

# Holy Nativity of the Theotokos Antiochian Orthodox Mission

كنيسة ميلاد السيدة الأنطاكية الأرثوذكسية

Seattle, WA

*Diocese of the Northwest*

*Metropolitan Joseph of New York and All North America*

June 9<sup>th</sup>, 2019

Sunday of the After-feast of the Ascension

Commemoration of the Holy Fathers of the First Ecumenical Council

الأحد الذي بعد عيد الصعود الإلهي  
وأحد اباء المجمع المسكوني الأول



**Fr. Anastasios Majdalani**

**Altar Boys:** Toufic Majdalani, Theo Majdalani, George Saliba

**Choir Director:** Nissrine El Hamouche

**Choir/Chanters:** Kh. Nissrine, Sandra Serhan, Michel Mattar, Farizeh Louis

**Ushers:** Bishara Kharoufeh

**Holy Bread baked by:** Sandra Serhan, and Kh. Nissrine

**Orthros on Sunday, May 26, 2019; Tone 4 / Eothinon 7**  
**Fifth Sunday of Pascha: Sunday of the Samaritan Woman**  
**& After-feast of Mid-Pentecost**

**THE KATAVASIAS OF THE ASCENSION CANON IN TONE FOUR**

<p><b>Ode 1.</b> The heavy of tongue, screened by the divine clouds, proclaimed the God-inscribed law; for He shook the dust from the eye of intelligence, beholding the Being and attaining the knowledge of the Spirit, singing divine songs of praise.</p>	<p><b>(الأولى)</b> إِنَّ الْأَلَكْنَ اللَّسَانَ، لَمَّا انْحَجَبَ فِي الْعَمَامِ الْإِلَهِيِّ، كَرَّرَ بِالشَّرِيعَةِ الْمُدَوَّنَةِ مِنَ اللَّهِ، لِأَنَّهُ نَفَضَ الْحَمَاءَةَ عَنِ حَدَقَةِ الْعَقْلِ، فَعَايَنَ الْمَوْجُودَ وَأَحْرَزَ مَعْرِفَةَ الرُّوحِ، مُنْشِداً تَسَابِيحَ إِلَهِيَّةٍ.</p>
<p><b>Ode 4.</b> O Word, King of kings, Who alone came forth from the only uncaused Father, since Thou art the Benefactor, Thou didst send the Holy Spirit, truly equal to Thee in might, to the Disciples, Who glorify Thy power, O Lord.</p>	<p><b>(الرابعة)</b> أَيُّهَا الْكَلِمَةُ مَلِكُ الْمُلُوكِ، الَّذِي أَقْبَلَ وَارِداً وَخَدَهُ مِنَ الْآبِ الْوَاحِدِ غَيْرِ الْمَعْلُولِ. فَبِمَا أَنْتَكَ الْمُحْسِنُ، أَرْسَلْتَ الرُّوحَ الْقُدْسَ، الْمُسَاوِيَ لَكَ فِي الْقُوَّةِ بِالْحَقِيقَةِ، لِلرُّسُلِ الْمُسَبِّحِينَ: الْمَجْدُ لَجَبْرُوتِكَ يَا رَبِّ.</p>
<p><b>Ode 6.</b> Thou hast shone for us from the Virgin, O Christ Master, as forgiveness and salvation to extricate from corruption fallen Adam and all his descendants, as Thou didst extricate Jonah from the belly of the wild beast.</p>	<p><b>(السادسة)</b> أَيُّهَا الْمَسِيحُ السَّيِّدُ، فَذْ أَسْرَقْتِ مِنَ الْبَتُولِ اغْتِفَاراً وَخَلَاصاً لَنَا، لِكَيْ تَنْتَشِلَ مِنَ الْفَسَادِ أَدَمَ السَّاقِطَ وَكُلَّ ذُرِّيَّتِهِ، كَمَا انْتَشَلْتَ يُونَانَ النَّبِيَّ مِنْ حَشَا الْوَحْشِ النَّحْرِيِّ.</p>
<p><b>Deacon:</b> The Theotokos and Mother of the Light, let us honor and magnify in song.</p>	<p><b>الشماس:</b> لَوْلَادَةِ الْإِلَهِ وَأَمِّ النُّورِ بِالتَّسَابِيحِ نَكْرِمُ مُعْظَمِينَ.</p>

**MAGNIFICATIONS IN TONE FOUR**

<p>My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior.          Refrain: More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without corruption barest God the Word, and art truly Theotokos, we magnify thee.</p>	<p>تُعْظِمُ نَفْسِي لِلرَّبِّ، وَتَبْتَهِجُ رُوحِي بِاللَّهِ مُخْلِصِي.          يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ مَجْداً بَعِيرَ قِيَاسٍ مِنَ السَّارَافِيمِ، الَّتِي بَدُونَ فَسَادٍ وَوَلَدَتْ كَلِمَةَ اللَّهِ، حَقّاً أَنْتَ 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>لِأَنَّهُ نَظَرَ إِلَى تَوَاضِعِ أُمَّتِهِ، فَهَا مِنْذُ الْآنَ تُطَوِّبُنِي جَمِيعُ الْأَجْيَالِ .</p>
<p>For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations. <i>(Refrain)</i></p>	<p>لِأَنَّ الْقَدِيرَ صَنَعَ بِي عَظَائِمَ وَقُدُوسَ اسْمُهُ، وَرَحْمَتُهُ إِلَى جِيلٍ فَجِيلٍ لِلَّذِينَ يَتَّقُونَهُ.</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 عِزّاً بِسَاعِدِهِ، وَشَتَّتَ الْمُتَكَبِّرِينَ بِذِهْنِ قُلُوبِهِمْ.</p>
<p>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></p>	<p>حَطَّ الْمُفْتَدِرِينَ عَنِ الْكِرَاسِيِّ وَرَفَعَ الْمُتَوَاضِعِينَ، مَلَأَ الْجِيَاعَ مِنَ الْخَيْرَاتِ، وَالْأَغْنِيَاءَ أَرْسَلَهُمْ فَارِغِينَ.</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 لِآبَائِنَا إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الْأَبَدِ.</p>
<p><b>Ode 9.</b> Rejoice, O Queen, pride of virgins and mothers; for every eloquent and capable mouth doth fall short of extolling thee worthily, and every mind is dazzled at understanding the manner of thy birthing. Wherefore, in unison do we glorify thee.</p>	<p><b>الأودية التاسعة.</b> إِفْرَحِي أَيُّهَا الْمَلِكَةُ، فَخَرُ الْعَذَارَى وَالْأُمَّهَاتِ، لِأَنَّ كُلَّ فَمٍ فَصِيحٍ وَمُقْتَدِرٍ، لَا يَسْتَطِيعُ أَنْ يُبَالِغَ فِي مَدِيحِكَ بِحَسَبِ الْوَاجِبِ. وَكُلُّ عَقْلٍ يَنْذَهُلُ مِنْ فِهْمِ حَالِ مِيلَادِكَ. لِذَلِكَ بِصَوْتٍ مُتَّفِقٍ نُمَجِّدُكَ.</p>

### THE LITTLE LITANY

<p><b>Deacon:</b> Again and again, in peace, let us pray to the Lord.  <b>Choir:</b> Lord, have mercy.  <b>Deacon:</b> Help us; save us; have mercy on us; and keep us, O God, by Thy grace.  <b>Choir:</b> Lord, have mercy.  <b>Deacon:</b> 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.  <b>Choir:</b> To Thee, O Lord.  <b>Priest:</b> 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.  <b>Choir:</b> Amen.</p>	<p><b>الشماس:</b> أيضاً وأيضاً بسلام إلى الرب تطلب.  <b>الجوق:</b> يا رب ارحم.  <b>الشماس:</b> أعضد وخلص وارحم واخفظنا يا الله بنعمتك.  <b>الجوق:</b> يا رب ارحم.  <b>الشماس:</b> بعد ذكرنا الكليّة القداسة، الطاهرة، الفائقة البركات المجيدة، سيدتنا والدة الإله الدائمة البتولية مريم مع جميع القديسين، لنودع أنفسنا ونغضنا بغضاً وكلّ حياتنا للمسيح الإله.  <b>الجوق:</b> لك يا رب.  <b>الكاهن:</b> لأنه إياك تسيح كل قوأت السماوات، ولك يرسلون المجد إليها الأب والإبن والروح القدس، الآن وكلّ أوانٍ وإلى دهر الدهرين.  <b>الجوق:</b> آمين.</p>
Holy is the Lord our God. ( <i>THRICE</i> )	قدوس هو الرب الهنا. (ثلاثاً)

### THE DOXASTICON OF THE HOLY FATHERS IN TONE EIGHT

<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i></p> <p>When the rank of the holy Fathers flocked from the ends of the inhabited world, they believed in one Substance and one Nature of the Father, Son, and Holy Spirit, delivering plainly to the Church the mystery of discoursing in theology. Wherefore, in that we laud them in faith, we beatify them, saying: What a divine army, ye God-inspired soldiers of the camp of the Lord, ye most brilliant luminaries in the supersensuous firmament, ye impregnable towers of the mystical Zion, ye scented flowers of paradise, the golden lights of the Word, the boast of Nicaea and delight of the whole universe, intercede ceaselessly for our souls.</p>	<p><i>المجد للأب والإبن والروح القدس.</i></p> <p>إنّ مصفّ الآباء القديسين، لما تقاطروا من أقاصي المسكونة، اعتقدوا بجوهر واحد وطبيعية واحدة للأب والإبن والروح القدس، وسلّموا إلى البيعة سرّ التكلّم باللاهوت تسليمًا جليًا. فإذ تمدحهم عن إيمان، نغبطهم قائلين: يا لكم من جيش إلهي، يا جنود معسكر الرب، اللاهجين بالله. كواكب الجلد العظمي الكليّة الصياء. يا أبراجاً منيعَةً لصهيون السريّة. يا أزهار الفردوس العطرة الشدى، والأنوار الذهبية للكلمة. يا فخر نيقية، وبهجة المسكونة. تشفعوا بلا انقطاع من أجل نفوسنا.</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><i>الآن وكلّ أوانٍ وإلى دهر الدهرين، آمين.</i></p> <p>أنت هي الفائقة على كل البركات يا والدة الإله العذراء، لأنّ الجحيم قد سببت بواسطة المتجسد منك، وأدم دعي ثانية، واللعة بادت، وحواء انعتقت، والموت أميت، ونحن قد حيينا. لذلك نسيح هاتين: مبارك أنت أيها المسيح الهنا، الذي هكذا قد سرّ، المجد لك.</p>

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.	المَجْدُ لَكَ يَا مُظَهِّرَ النُّورِ، المَجْدُ لِلَّهِ فِي العَلَاءِ، وَعَلَى الأَرْضِ السَّلَامُ، وَفِي النَّاسِ المَسْرَةَ.
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 المَلِكُ، السَّمَاوِيِّ، الإِلَهَ، الأَبَ الضَّاطِبُ الكُلِّ. أَيُّهَا الرَّبُّ الإِبنُ الوَاحِدُ، يَا يَسُوعَ المَسِيحَ، وَيَا أَيُّهَا الرُّوحَ القُدُسَ.
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 الإِلَهَ، يَا حَمَلَ اللّهِ يَا ابْنَ الأَبِ، يَا رَافِعَ خَطِيئَةِ العَالَمِ ارْحَمْنَا، يَا رَافِعَ خَطَايَا العَالَمِ.
Receive our prayer, Thou that sittest at the right hand of the Father, and have mercy on us.	تَقَبَّلْ تَضَرُّعَنَا أَيُّهَا الجَالِسُ عَنِ يَمِينِ الأَبِ وارْحَمْنَا.
For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the Glory of God the Father. Amen.	لأنَّكَ أَنْتَ وَحْدَكَ قُدُوسٌ، أَنْتَ وَحْدَكَ الرَّبُّ يَسُوعَ المَسِيحَ، فِي مَجْدِ اللّهِ الأَبِ، آمِينَ.
Every day will I bless Thee, and I will praise Thy Name forever; yea, forever and ever.	فِي كُلِّ يَوْمٍ أُبَارِكُكَ، وَأُسَبِّحُ اسْمَكَ إِلَى الأَبَدِ، وَإِلَى أُنْدِ الأَبَدِ.
Vouchsafe, O Lord, to keep us this day without sin.	أَهْلِنَا يَا رَبُّ أَنْ نُحَفَظَ فِي هَذَا اليَوْمِ 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 وَمُمَجَّدٌ اسْمُكَ إِلَى الأَبَدِ، آمِينَ.
Let Thy mercy, O Lord: be upon us, as we do put our hope in thee.	لِنَكُنْ يَا رَبُّ رَحْمَتَكَ عَلَيْنَا، كَمَا نَسْتَعِينُ بِكَ عَلَيْنَا.
Blessed art Thou, O Lord: teach me Thy statutes. (Thrice)	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 وَأشْفِ نَفْسِي لأنَّنِي 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، لأنَّكَ أَنْتَ هُوَ إِلَهِي.
For with Thee is the fountain of life; in Thy light shall we see light.	لأنَّ مِنْ قِبَلِكَ عَيْنُ الحَيَاةِ، وَبِنُورِكَ نَعَايُنُ النُّورَ.
O continue Thy lovingkindness unto them that know Thee. Holy God, Holy Mighty, Holy Immortal: have mercy on us. (Thrice)	فَابْسُطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ. قُدُوسَ اللّهِ، قُدُوسَ القَوِيِّ، قُدُوسَ الَّذِي لَا يَمُوتُ ارْحَمْنَا. (ثَلَاثًا)
Glory to the Father, and to the Son, and to the Holy Spirit;	المَجْدُ لِلأَبِ وَالإِبنِ وَالرُّوحِ القُدُسِ.
Both now and ever, and unto ages of ages. Amen.	الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ، آمِينَ.
Holy Immortal, have mercy on us.	قُدُوسَ الَّذِي لَا يَمُوتُ ارْحَمْنَا.
Holy God, Holy Mighty, Holy Immortal: have mercy on us.	قُدُوسَ اللّهِ، قُدُوسَ القَوِيِّ، قُدُوسَ الَّذِي لَا يَمُوتُ ارْحَمْنَا.

TROPARION IN TONE EIGHT

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 وَقَطَعْتَ رِبَاطَاتِ الْجَحِيمِ، غَلَبْتَ حُكُومَةَ الْمَوْتِ، وَأَنْقَذْتَ الْكُلَّ مِنْ فِخَاخِ الْعَدُوِّ. وَلَمَّا أَظْهَرْتَ ذَاتَكَ لِرُسُلِكَ، أَرْسَلْتَهُمْ إِلَى الْكِرَازَةِ، وَمَنْحْتَ بِهِمْ سَلَامَكَ لِلْمَسْكُونَةِ، يَا جَزِيلَ الرَّحْمَةِ وَحَدَكَ.

Divine Liturgy Variables on Sunday, June 09, 2019

Tone 6 / Eothinon 10

Sunday of the After-feast of the Ascension

Commemoration of the Holy Fathers of the First Ecumenical Council

Cyril, archbishop of Alexandria; Pelagia and the three Virgin-martyrs of Chios;

Venerable Cyril of Belozersk; Venerable Columba, enlightener of Scotland

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

النَّشْمَاسُ: مِنْ أَجْلِ الْمِتْرُوبُولِيْتِ بُولْسَ وَالْمِطْرَانَ يُوْحَنَّا وَفَكَ اسْرِهِمَا وَعَوْدَتِهِمَا سَالْمِيْنِ، إِلَى الرَّبِّ نَطْلُبُ.

THE FIRST ANTIPHON

O clap your hands, all ye peoples; shout unto God with the voice of exultation.

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

For the Lord Most High is terrible; He is a great King over all the earth. He hath subdued the peoples under us, and the nations under our feet. *(Refrain)*

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

يَا جَمِيْعِ الْأُمَمِ صَفِّقُوا بِالْأَيْدِي، هَلِّلُوا لِلَّهِ بِأَصْوَاتِ الْإِيْتِهَاجِ.

الْلاَزِمَةُ: بِشَفَاعَاتِ وَالِدَةِ الْإِلَهِ، يَا مُخَلِّصُ خَلِّصْنَا.

لَأَنَّ الرَّبَّ مُتَعَالٍ وَمَرْهُوبٌ، وَمَلِكٌ عَظِيمٌ عَلَى الدُّنْيَا بِأَسْرِهِا. أَخْضَعَ الشُّعُوبَ

لَنَا وَالْأُمَمَ تَحْتَ أَقْدَامِنَا. (الْلاَزِمَةُ)

الْمَجْدُ ..... الْآنَ ..... (الْلاَزِمَةُ)

THE SECOND ANTIPHON

Great is the Lord, and greatly to be praised in the city of our God, in His holy mountain.

*Refrain:* Save us, O Son of God, Who didst rise from us in glory to the heavens; who sing to Thee. Alleluia.

God is known in her palaces when He cometh to our aid. *(Refrain)*

For lo, the kings of the earth were assembled; they came together. *(Refrain)*

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

عَظِيمٌ هُوَ الرَّبُّ وَمُسَبَّحٌ جِدًّا فِي مَدِيْنَةِ الْهَيْئَا، عَلَى جَبَلِ قُدْسِهِ.

الْلاَزِمَةُ: خَلِّصْنَا يَا ابْنَ اللَّهِ يَا مَنْ صَعِدَ عَنَّا بِمَجْدٍ إِلَى السَّمَاوَاتِ، لِنُرْتَلِّ

لَكَ. هَلِّلُوبِيَا.

اللَّهُ مَعْرُوفٌ فِي قُصُورِهَا بِأَنَّهُ نَصِيْرُهَا. (الْلاَزِمَةُ)

هَآ إِنَّ مَلُوكَ الْأَرْضِ قَدِ اجْتَمَعُوا وَأَقْبَلُوا مَعًا. (الْلاَزِمَةُ)

الْمَجْدُ .... الْآنَ ..... يَا كَلِمَةَ اللَّهِ الْإِبْنَ الْوَحِيْدِ ...

THE THIRD ANTIPHON

Hear this, all ye people; give ear, all ye inhabitants of the earth. My mouth shall speak of wisdom; and the meditation of my heart shall be of understanding. I will incline mine ear to a parable; I will open my dark saying upon the harp.

إِسْمَعُوا هَذَا يَا كُلَّ الْأُمَمِ، أَصْغُوا يَا سُكَّانَ الْأَرْضِ أَجْمَعِيْن. إِنَّ فَمِي يَتَكَلَّمُ بِالْحِكْمَةِ، وَقَلْبِي يَلْهَجُ بِالْفَهْمِ. أُمِيْلُ أُذُنِي إِلَى الْأَمْثَالِ، وَأَكْشِفُ الْعَازِي عَلَى الْفَيْثَارِ.

*During the Little Entrance, after the verses of the Third Antiphon, chant the Apolytikion of the Ascension.*

### 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 وَنَرْكَعْ لِلْمَسِيحِ مَلِكِنَا وَإِلَهِنَا، خَلِّصْنَا يَا ابْنُ اللَّهِ، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ لِنُرْتَلَّ لَكَ: هَلْلُوبِيَا.

*Now sing these apolytikia in the following order.*

### RESURRECTIONAL APOLYTIKION IN TONE SIX

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، وَمَرْيَمَ وَقَفَتْ عِنْدَ الْقَبْرِ طَالِبَةً جَسَدَكَ الطَّاهِرَ، فَسَبَّيْتَ الْجَحِيمَ وَلَمْ تُجْرَبْ مِنْهَا، وَصَادَفْتَ الْبَتُولَ مَانِحاً الْحَيَاةَ. فَيَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، يَا رَبُّ الْمَجْدُ لَكَ.

### APOLYTIKION OF THE ASCENSION IN TONE FOUR

Thou hast ascended in glory, O Christ our God, and gladdened Thy Disciples with the promise of the Holy Spirit, making them confident through the blessing that Thou art the Son of God, and Deliverer of the world.

لَقَدْ صَعَدْتَ بِمَجْدٍ أَيُّهَا الْمَسِيحُ إِلَهِنَا، وَفَرَّحْتَ تَلَامِيذَكَ بِمَوْعِدِ الرُّوحِ الْقُدُّوسِ، إِذْ أَيْقَنُوا بِالْبَرَكَةِ أَنَّكَ أَنْتَ ابْنُ اللَّهِ، الْمُنْقِذُ الْعَالَمِ.

### APOLYTIKION OF THE HOLY FATHERS IN TONE EIGHT

Thou, O Christ, art our God of exceeding praise Who didst establish our holy Fathers as luminous stars upon earth, and through them didst guide us unto the true Faith, O most merciful One, glory to Thee.

أَنْتَ أَيُّهَا الْمَسِيحُ إِلَهِنَا الْفَائِقُ التَّسْبِيحِ، يَا مَنْ أَسَّسْتَ آبَاءَنَا الْقَدِيسِينَ عَلَى الْأَرْضِ كَوَاكِبَ لَامِعَةٍ، وَبِهِمْ هَدَيْتَنَا جَمِيعاً إِلَى الْإِيمَانِ الْحَقِيقِيِّ، يَا جَزِيلَ الرَّحْمَةِ، الْمَجْدُ لَكَ.

### APOLYTIKION OF THE NATIVITY OF THE THEOTOKOS IN TONE FOUR

Thy nativity, O Theotokos, hath proclaimed joy to the whole world; for from thee hath dawned the Sun of Righteousness, 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، الْمَسِيحُ إِلَهِنَا، فَحَلَّ اللَّعْنَةَ، وَوَهَبَ الْبَرَكَةَ، وَأَبْطَلَ الْمَوْتَ، وَأَعْطَانَا حَيَاةً أَبَدِيَّةً

### KONTAKION OF THE ASCENSION IN TONE SIX

When Thou didst fulfill Thy dispensation for our sakes, uniting the terrestrials with the celestials, Thou didst ascend in glory, O Christ our God, inseparable in space, but constant without separation, and crying unto Thy beloved: I am with you, and no one shall be against you.

لَمَّا اكْمَلْتَ التَّدْبِيرَ الَّذِي مِنْ أَجْلِنَا، وَجَعَلْتَ الَّذِينَ عَلَى الْأَرْضِ مُتَّحِدِينَ بِالسَّمَاوِيِّينَ، صَعَدْتَ بِمَجْدٍ أَيُّهَا الْمَسِيحُ إِلَهِنَا، غَيْرَ مُنْفَصِلٍ مِنْ مَكَانٍ، بَلْ ثَابِتاً بِغَيْرِ افْتِرَاقٍ وَهَاتِفاً بِأَجْبَانِكَ: أَنَا مَعَكُمْ، وَلَيْسَ أَحَدٌ عَلَيْكُمْ.

## THE EPISTLE (Sunday of the Holy Fathers)

*Blessed art Thou, O Lord, the God of our Fathers. For Thou art just in all Thou hast done.*

### The Reading from the Acts of the Apostles. (20:16-18, 28-36)

In those days, Paul had decided to sail past Ephesus, so that he might not have to spend time in Asia; for he was hastening to be at Jerusalem, if possible, on the day of Pentecost. And from Miletus he sent to Ephesus and called to him the elders of the church. And when they came to him, he said to them: "Take heed to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God which he obtained with the blood of his own Son. I know that after my departure fierce wolves will come in among you, not sparing the flock; and from among your own selves will arise men speaking perverse things, to draw away the disciples after them. Therefore, be alert, remembering that for three years I did not cease night or day to admonish everyone with tears. And now I commend you to God and to the word of His grace, which is able to build you up and to give you the inheritance among all those who are sanctified. I coveted no one's silver or gold or apparel. You yourselves know that these hands ministered to my necessities, and to those who were with me. In all things I have shown you that by so toiling one must help the weak, remembering the words of the Lord Jesus, how He said, 'It is more blessed to give than to receive.'" And when he had spoken thus, he knelt down and prayed with them all.

مُبَارَكٌ أَنْتَ يَا رَبُّ إِلَهُ آبَائِنَا، فَإِنَّكَ عَدْلٌ فِي كُلِّ مَا صَنَعْتَ بِنَا.  
فصلٌ من أعمال الرُّسُلِ القديسين الأَطْهَارِ.

في تلك الأيام، ارتأى بولس أن يتجاوز أفسس في البحر لئلا يعرض له أن يبطل في آسية. لأنه كان يعجل حتى يكون في أورشليم يوم العنصرة إن أمكنه \* فمن ميليس بعث إلى أفسس، فاستدعى فسوس الكنيسة \* فلما وصلوا إليه قال لهم: \* اخذوا لأنفسكم ولجميع الرعية التي أقامكم الروح القدس فيها أساقفة، لترعوا كنيسة الله التي افتتأها بدمه \* فإني أعلم هذا أنه سيدخل بينكم بعد ذهابي ذئاب خاطفة لا تشفق على الرعية \* ومنكم أنفسكم سيقوم رجال يتكلمون بأمر ملئوية ليجتذبوا التلاميذ وراءهم \* لذلك اسهروا، متذكرين أنني مدة ثلاث سنين لم أكف لئلا ونهاراً أن أنصح كل واحد بدموع \* والآن استودعكم، يا إخوتي، الله وكلمة نعمته القادرة أن تبنيكم وتمنحكم ميراثاً مع جميع القديسين \* إني لم أشته فضة أو ذهب أو لباس أحد \* وأنتم تعلمون أن حاجاتي وحاجات الذين معي خدمتها هاتان اليدان \* في كل شيء بينت لكم أنه هكذا ينبغي أن نتعب لنساعد الضعفاء، وأن نتذكر كلام الرب يسوع. فإنه قال: إن العطاء هو مغبوط أكثر من الأخذ \* ولما قال هذا، جثا على ركبتيه مع جميعهم وصلى.

## THE GOSPEL (Sunday of the Holy Fathers)

### The Reading of the Holy Gospel according to Saint John. (17:1-13)

At that time, Jesus lifted up His eyes to heaven and said, "Father, the hour has come; glorify Thy Son that the Son may glorify Thee, since Thou hast given Him power over all flesh, to give eternal life to all whom Thou hast given Him. And this is eternal life, that they know Thee the only true God, and Jesus Christ Whom Thou hast sent. I glorified Thee on earth, having accomplished the work which Thou gavest Me to do; and now, Father, glorify Thou Me in Thy own presence with the glory which I had with Thee before

### فصلٌ شريفٌ من بشارة القديس يوحنا الإنجيلي البشير والتلميذ الطاهر.

في ذلك الزمان، رفع يسوع عينيه إلى السماء وقال: يا أبت قد أتت الساعة، مجد ابنك ليُمددك ابنك أيضاً \* كما أعطيتَهُ سلطاناً على كل بشرٍ ليُعطي كل من أعطيتَهُ له حياةً أبديةً \* وهذه هي الحياة الأبدية، أن يعرفوك أنت الإله الحقيقي وحدك، والذي أرسلتَهُ يسوع المسيح \* أنا قد مجدتك على الأرض. قد أتممت العمل الذي أعطيتني لأعمله \* والآن مجدني أنت يا أبت عندك

the world was made. I have manifested Thy Name to the men whom Thou gavest Me out of the world; Thine they were, and Thou gavest them to Me, and they have kept Thy word. Now they know that everything that Thou hast given Me is from Thee; for I have given them the words which Thou gavest Me, and they have received them and know in truth that I came from Thee; and they have believed that Thou didst send Me. I am praying for them; I am not praying for the world but for those whom Thou hast given Me, for they are Thine; all Mine are Thine, and Thine are Mine, and I am glorified in them. And now I am no more in the world, but they are in the world, and I am coming to Thee. Holy Father, keep them in Thy Name, which Thou hast given Me, that they may be one, even as We are one. While I was with them, I kept them in Thy Name, which Thou have given Me; I have guarded them, and none of them is lost but the son of perdition, that the scripture might be fulfilled. But now I am coming to Thee; and these things I speak in the world, that they may have My joy fulfilled in themselves."

بِالْمَجْدِ الَّذِي كَانَ لِي عِنْدَكَ مِنْ قَبْلِ كَوْنِ الْعَالَمِ \* قَدْ أَعْلَنْتُ اسْمَكَ لِلنَّاسِ الَّذِينَ أَعْطَيْتَهُمْ لِي مِنَ الْعَالَمِ. هُمْ كَانُوا لَكَ، وَأَنْتَ أَعْطَيْتَهُمْ لِي، وَقَدْ حَفِظُوا كَلَامَكَ \* وَالْآنَ قَدْ عَلِمُوا أَنَّ كُلَّ مَا أَعْطَيْتَهُ لِي هُوَ مِنْكَ \* لِأَنَّ الْكَلَامَ الَّذِي أَعْطَيْتَهُ لِي أَعْطَيْتَهُ لَهُمْ. وَهُمْ قَبِلُوا وَعَلِمُوا حَقًّا أَنِّي مِنْكَ خَرَجْتُ، وَأَمَّنُوا أَنَّكَ أَرْسَلْتَنِي \* أَنَا مِنْ أَجْلِهِمْ أَسْأَلُ. لَا أَسْأَلُ مِنْ أَجْلِ الْعَالَمِ، بَلْ مِنْ أَجْلِ الَّذِينَ أَعْطَيْتَهُمْ لِي، لِأَنَّهُمْ لَكَ \* كُلُّ شَيْءٍ لِي هُوَ لَكَ، وَكُلُّ شَيْءٍ لَكَ هُوَ لِي، وَأَنَا قَدْ مُجِدِّتُ فِيهِمْ \* وَلَسْتُ أَنَا بَعْدُ فِي الْعَالَمِ، وَهؤلاءِ هُمْ فِي الْعَالَمِ، وَأَنَا آتِي إِلَيْكَ. أَيُّهَا الْآبُ الْقُدُّوسُ احْفَظْهُمْ بِاسْمِكَ، الَّذِينَ أَعْطَيْتَهُمْ لِي لِيَكُونُوا وَاحِدًا كَمَا نَحْنُ \* حِينَ كُنْتُ مَعَهُمْ فِي الْعَالَمِ، كُنْتُ احْفَظُهُمْ بِاسْمِكَ. إِنَّ الَّذِينَ أَعْطَيْتَهُمْ لِي قَدْ حَفِظْتَهُمْ، وَلَمْ يَهْلِكْ مِنْهُمْ أَحَدٌ إِلَّا ابْنُ الْهَلَاكِ، لِئَتِمَّ الْكِتَابُ \* أَمَّا الْآنَ فَإِنِّي آتِي إِلَيْكَ. وَأَنَا أَتَكَلَّمُ بِهَذَا فِي الْعَالَمِ لِيَكُونَ فَرَحِي كَامِلًا فِيهِمْ.

*Megalynarion: "It is Truly Meet"; Koinonikon (Communion Hymn): "Praise ye the Lord."*

*Instead of singing "We have seen the true light", sing the Apolytikion of the Ascension.*

#### THE DISMISSAL

Priest: May He Who ascended in glory into Heaven, and sat at the right hand of God the Father for our salvation, and 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—**especially the 318 of the First Ecumenical Council in Nicaea whom we commemorate today**—of Saint N., the patron and protector of this holy community; of the holy and righteous ancestors of God, Joachim and Anna; of our father among the saints Cyril, archbishop of Alexandria; Pelagia and the three Virgin-martyrs of Chios; Venerable Cyril of Belozersk; and Venerable Columba, enlightener of Scotland, 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.

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

Choir: Amen.



## كلمة روحية

في التوبة والصلاة وفي الجهاد أيضاً

(للقدّيس إسحق السرياني)

مضمون هذه المقالة هو ضرورة معرفة حاجتنا إلى التوبة في كل ساعة من ساعات الليل والنهار. إنّ مفهوم التوبة كما عرفناه من الوجه الصحيح للأمور هو التالي: ابتهال دائم إلى الله بصلاة مليئة بالخشوع التماساً من الله غفران الخطايا الماضية، وحرز للاحتراس مما سيأتي. ولكي يُشدّد الربُّ ضعفنا أثناء الصلاة قال: "اسهروا وصلّوا لئلاّ تقعوا في تجربة" (مت ٢٦: ٤١). فصلّوا ولا تملّوا واسهروا كلّ حين متضرّعين. وقال أيضاً: "اسألوا تعطوا، اطلبوا تجدوا، دقّوا الباب يُفتح لكم، فمن يسأل ينل ومن يطلب يجد ومن يدقّ الباب يُفتح له" (مت ٧: ٧). وقد ثبتّ لنا هذا القول وأكدّه في مثل الذي ذهب إلى صديقه في نصف الليل وطلب منه خبراً حين قال: أقول لكم إن كان لا يقوم ويُعطيه لأنّه صديقه، فهو يقوم ويُعطيه كلّ ما يحتاج إليه لأنّه لَجَّ في طلبه (لو ١١: ٨). أمّا أنتم فصلّوا ولا تتهاونوا. يا للثقة التي لا توصف! إنّ الواهب بحثنا على الطلب لكي يُعطينا المواهب الإلهية. فإذا كان هو نفسه الذي يدبّر كلّ ما هو نافع لنا، فإنّ أقواله هذه (التي تحثنا على الطلب) إنّما هي بالأحرى مليئة بما يشجّعنا على اليقين بها. وإذ يعلم أنّ التوبة لا تتوقّف إلاّ بالموت، وأنّ التحوّل، أي الانتقال من الفضيلة إلى الرذيلة سهل جدّاً، وأنّ طبيعة الإنسان قابلة لما هو مُضادّ، فقد حثنا على الاجتهاد والجهاد في التصرّح المُستديم. فلو كان بلد اليقين موجوداً في هذا العالم، لأصبح الإنسان، متى بلغه، منزهاً بطبيعته عن الاحتياج، ولأصبح عمله خالياً من الخوف... الربُّ يحثنا على الجهاد في الصلاة كما مارسها هو في عمل تدبيره. إنّ القديسين في الدهر الآتي لا يقدّمون صلوات لله بمثابة مطالب، لأننا متى بلغنا بلاد الحرّية تلك، سنغدو بطبيعتنا منزّهة عن كلّ تغيير وميلان – أت من هَوْل المُضادات – يُصبح الكلّ كاملاً. لذلك ينبغي ألاّ يقتصر جهادنا على الصلاة وحفظ الذات، بل أن نسعى لفهم ما هو رَهِيفٌ وغير مدرَك من الأمور التي تعترضنا باستمرار والتي يعجز ذهننا عن معرفتها ونقع فيها غالباً ودوماً رُغمًا عنّا حتّى ولو كان عقلنا تالياً ومُحبباً للصّلاح.

إنّ هذا العالم هو مكان جهاد، وهذا الزّمن هو أوان الصّراع، وحيث الصّراع والجهاد يوجد ناموس، لأنّ الملك لا يضع شروطاً على جنوده قبل أن ينتهي الجهاد ويجتمع الكلّ أمام بابه، ويُعرف عندئذ من صمد في المعركة ولم يقبل الهزيمة ممّن أدار ظهره وولى هارباً. وقد يحدث أحياناً أن يكون إنسانٌ مرمياً ومثخناً بالجراح، لم يتروّض البتّة ولا ينفع لشيء، إلاّ أنّه ينهض فجأةً ويختطف العَلَم من جيش أبناء العمالقة فينال شهرةً ويُمتدح أكثر من المجاهدين الماهرين في الانتصار بالمعارك، ويحصل على الإكليل والجوائز الثمينة بما يفوق الجميع. لذلك يجب علينا ألاّ نياس وألاّ نُهمل الصلاة وألاّ نتكاسل في طلب المعونة من الله.

ويجب أن نتذكّر دائماً أنّنا ولو صعّدنا إلى أعالي السّموات فلن نستطيع البقاء دون عملٍ أو اهتمامٍ ما دمنا نحيا بالجسد في هذا العالم. هذا هو الكمال. وكلّ ما زاد على هذا فهو كلام باطل.

أمّا إلّهُنا فله المجد والعزّة والجلال إلى الدهور، آمين

## Spiritual Word

### On Pentecost and Missions

by orthodoxchristianparenting

We often remember Pentecost as being the day of the descent of the Holy Spirit. We remember the tongues of fire and wonder what that experience would have been like. Perhaps we also limit the important events of that day to the room in which the Apostles were waiting as Christ had commanded them to do when he ascended into heaven. We may not think about the rest of that day, or what happened beyond the room.

Pentecost is considered to be the birthday of the Church. After all, it was on this day that the Holy Spirit descended upon the Apostles. That, in itself, was an event worth celebrating, but it did not just happen for the Apostles' edification. When He descended upon the Apostles, the Holy Spirit enabled them to fulfill Christ's command to go into all the world and preach the Gospel. We don't always ponder that connection when we celebrate Pentecost.

So, let's take a moment to think together about what actually happened that day. When the Holy Spirit descended upon the Apostles, He gave them the ability to speak in other languages. And they didn't just sit there and marvel at what had happened. Instead, they immediately put that ability to use. They left their secluded room and went right out into the world around them where many people of different languages were gathered. The Apostles began to speak to these others, sharing with them the good news about Christ. Miraculously, because of the Holy Spirit, they could speak to these strangers in their very own languages! And what happened? Acts 2 tells us that more than 3,000 people became part of the Church on that day! That's quite a birthday celebration!

The icon of Pentecost shows the Apostles in their room, with the tongues of fire over their heads, but it also speaks to the rest of the day's events. If you look closely at the icon, you see an old crowned man at the bottom of the icon. He is called "Cosmos" and represents the people of the world. He's crowned to show that people rule over the world itself, but he's in the dark to remind us of the darkness that everyone is in without Christ. Cosmos is holding 12 scrolls, representing the 12 Apostles who left the safety and blessing of the Spirit-filled upper room to carry the good news of the Gospel to all corners of the world. So, right there in the festal icon, we see this link between Pentecost and missions. So, as we celebrate Pentecost, let us not just focus on the coming of the Holy Spirit. Yes, His descent upon the Apostles (and on us) is hugely important! We need Him just to breathe and live! But let's also remember that Cosmos is still in the dark, whether "he" is down the hall, across the street, in another corner of our country, or another part of the world. Just like the Apostles, we must take this gift of the Holy Spirit, which we were given at baptism and Chrismation, and share the good news of the Gospel to every part of the world where we find ourselves. We don't need to fear not being able to speak the right words: the Holy Spirit will provide (Luke 12:12), just as He did for the Apostles on Pentecost.

Let us celebrate the birthday of the Church with joy. But let us also continue to do our part to accomplish the purpose for Pentecost: that is, to fulfill Christ's command of going into all the world and preaching the Gospel! May the holy Apostles intercede for us as we go.

**Blessed art Thou, O Christ our God,  
who hast revealed the fishermen as most wise  
by sending down upon them the Holy Spirit:  
through them Thou didst draw the world into Thy net.  
O Lover of Man, Glory to Thee**

## Parish News & Announcements

### 2019 Stewardship:

What does it mean to be a Steward of the parish?

Membership in the Orthodox Church begins at baptism (Chrismation for some) and continues throughout our life. We are united with Christ through the sacraments, or mysteries, of the Church and through our faithful offering of our entire selves to Jesus Christ. Our Archdiocese requires each parish to distinguish between voting members and non-voting members. A voting member is over 18 years of age and turns in a signed stewardship commitment card, committing a portion of time, talent and treasure to the Church. The Archdiocese also requires the voting member to remain current through the year on their commitments. Keep in mind that true membership in the Body of Christ involves living according to His word and within the Church.

*To donate from distance and support the Mission you can use paypal on the church website <https://www.theotokosholynativity.com/> or make a check payable to "Holy Nativity of the Theotokos Antiochian Orthodox Mission of Seattle" and mail it to 23502 Edmonds Way Apt B201, Edmonds, WA 98026*

**For more details contact our treasurer Fidaa Maalouf [fidaa2005@gmail.com](mailto:fidaa2005@gmail.com)**

### Church Website

With the grace of God, our church website is now online, please visit the site regularly to read about the church news, upcoming events important announcements, and find links and articles about Christian Catechism. You can also make your stewardship/church donations thru PayPal on the site too. <https://www.theotokosholynativity.com/>

### Sunday School

Our Sunday School program is active now; **classes are held after communion (2:30 PM) for kids (under 12) and after liturgy for youth**, we are seeking volunteers from the parish to teach.

Please contact Father Anastasios at (425) 426-7334 if you are willing to help or to register your kids.

### Help Needed

Putting on a liturgy takes a lot of effort from many people, Abouna, khourieh, the Parish Council and the Myrrh-bearing Women work hard to get the services and events organized....

**We need your help too**; there is a lot of setup before the service, and teardown and cleanup after, we need some to come early and others to stay late to help.

### **Second Fundraiser of 2019 – Join us today after the service**

**Join us for our second fundraiser of 2019, Great food, fellowship, music and Karaoke. Invite your friends and spread the word, all proceeds will benefit the mission progress.**

### Parish Council Meeting

Meeting scheduled for Monday June 10<sup>th</sup> @ 7:30PM

### Myrrh-bearing Women Meeting

Meeting scheduled for June 10<sup>th</sup> @ 7:30PM

**Upcoming Services** (Sundays 12:30 PM – Matins, 1:00 PM – Liturgy)

**June 23rd** All Saints Sunday  
**July 7th** Sunday of the Fathers of the 6th Ecumenical Council  
**July 21st** Holy Prophet Elias Feast  
**August 4th** Fore feast of the Holy Transfiguration (Holy Theotokos Fast period)

**Location:** *(Additional paid parking available behind the church at:13 E. Olive St, Seattle, WA 98122)*

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

**Welcome**

We welcome our visitors and invite them to join us for social hour after the liturgy.

If you wish to be on our regular e-mail list, reach out to a council member or Abouna Majdalani, or send email to: [HolyNativityofTheTheotokosWA@hotmail.com](mailto:HolyNativityofTheTheotokosWA@hotmail.com)

You can always follow the church news on our website: <https://www.theotokosholynativity.com/>  
and our Facebook page: <https://www.facebook.com/groups/474907199547143/>