْتُ فَعَلِّمْنِي أَنْ أَعْمَلَ رِضَاكَ، لِأَنَّكَ أَنْتَ هُوَ

will, for Thou art my God.	إلهي .
For with Thee is the fountain of life; in Thy light shall we see light.	لَأَنَّ مِنْ قَبْلِكَ 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 اِرْحَمْنَا . (ثَلَاثًا)
Glory to the Father, and to the Son, and to the Holy Spirit.	الْمَجْدُ لِلآبِ وَالِابْنِ وَالرُّوحِ الْقُدْسِيِّ .
Both now and ever, and unto ages of ages. Amen.	الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ .
Holy Immortal, have mercy on us.	قُدُّوسُ الَّذِي لَا يَمُوتُ اِرْحَمْنَا .
Holy God, Holy Mighty, Holy Immortal: have mercy on us.	قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ اِرْحَمْنَا .
TROPARION IN TONE EIGHT	طُورِبَارِيَّةٌ بِاللَّحْنِ الثَّامِنِ
Having risen from the tomb, and having burst the bonds of Hades, Thou didst loose the condemnation of death, O Lord, releasing all mankind from the snares of the enemy. Having manifested Thyself to Thine Apostles, Thou didst send them forth to proclaim Thee; and through them Thou hast granted Thy peace unto the civilized world, O Thou Who alone art plenteous in mercy.	إِذْ قُمْتَ يَا رَبُّ مِنَ الْقَبْرِ، وَقَطَّعْتَ رِبَاطَاتِ الْجَحِيمِ، غَلَبْتَ حُكُومَةَ الْمَوْتِ، وَأَنْقَذْتَ الْكُلَّ مِنْ فِخَاخِ الْعَدُوِّ، وَلَمَّا أَظْهَرْتَ ذَاتَكَ لِرُسُلِكَ أَرْسَلْتَهُمْ إِلَى الْكِرَازَةِ، وَمَنْحْتَ بِهِمْ سَلَامَكَ لِلْمَسْكُونَةِ يَا جَزِيلَ الرَّحْمَةِ وَحْدَكَ .
Divine Liturgy Variables	
RESURRECTIONAL APOLYTIKION IN TONE SIX	أَبُولِيْتِيْكَوْنِ الْقِيَامَةِ بِاللَّحْنِ السَّادِسِ
When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.	إِنَّ الْقَوَاتِ الْمَلَائِكِيَّةَ ظَهَرُوا عَلَى قَبْرِكَ الْمُوقَّرِ، وَالْحُرَّاسَ صَارُوا كَالْأَمْوَاتِ، وَمَرِيْمَ وَقَعْتَ عِنْدَ الْقَبْرِ طَالِبَةً جَسَدَكَ الطَّاهِرَ، فَسَبَيْتِ الْجَحِيمَ وَلَمْ تُجَرَّبْ مِنْهَا، وَصَادَقْتَ الْبَتُولَ مَانِحًا الْحَيَاةَ . فَيَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، يَا رَبُّ الْمَجْدُ لَكَ .
APOLYTIKION OF THE NATIVITY OF THE THEOTOKOS IN TONE FOUR	طُورِبَارِيَّةٌ مِيلَادِ وَالِدَةِ الْإِلَهِ بِاللَّحْنِ الرَّابِعِ
Thy nativity, O Theotokos, hath proclaimed joy to the whole universe; for from thee did shine forth the Sun of justice, Christ our God, annulling the curse, and bestowing the blessing, abolishing death and granting us life everlasting.	مِيلَادُكَ يَا وَالِدَةَ الْإِلَهِ، بَشَّرَ بِالْفَرَحِ كُلَّ الْمَسْكُونَةِ، لِأَنَّهُ مِنْكَ أَشْرَقَ شَمْسُ الْعَدْلِ الْمَسِيحِ إِلَهُنَا، فَحَلَّ اللَّعْنَةَ، وَوَهَبَ الْبَرَكَةَ، وَأَبْطَلَ الْمَوْتَ، وَأَعْطَانَا حَيَاةً أَبَدِيَّةً .

<p>KONTAKION FOR THE PRODIGAL SON IN TONE THREE</p>	<p>قنداق للإبن الشاطر بالحن الثالث</p>
<p>Foolishly I sprang away * from Thy great fatherly glory, * and dispersed in wicked deeds * the riches that Thou didst give me. * With the Prodigal I therefore * cry unto Thee now: * I have sinned against Thee, O compassionate Father. * But receive me in repentance; * make me as one of * Thy hired servants, O Lord.</p>	<p>إِذْ عَصَيْتُ مَجْدَكَ الْأَبَوِيِّ بِجَهْلٍ، وَبِالْمَعَاصِي بَدَّدْتُ غِنَاكَ الَّذِي أُعْطَيْتَ، فَبِصَوْتِ الْإِبْنِ الشَّاطِرِ إِلَيْكَ أَهْتَفْتُ: أَيُّهَا الْأَبُ الرَّؤُوفُ، خَطَبْتُ نَحْوَكَ، فَتَقَبَّلْ مِنِّي التَّوْبَةَ وَاجْعَلْنِي كَأَحَدِ أَجْرَائِكَ.</p>
<p>THE EPISTLE</p>	<p>الرسالة</p>
<p><i>O Lord, save Thy people, and bless Thine inheritance.</i> <i>Unto Thee will I cry, O Lord my God.</i> The Reading from the First Epistle of St. Paul to the Corinthians. (6:12-20) Brethren, all things are lawful for me, but not all things are expedient. All things are lawful for me, but I will not be brought under the authority of anything. Foods are for the belly, and the belly for foods; but God will destroy both it and them. Now the body is not for fornication, but for the Lord, and the Lord for the body; and God both raised up the Lord, and will also raise us up through His power. Do you not know that your bodies are members of Christ? Shall I therefore take away the members of Christ, and make them members of a harlot? God forbid! Or, do you not know that he who is joined to a harlot is one body with her? For, "The two," He says, "shall become one flesh." But he who is joined to the Lord is one spirit. Flee fornication! Every sin that a person commits is outside the body, but whoever commits fornication sins against his own body. Or, do you not know that your body is a temple of the Holy Spirit within you, whom you have received from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body and in your spirit, which are God's.</p>	<p>حَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ. إِلَيْكَ يَا رَبُّ أَصْرُخُ إِلَهِي. فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولُسِ الرَّسُولِ الْأُولَى إِلَى أَهْلِ كورنثوس. يَا إِخْوَةَ، كُلُّ شَيْءٍ مُبَاحٌ لِي وَلَكِنْ لَيْسَ كُلُّ شَيْءٍ يُوَافِقُ، كُلُّ شَيْءٍ مُبَاحٌ لِي وَلَكِنْ لَا يَنْسَلِّطُ عَلَيَّ شَيْءٌ. إِنَّ الْأَطْعِمَةَ لِلْجَوْفِ وَالْجَوْفَ لِلْأَطْعِمَةِ، وَسَيُبِيدُ اللَّهُ هَذِهِ وَذَلِكَ. أَمَّا الْجَسَدُ فَلَيْسَ لِلزَّنى بَلْ لِلرَّبِّ وَالرَّبُّ لِلْجَسَدِ، وَاللَّهُ الَّذِي أَقَامَ الرَّبَّ سَيَقِيمُنَا نَحْنُ أَيْضًا بِقُوَّتِهِ. أَمَا تَعْلَمُونَ أَنَّ أَجْسَادَكُمْ هِيَ أَعْضَاءُ الْمَسِيحِ؟ أَفَأَخَذُ أَعْضَاءَ الْمَسِيحِ وَاجْعَلُ مِنْهَا أَعْضَاءَ زَنَى؟ حَاشَى. أَمَا تَعْلَمُونَ أَنَّ مَنْ اقْتَرَنَ بِزَانِيَةٍ صَارَ وَإِيَّاهَا جَسَدًا وَاحِدًا؟ لِأَنَّهُ قَدْ قِيلَ: "يَصِيرُ كِلَاهُمَا جَسَدًا وَاحِدًا." أَمَا الَّذِي يَقْتَرِنُ بِالرَّبِّ فَيَكُونُ مَعَهُ رُوحًا وَاحِدًا. أَهْرُبُوا مِنَ الزَّنى. فَإِنَّ كُلَّ خَطِيئَةٍ يَفْعَلُهَا الْإِنْسَانُ هِيَ فِي خَارِجِ الْجَسَدِ، أَمَا الزَّانِي فَإِنَّهُ يَخْطَأُ إِلَى جَسَدِهِ. أَمَا تَعْلَمُونَ أَنَّ جَسَدَكُمْ هُوَ هَيْكَلُ الرُّوحِ الْقُدْسِ الَّذِي فِيكُمْ الَّذِي نَلْتَمُوهُ مِنَ اللَّهِ وَأَنْتُمْ لَسْتُمْ لِأَنْفُسِكُمْ؟ لِأَنَّكُمْ قَدْ اسْتُرَيْتُمْ بِثَمَنِ فَمَجِدُوا اللَّهَ فِي أَجْسَادِكُمْ وَفِي أَرْوَاحِكُمْ الَّتِي هِيَ لِلَّهِ.</p>
<p>THE GOSPEL</p>	<p>الإنجيل</p>
<p>The reading from the Holy Gospel according to St. Luke. (15:11-32) The Lord spoke this parable: "There was a man who had two sons; and the younger of them said to his father, 'Father, give me the share of property that falls to me.' And he divided his living between them. Not many days later, the younger son</p>	<p>فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ لَوْقَا الْإِنْجِيلِيِّ الْبَشِيرِ، التَّمْثِيلِ الطَّاهِرِ. قَالَ الرَّبُّ هَذَا الْمَثَلُ: "إِنْسَانٌ كَانَ لَهُ ابْنَانِ، فَقَالَ أَصْغَرُهُمَا لِأَبِيهِ: يَا أَبَتِ، أَعْطِنِي النِّصِيبَ الَّذِي يَخُصُّنِي مِنَ الْمَالِ. فَفَسَمَ بَيْنَهُمَا مَعِيشَتَهُ. وَبَعْدَ أَيَّامٍ غَيْرِ كَثِيرَةٍ،</p>

gathered all he had and took his journey into a far country, and there he squandered his property in loose living. And when he had spent everything, a great famine arose in that country, and he began to be in want. So he went and joined himself to one of the citizens of that country, who sent him into his fields to feed swine. And he would gladly have fed on the pods that the swine ate; and no one gave him anything. But when he came to himself he said, 'How many of my father's hired servants have bread enough and to spare, but I perish here with hunger! I will arise and go to my father, and I will say to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me as one of your hired servants."' And he arose and came to his father. But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him. And the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his servants, 'Bring quickly the best robe, and put it on him; and put a ring on his hand, and shoes on his feet; and bring the fatted calf and kill it, and let us eat and make merry; for this my son was dead, and is alive again; he was lost, and is found.' And they began to make merry. Now his elder son was in the field; and as he came and drew near to the house, he heard music and dancing. And he called one of the servants and asked what this meant. And he said to him, 'Your brother has come, and your father has killed the fatted calf, because he has received him safe and sound.' But he was angry and refused to go in. His father came out and entreated him, but he answered his father, 'Lo, these many years I have served you, and I never disobeyed your command; yet you never gave me a kid that I might make merry with my friends. But when this son of yours came, who has devoured your living with harlots, you killed for him the fatted calf!' And he said to him, 'Son, you are always with me, and all that is mine is yours. It was fitting to make merry and be glad, for this your brother was dead, and is alive; he was lost, and is found.'"

جَمَعَ الابْنُ الْأَصْغَرَ كُلَّ شَيْءٍ لَهُ، وَسَافَرَ إِلَى بَلَدٍ بَعِيدٍ، وَبَدَّرَ مَالَهُ هُنَاكَ عَائِشًا فِي الْخَلَاعَةِ. فَلَمَّا أَنْفَقَ كُلَّ شَيْءٍ لَهُ، حَدَّثَتْ فِي ذَلِكَ الْبَلَدِ مَجَاعَةٌ شَدِيدَةٌ، فَأَخَذَ فِي الْعَوْرِ. فَذَهَبَ وَانْصَوَى إِلَى وَاحِدٍ مِنْ أَهْلِ ذَلِكَ الْبَلَدِ، فَأَرْسَلَهُ إِلَى حُقُولِهِ يَرْعَى خَنَازِيرَ. وَكَانَ يَشْتَهِي أَنْ يَمْلَأَ بَطْنَهُ مِنَ الْخَزْنَوِبِ الَّذِي كَانَتْ الْخَنَازِيرُ تَأْكُلُهُ، فَلَمْ يُعْطِهِ أَحَدٌ. فَرَجَعَ إِلَى نَفْسِهِ وَقَالَ "كَمْ لِأَبِي مِنْ أَجْرَاءَ يَفْضُلُ عَنْهُمْ الْخُبْزُ، وَأَنَا أَهْلِكُ جَوْعًا. أَقُومُ وَأَمْضِي إِلَى أَبِي وَأَقُولُ لَهُ "يَا أَبَتِ، قَدْ أَخْطَأْتُ إِلَى السَّمَاءِ وَأَمَامَكَ، وَلَسْتُ مُسْتَحِقًّا بَعْدُ أَنْ أُدْعَى لَكَ ابْنًا، فَاجْعَلْنِي كَأَحَدِ أَجْرَائِكَ." فَقَامَ وَجَاءَ إِلَى أَبِيهِ. وَفِيمَا هُوَ بَعْدُ غَيْرِ بَعِيدٍ، رَأَى أَبُوهُ، فَتَحَنَّنَ عَلَيْهِ وَأَسْرَعَ وَأَلْقَى بِنَفْسِهِ عَلَى عُنُقِهِ وَقَبَّلَهُ. فَقَالَ لَهُ الْابْنُ: "يَا أَبَتِ، قَدْ أَخْطَأْتُ إِلَى السَّمَاءِ وَأَمَامَكَ وَلَسْتُ مُسْتَحِقًّا بَعْدُ أَنْ أُدْعَى لَكَ ابْنًا." فَقَالَ الْأَبُ لِعَبِيدِهِ: "هَاتُوا الْخَلَّةَ الْأُولَى وَالْبُسُوهَ، وَاجْعَلُوا خَاتَمًا فِي يَدِهِ، وَجِذَاءً فِي رِجْلَيْهِ، وَأَتُوا بِالْعِجْلِ الْمُسَمَّنِ وَادْبَحُوهُ، فَتَأْكَلْ وَتَفْرَحْ، لِأَنَّ ابْنِي هَذَا كَانَ مَيِّتًا فَعَاشَ، وَكَانَ ضَالًّا فَوُجِدَ. فَطَفِقُوا يَفْرَحُونَ. وَكَانَ ابْنُهُ الْأَكْبَرُ فِي الْحَقْلِ. فَلَمَّا أَتَى وَقَرَّبَ مِنَ الْبَيْتِ، سَمِعَ أَصْوَاتَ الْغِنَاءِ وَالرَّقْصِ. فَدَعَا أَحَدَ الْعِلْمَانِ وَسَأَلَهُ مَا هَذَا. فَقَالَ لَهُ: "قَدْ قَدِمَ أَخُوكَ، فَذَبَحَ أَبُوكَ الْعِجْلَ الْمُسَمَّنَ لِأَنَّهُ لَقِيَهُ سَالِمًا." فَغَضِبَ وَلَمْ يُرِدْ أَنْ يَدْخُلَ. فَخَرَجَ أَبُوهُ وَطَفِقَ يَتَوَسَّلُ إِلَيْهِ، فَأَجَابَ وَقَالَ لِأَبِيهِ: "كَمْ لِي مِنَ السِّنِينَ أَخْدِمُكَ، وَلَمْ أَتَعَدَّ لَكَ وَصِيَّةً قَطُّ، وَأَنْتَ لَمْ تُعْطِنِي قَطُّ جَدِيًّا لِأَفْرَحَ مَعَ أَصْدِقَائِي. وَلَمَّا جَاءَ ابْنُكَ هَذَا الَّذِي أَكَلَ مَعِيشَتَكَ مَعَ الزَّوَانِي، ذَبَحْتَ لَهُ الْعِجْلَ الْمُسَمَّنَ. فَقَالَ لَهُ: "يَا ابْنِي، أَنْتَ مَعِي فِي كُلِّ حِينٍ، وَكُلُّ مَا هُوَ لِي فَهُوَ لَكَ. وَلَكِنْ كَانَ يَنْبَغِي أَنْ تَفْرَحَ وَتُسَّرَ، لِأَنَّ أَخَاكَ هَذَا كَانَ مَيِّتًا فَعَاشَ، وَكَانَ ضَالًّا فَوُجِدَ."

THE DISMISSAL	الختم
<p>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; 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, John Chrysostom, archbishop of Constantinople, whose Divine Liturgy we have now celebrated, of the holy, glorious and right-victorious Martyrs; of our venerable and God-bearing Fathers; <i>of Saint N., the patron and protector of this holy community</i>; of the holy and righteous ancestors of God, Joachim and Anna, and of all the saints: have mercy on us and save us, forasmuch as He is good and loveth mankind.</p>	<p>الكاهن: أَيُّهَا الْمَسِيحُ إِهْنَا الْحَقِيقِي، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، بِشَفَاعَاتِ أُمَّتِكَ الْكَلِيَّةِ الطَّهَارَةِ وَالْبَرِيَّةِ مِنْ كُلِّ عَيْبٍ؛ وَبَقُدْرَةِ الصَّلِيبِ الْكَرِيمِ الْمُحْيِي؛ وَبِطَلَبَاتِ الْقُوَّاتِ السَّمَاوِيَّةِ الْمُكْرَمَةِ الْعَادِمَةِ الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا الْمَعْمَدَانَ؛ وَالْقَدِيسَيْنِ الْمُشْرَفَيْنِ الرَّسُلِ، وَسَائِرِ الرَّسُلِ الْمُشْرَفَيْنِ الْجَدِيرَيْنِ بِكُلِّ مَدِيحٍ؛ وَأَبِينَا الْجَلِيلِ فِي الْقَدِيسِينَ يُوْحَنَّا الذَّهَبِيِّ الْقَمِّ رَئِيسِ أَسَاقِفَةِ الْقُسْطَنْطِينِيَّةِ، كَاتِبِ هَذِهِ الْخِدْمَةِ الشَّرِيفَةِ؛ وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْمُتَأَلِّقِينَ بِالطَّرْفِ؛ وَأَبَائِنَا الْأَبْرَارِ الْمُتَوَشَّحِينَ بِاللَّهِ؛ وَالْقَدِيسِ (ة) (فُلَانِ، فُلَانَةَ) شَفِيعِ (ة) وَحَامِي (ة) هَذِهِ الرَّعِيَّةِ الْمُقَدَّسَةِ؛ وَالْقَدِيسِينَ الصِّدِّيقِينَ جَدِّي الْمَسِيحِ الْإِلَهِيِّ يُوَاكِمِ وَحَنَةً، وَجَمِيعِ قَدِيسِيكَ، ارْحَمْنَا وَخَلِّصْنَا بِمَا أَنْتَ صَالِحٌ وَمُحِبٌّ لِلْبَشَرِ.</p>
<p>Priest: Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy upon us and save us.</p>	<p>الكاهن: بِصَلَوَاتِ آبَائِنَا الْقَدِيسِينَ، أَيُّهَا الرَّبُّ يَسُوعُ الْمَسِيحُ إِهْنَا، ارْحَمْنَا وَخَلِّصْنَا.</p>
<p>Choir: Amen.</p>	<p>الجوقة: آمين.</p>
<p>Spiritual Word: The Humble Person By Metropolitan Saba (Isper) The humble person is objective and aware of his duties and rights; he knows the extent of his impact on society and realizes his position and role within it. He does not monopolize his talents and abilities but is happy to share them with others, even if their talents end up exceeding his. He rejoices in other people's success and is thrilled by their growth and maturity. He knows neither jealousy nor envy, is thankful for everything, and flourishes on other's progress. As for the arrogant person, he only views things through the lens of his own ego. He is immersed in boastfulness about himself and considers no one else but himself. He is condescending towards others and wants to seize everything for himself. Jealousy kills his soul, envy exhausts him, and he is constantly troubled by those who are more distinguished than him. He is demanding, has a bad temper, and is never satisfied, no matter how much success he might achieve. The humble person realizes how enormous the universe is. Therefore, he is always receptive to other people and ideas. Great scholars tend to be humble because their vast knowledge makes them aware that what they do not know about the universe is much more than what they know. They constantly pursue more knowledge with a sincere zeal, whereas the less learned might be arrogant, haughty, and conceited about what they know. The latter are condescending toward those who are less knowledgeable than them, yet at the same time, they are intimidated by those who are more knowledgeable than them and avoid interacting with them. The humble person is inhabited by love and views every person as a repository of love. He does not exalt himself, because love does not know exaltation. He deals naturally and spontaneously with others, since he does not know how to lie, falsify facts, or wear masks. More precisely, he has no need to act in such a manner because he does not feel insufficient and compelled to cover up or mask his inadequacy with fake or false interactions. Thus, he is a human being with no inferiority complex. In other words, his self-confidence is within normal limits: he does not overstate his self-confidence, as this leads to arrogance and haughtiness, and he does not understate it, as this leads to cowardice and naivety. The humble one is a balanced human being. He does not view himself based on how other people view him and, thus, does not have to act inappropriately in order to please others. Humility is associated with self-knowledge, which is "a person's awareness of his ability and a restless reminiscence of his slightest shortcomings" (as St. John of the Ladder says). What has been said so far is a description that befits humanity in general. For Christians, pursuit of humility surpasses this description, because we strive to imitate our Lord, who says, "Learn from Me, for I am gentle and lowly in heart" (Matthew 11:29). Humility might appear to be a downward descent, yet for believers it is an ascent to the highest and a closeness to the Lord and to Creation in general. Humility is deemed to be the third to the last step for those who seek perfection. In Orthodox spirituality,</p>	

humility comes right before dispassion (apatheia) and love, which are the summit of the ladder of virtues. The humble person anguishes at pridefulness and pities the arrogant, because he realizes that pride tears apart human nature while humility unites it. The haughty person seeks self-satisfaction through arrogance and cruelty towards others. He thinks that his existence depends on humiliating others, while the humble person understands that loving others is the basis of his and their existence. The humble person knows that any judgment about others is distorted if it is tinged with pride, because it is not based on a pure and valid contemplation of reality. Conversely, humility leads to careful insight, devoid of passion, and therefore, to sound judgment. While the arrogant person twists his view of life's affairs to suit his selfish interests, the humble person's approach is realistic, baptized with love. Therefore, the latter re-establishes the true understanding of the affairs of life. The arrogant person is negative, accompanied by pessimistic darkness, hopeless and helpless. Meanwhile, the humble person is positive to the end, capable of accepting a changing reality, and accompanied by optimism and ongoing progress. Our spiritual literature has not in vain said that trees devoid of fruit are erect and rise to the heights, while trees full of fruit are always bent. As a matter of fact, the more fruit they carry, the lower they are bent. In Latin, the word humility means "fertile ground." The humble one is like low-lying land that receives water and absorbs it, enhancing its fertility and increasing its fruits. Humility leads to exaltation, while vanity leads to humiliation. For the Bible says that God "brought down the haughty and exalted the humble" (Luke 1:51). Exaltation is beautiful and good, but humiliation is repellent and distasteful. The rooster is only aware of its own pen and is content, believing itself to be the mightiest and strongest. This is what an arrogant person is like—trapped in himself, believing that he is the center of the universe. The eagle, however, flies high and sees the earth and everything on it. It notices its tininess compared to other creatures, mocking the rooster and realizing the extent of the latter's ignorance. Eagles are like humble people: they realize their status and role in the world (as Saint Silouan the Athonite says). The humble person is soft-spoken and does not offend or hurt, unlike the arrogant person. "Treasure does not generate what it lacks." One might say, "I'm not arrogant." This does not necessarily mean this person is humble. Not being arrogant is different from being humble. Here is what the great teacher John of the Ladder says: "Arrogance is different from not being arrogant, and both are different from humility. The arrogant one judges others all day long, and the non-arrogant one does not judge anyone but does not judge himself either. As for the humble person, he judges himself all the time, without being at fault." Pride accompanies individualism, which is why it seems to be a general feature in our current era. The more isolated the person is, the more scared he becomes and tries to protect himself with walls of pride. Pride is a sign of fear, avoidance of confronting oneself and one's flaws. It is an inherent lack of love, if not hatred. As for humility, it is the experience of intimacy and a joyful life that is open to others. The humble person does not share in the sins of others but overflows with mercy for those who are in sorrow. Nothing hurts the humble person more than pride. Our spiritual fathers said that humility is the wall and the roof of the house that protects its children, meaning the virtues, from falling. It is indeed the manifestation of all virtues. The arrogant person derives his existence from his own self, talents, knowledge, money, and the like, while the humble person is certain that his entire existence is derived from God. The humble one always sees himself as standing in God's presence. He constantly seeks to be fulfilled by God and does not waste his time with narcissistic actions that make him lose his best self. A very beautiful girl came to Metropolitan Anthony Bloom for confession. She told him that she admired her beauty to the point of vanity and arrogance. He replied: Well, at least this is true. I advise you to stand in front of the mirror three times a day, look at yourself, and say, Thank you, Lord, for creating me beautiful, but my only contribution to this beauty you have given me is to distort it with my haughty gaze. Pride arises from self-conceit, while humility comes from referring every good deed to God. The humble person attributes everything he has to God, not to himself. Thus, he thanks God, admires Him, and grows in love of Him. The humble person, in short, is the one who realizes that he needs God's mercy, and his constant prayer becomes, like the tax collector, "O God, be merciful to me, the sinner" (Luke 18:13).

كلمة روحية: المتواضع - المتروبوليت سابا اسبر

المتواضع إنسان موضوعي، يعرف ما له وما عليه، يعي مدى تأثيره في المجتمع، ومكانته ودوره. لا يقبل بأن يحتكر المواهب والقدرات، ويفرح لوجودها عند غيره، ولو كانت تفوق ما عنده. يفرح لنجاح الآخرين، ويهزه نضجهم ونموهم طرباً. لا يعرف الغيرة ولا الحسد، شاكراً لكل شيء، متوثباً لكل تقدم. أما المتكبر، فلا ينظر في شيء إلا من خلال أناه. هو غارق في العجب بذاته، ولا يرى أخرى سواها. يتعالى على الناس، ويريد مصادرة كل شيء لنفسه. تقتله الغيرة، وينهكه الحسد، ويقلقه من يتميز عنه بالأفضل. هو متطلب، وذو مزاج عكس، لا يرضيه شيء، مهما أصاب من نجاح. المتواضع إنسان أدرك وسع الكون، الذي يحيا فيه، لذلك تراه منفتحاً على الآخر، دوماً، إنساناً كان أو معرفة. العلماء الكبار متواضعون، لأنهم بسبب من معرفتهم الواسعة، عرفوا أن الذي ما يزال مجهولاً، في هذا الكون، أكثر بكثير مما هو معروف لديهم. تراهم يتطلعون، بشوق صادق إلى المزيد. أما أنصاف المتعلمين، فتراهم متكبرين، متشامخين، مغتربين بما يعرفونه، ومترفعين على من هم دونهم معرفة، ومتهيبين، في الوقت ذاته، ممن يفوقهم معرفة، فيتهربون من مواجهته.

المتواضع إنسان مسكون بالحب، يرى في كل آخر موضعاً للمحبة. لا يترفع، لأن المحبة لا تعرف الترفع. يتعاطى بطبيعية وعفوية مع الآخرين،

لأنه لا يعرف الكذب والتزوير وارتداء الأقنعة. بكلام أدق، لا يشعر بحاجة إليها، فهو لا يرى، في ذاته، نقصاً يشده إلى تغطيته، أو إخفائه بتعامل مزيف أو كاذب. من هنا، هو إنسان لا يشعر بعقدة نقص ما، أو بكلام آخر، ثقته بذاته، في حدودها الطبيعية. لا يفرط بالثقة الذاتية، فتقوده إلى التكبر والتشامخ، ولا يعدمها، فتشده إلى الجبن والسذاجة. إنه إنسان طبيعي، لا يرى ذاته في عيون الآخرين، فلا يضطر إلى التصرف بطريقة لا يرضاها لنفسه، لكي يحصل على رضاهم. يرتبط التواضع بمعرفة الذات، التي هي "إدراك المرء لمقدرته وذكر لا يهدأ لأصغر زلاته" (ق. يوحنا السلمى).

هذا وصفٌ يليق بالإنسان، عامّةً.

أما المؤمن فيزيده، في طلب التواضع، تمثله بربه القائل: "تعلموا مني، فأني مهما بدا التواضع، ظاهرياً، اندحاراً / وديع ومتواضع القلب" متى 11-29 إلى الأسفل، يبقى، عند المؤمن المتواضع، انطلاقاً إلى العلى، وقرباً من ربه، والخليقة عامّةً. يؤمن أنّ التواضع هو الدرجة الثالثة قبل الأخيرة، عند الذين يطلبون الكمال. يأتي التواضع، في الروحانية الأرثوذكسية، مباشرةً، قبل اللاهوت والمحبة، التي هي الدرجة الأعلى في سلم الفضائل. يتألم المتواضع من الكبرياء، ويشفق على المتكبرين، لأنه يدرك أنّ الكبرياء تمرق الطبيعة البشرية، فيما التواضع يوحدنا. المتكبر، في ترفعه وقسوته على الآخرين، يبحث عن الرضى الذاتي. يرى في إذلال غيره وجوداً له، بينما يرى المتواضع، في محبتهم، وجوداً له ولهم. يعرف المتواضع أنّ أيّ حكم على الآخر يكون مشوّهاً إذا شابهته الكبرياء، كونه لا يستند إلى تأمل نقّي وسليم للواقع. بينما التواضع يقود إلى التبصر المتأني، الخالي من الهوى، وتالياً إلى الحكم الصحيح.

فيما يلوي المتكبر نظرتة إلى أمور الحياة، بما يوافق اهتمامه الأناني، ترى المتواضع يرى إليها بواقعيّتها، المعمدة بالمحبة، وهكذا، يعيد تأسيس الفهم الصحيح للأشياء. المتكبر إنسان سلبي، لا نفع فيه ولا منه، يلزمه التشاؤم والسواد؛ بينما المتواضع إيجابي حتى النهاية، وقادر على تغيير الواقع، رفيقه التفاؤل والتطور المستمر.

ما قيل عبثاً، في الأدب الروحي، إنّ الأشجار الخالية من الثمار، هي الأشجار المنتصبّة المتشامخة إلى العلاء، أما الأشجار المليئة بالثمار فهي، أبداً، منحنية، لا بل، كلما ازدادت ثمارها، ازداد انحناؤها.

تعني لفظة التواضع في اللاتينية "الأرض الخصبة". والمتواضع كالأرض الواطئة، التي تستقبل المياه، وتتشرّبها، فيزداد خصبها، وتكثر ثمارها. يقود التواضع إلى العلو، أما الكبرياء فإلى التعالي. وقد قال الكتاب إنّ الله. العلو جميل وحسن، أما / "حطّ المتشامخين ورفع المتواضعين" التعالي فمفقوت وكريه. لا يعرف الديك إلا حظيرته وما فيها؛ فيرى نفسه الأقدر والأقوى. هكذا هو المتكبر، إنسان مسجون ضمن ما عنده وفيه، ويعتقد بأنّه محور الكون. أما النسر، الذي يلقّ في الأعالي، وينظر الأرض وكلّ ما عليها، فيرى صغره، قياساً بالموجودات الأخرى، فيهبأ بالديك، ويدرك مدى جهله. إنه كالتواضع الذي يعرف مكانته ودوره في العالم (القديس سلوان الأثوسي). يتمتّع المتواضع بلسان دافئ، لا يؤذي ولا يجرح، على عكس المتكبر، لأنّ "الكنز لا يخرج ما لا يحويه".

قد تقول إنّي لست متكبراً. حسن أ ولكنك لست بالضرورة متواضعاً. فعدم التكبر يختلف عن التواضع. إليك ما يقوله المعلم الكبير يوحنا السلمى: "يختلف التكبر عن عدم التكبر وكلاهما يختلفان عن الاتضاع. فالتكبر يدين غيره طول النهار، وغير المتكبر لا يدين أحداً ولكنه لا يدين ذاته. أما المتضع فيدين ذاته كلّ حين وهو غير مُلام".

تلازم الكبرياء الفردية، لذا تراها سمةً عامّةً، في عصرنا الحالي. بقدر ما ينعزل المرء، داخلياً، يخاف، يحاول حماية ذاته بسور الكبرياء. فالكبرياء علامة الخوف والحاجة إلى انقاء المواجهة الذاتية ومشاهدة العيوب الشخصية. إنها ملازمة لعدم المحبة، إن لم نقل للكراهية. أما التواضع فصديق الألفة والحياة البهيجة، والمنفتحة على الآخرين. لا يشارك المتواضع الخاطئين في آثامهم، إلا أنه يفيض رحمة على الموجهين. وما من وجع عنده أقوى من الكبرياء.

قال أبأونا الروحانيون بأنّ التواضع سور سطح البيت، الذي يحمي الأولاد، أيّ الفضائل، من السقوط. حقاً إنه تكثيف كلّ الفضائل. يستمدّ المتكبر وجوده من ذاته، ومواهبه، وعلمه، وماله... أما المتواضع فهو متيقّن من أنّ وجوده كلّ، مُستمدّ من الله. يرى نفسه أمام حضرة الله دوماً، فيسعى إلى الامتلاء المستمر، ولا يهدر وقته بأفعال نرجسية، تفقده أعلى ما عنده.

أنت فتاة فائقة الجمال إلى المطران أنطوني بلوم لتعترف. أخبرته بأنّها مُعجبة بجمالها، إلى درجة الغرور والتكبر. فأجابها: حسناً، فهذا صحيح على الأقل. أنصحك بأن تقفي أمام المرأة ثلاث مرّات يومياً، تنظرين إلى نفسك وتقولين: أشكرك يا ربّ لأنك خلقتني جميلة. لكن مساهمتي الوحيدة في هذا الجمال الذي منحني إياه، هي تشويهيته بنظراتي المترفعة.

ينشأ الكبرياء من العجب بالذات، أما التواضع فمن إعادة كلّ حُسنٍ إلى الله. يعيد المتواضع كلّ شيء عنده إلى الله، لا إلى ذاته. هكذا يشكر الله ويُعجب به، ويزداد محبةً له.

المتواضع، باختصار، من أدرك أنّه بحاجة إلى رحمة الله، فصارت صلواته الدائمة، على مثال العشار، "اللهم ارحمني أنا الخاطيء" (لو 13/18).

Parish News and Announcements

Upcoming Services at Saint John Maximovitch:

- **Sunday, March 10th:** Judgment Sunday (Meatfare – مرفع اللحم)
- **Sunday, March 24th:** Sunday of Orthodoxy and Annunciation of the Theotokos
- **Sunday, April 7th:** Sunday of the Holy Cross

**at St John Maximovitch chapel behind St Nicholas Russian Orthodox Cathedral
1714 13th Ave, Seattle, WA 98122**

Memorial Service and Mercy Meal for Habib Siagha (Abouna's Uncle)

Abouna's uncle reposed on February 19th in Beirut, Lebanon – Please join us for a service and mercy meal – may his memory be eternal.

Calendars 2024:

Calendars have arrived for 2024; Please note that the calendars have beautiful pictures of monastic sites and services and a guide to daily scripture readings and fasting days. Make sure you get one against a New Year donation after Divine Liturgy.

May the New Year to come be a Blessing to all.

Catechism classes:

It's never late to learn your faith; even if we were born in the faith that doesn't mean that we know it well – if you choose to learn about the bible and the tradition of your church, please join us for adult Catechism classes every Friday at 6:30 PM for a virtual session with Subdeacon George Tsonis (George visits us twice a year coming from Boston, MA). If you would like to join, contact Toufic Majdalani at 206.739.2395

Property Renovation Project:

We are almost in the middle of the property renovation project; we are still calling all of you to contribute and get involved whether in your talents, time, financial support... Please let us know how you can help – with your prayers and support we can accomplish the project and move to our church soon!!

To donate for this purpose, please use the donation link and reference Property Renovation:

<https://theotokosholynativity.com/donations>

Or make a check payable to the Holy Nativity of the Theotokos church

All your donations are Tax deductible

Through the intercessions of Our Lady of Saydnaya may the Lord bless you in any field of support.

You can always follow the church news on our website: <https://www.theotokosholynativity.com/>

and our Facebook page: <https://www.facebook.com/groups/474907199547143/>