

Great Lent

Daily Prayers for the Great Fast



Malankara Orthodox Syrian Church

By the grace of God, this work was completed for the benefit of English-speaking faithful through Liturgical Resource Development of the Diocese of South-West America.

This work is adapted from prose translations of the original Syriac by Rev. Fr. Baby Varghese in *Prayers of the Great Lent* and by Bede Griffiths in *The Book of Common Prayer of the Syrian Church*.

***This booklet is a preliminary edition and is subject to future edits**

******In the Protection Prayers (*Sutoro*) of Monday, the hymn *Qum Paulos* has been arranged with extra syllables in certain phrases to facilitate singing the melody (Tone 7) in English. When *Qum Paulos* appears in Night Vigil prayers (*Lilyo*), however, the Syriac meter for *Qum Paulos* has been kept strictly, so that the hymn can be sung according to all eight tones.

PREFATORY PRAYER

† In the name of the Father, and of the Son, and of the Holy Spirit,
one true God;

Glory be to Him, and may His grace and mercy be upon us forever.
Amin.

Holy, Holy, Holy, Lord God Almighty, by whose glory, the heaven
and earth are filled. Hosanna in the Highest!

Blessed is He, who has come and is to come in the name of the Lord;
Glory be to Him in the Highest!

QAUMO

(Trisagion)

Holy art Thou, O God!

Holy art Thou, Almighty!

Holy art Thou, Immortal!

† Crucified for us, have mercy upon us! *(Three times)*

Lord, have mercy upon us!

Lord, be kind and have mercy!

Lord, accept our service and our prayers!

Have mercy upon us!

Glory be to Thee, O God!

Glory be to Thee, O Creator!

Glory be to Thee, O Christ the King

Who has compassion on His sinful servants...*Barekmor*

The Lord's Prayer

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 debts and sins as we
also have forgiven our debtors. Lead us not into temptation, but
deliver us from the evil one. †For Thine is the kingdom, the power
and the glory, forever and ever. Amin.

MONDAY EVENING PRAYER

Vespers/Ramsho

Qaumo

† Glory be to the Father and to the Son and to the Holy Spirit.

May His grace and mercy be upon us, weak and sinful, in both worlds forever and ever. Amin.

(Introductory Prayer)

Psalms of Evening

[Psalm 141] **Kurielaison / Lord, I have called upon You, / answer me; hear and receive my words.**

Let my prayer be like incense in Your sight, / the offering of my hands like the evening offering. / Set a guard, Lord, before my mouth, / a guard before my lips, / that my heart may not turn to evil words / and I may not do deeds of wickedness.

Let me not take salt with impious men; / let the just man teach me and reprove me; / let not the oil of the impious anoint my head / because my prayer was against their evil-doing. / Their judges have been restrained by the side of the rock, / and they have heard how gentle are my words.

As when a plough cleaves the earth, their bones have been scattered at the mouth of Sheol. / I have lifted up my eyes to You, Lord, / and in You have I put my trust; / do not cast away my soul.

Keep me from the hand of the proud, who have laid snares for me; / let the wicked fall into their nets, while I pass on.

[Psalm 142] With my voice I cried to the Lord; / with my voice I besought the Lord and poured out my prayer before him; / I showed him my affliction, when my spirit was troubled, / but You know my path.

In the way of my walking they have laid a snare for me; / I look to the right and see none that knows me; / the way of escape has gone from me and there is none who cares for my soul. / I cried to You, Lord, and said: / You are my hope and my portion in the land of the living.

Hear my petition because I am brought very low; / deliver me from my persecutors because they are too strong for me. / Lead me forth from prison that I may give thanks to Your name; / Your just ones shall have hope when You shall reward me.

[Psalm 119, 105-112] **Your word is a lamp to my feet and light to my path; / I have sworn and am resolved to keep the judgments of Your justice. / I am greatly brought low, Lord, / give me life according to Your word; / be pleased with the words of my mouth, Lord, / and teach me Your judgments.**

My soul is ever in my hands, and I have not forgotten Your law; / sinners have laid snares for me and I have not strayed from Your commands. / I shall inherit Your testimony forever because it is dear to my heart; / I have turned my heart to do Your commands forever in truth.

[Psalm 117] **Praise the Lord, all your nations; praise him, all you peoples, / for His grace is strong over us; / truly the Lord is forever.**

And to You belongs the praise, O God. Barekmor.

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

ENIYONO
(*Mshiho Ethiledt*)

You humbled Yourself – for our sake, O Christ
And allowed Yourself – to be tempted by Satan
Through fasting and prayer, - You have taught Your Church
To conquer Satan – who fights always against her

Come with peace, O pure – and holy fasting
For by you, Adam's – gluttony has been conquered
Come with peace, O Fast – which Christ our Savior
Fasted for our sake; - let us bow and worship Him!

Grant us, O Savior – to receive with love
And welcome with joy – this time of the holy fast
Make us worthy, Lord – to please You by it,
And, Lord, by this fast – may our sins be purified

How sweet is the scent – which fasting brings forth!
The great Elijah – bears witness to its sweetness (*1 Kings 19:4-8*)
Therefore, our Savior – gave us this armor
To raise us up to – our former inheritance

Lord, You are the door – and are the True Life
By which we enter – toward Your glor' ious Father
Lord, open Your door – and correct our paths
And make straight our ways – that we may give thanks to You...*Barekmor*

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

Have mercy on us – Compassionate One,
Because of Your grace, – and blot out our hatefulness
Grant us peace, O Lord, – by Your great mercies
and, Lord, have mercy – upon us all in both worlds

Staumen Kalos, Kurielaison

(Promion & Sedro)

QOLO

(Qabeloy Moran – Reesh Qolo)

May our fast and pray'r
Be a pure incense, Lord, that may be – accepted
Before Your great majesty...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

This great, holy fast
Is a sign of vict'o'ry and is – an armor
Against the adversary

Unto the ages of ages and forevermore

O Lord, may our prayer
be pleasing to You and may it be – accepted
before Your great Majesty

Lord have mercy upon us and help us

(Etro)

QOLO

(Lo Ldino Lo Lathba`ato – Reesh Qolo)

Moses, – by your fast of forty days and nights,
You brought down from Mount Sinai the Law
Which God had inscribed on the tablets

For the House of Is`ra`el;
Halleluiah – Pray for us all...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Our Lord – fasted forty days in the desert
He fought and conquered the evil one
And gave us an armor by which we

May conquer the enemy;
Halleluiah – Praise to the Lord

Unto the ages of ages and forevermore

O Lord – have mercy on us! Lord, have mercy!
 Lord, receive our service and our pray'rs
 May Your grace, which stood by the martyrs
 And strengthened them in their *trials*
 Halleluiah – rest upon us
Lord have mercy upon us and help us

BO'UTHO of MOR JACOB

(To be sung in one of the tones for the Fast)

O Christ, who did accept the fasting of the just
 Accept our fast and pray'rs and have mercy on us

The evil one tried to fight but was put to shame
 Christ ensnared him when He raised His hand in weakness

Our Lord hungered and opened the door for battle
 Satan saw our Lord hungry and drew near to fight

Praise the Father who sent His Son to save our race;
 Praise the Son who by His fasting conquered Satan;

Praise the Spirit who overwhelmed him in battle;
 One True God, have mercy on us. Amin! Amin!

The Ninevites gathered together to repent
 Without doubting the word that was spoken to them

They heard Jonah and accepted what he told them
 They corrected their way of life and sought the Lord

O Christ, who did accept the fasting of Moses
 Hear our requests and have mercy upon our souls

(Gospel)

Concluding Prayer

O Lord Jesus Christ, do not close the door of Your mercy in our faces. We confess that we are sinners, have mercy upon us. / O Lord, Your love made you descend to us from Your place, /that by Your death our death might be abolished. / Have mercy upon us. Amin.

Qaumo

MONDAY PROTECTION PRAYER

Compline/Sutoro

*After a Qaumo is prayed, the following prayer is chanted three times
with a prostration after each recitation.*

Glory be - to God in the Highest!

And on earth

Peace and good hope for the sons of u mankind!

[Psalm 4] O God, the salvation of my righteousness, You have answered me when I called/ You have comforted me in my affliction. / Have mercy upon me and hear my prayer.

O sons of men, how long will you hide my honour? / How long will you love vanity and seek after lies? / Know that the Lord has wondrously set apart the chosen one. / The Lord will hear when I call to Him.

Be angry, but do not sin. / Meditate within your hearts and upon your beds / Offer sacrifices of righteousness and put your trust in the Lord.

There are many who say: / "Who will show us any good and shed the light of His face upon us?"

O Lord, You have placed Your joy in my heart, / more than the time when their grain, wine, and oil abounded.

In peace I will lie down and sleep. / For You alone, O Lord, make me dwell in tranquility.

And to You belongs the praise, O God. Barekmor.

† Glory to the Father, Son, and Holy Spirit

Unto the ages of ages and forevermore

EQBO

(Qum Paulos – Tone 7)

Lord, open to me – Your door of mercy
 As you did for – the sinful – woman.
 Receive all my tears – which I offer You
 and grant to me – forgiveness – of sins.
 O Living Water,
 I will receive You
 So that I will not
 Seek water – from – Abraham,
 For I have heard in – the Lord's parable
 That the rich man – begged him for – water.

Staumen Kalos. Kurielaison

QOLO

(l'Thumo d'Haimonootho – Reesh Qolo)

Lord, look upon my weakness__
 For I have sinned greatly and – have angered You
 And find no refuge.
 I approached the physicians__
 Who tried medicines on me – but the abscess
 Remains infected.
 Good Physician, I have heard__
 That he who approaches You – receives Your help
 With Your medicine.
 By the love of Your Father__
 And the pray'rs of Your mother – Halleluiah
 Forgive all my sins...Barekmor

† Glory be to the Father, Son and Holy Spirit*Unto the ages of ages and forevermore*

Let me not die in my sins__

Now I offer you, Lord, the - tears of my eyes

A bribe which you love.

I do not offer oxen,__

Or lambs, goats, pigeons or doves, - but I offer
the tears from my eyes.

As You received the tears of__

the sinful woman in the - house of Simon,

Have mercy on me!

By the love of Your Father__

And the pray'rs of Your mother - Halleluiah

Forgive me my sins

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB

(Special Melody)

O Lord, our Lord, - we - call to You; - Come to our aid

Hear our requests - and - have mercy - upon our souls

O Lord, our Lord, - Lord - of watchers - and of angels

Hear our requests - and - have mercy - upon our souls

Father, Son, and - Ho-ly Spirit, - enlighten me

Answer me, Lord; - I - have knocked at - Your door with faith

Open my eyes, - so - that, Lord, I - may see Your truth

Protect me, for - I - take refuge - in Your kindness

Grant me, O Lord, - a - pure heart, for - I beseeched You

Grant my mind the - wisdom of life - from Your fullness

May the weapon - of - the Spirit - come to my aid

Seal me in Your - name - and save me - from destruction

I have loved Your - blessedness and - come after You

O Lord, in Your - mercy, do not - put me to shame

My lone *desire* - O - my Lord is - to become Yours,
 I worship You, - O - Father, O - Merciful One

From You, I have - received mercy - and compassion
 May my mind carry - Your treasure - like a merchant

Grant me, O Lord, - to - read and learn - Your Books in truth
 I am Your servant; - make me to - live before You

I have eaten - Your - Body, Lord, - and drunk Your blood
 May I live by - You; - may Your cross - guard me from harm

In pray'r, I called - to - You; may Your - right hand guard me
 Good Shepherd, make - me - to be a - lamb in Your flock

Praise You Father - of - the worlds and - the King of Life
 May my request - enter before - Your majesty

O Lord, our Lord, - who - hears all things - and receives pray'rs
 Hear our requests - and - have mercy - upon our souls

BO'UTHO of MOR EPHREM

(To be sung in the tone for the Fast)

Lord, have mercy upon us
 O Lord receive our service
 Send us from Your treasure-house
 Mercy, grace, and forgiveness

Help me to keep vigil and
 Stand watchfully before You
 But if I were to slumber
 May my sleep be without sin

If I sin while keeping watch
 Lord, forgive me by Your grace
 And if I sin in my sleep,
 Absolve me by Your mercy!

O Lord, grant me peaceful sleep
 By the Cross of Your meekness
 Save me from all evil dreams
 And from obscene images

While I sleep throughout this night
 Lord, protect me and prevent
 Evil men and sinful thoughts
 From taking control of me

Send me an angel of light
 To protect my whole body
 By Your flesh which I've consumed
 Save me from hateful passions

Lord, when I lie down to sleep
 May Your blood be my guardian
 Granting freedom to my soul
 Which is formed in Your image

Overshadow my body
 With Your right hand, which formed it
 May Your fortress of mercy
 Be a shield surrounding me

May Your strength be my guardian
 As my body sleeps in peace
 May that sleep be like incense
 Before Your great majesty

By the pray'rs of Your Mother
 Let not Satan near my bed
 By Your sacrifice for me
 Forbid him from harming me

Lord, fulfill what You promised
 Guard my life by Your Cross that
 I may praise You when I wake
 For you loved my feebleness

Grant, by Your compassion, Lord
 That I may obey Your will
 Grant us an evening of peace
 And a night of righteousness

Christ our Savior, O True Light
 Whose honor dwells in the light
 You are indeed the True Light
 Whom the sons of light worship

Jesus, Savior of the world
 Who dwells truly in the light
 Have mercy upon us in
 This world and the world to come

Glory to You! Praise to You!
 Thousands of praises to You
 Glory Lord! Glory to You,
 Lord, have mercy on us all

Praise the One Watchers worship
 Praise the One the angels serve
 Lord of Watchers and angels
 Hear the pleas of Your faithful

Praise Him Who is one essence
 Praise Him Who is three persons
 Father, Son, Holy Spirit
 Who is the One and True God

Glory to Him who accepts
 Like first-fruits and off'erings
 The tears of the penitent
 And the pray'rs of the feeble

Countless as the leaves of trees
 Are those on earth who praise You
 Whom Watchers in Heaven serve
 And whom angels glorify

With wisdom and purity
 Let us glorify our God
 Father, Son, Holy Spirit
 Who is the one and true God

Do not keep gold and silver
 Which contain deadly poison
 Rather, obtain sound doctrine
 That you are loved by the Lord

Observe the forty-days' fast
 And give bread to the hungry
 And as you learned from David
 Pray seven times every day (*Ps. 119:164*)

Both Moses and Elijah
 Fasted forty days and nights
 As our Lord also fasted
 And conquered the evil one

May the pray'r which ascended
 From the furnace, sea and pit
 Open the door of mercy
 For our pray'r and petition

Lord, who hears our petitions
 Answer us in Your mercy
 Lord, be reconciled with us
 Have compassion upon us

Lord have mercy, Lord have mercy, Lord have mercy
 (*Kurieieison, Kurieieison, Kurieieison*)

PSALMS OF SUTORO & RESPONSORIAL HYMN

*[Psalm 91] Barekmor. He who sits under the protection of the Most High
Halleluiah
and glories in the shelter of God will say to the Lord:*

Tree of – Life, I sat beneath
Your shadow and ate
of eternal life – from Your fruits

*"My trust is in You, - Halleluiah
God is my refuge in whom I trust."*

You are – our high refuge and
Mighty strength, O God,
Our trust and our hope – forever

*For the Lord shall deliver you - Halleluiah
from the snare which makes you stumble and from talk of vain things.*

O Lord – save us from the snares
Of the evil one
Who deceitfully - seeks our fall

*He will keep you safe under his feathers and you shall be protected
beneath His wings – Halleluiah
His truth shall enclose you as an armor.*

O Lord – keep us by the pow'r
Of Your Cross and guard
Us beneath its wings – forever

*You shall not be afraid of the terror of the night – Halleluiah
Nor of the arrow, which flies by day.*

Grant us – that we may not fear
 The terr`or of night
 Nor the arrows sent - by Satan

*Nor of the word, which walks in the darkness – Halleluiah
 nor of the spirit that destroys at midday.*

Keep us – from the obscene word
 Of Satan; Save us
 From the word that wastes – at midday

*Thousands shall fall at your side and ten thousand at your right
 hand, - Halleluiah
 but it shall not come near you*

Conquer – Satain's vast army
 By Your pow'r and by
 Your cross drive away – his thousands

*But with your eyes alone – Halleluiah
 you shall see the reward of the wicked*

Lighten, - Lord, our hidden eyes;
 Do not give Satan
 Chance to approach us, - Your servants

*Because You have made the Lord your trust; - Halleluiah
 You have made Your dwelling in the heights*

O Lord – avenge the evil
 Of Satan's armies
 And save us all from – their torment

*Evil shall not come near you, - Halleluiah
 affliction shall not come near your tent*

The One – on High who came down
To visit mankind
Keep all evil from – Your servants

*Because He has commanded - Halleluiah
his angels concerning you;*

May Your – angels be our guards,
For the assembly
Of Your servants seeks – Your refuge

*That they should keep you in all your ways – Halleluiah
And receive you in their arms*

Show me – Your ways, O my Lord,
And by Your great might
Break the pow'r of the – enemy

*You shall tread upon the adder and the basilisk; - Halleluiah
You shall trample upon the lion and the dragon*

O Christ – we beseech You to
Uphold, by Your strength,
The steps of your fai-thful servants

*"Because he has cried to me," says the Lord, - Halleluiah
"I will deliver him and strengthen him."*

Strengthen – Your worshippers by
The pow'r of Your Cross
To tread upon the – enemy

*Because he has known my name, He shall call upon me and I will
answer him – Halleluiah
I will be with him in distress.*

O Christ – we know Your great name;
Have mercy on us
And answer us in – Your mercy

*I will strengthen him and honor him; - Halleluiah
I will satisfy Him with length of days and show him my salvation."*

O Lord – do not give Satan
The chance to tempt us
With his deceit and – all his crafts

*[Psalm 121] I have lifted up my eyes to the hills – Halleluiah
From where will my help come?*

We raise – the eyes of our minds
Toward You, Savior
In Your compassion – answer us

*My help is from the Lord, - Halleluiah
who made heaven and the earth*

May the – pow`er of the Cross
Be a help for us;
Destroy Satan's hold – upon us

*He will not suffer your foot to slip, - Halleluiah
your guardian shall not sleep.*

The Lord – of the heavens and
The Maker of earth
Will not suffer our – feet to slip

*Indeed, He neither slumbers nor sleeps, - Halleluiah
the guardian of Isr`a`el.*

O Lord – our guardian, as we
Take refuge in You,
Answer us in Your – compassion

*The Lord is your guardian. - Halleluiah
The Lord shall shelter you with His right hand*

O Guar-dian of Is`ra`el,
In the wilderness,
Protect those redeemed – by Your Cross

*The sun shall not harm you by day, - Halleluiah
Nor shall the moon harm you by night,*

O Lord – stretch forth Your right hand,
And protect us all,
Lest the evil one – attack us

*The Lord shall guard you – Halleluiah
He shall guard you from all evil*

O Lord – protect Your servants
From ev'ry evil,
That they may praise You – night and day

*The Lord shall guard your soul - Halleluiah
He shall guard your going out and your coming in*

O Christ – guard our souls for we
Take refuge in You
Savior, by Your grace - have mercy!

*From henceforth and forevermore – Halleluiah
And to You belongs the praise, O God.*

To You – belongs glory, Lord,
Now and forever
From all creatures whom – You fashioned...*Barekmor.*

† Glory be to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore

Praise Him – who said, “call and I
Will answer; knock and
I will open; ask, I will give.”

Prayer of Mor Severus

He who sits under the protection / of the Most High, / beneath
the shadow of the wings of Your loving kindness will say,

“Protect us, O Lord; / and have mercy; / You who hear all, /
hear Your servants’ pray’r in Your loving kindness.

Grant us, O Christ our Savior, / an evening full of peace /
and a night of holiness,/ for You are the King of Glory.

Our eyes are turned to You, Lord / Pardon our offences /
Have mercy upon us in / this world and the world to come;

May Your mercy protect us. / May Your grace rest upon us. /
May Your † Cross guard us from the evil one and his pow`ers.

May your right hand rest on us / all the days of our lives, / May
Your peace reign among us / Give hope and salvation to the
souls of those who pray to You.

By the pray’r of Your mother / and those of all Your saints, /
forgive us our debts and sins / Have mercy on us, O God.”

Praise of the Cherubim
(Ezekiel 3:12)

† Bless`ed is the glory of the Lord, from His place forever!
 † Bless`ed is the glory of the Lord, from His place forever!
 † Bless`ed is the glory of the Lord, from His place forever and ever!

Holy and glorious Trinity, have mercy upon us all;
 Holy and glorious Trinity, have mercy upon us all;
 Holy and glorious Trinity, have compassion and have mercy on us all!

You are holy and glorious forever
 You are holy and glorious forever
 You are holy and bless`ed is Your name, forever and ever.

Glory be to You, O Lord.
Glory be to You, O Lord;
Glory be to You, our hope forever. *Barekmor*.

Our Father, who art in heaven...

We believe in One True God...

Protection Prayer concludes with the Quqlions of the Theotokos & Saints

MONDAY NIGHT VIGIL

Lilyo

Qaumo

Introductory Prayer

Awaken us, Lord, from our sleep in the sloth of sin that we may praise your watchfulness, You who watch and do not sleep; give life to our death in the sleep of death and corruption, that we may adore Your compassion, You who live and do not die; grant us in the glorious company of the angels who praise You in heaven, to praise You and bless you in holiness, because You are praised and blessed in heaven and on earth, Father, Son and Holy Spirit, now and always and forever. Amin.

Introductory Psalms of Night Vigil

[Psalm 134] Barekmor. Bless the Lord, / all You servants of the Lord.

Barekmor. You who stand by night in the house of the Lord.

Lift up your hands to the holy place / and bless the Lord.

May the Lord bless you from Zion, / He who made heaven and earth.

[Psalm 119, 169-176] Let my praise enter before You, Lord, / and give me life by Your word; / let my cry enter before You, Lord, / and deliver me by Your word.

My tongue shall pour forth Your word, / because all Your commands are just.

My lips shall speak Your praise when You have taught me Your commands; / let Your hand help me / because I have taken pleasure in Your commands.

My soul has longed for Your salvation /and I have meditated on Your law; / let my soul live and I will praise You /and Your judgments shall help me.

I have gone astray like a lost sheep; / seek for Your servant, / because I have not forgotten all Your commands.

[Psalm 117] Praise the Lord, all you nations, / praise Him, all you peoples, / for His grace is strong over us; / truly, the Lord is forever.

And to You belongs the praise, O God. Barekmor.

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

ENIYONO

(Yoye w'Zodeq)

Behold, the day has arrived
For the labor of justice
For those who work zealously
To gain the *spiritual* life.

Glory to You, O Lord
Praise to You; Praise to You
Merciful One, have mercy!

Awake and work, slothful one!
And do not be disheartened;
Be diligent in fasting
And receive eternal life

Glory to You, O Lord
Praise to You; Praise to You
Merciful One, have mercy!

Our Lord teaches us through His
Parable of repentance:
He gives to His laborers
One dinar for one *hour's* work (Mt. 20:1-16)

Glory to You, O Lord
Praise to You; Praise to You
Merciful One, have mercy!...Barekmor

† Glory to the Father, Son, and Holy Spirit

Unto the ages of ages and forevermore

O Great Ocean of Mercy
 Whose streams pour forth on our race,
 By the blood poured from Your side,
 Absolve the debts of Your flock

Glory to You, O Lord

Praise to You; Praise to You

Merciful One, have mercy!

Lord have mercy, Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

1ST QAUMO

EQBO

(Abo Kthab Hwo – In the Tone of the Day)

He who loves teaching is loved – and is pleasing to the Lord
 He will live with kings – and will raise princes
 He will be chief of nobles – and a guide to all people

Lord have mercy; Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

Lord, have mercy upon us
 Lord, be kind and have mercy
 Answer, Lord, and have mercy

Glory be to You, O Lord
 Glory be to You, O Lord
 Glory be to You, our hope forever. *Barekmor*

QOLO*(Quqoyo – In the Tone of the Day)*

O Lord, Your servants praise You, Halleluiah
 May we awake at night and praise the Son of God
 For on the night when He comes, there will be shouting
 And the righteous, – prophets, apostles,
 And the martyrs – will go to meet Him
 They will go with Him into His bridal chamber
 And will inherit life and the Kingdom and sing,
 Halleluiah, – praises to the Lord...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

No night passes in which I do not think of You
 Upon my bed, I meditate on You, O Lord
 And I fear You – for Daniel told me
 A stream of fire – flows forth before You *(Daniel 7:10)*
 Woe to me, for how can I cross it with my sins
 If Your grace does not beseech Your mercies for me?
 Halleluiah – Have mercy on me

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB*(In the Tone of the Day)*

O Lord, our Lord, we call to You come to our aid
 Hear our requests and have mercy upon our souls

At midnight, David awoke to sing praise to God
 And to praise the wonders of the divinity
 Now, you who have discernment, arise at midnight
 To praise spirit`ua`lly with the Psalms of David

May I be enlightened, Lord, By Your rad`i`ance
 For You are as the day for the ones who love You
 The way of the world is a great net full of snares
 But the one who walks by Your light will not stumble

Answer O Lord, Answer O Lord, and have mercy
 Turn the hearts of the sons of men to repentance

Praise of the Cherubim

Prayed at the conclusion of the 1st and 2nd Watches of Lilyo

† **Blessed is the glory of the Lord, from His place forever!**
 † Blessed is the glory of the Lord, from His place forever!
 † Blessed is the glory of the Lord, from His place forever and ever!

Holy and glorious Trinity, have mercy upon us;
 Holy and glorious Trinity, have mercy upon us;
 Holy and glorious Trinity, have compassion and mercy upon us.

You are holy and glorious forever
 You are holy and glorious forever
 You are holy and blessed is Your name, forever and ever.

Glory be to You, O Lord.
 Glory be to You, O Lord;
 Glory be to You, our hope forever. *Barekmor*

Our Father who art in Heaven...

2ND QAUMO

EQBO

(Abo Kthab Hwo – In the Tone of the Day)

Standing at the outer door – Peter bitterly shed tears:
 “Lord, open Your door – to Your disciple
 Heav’n and earth will weep for me – I lost the keys of heaven”

Lord have mercy; Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

Lord, have mercy upon us
 Lord, be kind and have mercy
 Answer, Lord, and have mercy

Glory be to You, O Lord
 Glory be to You, O Lord
 Glory be to You, our hope forever. *Barekmor*

QOLO*(Quqoyo – In the Tone of the Day)*

Tell me, David, what is the hymn of praise you sing?

“It is the praise that the watchers and angels sing.

I learned it from – the Holy Spirit,

And I taught it – to the priests of God.”

Behold, the monasteries and churches on earth

Praise the Lord and sing together, “Halleluiah!”

Halleluiah – w’Halleluiah...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

At midnight, David arose to praise the Godhead

Along with the judgments of the Exalted One

He looked up and – saw the firmament

He saw the stars’ – beautiful movements

He saw the calm and stillness upon creation

And he was filled with wonder and praised You, O Lord,

Halleluiah, – for Your wondr’ous works

Lord have mercy upon us and help us

BO’UTHO of MOR EPHREM*(In the Tone of the Day)*

Lord, have mercy upon us

O Lord, receive our service

By our deeds, we angered You

But You do not long for wrath

For You are filled with mercy;

Your calm is never disturbed

We are a drop of water,

As the prophets have spoken;

How can a drop of water

Disturb Your serenity?

Lord, who hears our petitions

Answer us in Your mercy

Lord, be reconciled with us

Have compassion upon us

Praise of the Cherubim

Prayed at the conclusion of 1st and 2nd Watches of Lilyo

† Blessed is the glory of the Lord...
 Holy and glorious Trinity, have mercy upon us...
 You are holy and glorious forever...
 Glory be to You, O Lord...
 Our Father who art in Heaven...

3RD QAUMO

EQBO

(Abo Kthab Hwo – In the Tone of the Day)

The evil world woke me up - I tell its story, with fear,
 Of its great evil
 And its visciousness;
 I mourn its inhabitants – who are immersed in its love

Lord have mercy; Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

Lord, have mercy upon us
 Lord, be kind and have mercy
 Answer, Lord, and have mercy

Glory be to You, O Lord
 Glory be to You, O Lord
 Glory be to You, our hope forever. *Barekmor*

QOLO*(Quqoyo – In the Tone of the Day)*

When I sin, I hide myself so that no one sees
 Yet I cannot hide from God who sees all my deeds

Why am I shamed – if a man sees me
 But have no fear – of my Lord and God?

Whether I die soon or live longer in this life
 I will be delivered to the Judge of judges

Halleluiah – have mercy on me...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

Our Father in heaven, answer us when we call
 For we have no other father who can help us

For you were pleased – to raise us from dust
 Now that we live – spare us from your wrath

Teach us, Lord, your commandments that we may keep them
 And by deeds of justice let us please you, O Lord

Halleluiah – Have mercy on us

Lord have mercy upon us and help us

BO'UTHO of MOR BALAI*(In the Tone of the Day)*

Lord, who has mercy even on sinners
 Have mercy on us on Your judgment Day!

At Your door O Lord, the afflicted knock
 Answer their requests in Your compassion

Father in heaven, we do beseech You!
 Accept our service – have mercy on us.

Lord of those above! Hope of those below!
 Accept this service; have mercy on us

† Halleluiah, Halleluiah, Halleluiah!
 Glory to You, O God! (*Repeat three times*)

Be compassionate towards us in Your mercy, / O God of compassion; / in our sacrifices and our prayers / we make memory of our fathers / who taught us while they were alive, / to be children of God; / O Son of God, / raise them up in the heavenly kingdom / with the just and the righteous / in the world, which does not pass away.

Lord, have mercy upon us and help us

Psalms of Night Vigil

Awake, you that sleep, and rise and sing praise. [Psalm 148] Praise the Lord from the heavens, praise Him in the heights.

Praise Him, all His angels; praise Him, all his hosts.

Praise Him, sun and moon; praise Him, all stars of light; praise Him, heaven of heavens, and the waters above the heavens; let them praise the name of the Lord.

For He spoke and they were made, He commanded and they were created; He established them forever and ever. He gave them a law, which shall not pass away.

Praise the Lord from the earth, sea-monsters and all depths, fire and hail, snow and mist, stormy winds that fulfill His word;

Mountains and all hills, fruit trees and all cedars; wild beasts and all cattle, creeping things and birds that fly;

Kings of the earth and all peoples, princes and all judges of the earth; young men, too, and maidens; old men and boys; let them praise the name of the Lord.

For His name alone is exalted; His praise is on earth and in heaven, and He has lifted up the horn of His people; praise for all the just, the children of Israel, the people who draw near to Him.

[Psalm 149] Praise the Lord with a new praise in the assembly of the just; let Israel be glad in her Maker; let the children of Zion rejoice in their King.

Let them praise His name with the timbrel and the drum; let them sing to Him with the harp, for the Lord takes pleasure in His people, and gives salvation to the poor.

Let the just exult in glory; let them praise Him on their beds; let the high praises of God be in their throats, and two-edged swords in their hands,

To execute vengeance on the nations, and to rebuke the peoples; to bind their kings with chains, their nobles with fetters of iron; to execute on them the judgment which is written; that is the glory of the just.

[Psalm 150] Praise the Lord in His holy place, praise Him in the firmament of His strength.

Praise Him for His mighty deeds, praise Him for His abounding greatness, praise Him with the sound of the trumpet, praise Him with lyre and harp.

Praise Him with the timbrel and the drum, praise Him with the soft strings, praise Him with the loud cymbals; praise Him with the sound of the voice; let everything that has breath praise the Lord.

[Psalm 117] Praise the Lord, all you nations; praise Him, all you peoples, for His grace is strong over us; truly the Lord is forever.

And to you belongs the praise, O God. Barekmor

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

Praise to the Holy Trinity!

Praise to the Holy Trinity!

We praise the glorious Trinity, self-existent and eternal; and to You belongs the praise, O God, at all times.

QAUMO of PRAISE**QOLO***(Quqoyo – Reesh Qolo)*

As is written, the Lord rejoices in fasting
and He is pleased with love and with virt`u`ous deeds

See how these three, – Moses, Elijah,

And Daniel have – borne witness to this

Bless`ed is the Lord who rejoices in fasting

And who reconciles with us by pray`r and fasting

Halleluiah – w`Halleluiah...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

Let those with sins beseech God like the Ninevites,
For Nineveh proclaimed a fast for forty days

Wearing sackcloth – and sitting in ash,

They waited at – the Physician's door

Until it was heard that the Lord forgave their sins

And that the judgment of Nineveh was cast down

Halleluiah – w`Halleluiah

Lord have mercy upon us and help us

BO'UTHO of MOR EPHREM*(Tone 5)*

Son, who freed us by Your fast

Have mercy upon us all

Christ, who saved us by Your fast

Have mercy upon us all

The Mighty One became man

And fasted like the prophets

By Your taste, O Lord and God,

May we reject the world's tastes

O Christ, who fasted for us,

Glory to Him who sent You,

And have mercy upon us

In this world and that to come

Son, who freed us by Your fast
 Have mercy upon us all
 O Christ, who fasted for us
 Accept our fasting and pray'r

Hymn of the Angels

As the angels and archangels on high in heaven sing praise, / so we poor children of earth sing praise and say:

At all times and at all seasons, Glory to God in the heights / and on earth, peace and tranquility and good hope for the sons of men.

We praise You, we bless You, we worship You, / we raise up a hymn of praise to You.

We give thanks to You because of Your great glory, / Lord our creator, king of heaven, / God the Father Almighty.

Lord God, only Son, Jesus Christ, with the Holy Spirit,

Lord God, Lamb of God, Son and Word of the Father, / who take away, or rather have taken away, the sin of the world / have mercy upon us.

You who take away, or rather have taken away the sin of the world, / incline Your ear to us and receive our prayers; / You who sit in glory at the right hand of the Father, / have compassion on us.

Because You only are holy, You only, Lord Jesus Christ, / with the Holy Spirit, in the glory of God the Father. Amen.

At all times and all the days of my life, / I will bless and praise Your name, which is holy and blessed forever, / and which remains forever and ever.

Blessed are You, Lord Almighty, God of our fathers, / and Your name is blessed and glorified in praise forever.

To You belongs glory, to You belongs praise, to You belongs honor, / God of all, Father of truth, / with the only Son and living Holy Spirit, now and always forever. Amen.

Concluding Prayer

O Lord Jesus Christ, do not close the door of Your mercy in our faces. We confess that we are sinners, have mercy upon us. / O Lord, Your love made you descend to us from Your place, /that by Your death our death might be abolished. / Have mercy upon us. Amin.

Qaumo

MONDAY MORNING PRAYER

Matins/Safro

Qaumo

Psalms of Morning

[Psalm 51] Have mercy upon me, O God, in Your loving kindness;/ in the abundance of Your mercy blot out my sin.

Wash me thoroughly from my guilt and cleanse me from my sin./ For I acknowledge my fault and my sins are before me always.

Against you only have I sinned and done evil in Your sight, / that You may be justified in Your words and vindicated in Your judgment. / For I was born in guilt and in sin did my mother conceive me.

But you take pleasure in truth and You have made known to me the secrets of Your wisdom. / Sprinkle me with Your hyssop and I shall be clean; / wash me and I shall be whiter than snow.

Give me the comfort of Your joy and gladness, and the bones, which have been humbled shall rejoice. / Turn away Your face from my sins and blot out all my faults.

Create in me a clean heart, O God, / and renew Your steadfast spirit within me. / Do not cast me from Your presence / and take not Your Holy Spirit from me.

But restore to me Your joy and Your salvation / and let Your glorious spirit sustain me;/ that I may teach the wicked Your way / and sinners may return to You.

Deliver me from blood, O God, God of my salvation / and my tongue shall praise Your justice. / Lord, open my lips and my mouth shall sing Your praise.

For you do not take pleasure in sacrifices;/ by burnt offerings You are not appeased. / The sacrifice of God is a humble spirit,/ a heart that is contrite God will not despise.

Do good in Your good pleasure to Zion and build up the walls of Jerusalem. / Then shall You be satisfied with sacrifices of truth and with whole burnt-offerings; / then shall they offer bullocks upon Your altar.

And to You belongs the praise, O God. Barekmor

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

O Merciful God! Have mercy upon us in your mercy!

Lord have mercy upon us and help us.

[Psalm 63] **My God, you are my God, I will seek You.**

My soul thirsts for You and my flesh seeks for You like the thirsty earth, which is parched and begging for water.

So have I looked for You in truth, that I may see Your power and Your glory.

Because your loving-kindness is better than life, / my lips shall praise You.

So I will bless You while I live and will lift up my hands in Your name.

My soul shall be enriched as with marrow and fat / and my mouth shall praise You with lips of praise.

I have remembered You upon my bed / and in the nighttime I have meditated on You.

For You have been my helper / and in the shadow of Your wings is my protection.

My soul follows after You / and Your right hand upholds me.

Those who seek to destroy my soul shall enter into the lower parts of the earth.

They shall be delivered over to the sword and shall be food for foxes; / but the king shall rejoice in God.

Everyone who swears by Him shall glory, / but the mouth of those who speak lies shall be stopped.

And to You belongs the praise, O God. Barekmor

*† Glory be to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore*

ENIYONO
(*Haw d'Uhdono*)

Christ our God who by – His great mercies
Fasted and shamed the devil
And defeated his pow`er,
I stand before You – Lord, have mercy!

Christ our God who for – our salvation
Kept the fast like one in need
And gave us its pleasant yoke,
I stand before You – Lord, have mercy!

Christ who taught the fast – to His athletes
In order to fight Satan
with fasting and intense pray'r
I stand before You – Lord, have mercy!

O Redeemer who – by Your fasting
Cast down the adversary,
Strengthen us to fight his crafts
I stand before You – Lord, have mercy!

Make us worthy, Lord, - Lover of Man
To keep fast with discernment
And to be absolved of sins
I stand before You – Lord, have mercy!

Lord, You have spoken – through the prophets:
“This is the fast I desire:
Brother shall love his brother” (Isaiah 58:7)
I stand before You – Lord, have mercy!...*Barekmor*

*† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore*

O God, by Your grace – You have granted
 The fast's richness to us all
 May we fast with purity
 I stand *before* You – Lord, have mercy!

[Psalm 19] *Kurielaison*. The heavens declare the glory of God and the firmament proclaims His handiwork. / Day to day brings forth speech; / night to night declares knowledge;

There is no speech, nor are their words; their voice is not heard. / Yet their good tidings go out through all the earth,/ and their words to the end of the world.

In the heavens, He has set His tent for the sun, which comes out like a bridegroom leaving his chamber;/ it will rejoice like a strong man to run his course.

Its departure is from the end of the heavens / while its repose is at the end of the heavens and there is nothing hidden from its heat.

The law of the Lord is flawless and it turns the soul. / The testimony of the Lord is trustworthy and makes infants wise. / The commandments of the Lord are right and they make the heart rejoice. / The precepts of the Lord are chosen and they illumine the eyes.

The fear of the Lord is pure and it endures forever. / The judgments of the Lord are true and are more righteous than all. / They are more desirable than gold and even than precious stones. / They are sweeter than honey and the drippings of the honeycomb.

Moreover, Your servant will be warned by them; / If He keeps them, he will be greatly rewarded, but who can discern his errors? / Clear me from hidden faults.

Keep Your servant away from iniquity, lest the evil doers have dominion over me. / And I shall be purified from my sins. / O Lord, my helper and Savior, / let the words of my mouth be according to Your will / and the meditation of my heart be acceptable before You.

And to You belongs the praise, O God. Barekmor

† Glory be to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore

ENIYONO
(Lhaw Dat`ino Markabtho)

Brethren, – let us take refuge
 In pure – and holy fasting
 Like the – righteous and the just
 Who pleased – God by their fasting
 Halleluiah – w’Halleluiah

Moses – by his fast brought down
 The Law – for the Israelites
 Let us – also fast to be
 Worthy – of the Lord’s Kingdom
 Halleluiah – w’Halleluiah

Moses – fasted on Sinai
 And his – face shone with brightness
 The youths – fasted inside the
 Furnace – and it quenched the flames
 Halleluiah – w’Halleluiah

The Church – is glorified by
 The fast – and by righteous works
 It drives – greed away from her
 And she – puts on abstinence
 Halleluiah – w’Halleluiah...*Barekmor*

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

Moses – and Elijah fasted for
 Forty days and nights
 Our Lord – fasted forty days
 And He – overpow`rd Satan
 Halleluiah – w’Halleluiah

[Isaiah 42:10-13, 45:8] *Kurielaison*. Sing to the Lord a new song, His praise from the ends of the earth! Let those who go down to the sea in its fullness, the islands and their inhabitants, praise the Lord!

Let the desert and its villages rejoice! Let Kedar be meadows; let the inhabitants of steep rocks praise Him! Let them shout from the top of mountains. Let them give glory to the Lord and declare His glory in the islands!

The Lord will go forth like a mighty man and like a warrior, He stirs up His fury; He will cry out and become mighty and will triumph over His enemies;

Let the clouds rain down righteousness; let the earth open and salvation increase; and let righteousness sprout forth altogether. I am the Lord who created them...*Barekmor*

† Glory to the Father, Son, and Holy Spirit

Unto the ages of ages and forevermore

ENIYONO

(I'Aloho d'Batuno/Mawrbo Tone 2 – b'Dukhrono Demo)

Christ, the Lord and God of all

Fasted for us as a man

And He prepared

A way for us that we should walk in it and - not stumble

And be saved

Praise Him, all His works and magnify - and exalt

His Holy name forever!

Come, let us fast from evil

As our Savior has taught to

His disciples

Let us not fast like the Jewish people who - angered God

My brethren,

Praise Him, all His works and magnify - and exalt

His Holy name forever!

Fasting is right; pray'r is great

But love is nobler than them

Come, my brethren

Let us be armed with it and reconcile with - each other

Let us all

Praise Him, all His works and magnify - and exalt

His Holy name forever!...*Barekmor*

† Glory to the Father, Son, and Holy Spirit

Unto the ages of ages and forevermore

By fasting the just of old

Gained virtues and received crowns

They were glori'ous

And they have been made worthy in the Lord's bridal chamber

To delight

Praise Him, all His works and magnify - and exalt

His Holy name forever!

[Psalm 113] **Amin. Praise you servants of the Lord, praise the name of the Lord.**

May the Lord's name be bless'd forever and ever.

From the rising of the sun to its setting / great is the name of the Lord.

The Lord is high above all peoples/and his glory is above the heavens.

Who is like the Lord, our God, who sits on high / and looks upon the depths in heaven and on earth?

He raises up the poor from the dunhill / and makes him sit with the princes of the people.

He makes the barren woman keep house / and be a joyful mother of children.

And to You belongs the praise, O God. Barekmor.

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

Unto the ages of ages and forevermore.

EQBO*(Qolo d' Shubho)*

Lord, awaken me to the hymns of the angels
 That I may sing Your praises
 In the morning, I open my mouth to praise You
 My Lord and God have mercy.

*Stoumen Kalos, Kurieleison**(Promion & Sedro)***QOLO***(Btar'okh Moran)*

Those who fast, behold how the Great Holy Fast
 Magnifies all things
 May body and soul be covered from evil
 And our fast please God and be for the pardon
 Of our debts and sins...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

How swift are the wings of the fast which make us
 Ascend to the heights!
 Those who fast and do not mix falsehood with it
 Are mingled with the *spirituals* and enjoy
 The bliss of heaven

Unto the ages of ages and forevermore

I knock at Your door and I beg for mercy
 From Your treasure-house
 I am a sinner who has strayed from Your way
 Grant that I confess and be free from my sins
 And live in Your grace

Lord have mercy upon us and help us

(Etro)

QOLO

(I'Maryam Yoldath Aloho – Tone 5)

Our Lord fasted and prepared the way of life
 That we might walk in it to-ward His_ Father
 And we shall rejoice in spirit and in calm
 Before our God like the wa-tchers in_ heaven...*Barekmor*

† *Glory be to the Father, Son and Holy Spirit*

The Ninevites fasted and were saved from wrath
 They humbled themselves with tears - of great_ sorrow
 And by this, the Lord removed their punishment
 The Lord reconciled with them – and answered them

Unto the ages of ages and forevermore

The treasure of the soul is now being filled up
 Let us not be negligent - or be_ slothful
 For the adversary is ever-watchful
 And lays in wait to capture - us by_ his craft

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB

(To be sung in one of the tones for the Fast)

O Christ, who did accept the fasting of the just
 Accept our fast and pray'rs and have mercy on us

Behold, the day for the work of justice has come
 O Sinner, hasten now your course in repentance
 Accompany the workers the Lord has hi`red
 Receive the Dinar and be a guest at the feast

The fast is good, but for those who fast without love
 Their mouth fills with stench and their fast profits nothing
 Pray'r is much loved, but if love does not raise it up
 It will be weak and will not enter His presence

O Christ, who did accept the fasting of Moses
 Hear our requests and have mercy upon our souls

*(Scripture Readings)**Morning Praise for the Fast*

Lord of all, - by your great mercies,
 Make us servants worthy
 to be preserved today in justice, without the scars of sin.
 Bless`ed are You, - O God of - our fathers,
 And Your Holy name is magnified
 and glorified forever. Amin.

Lord, may Your - grace and mercies
 be upon us, for our trust is in You.
 Bless`ed are You! - O Lord, teach - and show us
 The way of Your co-mmand-ments.
 Bless`ed are You! - By Your grace - make us to
 Understand the way of Your laws

Bless`ed are You! - Holy One, - enlighten us
 With your luminous rays
 Lord, may Your mercies be upon us
 Do not neglect, or leave - the work of Your hands

Glory befits You,
Honor befits You,
And praise befits You,
 Father, Son, Holy Spirit,
 Now and forever. Amin!

Morning Praise

It is good to give You thanks – O Lord God,
 And to sing praise to Your name
 And to proclaim Your grace in – the morning
 And Your faithfulness, Lord, in the night! (*Psalm 92:1-2*)

(Repeat the stanza above three times and kneel/prostrate)

At morning, you shall hear my voice;
 I have prepared myself to appear before You

Holy are You, O God

Holy O Almighty

Holy O Immortal

†Crucified for us, have mercy – on us (*Repeat three times*)

Lord, have compassion on us;

Forgive the sins of all of us, O Lord;

O Holy One, let Your right hand rest upon us;

Forgive our weakness, for Your name is forever!

Glory to You, O God

Glory to You, O God

Glory, our hope forever...*Barekmor*

Our Father, who art in heaven...

(In Prose)

Morning Praise

It is good to give thanks to the Lord and to sing praise to Your name,
Most High, to proclaim Your grace in the morning and Your
 faithfulness in the night.

Lord, in the morning You shall hear my voice and in the morning I have
 prepared myself to appear before You. Lord, have compassion on Your
 people; Lord, pardon and forgive the sins of all of us. Holy One, let Your
 right hand rest upon us and pardon our infirmity because Your name is
 forever. Amen.

Qaumo

MONDAY 3RD HOUR PRAYERS

*Qaumo***QOLO***(Lokh Moriyo Qorenan – Reesh Qolo)*

With grief and pure fasting, let us beseech Christ,
Who is the victorious King and who - loves mankind

He is accustomed to reconcile with us
Just as He had reconciled with the - Ninevites

Bless`ed is – the Lord, our Savior

Who does not – turn His face away

From supplications which are full of - repentance...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

Bless`ed are those who abstain from all vices
And keep a fast of discernment with – a pure heart
They have been made an ever-holy temple
Which ministers God secretly and - openly

O Lord, may – our supplication

To You be – for Your persuasion

Reconcile with us, O Lord, by Your - compassion

Lord have mercy upon us and help us

BO'UTHO of MOR BALAI*(Tone 5)*

Christ who by His fast redeemed us from sin

Accept our fast and have mercy on us

Bless`ed are those who fast in perfection
and fast from all passions which pass away,

For the Bridal Chamber and the Kingdom
Are preserved for those faithful in Eden

Elijah fasted and was taken up,
For those who fast are always in heaven

Lord of those above, Hope of those below,
Accept our fast and have mercy on us

Qaumo

MONDAY 6TH HOUR PRAYERS

Qaumo

QOLO

(Shlomo d'Abo – Reesh Qolo)

Brethren, the powerful fast
 Has come with its benefits
 Receive it in purity
 For in the Resurrection
 It gains confidence for us
 In the court of God's judgment...*Barekmor*

*† Glory be to the Father, Son and Holy Spirit
 Unto the ages of ages and forevermore*

In the furnace, the three youths
 Wrote a letter to Daniel:
 "O come and join us in pra'yr,"
 And Daniel wrote in reply:
 "Fear not this fire which the
 Chaldeans kindled for you"

Lord have mercy upon us and help us

BO'UTHO of MOR EPHREM

(Tone 5)

Son, who freed us by Your fast
 Have mercy upon us all
 By the fast which Moses kept
 His face became luminous;
 When he fasted forty days,
 He shone brighter than the sun

Fasting is a great weapon
 Which cannot be defeated
 Go forth! Wage war with the fast
 Which exalts the true warriors

Son, who freed us by Your fast
 Have mercy upon us all

MANITHO of MOR SEVERUS

By the prayers of Your Mother – and those of all Your Saints

I exalt You, Lord and King, - The Only-Begotten Son;

Word of the Father;

Immortal in His nature and who by His grace

Descended for - all mankind

To bring life and salvation for our fallen human race;

Who did become - incarnate - of the pure Virgin,

The holy and glor`i`ous The`o`tokos

He became man - without change

And was crucified for us, Christ who is our Lord and God.

He trampled death - by His death - and destroyed our death.

Christ, who is one of the Holy Trinity;

Who is worshipped - equally

With His Father and Spirit; Have mercy upon us all!

Qaumo, Nicene Creed

Forty Prostrations

Kurielaison (x10)

Lord, have mercy upon us (x10)

Lord, be kind and have mercy (x10)

Answer, Lord, and have mercy (x10)

Glory be to You, O Lord

Glory be to You, O Lord

Glory be to You, our hope forever. Barekmor

Our Father, who art in heaven...

MONDAY 9TH HOUR PRAYERS

Qaumo

QOLO

(Hwilo l'Nafesho – Reesh Qolo)

Bless`ed is he who keeps the fast with all – purity
 And shares his bread with the needy from a – gentle heart
 He will receive – reward from the Lord and will
 Inherit – the Kingdom of God...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

The great Moses kept the pure fast and shone – like the sun
 Elijah was raised up by the fast of – the Spirit
 May we please You – with a pure fast, O Lord God
 And enter – the Kingdom of God

Lord have mercy upon us and help us

BO'UTHO of MOR BALAI

(Tone 5)

Christ who by His fast redeemed us from sin
 Accept our fast and have mercy on us

He who keeps the fast of Christ our Savior
 Shall turn his thoughts from passions to the Lord

Let us fast, pray, keep vigil, and worship,
 For by these, one gains the eternal life

Lord of those above, Hope of those below,
 Accept our fast and have mercy on us

Qaumo

TUESDAY EVENING PRAYER

Vespers/Ramsho

Qaumo

† Glory be to the Father and to the Son and to the Holy Spirit.

May His grace and mercy be upon us, weak and sinful, in both worlds forever and ever. Amin.

(Introductory Prayer)

Psalms of Evening

[Psalm 141] **Kurielaison / Lord, I have called upon You, / answer me; hear and receive my words.**

Let my prayer be like incense in Your sight, / the offering of my hands like the evening offering. / Set a guard, Lord, before my mouth, / a guard before my lips, / that my heart may not turn to evil words / and I may not do deeds of wickedness.

Let me not take salt with impious men; / let the just man teach me and reprove me; / let not the oil of the impious anoint my head / because my prayer was against their evil-doing. / Their judges have been restrained by the side of the rock, / and they have heard how gentle are my words.

As when a plough cleaves the earth, their bones have been scattered at the mouth of Sheol. / I have lifted up my eyes to You, Lord, / and in You have I put my trust; / do not cast away my soul.

Keep me from the hand of the proud, who have laid snares for me; / let the wicked fall into their nets, while I pass on.

[Psalm 142] With my voice I cried to the Lord; / with my voice I besought the Lord and poured out my prayer before him; / I showed him my affliction, when my spirit was troubled, / but You know my path.

In the way of my walking they have laid a snare for me; / I look to the right and see none that knows me; / the way of escape has gone from me and there is none who cares for my soul. / I cried to You, Lord, and said: / You are my hope and my portion in the land of the living.

Hear my petition because I am brought very low; / deliver me from my persecutors because they are too strong for me. / Lead me forth from prison that I may give thanks to Your name; / Your just ones shall have hope when You shall reward me.

[Psalm 119, 105-112] **Your word is a lamp to my feet and light to my path; / I have sworn and am resolved to keep the judgments of Your justice. / I am greatly brought low, Lord, / give me life according to Your word; / be pleased with the words of my mouth, Lord, / and teach me Your judgments.**

My soul is ever in my hands, and I have not forgotten Your law; / sinners have laid snares for me and I have not strayed from Your commands. / I shall inherit Your testimony forever because it is dear to my heart; / I have turned my heart to do Your commands forever in truth.

[Psalm 117] **Praise the Lord, all your nations; praise him, all you peoples, / for His grace is strong over us; / truly the Lord is forever.**

And to You belongs the praise, O God. Barekmor.

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

ENIYONO
(Moriyo Qrithokh At)

Lord, when we call upon You
 Hear our pray'r and have mercy

Lord, we beseech Your mercies
 Hear our pray'r and have mercy

Lord, on account of Your grace,
 Accept our fasting and prayer

O Lord, by Your compassion
 Hear our pray'r and have mercy

O Lord, by Your fast for us
 Hear our pray'r and have mercy...*Barekmor*

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

Come, let us praise the Father,
 the Son, and Holy Spirit!

Staumen Kalos, Kurielaison

(Promion & Sedro)

QOLO

(Lokh Moriyo Qorenan – Reesh Qolo)

The prophet cries aloud, "This is the pure fast" (Isaiah 58:6-7)
 He preaches to us as to how we - should keep it:
 "Loose the knots of wickedness from all your minds;
 Cut off the burdens of deceit from - all your hearts;
 Divide your - bread for the needy
 And welcome - strangers to your homes
 Is this not the fast that I, the Lord, - have chosen?" ...Barekmor

† Glory be to the Father, Son and Holy Spirit

The day of suff'ring draws near and frightens us
 Come, brethren, and approach Him with pray'r - and fasting
 The just and the righteous also approached Him
 And received His help and were crowned with - victory
 David wrote - that "the righteous ones
 Inherit - the earth and they shall
 Dwell in the imperishable world - forever" (Psalm 37:29)

Unto the ages of ages and forevermore

Come to our help, O Lord, we call upon you
 For the evil one troubles the world - by his craft
 He has stirred up war among judges and kings
 He tries to deceive even those who - are righteous
 What shall we - take our refuge in
 If not in - Your loving-kindness?
 Drive away the evil one by Your - Holy Cross

Lord have mercy upon us and help us

(Etro)

QOLO

(Barubto Brishith – Reesh Qolo)

Satan saw our Lord – hunger, for Christ became man
 Willingly, - and as with Adam
 Satan fought him with food, but bless'd is Christ,
 Halleluiah w'Halleluiah, who crushed Satan's pow'r...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

"Depart, O Satan," – said our Lord to the evil
 Enemy, - "for it is written
 You shall serve God and worship Him alone."
 Halleluiah w'Halleluiah, He has made all things

Unto the ages of ages and forevermore

Day after day I - promise that tomorrow I
 Will repent, - yet my days have passed
 And my sins remain, Lord, pour Your mercy
 Halleluiah w'Halleluiah, and grace upon me

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB*(To be sung in one of the tones for the Fast)*

O Christ, who did accept the fasting of the just
 Accept our fast and pray'rs and have mercy on us

The fast is a great weapon for the diligent
 Without it, one can neither fight nor win vic'try

O you who have discernment, put on the pure fast,
 For it is a great weapon for those who wear it

Who can speak of the splendor of fasting, itself,
 Or comprehend the beauty it helps us to gain?

It is a great treasure which cannot be pillaged
 Praise Christ, who gave it that we might be glorified

O Christ, who did accept the fasting of Moses
 Hear our requests and have mercy upon our souls

*(Gospel)**Concluding Prayer*

O Lord Jesus Christ, do not close the door of Your mercy in our faces. We confess that we are sinners, have mercy upon us. / O Lord, Your love made you descend to us from Your place, /that by Your death our death might be abolished. / Have mercy upon us. Amin.

Qaumo

TUESDAY PROTECTION PRAYER

Compline/Sutoro

Qaumo

QOLO

(Qtilo D'aqtal/Zodeq d'Nehwe – Tone 6)

Q You the slain – who by Your slaying slew both

Death and Satan

Slay the sin, which – dwells in me and makes me its

Slave by my will

O Good Shepherd – who went in search of

Sheep that strayed from – the flock and was lost

Q seek for me – who am lost like the one coin

Out of ten, which –

The woman lost – and did seek

Because You are – He who finds those who are lost

Halleluiah praise – be to You...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

Fear not sinner – to turn back and walk the way

Of repentance

For Your Lord has – gone out in search of you and

If He finds you

He will rejoice – and forgive your sins

Like He forgave – the sinful woman

He will stretch His – hand to you as to Peter

And grant to you-

As to the thief – Paradise

He will rejoice – and bear you on His shoulders

Halleluiah and – embrace you

Lord have mercy upon us and help us!

BO'UTHO of MOR JACOB

O Lord, our Lord, - we call to you - come to our aid
Hear our requests - and have mercy - upon our souls

The sinner is - loved when his face - is bathed in tears
And his mouth is - closed by mourning - full of sorrow
The tears, which flow - from the eyes of - him who repents
Are cherished and- loved much more than-all precious gems

If you wish to - paint a picture - of repentance
You must add - your sorrowful tears - to the colors
Tears are a feast - of repentance, - come and bring them
Come and enjoy - forgiveness for - your debts and sins

Answer O Lord - Answer O Lord - and have mercy
Turn the hearts of - the sons of men - to repentance

Lord have mercy, Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

Psalms of Sutoro

[Psalm 91] Bless me, O Lord. / He who sits under the protection of the Most High / and glories in the shelter of God will say to the Lord,

"My trust is in You, / God is my refuge in whom I trust".

For the Lord shall deliver you from the snare, which makes you stumble / and from talk of vain things.

He will keep you safe under his feathers / and you shall be protected beneath His wings. / His truth shall enclose you as an armor.

You shall not be afraid of the terror of the night / nor of the arrow, which flies by day.

Nor of the word, which walks in the darkness/ nor of the spirit that destroys at midday.

Thousands shall fall at your side / and ten thousand at your right hand, / but it shall not come near you

But with your eyes alone / you shall see the reward of the wicked

Because You have made the Lord your trust; / You have made Your dwelling in the heights

Evil shall not come near you, / affliction shall not come near your tent

Because He has commanded his angels concerning you; / that they should keep you in all your ways

And receive you in their arms; / that you may not stumble with your foot

You shall tread upon the adder and the basilisk; / You shall trample upon the lion and the dragon

“Because he has cried to me”, says the Lord, / “I will deliver him and strengthen him.”

Because he has known my name, He shall call upon me and I will answer him, / I will be with him in distress.

I will strengthen him and honor him; / With length of days I will satisfy him and show him my salvation”.

[Psalm 121] **I have lifted up my eyes to the hills - from where will my help come?**

My help is from the Lord, / who made heaven and earth

He will not suffer your foot to slip, / your guardian shall not sleep.

Indeed, He neither slumbers nor sleeps, / the guardian of Israel.

The Lord is your guardian. / The Lord shall shelter you with His right hand

By day the sun shall not harm you, / nor the moon by night,

The Lord shall guard you from all evil, / the Lord shall guard your soul

The Lord shall guard your going out and your coming in. / From henceforth and forevermore.

And to You belongs the praise, O God. Barekmor

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

Halleluiah, Halleluiah, Halleluiah. Unto the ages of ages and forevermore.

Prayer of St. Severus

He who sits under the protection of the Most High, / beneath the shadow of the wings of Your loving kindness will say,

“Protect us, O Lord, and have mercy upon us; / You who hear all, / hear the prayer of Your servants in Your loving kindness.

Grant us, O Christ our Savior, / an evening full of peace and a night of holiness, / for You are the King of Glory.

Our eyes are turned to You. / Pardon our offences and our sins; / Have mercy upon us / both in this world and in the world to come;

O Lord, / may Your mercy protect us / and Your grace rest upon our faces. / May Your † Cross guard us from the evil one and his powers.

May your right hand rest upon us / all the days of our lives, / and Your peace reign among us / and give hope and salvation to the souls of those who pray to You.

By the prayer of Mary, who bore You and of all Your saints, / pardon me and have mercy on me, O God”. Amen.

Praise of the Cherubim

We make the sign of the Cross and kneel as we pray:

† Blessed is the glory of the Lord, from His place forever!

† Blessed is the glory of the Lord, from His place forever!

† Blessed is the glory of the Lord, from His place forever and ever!

Holy and glorious Trinity, have mercy upon us;

Holy and glorious Trinity, have mercy upon us;

Holy and glorious Trinity, have compassion and mercy upon us.

You are holy and glorious forever

You are holy and glorious forever

You are holy and blessed is Your name, forever and ever.

Glory be to You, O Lord.

Glory be to You, O Lord;

Glory be to You, our hope forever. *Barekmor.*

Our Father, who art in heaven...

Nicene Creed, Quqlions of the Theotokos & Saints

TUESDAY NIGHT VIGIL

*Lilyo**Qaumo****Introductory Prayer***

Awaken us, Lord, from our sleep in the sloth of sin that we may praise your watchfulness, You who watch and do not sleep; give life to our death in the sleep of death and corruption, that we may adore Your compassion, You who live and do not die; grant us in the glorious company of the angels who praise You in heaven, to praise You and bless you in holiness, because You are praised and blessed in heaven and on earth, Father, Son and Holy Spirit, now and always and forever. Amin.

Introductory Psalms of Night Vigil

[Psalm 134] *Barekmor.* **Bless the Lord, / all You servants of the Lord.**

Barekmor. You who stand by night in the house of the Lord.

Lift up your hands to the holy place / and bless the Lord.

May the Lord bless you from Zion, / He who made heaven and earth.

[Psalm 119, 169-176] **Let my praise enter before You, Lord, / and give me life by Your word; / let my cry enter before You, Lord, / and deliver me by Your word.**

My tongue shall pour forth Your word, / because all Your commands are just.

My lips shall speak Your praise when You have taught me Your commands; / let Your hand help me / because I have taken pleasure in Your commands.

My soul has longed for Your salvation /and I have meditated on Your law; / let my soul live and I will praise You /and Your judgments shall help me.

I have gone astray like a lost sheep; / seek for Your servant, / because I have not forgotten all Your commands.

[Psalm 117] Praise the Lord, all you nations, /praise Him, all you peoples,/ for His grace is strong over us; /truly, the Lord is forever.

And to You belongs the praise, O God. Barekmor.

† Glory be to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore

ENIYONO
(Yoye w'Zodeq)

Belov`ed, let us awake
 In this holy and pure fast
 And be diligent so that
 You may receive full reward
 Glory to You, O Lord
 Praise to You; Praise to You
 Merciful One, have mercy!

With vigil, fasting and pray'r
 And the labor of justice,
 Let us receive the Kingdom
 Along with eternal life
 Glory to You, O Lord
 Praise to You; Praise to You
 Merciful One, have mercy!

Come, let us not grow weary
 By our labor with the Lord,
 For He will give good reward
 When He comes in His glory
 Glory to You, O Lord
 Praise to You; Praise to You
 Merciful One, have mercy!

Bless`ed are the diligent
 Who gain the *spiritual* life
 By the labor of justice
 In the great vineyard of Christ
 Glory to You, O Lord
 Praise to You; Praise to You
 Merciful One, have mercy!...*Barekmor*

*† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore*

Bless`ed are you, those who fast,
If you fast in purity,
Each and ev'ry one of you.
Let us fast with discernment

Glory to You, O Lord
Praise to You; Praise to You
Merciful One, have mercy!

*Lord have mercy, Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)*

1ST QAUMO

EQBO

(Honaw Yarho – In the Tone of the Day)

I know, my Lord – that You are kind – and merciful
At the hour of mercy, Jesus,
The Hope of those who beseech You,
Pour forth mercy – on the sinners – who seek mercy

*Lord have mercy; Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)*

Lord, have mercy upon us
Lord, be kind and have mercy
Answer, Lord, and have mercy

Glory be to You, O Lord
Glory be to You, O Lord
Glory be to You, our hope forever. *Barekmor*

QOLO*(Lokh Moriyo Qorenan - In the Tone of the Day)**The harp of the Holy Spirit, Halleluiah*

King David called me by his psalms and woke me

I awoke from sleep, which had fallen on my limbs

He said to me: "Rise up, why are you sleeping?"

For the bribe reaches the judge at the time of night

Stand and pray – and beg for pardon

For Your Lord – is pleased by our tears

His door is always open to those who repent" ...*Barekmor***† Glory be to the Father, Son and Holy Spirit***Unto the ages of ages and forevermore*

At night I thought of You, Lover of mankind

And upon my bed I meditated on You

I see my stains and I fear to call on You

But I gain strength by the thief and the publican

Along with – the sinful woman.

They tell me – to be encouraged,

"To approach because our Lord is full of mercy"

*Lord have mercy upon us and help us***BO'UTHO of MOR JACOB***(In the Tone of the Day)*

O Lord, our Lord, we call to You, come to our aid

Hear our requests and have mercy upon our souls

The sick soul says in her pain: "Who will clothe me with

That beauty, which I was clothed in before I sinned?

If God who is merciful will not accept me,

Who shall restore to me that beauty, which I lost?

My soul, image of the king, you lost your beauty

But in your Lord's hands your beauty is kept for you

The moment you return He will give it to you

He has kept it for you that it may be restored

Answer O Lord, answer O Lord, and have mercy

Turn the hearts of the sons of men to repentance

Praise of the Cherubim

Prayed at the conclusion of the 1st and 2nd Watches of Lilyo

† Blessed is the glory of the Lord, from His place forever!

† Blessed is the glory of the Lord, from His place forever!

† Blessed is the glory of the Lord, from His place forever and ever!

Holy and glorious Trinity, have mercy upon us;

Holy and glorious Trinity, have mercy upon us;

Holy and glorious Trinity, have compassion and mercy upon us.

You are holy and glorious forever

You are holy and glorious forever

You are holy and blessed is Your name, forever and ever.

Glory be to You, O Lord.

Glory be to You, O Lord;

Glory be to You, our hope forever. *Barekmor*

Our Father who art in Heaven...

2ND QAUMO**EQBO***(Honaw Yarho - In the Tone of the Day)*

Woe be to me – for I have been – among the just
 But I have profited nothing
 Because I have not learned their ways
 I am estranged – and now my sin – keeps me from them

*Lord have mercy; Lord have mercy, Lord have mercy
 (Kurieleison, Kurieleison, Kurieleison)*

Lord, have mercy upon us
 Lord, be kind and have mercy
 Answer, Lord, and have mercy

Glory be to You, O Lord
 Glory be to You, O Lord
 Glory be to You, our hope forever. *Barekmor*

QOLO*(Lokh Moriyo Qorenan - In the Tone of the Day)*

At night, before God, with the strings of his harp,
 King David sang the songs of the Holy Spirit.
 At night, I have risen up to praise Your name
 On account of the wond'rous laws You gave to us
 You fashioned – me in Your image
 And gave me – reason and free will
 You have made me a beautiful work of Your hands...*Barekmor*

† *Glory be to the Father, Son and Holy Spirit**Unto the ages of ages and forevermore*

At night awaken my mind, O Son of God
 That I may sing praise and thanksgiving for Your grace
 The evil one wishes to drown me in sin
 He drowns me in sleep that I may not sing Your praise
 Strengthen me – that I might rise up
 And praise You – for Your compassion
 And I will cry aloud, “Glory to You, O Lord!”

Lord have mercy upon us and help us

BO'UTHO of MOR EPHREM

(In the Tone of the Day)

Lord, have mercy upon us
O Lord, receive our service

At night, let those below watch
Along with the one above
And let them sing glory to
The Watcher who never sleeps

Let us not be drowned in sin,
My brethren, as if in sleep,
And let us all keep vigil
To prepare for the bridegroom

Lord, who hears our petitions
Answer us in Your mercy
Lord, be reconciled with us
Have compassion upon us

Praise of the Cherubim

Prayed at the conclusion of 1st and 2nd Watches of Lilyo

† Blessed is the glory of the Lord...
Holy and glorious Trinity, have mercy upon us...
You are holy and glorious forever...
Glory be to You, O Lord...
Our Father who art in Heaven...

3RD QAUMO**EQBO***(Honaw Yarho - In the Tone of the Day)*

O Great Ocean, - full of mercy, - may I be saved
 From drowning in this sinful world
 As You saved Peter from the sea
 For You are the – Harbor of peace – for those with faith

Lord have mercy; Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

Lord, have mercy upon us
 Lord, be kind and have mercy
 Answer, Lord, and have mercy

Glory be to You, O Lord
 Glory be to You, O Lord
 Glory be to You, our hope forever. *Barekmor*

QOLO*(Lokh Moriyo Qorenan - In the Tone of the Day)*

Come to our help, O Lord, we call upon you
 For the evil one troubles the world by his craft
 He has stirred up war among judges and kings
 He tries to deceive even those who are righteous
 What shall we – take our refuge in
 If not in – Your loving-kindness?
 Drive away the evil one by Your Holy Cross...*Barekmor*

† Glory be to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore

O, Lord, you favor no one in your judgement
 Therefore, I grieve, for I know that I am guilty
 At the ho`ur when the dread books are opened,
 Lord, have mercy when Your justice reads out my sins
 May Your grace – plead with Your justice;
 May my guilt – receive forgiveness
 I do not deny that I have sinned; Have mercy!

Lord have mercy upon us and help us

BO'UTHO of MOR BALAI*(In the Tone of the Day)*

Lord, who has mercy even on sinners
 Have mercy on us on Your judgment Day!

At Your door O Lord, the afflicted knock
 Answer their requests in Your compassion

Father in heaven, we do beseech You!
 Accept our service; have mercy on us.

Lord of those above! Hope of those below!
 Accept this service; have mercy on us

† Halleluiah, Halleluiah, Halleluiah!
 Glory to You, O God! *(Repeat three times)*

Be compassionate towards us in Your mercy, / O God of
 compassion; / in our sacrifices and our prayers / we make memory
 of our fathers / who taught us while they were alive, / to be children
 of God; / O Son of God, / raise them up in the heavenly kingdom /
 with the just and the righteous / in the world, which does not pass
 away.

Lord, have mercy upon us and help us

Psalms of Night Vigil

**Awake, you that sleep, and rise and sing praise. [Psalm 148] Praise
 the Lord from the heavens, praise Him in the heights.**

Praise Him, all His angels; praise Him, all his hosts.

**Praise Him, sun and moon; praise Him, all stars of light; praise
 Him, heaven of heavens, and the waters above the heavens; let
 them praise the name of the Lord.**

For He spoke and they were made, He commanded and they were
 created; He established them forever and ever. He gave them a law,
 which shall not pass away.

Praise the Lord from the earth, sea-monsters and all depths, fire and hail, snow and mist, stormy winds that fulfill His word;

Mountains and all hills, fruit trees and all cedars; wild beasts and all cattle, creeping things and birds that fly;

Kings of the earth and all peoples, princes and all judges of the earth; young men, too, and maidens; old men and boys; let them praise the name of the Lord.

For His name alone is exalted; His praise is on earth and in heaven, and He has lifted up the horn of His people; praise for all the just, the children of Israel, the people who draw near to Him.

[Psalm 149] Praise the Lord with a new praise in the assembly of the just; let Israel be glad in her Maker; let the children of Zion rejoice in their King.

Let them praise His name with the timbrel and the drum; let them sing to Him with the harp, for the Lord takes pleasure in His people, and gives salvation to the poor.

Let the just exult in glory; let them praise Him on their beds; let the high praises of God be in their throats, and two-edged swords in their hands,

To execute vengeance on the nations, and to rebuke the peoples; to bind their kings with chains, their nobles with fetters of iron; to execute on them the judgment which is written; that is the glory of the just.

[Psalm 150] Praise the Lord in His holy place, praise Him in the firmament of His strength.

Praise Him for His mighty deeds, praise Him for His abounding greatness, praise Him with the sound of the trumpet, praise Him with lyre and harp.

Praise Him with the timbrel and the drum, praise Him with the soft strings, praise Him with the loud cymbals; praise Him with the sound of the voice; let everything that has breath praise the Lord.

[Psalm 117] Praise the Lord, all you nations; praise Him, all you peoples, for His grace is strong over us; truly the Lord is forever.

And to you belongs the praise, O God. Barekmor

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

Praise to the Holy Trinity!

Praise to the Holy Trinity!

We praise the glorious Trinity, self-existent and eternal;
and to You belongs the praise, O God, at all times.

QAUMO of PRAISE

QOLO

(Lokh Moriyo Qorenan – Reesh Qolo)

By fasting, Daniel won vic'try over beasts,
Hananiah and his companions – quenched the flames,
Elijah rose in a chariot of fi`re

Joshua held back the sun and moon – in the sky

Bless'd is he – who with great gladness

Engages – with fasting and pray'r

The Kingdom and Bridal Chamber are – kept for him...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

This is the pure fast, for it obtains for us

The wings of the Spirit which lift us – to heaven

When you fast, be chaste and pure and full of love

Let your mouth and your heart be free from – all deceit

Be filled with – love for your brother

And love those – who hate and hurt you

Then the Lord will hear your pray'r and show – you mercy

Lord have mercy upon us and help us

BO'UTHO of MOR EPHREM*(Tone 5)*

Son, who freed us by Your fast
Have mercy upon us all

By the fast Moses observed,
The skin of his face shone bright
He shone brighter than the sun
By his fast of forty days

Praise the merciful Father
Who saved us by His Son's fast,
The Son who fasted for us,
And the Spirit pleased in fasts

Son, who freed us by Your fast
Have mercy upon us all
O Christ, who fasted for us
Accept our fasting and pray'r

Hymn of the Angels

**As the angels and archangels on high in heaven sing praise, / so
we poor children of earth sing praise and say:**

At all times and at all seasons, Glory to God in the heights / and on
earth, peace and tranquility and good hope for the sons of men.

**We praise You, we bless You, we worship You, / we raise up a
hymn of praise to You.**

We give thanks to You because of Your great glory, / Lord our
creator, king of heaven, / God the Father Almighty.

Lord God, only Son, Jesus Christ, with the Holy Spirit,

Lord God, Lamb of God, Son and Word of the Father, / who take
away, or rather have taken away, the sin of the world / have mercy
upon us.

**You who take away, or rather have taken away the sin of the world,
/ incline Your ear to us and receive our prayers; / You who sit in
glory at the right hand of the Father, / have compassion on us.**

Because You only are holy, You only, Lord Jesus Christ, / with the Holy Spirit, in the glory of God the Father. Amin.

At all times and all the days of my life, / I will bless and praise Your name, which is holy and blessed forever, / and which remains forever and ever.

Blessed are You, Lord Almighty, God of our fathers, / and Your name is blessed and glorified in praise forever.

To You belongs glory, to You belongs praise, to You belongs honor, / God of all, Father of truth, / with the only Son and living Holy Spirit, now and always forever. Amin.

Concluding Prayer

O Lord Jesus Christ, do not close the door of Your mercy in our faces. We confess that we are sinners, have mercy upon us. / O Lord, Your love made you descend to us from Your place, / that by Your death our death might be abolished. / Have mercy upon us. Amin.

Qaumo

TUESDAY MORNING PRAYER

Matins/Safro

Qaumo

Psalms of Morning

[Psalm 51] Have mercy upon me, O God, in Your loving kindness;/ in the abundance of Your mercy blot out my sin.

Wash me thoroughly from my guilt and cleanse me from my sin./ For I acknowledge my fault and my sins are before me always.

Against you only have I sinned and done evil in Your sight, / that You may be justified in Your words and vindicated in Your judgment. / For I was born in guilt and in sin did my mother conceive me.

But you take pleasure in truth and You have made known to me the secrets of Your wisdom. / Sprinkle me with Your hyssop and I shall be clean; / wash me and I shall be whiter than snow.

Give me the comfort of Your joy and gladness, and the bones, which have been humbled shall rejoice. / Turn away Your face from my sins and blot out all my faults.

Create in me a clean heart, O God, / and renew Your steadfast spirit within me. / Do not cast me from Your presence / and take not Your Holy Spirit from me.

But restore to me Your joy and Your salvation / and let Your glorious spirit sustain me;/ that I may teach the wicked Your way / and sinners may return to You.

Deliver me from blood, O God, God of my salvation / and my tongue shall praise Your justice. / Lord, open my lips and my mouth shall sing Your praise.

For you do not take pleasure in sacrifices;/ by burnt offerings You are not appeased. / The sacrifice of God is a humble spirit, / a heart that is contrite God will not despise.

Do good in Your good pleasure to Zion and build up the walls of Jerusalem. / Then shall You be satisfied with sacrifices of truth and with whole burnt-offerings; / then shall they offer bullocks upon Your altar.

And to You belongs the praise, O God. Barekmor

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

O Merciful God! Have mercy upon us in your mercy!

Lord have mercy upon us and help us.

[Psalm 63] **My God, you are my God, I will seek You.**

My soul thirsts for You and my flesh seeks for You like the thirsty earth, which is parched and begging for water.

So have I looked for You in truth, that I may see Your power and Your glory.

Because your loving-kindness is better than life, / my lips shall praise You.

So I will bless You while I live and will lift up my hands in Your name.

My soul shall be enriched as with marrow and fat / and my mouth shall praise You with lips of praise.

I have remembered You upon my bed / and in the nighttime I have meditated on You.

For You have been my helper / and in the shadow of Your wings is my protection.

My soul follows after You / and Your right hand upholds me.

Those who seek to destroy my soul shall enter into the lower parts of the earth.

They shall be delivered over to the sword and shall be food for foxes; / but the king shall rejoice in God.

Everyone who swears by Him shall glory, / but the mouth of those who speak lies shall be stopped.

And to You belongs the praise, O God. Barekmor

† Glory be to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore

ENIYONO
(Haw d'Uhdono)

Christ God who taught us – to win vic'try
 Over the adversary
 With holy fasting and pray'r
 I stand before You; – Lord have mercy!

Christ God, You redeemed – the Ninevites
 Through their fasting and their pray'rs
 And their tears of repentance
 I stand before You; – Lord have mercy!

Christ our God who by – Your holy fast
 Has delivered us from the
 Error of sin and Satan
 I stand before You; – Lord have mercy!

Christ our God who for – our salvation
 Has fought war against Satan
 And banished his pow'r from us
 I stand before You; – Lord have mercy!

God who through fasting – strengthened us all
 To spirit`ua`lly nourish
 Us with the divine teachings,
 I stand before You; – Lord have mercy!...Barekmor

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

You, who do not wish – for sinners' deaths,
 But rather that they repent
 And be redeemed from evil,
 I stand before You; – Lord have mercy!

[Psalm 19] *Kurielaison*. The heavens declare the glory of God and the firmament proclaims His handiwork. / Day to day brings forth speech; / night to night declares knowledge;

There is no speech, nor are their words; their voice is not heard. / Yet their good tidings go out through all the earth,/ and their words to the end of the world.

In the heavens, He has set His tent for the sun, which comes out like a bridegroom leaving his chamber;/ it will rejoice like a strong man to run his course.

Its departure is from the end of the heavens / while its repose is at the end of the heavens and there is nothing hidden from its heat.

The law of the Lord is flawless and it turns the soul. / The testimony of the Lord is trustworthy and makes infants wise. / The commandments of the Lord are right and they make the heart rejoice. / The precepts of the Lord are chosen and they illumine the eyes.

The fear of the Lord is pure and it endures forever. / The judgments of the Lord are true and are more righteous than all. / They are more desirable than gold and even than precious stones. / They are sweeter than honey and the drippings of the honeycomb.

Moreover, Your servant will be warned by them; / If He keeps them, he will be greatly rewarded, but who can discern his errors? / Clear me from hidden faults.

Keep Your servant away from iniquity, lest the evil doers have dominion over me. / And I shall be purified from my sins. / O Lord, my helper and Savior, / let the words of my mouth be according to Your will / and the meditation of my heart be acceptable before You.

And to You belongs the praise, O God. Barekmor

† Glory be to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore

ENIYONO

('Erbo No' Mor Abeedo)

My Lord, I am the lost sheep
 Which has left the way of life
 I ran after vanity;
 Good Shepherd, go and seek me
 Do not - leave me to be lost,
 But count - me among Your flock
 And that with those wise virgins
 I may be made worthy to
 Enter Your Bridal - Chamber

Pardon all my debts, O God
 And forgive my transgressions,
 Because I have greatly sinned
 And have angered You, O Lord
 Like the - sinful woman, I
 Beg You, - Lord, to absolve me
 So that when You come again
 I may sing praise to Your grace
 Among the ranks of - Your saints

Just like the prodigal son,
 I call upon You, with sighs:
 "I have sinned against heaven
 And before You, my Father;
 Receive - me as a servant
 And I - shall serve in Your house
 Pardon all my transgressions
 Which I have sinned against You
 For You are full of - mercy

O Lord, I am terrified,
 For I have heard that in death
 There is no mem'ry of You.
 In She'ol, who will praise You?
 Therefore, - I beg earnestly
 O Lord, - and with all my heart!
 In my life, I will praise You
 And sing to You while I breathe
 For You are the One - who saves...*Barekmor*

† Glory to the Father, Son, and Holy Spirit

Unto the ages of ages and forevermore

Hear the pray'r of Your servants,
Lord, for we knock at Your door
See the repentance with sighs
That we offer before You

Do not – turn your gaze from us

For the – godless oppose us

But, Lord, with Your mighty hand,
Redeem us and have mercy
For we have called upon You!

[Isaiah 42:10-13, 45:8] Kurielaison. Sing to the Lord a new song, His praise from the ends of the earth! Let those who go down to the sea in its fullness, the islands and their inhabitants, praise the Lord!

Let the desert and its villages rejoice! Let Kedar be meadows; let the inhabitants of steep rocks praise Him! Let them shout from the top of mountains. Let them give glory to the Lord and declare His glory in the islands!

The Lord will go forth like a mighty man and like a warrior, He stirs up His fury; He will cry out and become mighty and will triumph over His enemies;

Let the clouds rain down righteousness; let the earth open and salvation increase; and let righteousness sprout forth altogether. I am the Lord who created them...*Barekmor*

† Glory to the Father, Son, and Holy Spirit

Unto the ages of ages and forevermore

ENIYONO
(*Yaumo Dethfalag*)

Let us purify with tears of repentance
 The soul tainted by the multitude of sins
 And the defilements of sins and of e-vil
 Let us implore the Lord with sorrow:
 Have pity, Merciful One
 For You, alone, are glorious!

May our fast please You, O Lover of Mankind,
 And may our pray'rs be accepted in Your sight
 Lord, as You reconciled with the Nine-vites
 Who had beseeched You in repentance,
 Reconcile with us, O God
 And accept our fast and prayers!

In fasting's meadows, may the lamb of Your flock
 Be fattened spi`ri`tu'ally in holiness
 May it be led and preserved in puri-ty
 By the fast, the King gave priesthood to
 The house of Levi and to
 Simon's house, apostleship...*Barekmor*

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

By the fasting which he kept in Babylon,
 Daniel shut the mouths of the fearsome lions
 And by the fast, the three youths put out the flames
 By the fast, the Ninevites were saved
 Through their fast of repentance
 Offered with loud cries and tears

[Psalm 113] **Amin. Praise you servants of the Lord, praise the name of the Lord.**

May the Lord's name be bless'd forever and ever.

From the rising of the sun to its setting / great is the name of the Lord.

The Lord is high above all peoples/and his glory is above the heavens.

Who is like the Lord, our God, who sits on high / and looks upon the depths in heaven and on earth?

He raises up the poor from the dunghill / and makes him sit with the princes of the people.

He makes the barren woman keep house / and be a joyful mother of children.

And to You belongs the praise, O God. Barekmor.

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

Unto the ages of ages and forevermore.

EQBO

(Bhaw Nuhro Gayo)

All the angels serve – Your God-head

In – the – joyous light

And at morning all – creation

Hastens to worship – You, Lord.

Stoumen Kalos, Kurieleison

(Promion & Sedro)

QOLO

(Quqoyo – Reesh Qolo)

Let us be diligent in fasting, my brethren
 Those who fast gain vict'ry and perfection in Christ
 By it, our Lord – fought against Satan
 By it, Moses – shone on Mount Sinai
 By it, Elijah was lifted up to heaven
 And by it, the martyrs were crowned; Bless`ed is He
 Halleluiah – who gave it to us...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Fasting from bread and water is a minor fast,
 But if there is almsgiving in it, it is great
 And great will be – the reward for those
 Who fast and give – alms to the needy
 Those with nothing to give should mix love with fasting,
 And they will be mingled with spi`ri`tual be`ings
 Halleluiah – at Resurrection

Unto the ages of ages and forevermore

Moses fasted forty days upon Mount Sinai,
 And his face shone brightly by the splendor of God
 And he received – the Ten Commandments
 Inscribed in stone – from the Lord our God
 Bless`ed are you, faithful Church, for by your fasting,
 You partake truly of the living sacrifice
 Halleluiah – w'Halleluiah

*Lord have mercy upon us and help us**(Etro)*

QOLO

(Dahto lo Nehte – Reesh Qolo)

Bless`ed is He who – by His fasting won
 Vict`o`ry over the adversary
 And opened for us – the path to Heaven
 With this weapon which leads to lasting life
 Halleluiah w'Halleluiah
 Lord, bless`d is Your fast which conquered Satan...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

The bread and water – our Lord has given
 For the body does not save or cause sin
 But you must abstain – from sin and do good
 This is the fasting that pleases the Lord
 Halleluiah w'Halleluiah
 O Lord, grant us that our fast may please You

Unto the ages of ages and forevermore

By my will I sin – and by it, repent
 I know the reason Satan has caught me
 Woe to me for I – have sinned against You
 Woe to me for I am not repentant
 Halleluiah w'Halleluiah
 Woe to me when you judge; Lord have mercy!

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB*(To be sung in one of the tones for the Fast)*

O Christ, who did accept the fasting of the just
 Accept our fast and pray'rs and have mercy on us

At this time, when the stomach is deprived of food
 O Mouth, speak and speak and gain the One who hears You

At this time, the Spirit's riches are *being* gathered
 All shall awake and fill their baskets with virtues

Praise God who gave to us the unchanging riches,
 Namely, the fast full of wealth for those who love it

Bless'd is He who gave it to the Church and her flock,
 And she praises Him, His Father, and His Spirit

O Christ, who did accept the fasting of Moses
 Hear our requests and have mercy upon our souls

(Scripture Readings)

Morning Praise for the Fast

Lord of all, - by your great mercies,
 Make us servants worthy
 to be preserved today in justice, without the scars of sin.
 Bless`ed are You, - O God of - our fathers,
 And Your Holy name is magnified
 and glorified forever. Amin.

Lord, may Your - grace and mercies
 be upon us, for our trust is in You.
 Bless`ed are You! - O Lord, teach - and show us
 The way of Your co-mmand-ments.
 Bless`ed are You! - By Your grace - make us to
 Understand the way of Your laws
 Bless`ed are You! - Holy One, - enlighten us
 With your luminous rays
 Lord, may Your mercies be upon us
 Do not neglect, or leave - the work of Your hands

Glory befits You,
Honor befits You,
And praise befits You,
 Father, Son, Holy Spirit,
 Now and forever. Amin!

Morning Praise

It is good to give You thanks - O Lord God,
 And to sing praise to Your name
 And to proclaim Your grace in - the morning
 And Your faithfulness, Lord, in the night! (*Psalm 92:1-2*)

(Repeat the stanza above three times and kneel/prostrate)

At morning, you shall hear my voice;
 I have prepared myself to appear before You

Holy are You, O God

Holy O Almighty

Holy O Immortal

†Crucified for us, have mercy - on us (*Repeat three times*)

Lord, have compassion on us;
 Forgive the sins of all of us, O Lord;
O Holy One, let Your right hand rest upon us;
 Forgive our weakness, for Your name is forever!

Glory to You, O God
 Glory to You, O God
 Glory, our hope forever...*Barekmor*

Our Father, who art in heaven...

(In Prose)

Morning Praise

It is good to give thanks to the Lord and to sing praise to Your name, Most High, to proclaim Your grace in the morning and Your faithfulness in the night.

Lord, in the morning You shall hear my voice and in the morning I have prepared myself to appear before You. Lord, have compassion on Your people; Lord, pardon and forgive the sins of all of us. Holy One, let Your right hand rest upon us and pardon our infirmity because Your name is forever. Amin.

Qaumo

TUESDAY 3RD HOUR PRAYERS
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Qaumo

QOLO

(Shlomo d'Abo – Reesh Qolo)

Let us love one another

Love completes the commandments

There are those who fast from bread

And yet are filled with hatred,

Like those who fast from wine yet

Kill their brethren secretly...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

Through the fasting of Daniel,

He shut the mouths of lions;

Hananiah and his friends

Quenched the flames in the furnace,

So let us fast, that we may,

Rejoice with the spi`ri`tuals

Lord have mercy upon us and help us

BO'UTHO of MOR EPHREM

(Tone 5)

Son, who freed us by Your fast

Have mercy upon us all

Come, let us offer to Him

The off'rings of discernment

That we may be worthy of

His vision at His Coming

You who fast, offer to God

Glory by all your labors;

Offer Him good fruits of praise

By the beauty of your life

Son, who freed us by Your fast

Have mercy upon us all

O Christ, who fasted for us

Accept our fasting and pray'r

Qaumo

TUESDAY 6TH HOUR PRAYERS
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Qaumo

QOLO

(B'Safro Hazawuy/Shlomo d'Abo – Tone 1, Variation 3)

On that morning when Light dawns,
Greatly bless'd are those who fast,
For with the righteous they will partake of the Lord's banquet
Their minds will greatly rejoice
In the rewards of their works...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

Those who fast with purity
Are mingled with the watchers
They are made friends of the glor'ious who excelled in fasting
Satan cannot approach them,
For the Lord is their guardian

Lord have mercy upon us and help us

BO'UTHO of MOR EPHREM

(Tone 5)

Son, who freed us by Your fast
Have mercy upon us all

If your fast is like honey
But your tongue speaks bitter words
The sweetness of your fasting
Is turned into bitterness

O Christ, who fasted for us
Praise to You, and have mercy
Have mercy upon us all
In this world and that to come

Son, who freed us by Your fast
Have mercy upon us all
O Christ, who fasted for us
Accept our fasting and pray'r

MANITHO of MOR SEVERUS

By the prayers of Your Mother – and those of all Your Saints

I exalt You, Lord and King, - The Only-Begotten Son;

Word of the Father;

Immortal in His nature and who by His grace

Descended for - all mankind

To bring life and salvation for our fallen human race;

Who did become - incarnate - of the pure Virgin,

The holy and glor`i`ous The`o`tokos

He became man - without change

And was crucified for us, Christ who is our Lord and God.

He trampled death - by His death - and destroyed our death.

Christ, who is one of the Holy Trinity;

Who is worshipped - equally

With His Father and Spirit; Have mercy upon us all!

Qaumo, Nicene Creed

Forty Prostrations

Kurieleison (x10)

Lord, have mercy upon us (x10)

Lord, be kind and have mercy (x10)

Answer, Lord, and have mercy (x10)

Glory be to You, O Lord

Glory be to You, O Lord

Glory be to You, our hope forever. Barekmor

Our Father, who art in heaven...

TUESDAY 9TH HOUR PRAYERS
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Qaumo

QOLO

(More d'Ramsho – Tone 5)

My brethren, let – us be diligent
 In fasting, pray'r – tears and in vigil,
 For by them we – will join the angels
 And inherit – the Kingdom of God...*Barekmor*

† Glory be to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore

This is the fast – our Lord commanded:
 You shall not hate – brother or neighbor,
 But you shall love – the ones who hate you
 And you shall love – even enemies

Lord have mercy upon us and help us

BO'UTHO of MOR EPHREM

(Tone 5)

Son, who freed us by Your fast
 Have mercy upon us all

By the fast in Nineveh,
 That great city was redeemed
 Mourning passed away from it
 Through pray'r and supplication

Come, let us all take refuge
 In fasting, that hard labor,
 For Elijah did the same
 And ascended to heaven

Son, who freed us by Your fast
 Have mercy upon us all
 O Christ, who fasted for us
 Accept our fasting and pray'r

Qaumo

WEDNESDAY EVENING PRAYER

Vespers/Ramsho

Qaumo

† Glory be to the Father and to the Son and to the Holy Spirit.

May His grace and mercy be upon us, weak and sinful, in both worlds forever and ever. Amin.

Introductory Prayer

Grant us, Lord God, that while our bodies rest from the labors of the day and our souls are released from worldly thoughts, we may stand in Your presence with tranquility at this time of evening and that we may offer You ceaseless praise and uninterrupted thanksgiving; that we may acknowledge Your loving kindness by which You direct and rule our lives and protect and save our souls; to You we offer praise and thanksgiving, now and always and forever, Amin.

Psalms of Evening

[Psalm 141] Kurielaison / Lord, I have called upon You, / answer me; hear and receive my words.

Let my prayer be like incense in Your sight, / the offering of my hands like the evening offering. / Set a guard, Lord, before my mouth, / a guard before my lips, / that my heart may not turn to evil words / and I may not do deeds of wickedness.

Let me not take salt with impious men; / let the just man teach me and reprove me; / let not the oil of the impious anoint my head / because my prayer was against their evil-doing. / Their judges have been restrained by the side of the rock, / and they have heard how gentle are my words.

As when a plough cleaves the earth, their bones have been scattered at the mouth of Sheol. / I have lifted up my eyes to You, Lord, / and in You have I put my trust; / do not cast away my soul.

Keep me from the hand of the proud, who have laid snares for me; / let the wicked fall into their nets, while I pass on.

[Psalm 142] With my voice I cried to the Lord; / with my voice I besought the Lord and poured out my prayer before him; / I showed him my affliction, when my spirit was troubled, / but You know my path.

In the way of my walking they have laid a snare for me; / I look to the right and see none that knows me; / the way of escape has gone from me and there is none who cares for my soul. / I cried to You, Lord, and said: / You are my hope and my portion in the land of the living.

Hear my petition because I am brought very low; / deliver me from my persecutors because they are too strong for me. / Lead me forth from prison that I may give thanks to Your name; / Your just ones shall have hope when You shall reward me.

[Psalm 119, 105-112] **Your word is a lamp to my feet and light to my path; / I have sworn and am resolved to keep the judgments of Your justice. / I am greatly brought low, Lord, / give me life according to Your word; / be pleased with the words of my mouth, Lord, / and teach me Your judgments.**

My soul is ever in my hands, and I have not forgotten Your law; / sinners have laid snares for me and I have not strayed from Your commands. / I shall inherit Your testimony forever because it is dear to my heart; / I have turned my heart to do Your commands forever in truth.

[Psalm 117] **Praise the Lord, all your nations; praise him, all you peoples, / for His grace is strong over us; / truly the Lord is forever.**

And to You belongs the praise, O God. Barekmor.

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

ENIYONO
(Sli Moriyō b'Rahme)

Brethren, let us take refuge
 In pure and holy fasting,
 As the just did in their fasts
 And pleased the exalted God

Moses fasted and he shone;
 Elijah was taken up;
 The youths inside the furnace
 Fasted and put out the flames

Moses fasted and brought down
 The stone tablets of the Law
 Therefore, let us also fast
 To inherit the Kingdom...*Barekmor*

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

The Church is glorified by
 Fasting and works of justice;
 She drives away gluttony
 And wears the ascetic robes

Staumen Kalos, Kurielaison

(Promion & Sedro)

QOLO

(Quqoyo – Reesh Qolo)

One who leaves the Lord's service and wanders about
 Resembles a lamb snatched from the flock by a wolf
 You were the lamb – of the Living God
 The evil one – is the pack of wolves
 Those outside, come enter, for the Bridegroom sees you
 And He will open His door for you to enter
 Halleluiah w'Halleluiah...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

If one sows alms and passes away from the world,
 He will reap them on the day of Resurrection
 Bless'd are those who – sow alms and fasting,
 Vigil, and the – works of discernment
 For they wait for Christ, who will come and reward them
 That which ear has never heard nor the heart conceived
 Halleluiah w'Halleluiah

Unto the ages of ages and forevermore

Our Father in heaven, answer us when we call
 For we have no other father who can help us
 For you were pleased – to raise us from dust
 Now that we live – spare us from your wrath
 Teach us, Lord, your commandments that we may keep them
 And by deeds of justice let us please you, O Lord
 Halleluiah – Have mercy on us

*Lord have mercy upon us and help us**(Etro)*

QOLO

(Bkhul Medem – Tone 5)

Isaiah, in prophecy, - has written us with his hymns,

“This is the fasting - that pleases the Lord:

Give your bread to the hungry - and the afflicted

And without hesitation, - clothe the needy ones.” *(Isaiah 58:6-7)*

Everyone who does these things

Will not ever be shaken

They will become like a tree - that is planted near water,

Whose leaves will not fall - summer or winter...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Throughout all generations - the righteous were glorified

By holy fasting - and they pleased the Lord

By his fasting, Moses saw - God on the mountain

By his fasting, Daniel closed - the mouths of lions

Hannaniah and his friends,

Through fasting, put out the flames

So let us be diligent - with this weapon of fasting

And let us please God - by lives of virtue

Unto the ages of ages and forevermore

All things I have considered - Nothing have I seen better

Bless'd is he who loved - the fear of the Lord

Joseph the just loved it and - became Egypt's king

Moses loved it and parted - the sea with his staff

Daniel and his friends loved it

And it saved them from the flames

More desirable than gold, - sweeter than the honeycomb,

Bless'd is He who loves - the fear of the Lord

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB*(To be sung in one of the tones for the Fast)*

O Christ, who did accept the fasting of the just
 Accept our fast and pray'rs and have mercy on us

What is gained if you fast from bread but sin by word?
 You will tear down what was built and lose the reward

If you fast in diligence but speak boastfully,
 You will still hunger but will lose your righteousness

Glory to Him who chooses the congregations
 to praise Him and makes them partake in His glory

Have mercy, Lord, on the dust that Your hands have made
 Praise to You, Your Father, and Your Holy Spirit

O Christ, who did accept the fasting of Moses
 Hear our requests and have mercy upon our souls

(Gospel)*Concluding Prayer*

O Lord Jesus Christ, do not close the door of Your mercy in our faces. We confess that we are sinners, have mercy upon us. / O Lord, Your love made you descend to us from Your place, /that by Your death our death might be abolished. / Have mercy upon us. Amin.

Qaumo

WEDNESDAY PROTECTION PRAYER

Compline/Sutoro

Qaumo

QOLO

(Bkhul Medem – Tone 7)

All things I have considered - Nothing have I seen better
 Bless'd is he who loved - the fear of the Lord
 Joseph the just loved it and became king of - Egypt
 Moses loved it and divided the sea with - his staff
 Daniel and his friends loved it_
 And it saved them from the flames_
 More desirable than gold, - sweeter than the honeycomb
 Bless'd is He who loves - the fear of the Lord...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

St. Paul wrote me a letter - while I sat down and read it
 Tears flowed from my eyes, for it is written:
 Woe to adulterers and shame be upon - the thieves
 For blasphemers, there will be a fire which is - not quenched
 Woe to me for I have done_
 All these things from my young age_
 Like the tax collector and - just like the sinful woman
 I beseech You Lord - Have mercy on me!

Lord have mercy upon us and help us!

BO'UTHO of MOR EPHREM

(Tone 7)

Lord, have mercy upon us
 O Lord, receive our service
 Send us from Your treasure-house
 Mercy, grace and forgiveness

By our displeasing actions,
 We have angered You, O Lord
 You are full of compassion
 And Your peace is not disturbed

O great Ocean of mercy,
 Our sins are a drop of mud
 And a drop of mud cannot
 Make a vast ocean muddy

Glory be to Your great love
 Which is shed upon sinners
 Honor to Your Father and
 To the Holy Spirit, praise

Lord who hearkens to our pray'rs
 Unto us be reconciled
 Hear our pray'r and petitions
 Answer us in Your mercy

Lord have mercy, Lord have mercy, Lord have mercy
(Kirieleison, Kirieleison, Kirieleison)

Psalms of Sutoro

[Psalm 91] **Bless me, O Lord. / He who sits under the protection of the Most High / and glories in the shelter of God will say to the Lord,**

"My trust is in You, / God is my refuge in whom I trust".

For the Lord shall deliver you from the snare, which makes you stumble / and from talk of vain things.

He will keep you safe under his feathers / and you shall be protected beneath His wings. / His truth shall enclose you as an armor.

You shall not be afraid of the terror of the night / nor of the arrow, which flies by day.

Nor of the word, which walks in the darkness / nor of the spirit that destroys at midday.

Thousands shall fall at your side / and ten thousand at your right hand, / but it shall not come near you

But with your eyes alone / you shall see the reward of the wicked

Because You have made the Lord your trust; / You have made Your dwelling in the heights

Evil shall not come near you, / affliction shall not come near your tent

Because He has commanded his angels concerning you; / that they should keep you in all your ways

And receive you in their arms; / that you may not stumble with your foot

You shall tread upon the adder and the basilisk; / You shall trample upon the lion and the dragon

"Because he has cried to me", says the Lord, / "I will deliver him and strengthen him."

Because he has known my name, He shall call upon me and I will answer him, / I will be with him in distress.

I will strengthen him and honor him; / With length of days I will satisfy him and show him my salvation”.

[Psalm 121] **I have lifted up my eyes to the hills - from where will my help come?**

My help is from the Lord, / who made heaven and earth

He will not suffer your foot to slip, / your guardian shall not sleep.

Indeed, He neither slumbers nor sleeps, / the guardian of Israel.

The Lord is your guardian. / The Lord shall shelter you with His right hand

By day the sun shall not harm you, / nor the moon by night,

The Lord shall guard you from all evil, / the Lord shall guard your soul

The Lord shall guard your going out and your coming in. / From henceforth and forevermore.

And to You belongs the praise, O God. Barekmor

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

Halleluiah, Halleluiah, Halleluiah. Unto the ages of ages and forevermore.

Prayer of St. Severus

He who sits under the protection of the Most High, / beneath the shadow of the wings of Your loving kindness will say,

“Protect us, O Lord, and have mercy upon us; / You who hear all, / hear the prayer of Your servants in Your loving kindness.

Grant us, O Christ our Savior, / an evening full of peace and a night of holiness, / for You are the King of Glory.

Our eyes are turned to You. / Pardon our offences and our sins; / Have mercy upon us / both in this world and in the world to come;

O Lord, / may Your mercy protect us / and Your grace rest upon our faces. / May Your † Cross guard us from the evil one and his powers.

May your right hand rest upon us / all the days of our lives, / and
Your peace reign among us /and give hope and salvation to the
souls of those who pray to You.

**By the prayer of Mary, who bore You and of all Your saints, /
pardon me and have mercy on me, O God". Amin.**

Praise of the Cherubim

We make the sign of the Cross and kneel as we pray:

† Blessed is the glory of the Lord, from His place forever!

† Blessed is the glory of the Lord, from His place forever!

† Blessed is the glory of the Lord, from His place forever and ever!

Holy and glorious Trinity, have mercy upon us;

Holy and glorious Trinity, have mercy upon us;

Holy and glorious Trinity, have compassion and mercy upon us.

You are holy and glorious forever

You are holy and glorious forever

You are holy and blessed is Your name, forever and ever.

Glory be to You, O Lord.

Glory be to You, O Lord;

Glory be to You, our hope forever. *Barekmor.*

Our Father, who art in heaven...

Nicene Creed, Quqlions of the Theotokos & Saints

WEDNESDAY NIGHT VIGIL

Lilyo

Qaumo

Introductory Prayer

Awaken us, Lord, from our sleep in the sloth of sin that we may praise your watchfulness, You who watch and do not sleep; give life to our death in the sleep of death and corruption, that we may adore Your compassion, You who live and do not die; grant us in the glorious company of the angels who praise You in heaven, to praise You and bless you in holiness, because You are praised and blessed in heaven and on earth, Father, Son and Holy Spirit, now and always and forever. Amin.

Introductory Psalms of Night Vigil

[Psalm 134] *Barekmor*. **Bless the Lord, / all You servants of the Lord.**

Barekmor. You who stand by night in the house of the Lord.

Lift up your hands to the holy place / and bless the Lord.

May the Lord bless you from Zion, / He who made heaven and earth.

[Psalm 119, 169-176] **Let my praise enter before You, Lord, / and give me life by Your word; / let my cry enter before You, Lord, / and deliver me by Your word.**

My tongue shall pour forth Your word, / because all Your commands are just.

My lips shall speak Your praise when You have taught me Your commands; / let Your hand help me / because I have taken pleasure in Your commands.

My soul has longed for Your salvation /and I have meditated on Your law; / let my soul live and I will praise You /and Your judgments shall help me.

I have gone astray like a lost sheep; / seek for Your servant, / because I have not forgotten all Your commands.

[Psalm 117] Praise the Lord, all you nations, /praise Him, all you peoples,/ for His grace is strong over us; /truly, the Lord is forever.

And to You belongs the praise, O God. Barekmor.

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

ENIYONO
(Yoye w'Zodeq)

Let us cast of the evil

And increase in diligence;

Be active in repentance

And reject all laziness

Glory to You, O Lord

Praise to You; Praise to You

Merciful One, have mercy!

Brethren, we have spent our days

With loathsome and heinous works

Before time passes away,

Let us all plead for mercy

Glory to You, O Lord

Praise to You; Praise to You

Merciful One, have mercy!

Brethren, cast off all hatred

And clothe yourselves in virtues

Let us offer to the King

Off`e`rings of discernment

Glory to You, O Lord

Praise to You; Praise to You

Merciful One, have mercy!...Barekmor

† Glory to the Father, Son, and Holy Spirit

Unto the ages of ages and forevermore

Let us all be diligent

Before the fast has ended

While there is still time for trade

Let us gain the fast's treasures

Glory to You, O Lord

Praise to You; Praise to You

Merciful One, have mercy!

Lord have mercy, Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

1ST QAUMO

EQBO

(Qum Paulos – In the Tone of the Day)

I confess all my faults, O Lord,
 So priests may plead on my behalf
 You put forgiveness in their hands
 So that all sinners may have hope
 The priests offer pray'r
 To bring forgiveness;
 They bind and are heard;
 What they loose is loosed above
 Christ made them his faithful stewards
 Who give His wealth to the needy

Lord have mercy; Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

Lord, have mercy upon us
 Lord, be kind and have mercy
 Answer, Lord, and have mercy

Glory be to You, O Lord
 Glory be to You, O Lord
 Glory be to You, our hope forever. *Barekmor*

QOLO

(Bkhul Medem - In the Tone of the Day)

All things I have considered – Nothing have I seen better
 Bless'd is he who loved – the fear of the Lord
 Joseph the just loved it and became Egypt's king
 Moses loved it and parted the sea with his staff
 Daniel and his friends loved it
 And it saved them from the flames
 More desirable than gold, - sweeter than the honeycomb
 Bless'd is He who loves – the fear of the Lord...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

St. Paul wrote me a letter - while I sat down and read it

Tears flowed from my eyes, for it is written:

Woe to adulterers and shame be upon thieves

For blasphemers, there will be *fire* which is not quenched

Woe to me for I have done

All these things from my young age

Like the tax collector and - just like the sinful woman

I beseech You, Lord, - Have mercy on me!

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB

(In the Tone of the Day)

O Lord, our Lord, we call to You come to our aid

Hear our requests and have mercy upon our souls

You who discern, when you hear the sound of the bell,

Long for it with joy and run to the Holy Church

Come to the church for pray'r and recollect Your mind

Without leaving to wander about here or there

Ask the Lord for compassion like one who is weak,

For with compassion, He receives those who seek Him

You will receive the new life with the ranks of saints

Who loved the Father, Son, and the Holy Spirit

Answer O Lord, answer O Lord, and have mercy

Turn the hearts of the sons of men to repentance

Praise of the Cherubim

Prayed at the conclusion of 1st and 2nd Watches of Lilyo

† Blessed is the glory of the Lord...

Holy and glorious Trinity, have mercy upon us...

You are holy and glorious forever...

Glory be to You, O Lord...

Our Father who art in Heaven...

2ND QAUMO**EQBO***(Qum Paulos - In the Tone of the Day)*

As I have not renounced You, Lord,
 May my friends not renounce my name
 As I confessed You before man,
 Confess me before Your Father

O Lord, since I have
 Eaten Your body
 And drunk of Your blood
 Make me worthy of Your bliss

When You come again in glory
 Forgive me my sins by Your grace

Lord have mercy; Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

Lord, have mercy upon us
 Lord, be kind and have mercy
 Answer, Lord, and have mercy

Glory be to You, O Lord
 Glory be to You, O Lord
 Glory be to You, our hope forever. *Barekmor*

QOLO*(Bkhul Medem - In the Tone of the Day)*

I, Ephrem, am nearing death - and I write my testament
 Pray without ceasing - all day and all night
 When the ploughman ploughs two times his harvest bears fruit
 Do not be like the slothful ones, whose fields sprout thorns
 May this be a witness to
 My disciples after me,
 For he who loves it receives - great reward in both the worlds
 Pray without ceasing - all day and all night...*Barekmor*

† Glory be to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore

As I walked along the shore – I noticed how all the fish
 Devoured each other – and I re`a`lized,
 If men devour each other in this passing world,
 Then why should I be harsh with fish who are not judged?
 I should be harsh with mankind
 Who will stand before judgment
 Though they know they face judgment – they still devour each other
 Bless`ed is the Lord – who bears with our kind

Lord have mercy upon us and help us

BO'UTHO of MOR EPHREM

(In the Tone of the Day)

Lord, have mercy upon us
 O Lord, receive our service
 Send us from Your treasure-house
 Mercy, grace and forgiveness

O Great Ocean of mercy,
 Our sins are a drop of mud,
 And a drop of mud cannot
 Make a vast ocean muddy

Glory be to Your great love
 Which is shed upon sinners
 Honor to Your Father and
 To the Holy Spirit, praise

Lord who hearkens to our pray'rs
 Unto us be reconciled
 Hear our pray'r and petitions
 Answer us in Your mercy

Praise of the Cherubim

Prayed at the conclusion of 1st and 2nd Watches of Lilyo

† Blessed is the glory of the Lord...
 Holy and glorious Trinity, have mercy upon us...
 You are holy and glorious forever...
 Glory be to You, O Lord...
 Our Father who art in Heaven...

3RD QAUMO**EQBO***(Qum Paulos - In the Tone of the Day)*

Woe to me, friends and belov`ed,
 For I have been lost from the Lord
 My lamp went out at the banquet;
 And I was cast into darkness

Now, I sit in filth,
 A friend of Satan
 And a slave to sin;
 A disgrace to the angels

Woe to me; unless I repent,
 I will be cast into darkness

Lord have mercy; Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

Lord, have mercy upon us
 Lord, be kind and have mercy
 Answer, Lord, and have mercy

Glory be to You, O Lord
 Glory be to You, O Lord
 Glory be to You, our hope forever. *Barekmor*

QOLO*(Enono Nuhro Shareero - In the Tone of the Day)*

God who does not withhold His
 Mercies from those who repent
 Remove afflictions from us
 Along with the rods of wrath
 O Lord, grant us months of joy
 And years of abundant grace,
 And by the sign of Your Cross

Drive out Satan from us that
 We may praise You for Your grace...*Barekmor*

† Glory be to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore

God who received the pray'rs of
 Jonah from inside the sea,
 And who ordered the fish to
 Spit him out on the third day,
 O Lord, hear our petition
 O Lord, reconcile with us
 O Lord, answer our requests

Even though we angered You,
 The Martyrs will pray for us

Lord have mercy upon us and help us

BO'UTHO of MOR BALAI

(In the Tone of the Day)

Lord, who has mercy even on sinners
 Have mercy on us on Your judgment Day!

At Your door O Lord, the afflicted knock
 Answer their requests in Your compassion

Jesus, Your door is a door of mercy!
 He who enters with sins departs with grace

Father in heaven, we do beseech You!
 Accept our service; have mercy on us.

Praise Him who said, "Call and I will answer;
 Knock, I will open; Ask and I will give."

Lord of those above! Hope of those below!
 Accept this service; have mercy on us

† Halleluiah, Halleluiah, Halleluiah!
 Glory to You, O God! (*Repeat three times*)

Be compassionate towards us in Your mercy, / O God of compassion; / in our sacrifices and our prayers / we make memory of our fathers / who taught us while they were alive, / to be children of God; / O Son of God, / raise them up in the heavenly kingdom / with the just and the righteous / in the world, which does not pass away.

Lord, have mercy upon us and help us

Psalms of Night Vigil

Awake, you that sleep, and rise and sing praise. [Psalm 148] Praise the Lord from the heavens, praise Him in the heights.

Praise Him, all His angels; praise Him, all his hosts.

Praise Him, sun and moon; praise Him, all stars of light; praise Him, heaven of heavens, and the waters above the heavens; let them praise the name of the Lord.

For He spoke and they were made, He commanded and they were created; He established them forever and ever. He gave them a law, which shall not pass away.

Praise the Lord from the earth, sea-monsters and all depths, fire and hail, snow and mist, stormy winds that fulfill His word;

Mountains and all hills, fruit trees and all cedars; wild beasts and all cattle, creeping things and birds that fly;

Kings of the earth and all peoples, princes and all judges of the earth; young men, too, and maidens; old men and boys; let them praise the name of the Lord.

For His name alone is exalted; His praise is on earth and in heaven, and He has lifted up the horn of His people; praise for all the just, the children of Israel, the people who draw near to Him.

[Psalm 149] Praise the Lord with a new praise in the assembly of the just; let Israel be glad in her Maker; let the children of Zion rejoice in their King.

Let them praise His name with the timbrel and the drum; let them sing to Him with the harp, for the Lord takes pleasure in His people, and gives salvation to the poor.

Let the just exult in glory; let them praise Him on their beds; let the high praises of God be in their throats, and two-edged swords in their hands,

To execute vengeance on the nations, and to rebuke the peoples; to bind their kings with chains, their nobles with fetters of iron; to execute on them the judgment which is written; that is the glory of the just.

[Psalm 150] Praise the Lord in His holy place, praise Him in the firmament of His strength.

Praise Him for His mighty deeds, praise Him for His abounding greatness, praise Him with the sound of the trumpet, praise Him with lyre and harp.

Praise Him with the timbrel and the drum, praise Him with the soft strings, praise Him with the loud cymbals; praise Him with the sound of the voice; let everything that has breath praise the Lord.

[Psalm 117] Praise the Lord, all you nations; praise Him, all you peoples, for His grace is strong over us; truly the Lord is forever.

And to you belongs the praise, O God. Barekmor

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

Praise to the Holy Trinity!

Praise to the Holy Trinity!

We praise the glorious Trinity, self-existent and eternal; and to You belongs the praise, O God, at all times.

QAUMO of PRAISE**QOLO***(Habloh l'Eedtokh - Tone 5)*

The debts of mankind,
 Which had sinned in Eden, were pardoned by God
 Through holy fasting
 And by pure fasting,
 The doors of Paradise were opened, so that
 Adam might enter...*Barekmor*

† Glory be to the Father, Son and Holy Spirit*Unto the ages of ages and forevermore*

Those with discernment
 Gain wings of the Spirit to fly to heaven
 Through holy fasting
 Let us be made pure
 In these pure days of the fast, that we might gain
 The eternal life

*Lord have mercy upon us and help us***BO'UTHO of MOR JACOB***(To be sung in one of the tones for the Fast)*

O Christ, who did accept the fasting of the just
 Accept our fast and pray'rs and have mercy on us

Do not have hate in your heart when you are fasting
 Lest the foul smell from your fasting reaches the King

Do not curse those who hate you when you are fasting
 lest your fasting will become corrupt and worthless

Praise the Father who removes wrath through pure fasting;
 Praise the Son who forgives debts and sins by the pray'rs;

Praise the Spirit who gave the Church this great weapon;
 The Three have One Nature; To Him belongs glory!

O Christ, who did accept the fasting of Moses
 Hear our requests and have mercy upon our souls

Hymn of the Angels

As the angels and archangels on high in heaven sing praise, / so we poor children of earth sing praise and say:

At all times and at all seasons, Glory to God in the heights / and on earth, peace and tranquility and good hope for the sons of men.

We praise You, we bless You, we worship You, / we raise up a hymn of praise to You.

We give thanks to You because of Your great glory, / Lord our creator, king of heaven, / God the Father Almighty.

Lord God, only Son, Jesus Christ, with the Holy Spirit,

Lord God, Lamb of God, Son and Word of the Father, / who take away, or rather have taken away, the sin of the world / have mercy upon us.

You who take away, or rather have taken away the sin of the world, / incline Your ear to us and receive our prayers; / You who sit in glory at the right hand of the Father, / have compassion on us.

Because You only are holy, You only, Lord Jesus Christ, / with the Holy Spirit, in the glory of God the Father. Amen.

At all times and all the days of my life, / I will bless and praise Your name, which is holy and blessed forever, / and which remains forever and ever.

Blessed are You, Lord Almighty, God of our fathers, / and Your name is blessed and glorified in praise forever.

To You belongs glory, to You belongs praise, to You belongs honor, / God of all, Father of truth, / with the only Son and living Holy Spirit, now and always forever. Amen.

Concluding Prayer

O Lord Jesus Christ, do not close the door of Your mercy in our faces. We confess that we are sinners, have mercy upon us. / O Lord, Your love made you descend to us from Your place, / that by Your death our death might be abolished. / Have mercy upon us. Amen.

Qaumo

WEDNESDAY MORNING PRAYER

Matins/Safo

Qaumo.

Psalms of Morning

[Psalm 51] Have mercy upon me, O God, in Your loving kindness;/ in the abundance of Your mercy blot out my sin.

Wash me thoroughly from my guilt and cleanse me from my sin./ For I acknowledge my fault and my sins are before me always.

Against you only have I sinned and done evil in Your sight, / that You may be justified in Your words and vindicated in Your judgment. / For I was born in guilt and in sin did my mother conceive me.

But you take pleasure in truth and You have made known to me the secrets of Your wisdom. / Sprinkle me with Your hyssop and I shall be clean; / wash me and I shall be whiter than snow.

Give me the comfort of Your joy and gladness, and the bones, which have been humbled shall rejoice. / Turn away Your face from my sins and blot out all my faults.

Create in me a clean heart, O God, / and renew Your steadfast spirit within me. / Do not cast me from Your presence / and take not Your Holy Spirit from me.

But restore to me Your joy and Your salvation / and let Your glorious spirit sustain me;/ that I may teach the wicked Your way / and sinners may return to You.

Deliver me from blood, O God, God of my salvation / and my tongue shall praise Your justice. / Lord, open my lips and my mouth shall sing Your praise.

For you do not take pleasure in sacrifices;/ by burnt offerings You are not appeased. / The sacrifice of God is a humble spirit,/ a heart that is contrite God will not despise.

Do good in Your good pleasure to Zion and build up the walls of Jerusalem. / Then shall You be satisfied with sacrifices of truth and with whole burnt-offerings; / then shall they offer bullocks upon Your altar.

And to You belongs the praise, O God. Barekmor

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

O Merciful God! Have mercy upon us in your mercy!

Lord have mercy upon us and help us.

[Psalm 63] **My God, you are my God, I will seek You.**

My soul thirsts for You and my flesh seeks for You like the thirsty earth, which is parched and begging for water.

So have I looked for You in truth, that I may see Your power and Your glory.

Because your loving-kindness is better than life, / my lips shall praise You.

So I will bless You while I live and will lift up my hands in Your name.

My soul shall be enriched as with marrow and fat / and my mouth shall praise You with lips of praise.

I have remembered You upon my bed / and in the nighttime I have meditated on You.

For You have been my helper / and in the shadow of Your wings is my protection.

My soul follows after You / and Your right hand upholds me.

Those who seek to destroy my soul shall enter into the lower parts of the earth.

They shall be delivered over to the sword and shall be food for foxes; / but the king shall rejoice in God.

Everyone who swears by Him shall glory, / but the mouth of those who speak lies shall be stopped.

And to You belongs the praise, O God. Barekmor

*† Glory be to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore*

ENIYONO

(Bthulto Qadishto)

Just as the righteous - pleased God by fasting,
Likewise, may our fast - please the gracious Lord

By the fast Moses - kept on Mount Sinai,
God magnified the - splendor of his face

By the fast, Moses - saw a wond'rous sight,
And by the fast, the - Lord is exalted

By Elijah's fast, - his pray'er was heard
And fire from above - consumed his off'ring

By fasting and pray'r, - Nineveh was saved
Bless'd is He who is - diligent in them...*Barekmor*

*† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore*

Our Lord taught His Church - by the fast He kept
That she will conquer - Satan by the fast

[Psalm 19] *Kurielaison*. The heavens declare the glory of God and the firmament proclaims His handiwork. / Day to day brings forth speech; / night to night declares knowledge;

There is no speech, nor are their words; their voice is not heard. / Yet their good tidings go out through all the earth,/ and their words to the end of the world.

In the heavens, He has set His tent for the sun, which comes out like a bridegroom leaving his chamber;/ it will rejoice like a strong man to run his course.

Its departure is from the end of the heavens / while its repose is at the end of the heavens and there is nothing hidden from its heat.

The law of the Lord is flawless and it turns the soul. / The testimony of the Lord is trustworthy and makes infants wise. / The commandments of the Lord are right and they make the heart rejoice. / The precepts of the Lord are chosen and they illumine the eyes.

The fear of the Lord is pure and it endures forever. / The judgments of the Lord are true and are more righteous than all. / They are more desirable than gold and even than precious stones. / They are sweeter than honey and the drippings of the honeycomb.

Moreover, Your servant will be warned by them; / If He keeps them, he will be greatly rewarded, but who can discern his errors? / Clear me from hidden faults.

Keep Your servant away from iniquity, lest the evil doers have dominion over me. / And I shall be purified from my sins. / O Lord, my helper and Savior, / let the words of my mouth be according to Your will / and the meditation of my heart be acceptable before You.

And to You belongs the praise, O God. Barekmor

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

ENIYONO
(*Lekh Netkashaf*)

The great Moses
Kept a pure and holy fast on Mount Sinai
And He brought down
The commandments for the house of Is`ra`el
 He received - words inscribed
 By the finger of fire,
 And he praised the Lord!

Daniel observed
A holy fast and was glorified by it
And He was saved
From the mouths of the fearsome, devouring beasts
 He praised and - glorified
 The Lord who - magnifies
 His faithful servants

For forty days,
Elijah fasted and walked to Mount Horeb,
And by his fast
He bound the heaven and the earth for a time
 Brethren, with - purity
 Let us fast - from passions
 Which shall pass away

O Holy Church,
Praise the Son who by His fast taught her children
To fight Satan.
The gluttony which killed our father Adam
 Through that great - transgression
 Of the Lord's - commandment
 Has now been expelled...*Barekmor*

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

Praise the Father
 And the Son who is from Him with the Spirit,
 The One True God,
 Whose glory cannot be fathomed by angels
 All creatures – glorify
 And worship – the Lord who
 Has created them

[Isaiah 42:10-13, 45:8] Kurielaison. Sing to the Lord a new song, His praise from the ends of the earth! Let those who go down to the sea in its fullness, the islands and their inhabitants, praise the Lord!

Let the desert and its villages rejoice! Let Kedar be meadows; let the inhabitants of steep rocks praise Him! Let them shout from the top of mountains. Let them give glory to the Lord and declare His glory in the islands!

The Lord will go forth like a mighty man and like a warrior, He stirs up His fury; He will cry out and become mighty and will triumph over His enemies;

Let the clouds rain down righteousness; let the earth open and salvation increase; and let righteousness sprout forth altogether. I am the Lord who created them...*Barekmor*

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

ENIYONO

(*Bthulto Yoldath Dmoro, ~"Golgulthayil Sodarare"*)

Make us worthy, - O Lord God
 To - keep the fast in purity without evil,
 To please Your divinity,
 To obtain mut`u`al love,
 And to love - our brethren,
 So that we might find mercy

By their fasting, - great Moses
 Brought - down tablets for the people of Is`ra`el,
 Elijah was lifted up,
 And Daniel conquered the beasts
 My brethren, - let us fast
 To inherit the Kingdom...*Barekmor*

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

I beseech You, - O my Lord,
 Like - that prodigal son, have mercy upon me
 I have sinned against heaven,
 And in Your sight, my Father
 Make me as - Your servant;
 Pardon my sins by Your grace

[Psalm 113] **Amin. Praise you servants of the Lord, praise the name of the Lord.**

May the Lord's name be bless'd forever and ever.

From the rising of the sun to its setting / great is the name of the Lord.

The Lord is high above all peoples/and his glory is above the heavens.

Who is like the Lord, our God, who sits on high / and looks upon the depths in heaven and on earth?

He raises up the poor from the dunghill / and makes him sit with the princes of the people.

He makes the barren woman keep house / and be a joyful mother of children.

And to You belongs the praise, O God. Barekmor.

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

Unto the ages of ages and forevermore.

EQBO

(B'edon Safo)

At the time of morning - creation worships

Him who drives darkness from it and she sings praise:

"Glory to You, O God!"

(Promion & Sedro)

QOLO

(l'Malkuth Rawmo – Reesh Qolo)

Both soul and body – should fast together,
 For while the body – abstains from bread and water,
 The soul should fast from evil.
 If the soul is not kept from
 Dwelling upon evil thoughts,
 The fast from – bread will be in vain...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

The prophet Moses – fasted forty days.
 Upon Mount Sinai, - His body abstained from food,
 And his soul from all evil,
 And he brought down the tablets
 For the house of Is`ra`el
 With the laws – and the commandments

Unto the ages of ages and forevermore

Christ the King at Your – door of compassion
 I knock ev'ry hour, – and from Your rich treasure-house,
 I ask for mercy and grace
 In You Lord, I take refuge
 Shame me not, I've confessed You;
 You're my hope - and strong protection

Lord have mercy upon us and help us

(Etro)

QOLO

(Quqoyo – Reesh Qolo)

Bless'd is he who humbles himself with pure fasting
 Like David, the just king and the glor'ious prophet.
 He remembered – the Lord night and day
 He turned from sin – and walked in God's ways
 With purity, he raised his hands toward heaven
 And meditated with his psalms both night and day,
 Halleluiah – and was granted life...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Bless'd is the one who mingles his fasting with love
 In heaven, he will rejoice with the spi`ri`tuals
 The one who adds – giving to his fast
 Greatly excels – in his true beauty;
 He will be mingled with the spi`ri`tual be`ings
 He will inherit blessings, life, and the Kingdom
 Halleluiah – and will sing glory

Unto the ages of ages and forevermore

I grieve knowing that I am Yours only in name,
 For my deeds and faults reveal I am far from You
 Though I long to – confess and repent
 My stubborn pride – does not allow me
 I teach but do not learn; I give drink yet I thirst
 Quench my thirst, O Spring, which was opened by the lance,
 Halleluiah – that I may be filled

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB*(To be sung in one of the tones for the Fast)*

O Christ, who did accept the fasting of the just
 Accept our fast and pray'rs and have mercy on us

Why do you fast if you do not love your brother?
 For the Lord has chosen a fast full of mercy

O you who are rich, gain compassion in this world
 O poor, do not murmur against the one who gives

We are all called to have mercy on our brethren
 Those without mercy will be punished by justice

Those who are rich with much gold and great possessions
 Should understand that their wealth has made them stewards

O Christ, who did accept the fasting of Moses
 Hear our requests and have mercy upon our souls

(Scripture Readings)

Morning Praise for the Fast

Lord of all, - by your great mercies,
 Make us servants worthy
 to be preserved today in justice, without the scars of sin.
 Bless`ed are You, - O God of - our fathers,
 And Your Holy name is magnified
 and glorified forever. Amin.

Lord, may Your - grace and mercies
 be upon us, for our trust is in You.
 Bless`ed are You! - O Lord, teach - and show us
 The way of Your co-mmand-ments.
 Bless`ed are You! - By Your grace - make us to
 Understand the way of Your laws
 Bless`ed are You! - Holy One, - enlighten us
 With your luminous rays
 Lord, may Your mercies be upon us
 Do not neglect, or leave - the work of Your hands

Glory befits You,
Honor befits You,
And praise befits You,
 Father, Son, Holy Spirit,
 Now and forever. Amin!

Morning Praise

It is good to give You thanks - O Lord God,
 And to sing praise to Your name
 And to proclaim Your grace in - the morning
 And Your faithfulness, Lord, in the night! (*Psalm 92:1-2*)

(Repeat the stanza above three times and kneel/prostrate)

At morning, you shall hear my voice;
 I have prepared myself to appear before You

Holy are You, O God

Holy O Almighty

Holy O Immortal

†Crucified for us, have mercy - on us (*Repeat three times*)

Lord, have compassion on us;
 Forgive the sins of all of us, O Lord;
O Holy One, let Your right hand rest upon us;
 Forgive our weakness, for Your name is forever!

Glory to You, O God
 Glory to You, O God
 Glory, our hope forever...*Barekmor*

Our Father, who art in heaven...

(In Prose)

Morning Praise

It is good to give thanks to the Lord and to sing praise to Your name, Most High, to proclaim Your grace in the morning and Your faithfulness in the night.

Lord, in the morning You shall hear my voice and in the morning I have prepared myself to appear before You. Lord, have compassion on Your people; Lord, pardon and forgive the sins of all of us. Holy One, let Your right hand rest upon us and pardon our infirmity because Your name is forever. Amin.

Qaumo

WEDNESDAY 3RD HOUR PRAYERS
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Qaumo

QOLO

(Lokh Moriyo Qorenan – Reesh Qolo)

If the merciful Lord who was incarnate
 Fasted the holy fasting for our – salvation,
 Then it is right that we should fast and repent,
 Beseeching His mercy and asking – for pardon
 Let us fast – from ev’ry evil,
 From deceit, - and from all slander
 That with confidence we may say, “Lord, - have mercy!” ...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

When a merchant prepares for a long journey,
 He prepares provisions to last him – a great while
 When the merchant prepares for a short journey,
 He prepares provisions according – to his need
 Come let us – prepare provisions
 For the great – eternal journey,
 So that we may dwell in His city – at the end

Lord have mercy upon us and help us

BO'UTHO of MOR EPHREM*(Tone 5)*

Son, who freed us by Your fast
 Have mercy upon us all

O Great Ocean of mercy,
 Our sins are a drop of mud,
 And a drop of mud cannot
 Make a vast ocean muddy

Glory be to Your great love
 Which is shed upon sinners
 Honor to Your Father and
 To the Holy Spirit, praise

Son, who freed us by Your fast
 Have mercy upon us all
 O Christ, who fasted for us
 Accept our fasting and pray'r

Qaumo

WEDNESDAY 6TH HOUR PRAYERS
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Qaumo

QOLO

(Quqoyo – Reesh Qolo)

Come, O grace, and beseech with us as you are wont,
 For the world sees you as a merciful mother
 Bring with you, peace – and tranquility;
 Spread out your wings – over our weak race
 O grace, you who bear the keys of the house of God,
 Open the door of repentance to the sinners
 Halleluiah – w’Halleluiah...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

If we infants have wandered away by our deeds,
 O Lord, have mercy, for You became an infant,
 And have mercy – on Your holy priests
 Who extolled You – upon the altar;
 Have mercy on Your servants who seek you daily,
 And upon the souls who fell into afflictions
 Halleluiah – Grant comfort to them

Lord have mercy upon us and help us

BO'UTHO of MOR EPHREM*(Tone 5)*

Son who freed us by Your fast
Have mercy upon us all

Jesus Christ, Lord and Savior,
My we be restored to life
By that abundant mercy
Through which You created us

Physicians are not renowned
Unless they heal others' wounds
Likewise, mercy is not loved
Unless sinners are pardoned

Son, who freed us by Your fast
Have mercy upon us all
O Christ, who fasted for us
Accept our fasting and pray'r

MANITHO of MOR SEVERUS

By the prayers of Your Mother – and those of all Your Saints

I exalt You, Lord and King, - The Only-Begotten Son;

Word of the Father;

Immortal in His nature and who by His grace

Descended for – all mankind

To bring life and salvation for our fallen human race;

Who did become – incarnate – of the pure Virgin,

The holy and glor`i`ous The`o`tokos

He became man – without change

And was crucified for us, Christ who is our Lord and God.

He trampled death – by His death – and destroyed our death.

Christ, who is one of the Holy Trinity;

Who is worshipped – equally

With His Father and Spirit; Have mercy upon us all!

Qaumo, Nicene Creed, Forty Prostrations

WEDNESDAY 9TH HOUR PRAYERS
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Qaumo

QOLO

(Lokh Moriyo Qorenan – Reesh Qolo)

The time that our Lord had spoken of has come
 Brethren, come let us awake while there – is still time
 Let us offer pray'r with tears of repentance
 With compunction, let us beseech Him – for mercy

Lord, as Your – holy mouth has said,

“Call on me – and I will answer,”

Our souls and bodies cry out to You: “Have mercy!” ...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

O Son of God, You taught us in Your Gospel
 That if the sinners repent, the angels rejoice
 Behold, we knock at Your door in repentance
 Protect us under the wings of Your – great mercy

Receive us – that all the angels

May rejoice, - and that praise to You

May multiply night and day from men – and watchers

Lord have mercy upon us and help us

BO'UTHO of MOR BALAI

(Tone 5)

Christ, who by His fast saved us from error,
 Accept our fast and have mercy on us

When judges enter with shame before You,

Be there, O my Lord, for I trust in You

O Shepherd, when the sheep are divided
 Feed us at Your right side in Paradise

Lord of those above! Hope of those below!

Accept our fast and have mercy on us

Qaumo

THURSDAY EVENING PRAYER

Vespers/Ramsho

Qaumo

† Glory be to the Father and to the Son and to the Holy Spirit.

May His grace and mercy be upon us, weak and sinful, in both worlds forever and ever. Amin.

Introductory Prayer

Grant us, Lord God, that while our bodies rest from the labors of the day and our souls are released from worldly thoughts, we may stand in Your presence with tranquility at this time of evening and that we may offer You ceaseless praise and uninterrupted thanksgiving; that we may acknowledge Your loving kindness by which You direct and rule our lives and protect and save our souls; to You we offer praise and thanksgiving, now and always and forever, Amin.

Psalms of Evening

[Psalm 141] Kurielaison / Lord, I have called upon You, / answer me; hear and receive my words.

Let my prayer be like incense in Your sight, / the offering of my hands like the evening offering. / Set a guard, Lord, before my mouth, / a guard before my lips, / that my heart may not turn to evil words / and I may not do deeds of wickedness.

Let me not take salt with impious men; / let the just man teach me and reprove me; / let not the oil of the impious anoint my head / because my prayer was against their evil-doing. / Their judges have been restrained by the side of the rock, / and they have heard how gentle are my words.

As when a plough cleaves the earth, their bones have been scattered at the mouth of Sheol. / I have lifted up my eyes to You, Lord, / and in You have I put my trust; / do not cast away my soul.

Keep me from the hand of the proud, who have laid snares for me; / let the wicked fall into their nets, while I pass on.

[Psalm 142] With my voice I cried to the Lord; / with my voice I besought the Lord and poured out my prayer before him; / I showed him my affliction, when my spirit was troubled, / but You know my path.

In the way of my walking they have laid a snare for me; / I look to the right and see none that knows me; / the way of escape has gone from me and there is none who cares for my soul. / I cried to You, Lord, and said: / You are my hope and my portion in the land of the living.

Hear my petition because I am brought very low; / deliver me from my persecutors because they are too strong for me. / Lead me forth from prison that I may give thanks to Your name; / Your just ones shall have hope when You shall reward me.

[Psalm 119, 105-112] **Your word is a lamp to my feet and light to my path; / I have sworn and am resolved to keep the judgments of Your justice. / I am greatly brought low, Lord, / give me life according to Your word; / be pleased with the words of my mouth, Lord, / and teach me Your judgments.**

My soul is ever in my hands, and I have not forgotten Your law; / sinners have laid snares for me and I have not strayed from Your commands. / I shall inherit Your testimony forever because it is dear to my heart; / I have turned my heart to do Your commands forever in truth.

[Psalm 117] **Praise the Lord, all your nations; praise him, all you peoples, / for His grace is strong over us; / truly the Lord is forever.**

And to You belongs the praise, O God. Barekmor.

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

ENIYONO
(Sli Moriyō b'Rahme)

By fasting, Moses shone bright
 And saw the presence of God
 He received the commandments
 For the house of Is`ra`el

The mouth which abstains from bread
 Should fast also from deceit
 The door the King enters through
 Should not open for malice

While your mouth abstains from food
 Abstain, also, from all sin
 Subdue your tongue with fasting,
 Lest your fast becomes shameful

How beautiful was the fast
 Daniel fasted in the pit -
 And he taught the beasts to fast!
 The just saw this and fasted...*Barekmor*

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

See the king of Nineveh
 Clothed in sackcloth and fasting
 To reconcile with his Lord
 Who was angered by his sin

Staumen Kalos, Kurielaison

(Promion & Sedro)

QOLO

(Quqoyo – Reesh Qolo)

As I was passing by the tribunal, I saw
 An oppressed and an oppressor stand face to face
 The oppressed stood – on the right-hand side
 The oppressor – stood on the left side
 My Lord, make me worthy to be like the oppressed
 And save me from the judgment kept for oppressors;
 Halleluiah – count me with the just...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Sinner, tremble at the judgment which is coming
 And come for repentance with tears while there is time
 While you are here – offer petition
 Lest death should come – and remove your soul
 For after this life, the supplication will cease,
 And the tears which you will shed will become worthless
 Halleluiah – O Lord, have mercy

Unto the ages of ages and forevermore

The door of God is opened always, night and day
 For sinners, the repentant, the good, and wicked:
 From the sinners, – the sinful woman
 Bears witness to – His door of mercy,
 With Simon Peter from among the repentant,
 Martyrs from the good, and from the wicked, that thief
 Halleluiah – who was granted life

*Lord have mercy upon us and help us****(Etro)***

QOLO

(Lokh Moriyo Qorenan – Reesh Qolo)

See how the world is troubled more than the sea
 And its inhabitants stir up more – than the waves
 The earth is seated upon their wickedness
 You are the peace of creation that – calms all things
 O Lord God, - You alone are good
 The Church and – her children call you
 May creation find peace by the peace – from You, Lord...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

The time during which we are fallen is brief;
 The storm that rushes into our minds – is intense.
 It may be that not even a day passes
 Without attracting our mind to the – temp’ral life
 Righteous thoughts – have left from us and
 Evil thoughts – reign inside our minds
 O Christ who set us free by Your blood, - have mercy!

Unto the ages of ages and forevermore

O Lord, You are not partial in Your judgment
 Therefore, I am sad, for I know I – am guilty
 O Lord, when the terrible books are opened
 And Your justice reads aloud all my – offenses,
 May Your grace – have pity on me;
 May Your grace – beseech Your justice
 My Lord, I confess that I have sinned; have mercy!

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB*(To be sung in one of the tones for the Fast)*

O Christ, who did accept the fasting of the just
 Accept our fast and pray'rs and have mercy on us

All *hours* with their changes persuade me to sing praise
 To the One who established and set their limits

The morning knocked and I rose up to see the Lord,
 But the day with its distractions took me from Him

The rich plunder, the princes seize, the poor grow weak;
 The oppressor is boasting; the oppressed lament;

The humble are tread on; the wicked are obeyed
 The world is chaos and stands in hypocrisy

O Christ, who did accept the fasting of Moses
 Hear our requests and have mercy upon our souls

(Gospel)*Concluding Prayer*

O Lord Jesus Christ, do not close the door of Your mercy in our faces. We confess that we are sinners, have mercy upon us. / O Lord, Your love made you descend to us from Your place, /that by Your death our death might be abolished. / Have mercy upon us. Amin.

Qaumo

THURSDAY PROTECTION PRAYER

Compline/Sutoro

Qaumo

QOLO

(I'Maryam Yoldath Aloho – Tone 5)

Let him who comes to the holy place to pray
 Cleanse his body and his soul from in`i`quity
 Then the Lord will hear his pray'rs and petitions
 And have mercy on him on the day of judgment...*Barekmor*

+ *Glory be to the Father, Son and Holy Spirit*

Unto the ages of ages and forevermore.

Let us wash our clothes with the tears of our eyes
 For the coming of the Son of God is nearing
 The world's end is at the door, as St. Paul spoke
 Bless`ed is he whose judgment shall be with mercy

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB

O Lord, our Lord, we call to You come to our aid
Hear our requests and have mercy upon our souls

How lovely is the pray'r, which the Son of God taught
Bless'd is he who meditates on it and keeps it
All the beauty of justice and perfection is
Found there for him who takes pains to make it his pray'r

He taught you to pray 'Forgive me my debts and sins'
He desires to forgive and so He taught this pray'r
If the face of God were not turned t'wards forgiveness
He would not have taught us to say, "Forgive us, Lord"

O Lord, who hears all and who accepts earnest pray'rs
Hear our petition and have mercy on our souls

Lord have mercy, Lord have mercy, Lord have mercy

(Kurieieison, Kurieieison, Kurieieison)

Psalms of Sutoro

[Psalm 91] **Bless me, O Lord. / He who sits under the protection of the Most High / and glories in the shelter of God will say to the Lord,**

"My trust is in You, / God is my refuge in whom I trust".

For the Lord shall deliver you from the snare, which makes you stumble / and from talk of vain things.

He will keep you safe under his feathers / and you shall be protected beneath His wings. / His truth shall enclose you as an armor.

You shall not be afraid of the terror of the night / nor of the arrow, which flies by day.

Nor of the word, which walks in the darkness / nor of the spirit that destroys at midday.

Thousands shall fall at your side / and ten thousand at your right hand, / but it shall not come near you

But with your eyes alone / you shall see the reward of the wicked

Because You have made the Lord your trust; / You have made Your dwelling in the heights

Evil shall not come near you, / affliction shall not come near your tent

Because He has commanded his angels concerning you; / that they should keep you in all your ways

And receive you in their arms; / that you may not stumble with your foot

You shall tread upon the adder and the basilisk; / You shall trample upon the lion and the dragon

"Because he has cried to me", says the Lord, / "I will deliver him and strengthen him."

Because he has known my name, He shall call upon me and I will answer him, / I will be with him in distress.

I will strengthen him and honor him; / With length of days I will satisfy him and show him my salvation”.

[Psalm 121] **I have lifted up my eyes to the hills - from where will my help come?**

My help is from the Lord, / who made heaven and earth

He will not suffer your foot to slip, / your guardian shall not sleep.

Indeed, He neither slumbers nor sleeps, / the guardian of Israel.

The Lord is your guardian. / The Lord shall shelter you with His right hand

By day the sun shall not harm you, / nor the moon by night,

The Lord shall guard you from all evil, / the Lord shall guard your soul

The Lord shall guard your going out and your coming in. / From henceforth and forevermore.

And to You belongs the praise, O God. Barekmor

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

Halleluiah, Halleluiah, Halleluiah. Unto the ages of ages and forevermore.

Prayer of St. Severus

He who sits under the protection of the Most High, / beneath the shadow of the wings of Your loving kindness will say,

“Protect us, O Lord, and have mercy upon us; / You who hear all, / hear the prayer of Your servants in Your loving kindness.

Grant us, O Christ our Savior, / an evening full of peace and a night of holiness, / for You are the King of Glory.

Our eyes are turned to You. / Pardon our offences and our sins; / Have mercy upon us / both in this world and in the world to come;

O Lord, / may Your mercy protect us / and Your grace rest upon our faces. / May Your † Cross guard us from the evil one and his powers.

May your right hand rest upon us / all the days of our lives, / and
Your peace reign among us /and give hope and salvation to the
souls of those who pray to You.

**By the prayer of Mary, who bore You and of all Your saints, /
pardon me and have mercy on me, O God". Amin.**

Praise of the Cherubim

We make the sign of the Cross and kneel as we pray:

† Blessed is the glory of the Lord, from His place forever!

† Blessed is the glory of the Lord, from His place forever!

† Blessed is the glory of the Lord, from His place forever and ever!

Holy and glorious Trinity, have mercy upon us;

Holy and glorious Trinity, have mercy upon us;

Holy and glorious Trinity, have compassion and mercy upon us.

You are holy and glorious forever

You are holy and glorious forever

You are holy and blessed is Your name, forever and ever.

Glory be to You, O Lord.

Glory be to You, O Lord;

Glory be to You, our hope forever. *Barekmor.*

Our Father, who art in heaven...

Nicene Creed, Quqlions of the Theotokos & Saints

THURSDAY NIGHT VIGIL

Lilyo

Qaumo

Introductory Prayer

Awaken us, Lord, from our sleep in the sloth of sin that we may praise your watchfulness, You who watch and do not sleep; give life to our death in the sleep of death and corruption, that we may adore Your compassion, You who live and do not die; grant us in the glorious company of the angels who praise You in heaven, to praise You and bless you in holiness, because You are praised and blessed in heaven and on earth, Father, Son and Holy Spirit, now and always and forever. Amin.

Introductory Psalms of Night Vigil

[Psalm 134] *Barekmor*. **Bless the Lord, / all You servants of the Lord.**

Barekmor. You who stand by night in the house of the Lord.

Lift up your hands to the holy place / and bless the Lord.

May the Lord bless you from Zion, / He who made heaven and earth.

[Psalm 119, 169-176] **Let my praise enter before You, Lord, / and give me life by Your word; / let my cry enter before You, Lord, / and deliver me by Your word.**

My tongue shall pour forth Your word, / because all Your commands are just.

My lips shall speak Your praise when You have taught me Your commands; / let Your hand help me / because I have taken pleasure in Your commands.

My soul has longed for Your salvation /and I have meditated on Your law; / let my soul live and I will praise You /and Your judgments shall help me.

I have gone astray like a lost sheep; / seek for Your servant, / because I have not forgotten all Your commands.

[Psalm 117] Praise the Lord, all you nations, /praise Him, all you peoples,/ for His grace is strong over us; /truly, the Lord is forever.

And to You belongs the praise, O God. Barekmor.

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

ENIYONO

(Etheer l'Hathoyo)

Awake, O sinner – while there is still time

For repentance

Cleanse and purify your stains – with mournful tears and sighing

When the fi`re roars – at the Last Judgment

Against sinners

O Christ, my King, at that time – may I behold Your mercy

O Jesus, my God – I call upon You

And beseech You:

Do not punish me, O Lord – according to all my sins

The timely pray`r which – the thief prayed to Christ

Is of great wealth

For sinners who were made old – by their sins and by their deeds...*Barekmor*

† Glory to the Father, Son, and Holy Spirit

Unto the ages of ages and forevermore

My sins are many – my deeds are evil

They have drowned me

In the raging sea of sin. – Captain of Peace, draw me out!

Lord have mercy, Lord have mercy, Lord have mercy

(Kurieleison, Kurieleison, Kurieleison)

1ST QAUMO**EQBO***(Paradaiso – In the Tone of the Day)*

I believe in You, Son of the Father
 I have not renounced that Mary bore You
 Since I have received Your body and blood,
 May I be enriched by You 'till the end
 When kings stand before You without their crowns,
 Have mercy on me, for I confessed You

Lord have mercy; Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

Lord, have mercy upon us
 Lord, be kind and have mercy
 Answer, Lord, and have mercy

Glory be to You, O Lord
 Glory be to You, O Lord
 Glory be to You, our hope forever. *Barekmor*

QOLO*(Moriyo Moran - In the Tone of the Day)*

O Lord, our Lord, - can I flee from your Spirit
 Or try to hide - from Your majesty?
 Your pow'r is there - whether I rise to the heights
 Or descend to - the depths of She`ol
 In Your mercy, - make me stand at Your right hand
 Because no man - is just in Your sight...*Barekmor*

† Glory be to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore

When I was young – I worked for you as a slave,
 King of err`or, – and you struck me down
 Now I am old – and you are not satisfied
 You seek from me – the ways of my youth
 God will see me – and rescue me from your hands
 In His mercy, – and save me from you

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB

(In the Tone of the Day)

O Lord, our Lord, we call to You come to our aid
 Hear our requests and have mercy upon our souls

I long for Your pardon, that it may come to me
 Give me tears to beg for mercy while I have time;

I thirst for Your mercies, without which, I would cease
 Sea of mercy, pour Your abundant love on me

My end has come while I have labored at vain things
 At the end of my life, grant that I may be Yours

The king of deceit shot his arrows to kill me
 Lord, anoint me with Your medicine and heal me

Answer O Lord, answer O Lord, and have mercy
 Turn the hearts of the sons of men to repentance

Praise of the Cherubim

Prayed at the conclusion of 1st and 2nd Watches of Lilyo

† Blessed is the glory of the Lord...
 Holy and glorious Trinity, have mercy upon us...
 You are holy and glorious forever...
 Glory be to You, O Lord...
 Our Father who art in Heaven...

2ND QAUMO**EQBO***(Paradaiso - In the Tone of the Day)*

Jesus, Son of the Father, be our help
 O Jesus, Son of Mary, protect us
 O Jesus, give strength to us and guard us
 Jesus, drive out the evil one from us
 Jesus, forgive our offenses and sins
 O Jesus, have mercy when you judge us

*Lord have mercy; Lord have mercy, Lord have mercy
 (Kurieleison, Kurieleison, Kurieleison)*

Lord, have mercy upon us
 Lord, be kind and have mercy
 Answer, Lord, and have mercy

Glory be to You, O Lord
 Glory be to You, O Lord
 Glory be to You, our hope forever. *Barekmor*

QOLO*(Moriyo Moran - In the Tone of the Day)*

O Lord, our Lord, - the ones who gain a good name
 Rather than wealth - are greatly bless`ed (*Proverbs 22:1*)
 Work to gain it, - for this world passes away,
 But bless`ed is he - who has obtained it,
 Halleluiah, - For that one will be honored
 In this world and - that which is to come...*Barekmor*

† *Glory be to the Father, Son and Holy Spirit**Unto the ages of ages and forevermore*

Woe be to him - whose soul is bound to this world,
 Because that bond - cannot be broken
 The world deceives; - he who loves it cannot be
 Diligent, for - it is seductive
 Bless`d is he who - like a diligent merchant,
 Has acquir`ed - life which shall not end

Lord have mercy upon us and help us

BO'UTHO of MOR EPHREM

(In the Tone of the Day)

Lord, have mercy upon us
 O Lord receive our service
 Send us from Your treasure-house
 Mercy, grace, and forgiveness

Let not your body stand there
 While your heart is distracted
 May your body be a church
 Your mind, a sanct`u`ary

May your mouth be a censer,
 Your lips like smoke of incense,
 And your tongue a minister,
 Which pleases the Trinity

Lord, who hears our petitions
 Answer us in Your mercy
 Lord, be reconciled with us
 Have compassion upon us

Praise of the Cherubim

Prayed at the conclusion of 1st and 2nd Watches of Lilyo

† *Blessed is the glory of the Lord...*
Holy and glorious Trinity, have mercy upon us...
You are holy and glorious forever...
Glory be to You, O Lord...
Our Father who art in Heaven...

3RD QAUMO**EQBO***(Paradaiso - In the Tone of the Day)*

Though I have aged, Satan has not grown old,
 And he seeks from me the ways of my youth
 My life nears its end but I long to sin

All these things have happened of my own will
 His weapon is stretched out; his bow is drawn
 Save me, Lord, from his arrows aimed at me

Lord have mercy; Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

Lord, have mercy upon us
 Lord, be kind and have mercy
 Answer, Lord, and have mercy

Glory be to You, O Lord
 Glory be to You, O Lord
 Glory be to You, our hope forever. *Barekmor*

QOLO*(Akfirmo - In the Tone of the Day)**The Lord shall free the captives, Halleluiah*

At night, Simon Peter was freed from prison *(Acts 12:5-17)*

At night, the shackles fell from the hands of Paul *(Acts 16:25)*

And at night, the bonds of sin have been cut off from our hands

*Barekmor***† Glory be to the Father, Son and Holy Spirit***Unto the ages of ages and forevermore*

At night, a star of light came forth from Jacob *(Numbers 24:17/Mt 2:2)*

At night, a pillar of light led Israel *(Exodus 13:21)*

Lord, at night, make Your light shine in the hearts of your faithful

Lord have mercy upon us and help us

BO'UTHO of MOR BALAI*(In the Tone of the Day)*

Lord, who has mercy even on sinners
Have mercy on us on Your judgment Day!

At Your door O Lord, the afflicted knock
Answer their requests in Your compassion

Jesus, Your door is a door of mercy!
He who enters with sins departs with grace

Father in heaven, we do beseech You!
Accept our service; have mercy on us.

Praise Him who said, "Call and I will answer;
Knock, I will open; Ask and I will give."

Lord of those above! Hope of those below!
Accept this service; have mercy on us

† Halleluiah, Halleluiah, Halleluiah!
 Glory to You, O God! (*Repeat three times*)

Be compassionate towards us in Your mercy, / O God of compassion; / in our sacrifices and our prayers / we make memory of our fathers / who taught us while they were alive, / to be children of God; / O Son of God, / raise them up in the heavenly kingdom / with the just and the righteous / in the world, which does not pass away.

Lord, have mercy upon us and help us

Psalms of Night Vigil

Awake, you that sleep, and rise and sing praise. [Psalm 148] Praise the Lord from the heavens, praise Him in the heights.

Praise Him, all His angels; praise Him, all his hosts.

Praise Him, sun and moon; praise Him, all stars of light; praise Him, heaven of heavens, and the waters above the heavens; let them praise the name of the Lord.

For He spoke and they were made, He commanded and they were created; He established them forever and ever. He gave them a law, which shall not pass away.

Praise the Lord from the earth, sea-monsters and all depths, fire and hail, snow and mist, stormy winds that fulfill His word;

Mountains and all hills, fruit trees and all cedars; wild beasts and all cattle, creeping things and birds that fly;

Kings of the earth and all peoples, princes and all judges of the earth; young men, too, and maidens; old men and boys; let them praise the name of the Lord.

For His name alone is exalted; His praise is on earth and in heaven, and He has lifted up the horn of His people; praise for all the just, the children of Israel, the people who draw near to Him.

[Psalm 149] Praise the Lord with a new praise in the assembly of the just; let Israel be glad in her Maker; let the children of Zion rejoice in their King.

Let them praise His name with the timbrel and the drum; let them sing to Him with the harp, for the Lord takes pleasure in His people, and gives salvation to the poor.

Let the just exult in glory; let them praise Him on their beds; let the high praises of God be in their throats, and two-edged swords in their hands,

To execute vengeance on the nations, and to rebuke the peoples; to bind their kings with chains, their nobles with fetters of iron; to execute on them the judgment which is written; that is the glory of the just.

[Psalm 150] Praise the Lord in His holy place, praise Him in the firmament of His strength.

Praise Him for His mighty deeds, praise Him for His abounding greatness, praise Him with the sound of the trumpet, praise Him with lyre and harp.

Praise Him with the timbrel and the drum, praise Him with the soft strings, praise Him with the loud cymbals; praise Him with the sound of the voice; let everything that has breath praise the Lord.

[Psalm 117] Praise the Lord, all you nations; praise Him, all you peoples, for His grace is strong over us; truly the Lord is forever.

And to you belongs the praise, O God. Barekmor

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

Praise to the Holy Trinity!

Praise to the Holy Trinity!

We praise the glorious Trinity, self-existent and eternal; and to You belongs the praise, O God, at all times.

QAUMO of PRAISE**QOLO***(Quqoyo – Reesh Qolo)*

Do not boast, you who have been fashioned from the dust,
 For you are dust and shall soon return to the earth
 Come and enter – and see the haughty
 Who were fearsome – but now lie in tombs
 Come down from boastfulness, for the proud are humbled,
 And put on humility which leads to the heights
 Halleluiah – It will exalt you...*Barekmor*

† Glory be to the Father, Son and Holy Spirit*Unto the ages of ages and forevermore*

If gold and silver had mouths, they would have spoken:
 “Do not draw near, for you plundered me from orphans,
 The destitute – and from the widows,
 And from the fields – where the poor labored.
 Woe to you when death comes and leads your soul away
 I shall stay here, but judgment and *fire* await you!”
 Halleluiah – w’Halleluiah

*Lord have mercy upon us and help us***BO’UTHO of MOR JACOB***(To be sung in one of the tones for the Fast)*

O Christ, who did accept the fasting of the just
 Accept our fast and pray’rs and have mercy on us
 Why do riches of this world lead you to err`or,
 That you strive each day for gain that does not profit?
 You are active in increasing your possessions,
 Yet when gathered, they remain but for a moment
 Call out to your possessions; gather your riches
 If they deliver you from death, let them be yours
 If your riches cannot prevent fever and plague,
 Why do you so long for that which is of no use?
 O Christ, who did accept the fasting of Moses
 Hear our requests and have mercy upon our souls

Hymn of the Angels

As the angels and archangels on high in heaven sing praise, / so we poor children of earth sing praise and say:

At all times and at all seasons, Glory to God in the heights / and on earth, peace and tranquility and good hope for the sons of men.

We praise You, we bless You, we worship You, / we raise up a hymn of praise to You.

We give thanks to You because of Your great glory, / Lord our creator, king of heaven, / God the Father Almighty.

Lord God, only Son, Jesus Christ, with the Holy Spirit,

Lord God, Lamb of God, Son and Word of the Father, / who take away, or rather have taken away, the sin of the world / have mercy upon us.

You who take away, or rather have taken away the sin of the world, / incline Your ear to us and receive our prayers; / You who sit in glory at the right hand of the Father, / have compassion on us.

Because You only are holy, You only, Lord Jesus Christ, / with the Holy Spirit, in the glory of God the Father. Amen.

At all times and all the days of my life, / I will bless and praise Your name, which is holy and blessed forever, / and which remains forever and ever.

Blessed are You, Lord Almighty, God of our fathers, / and Your name is blessed and glorified in praise forever.

To You belongs glory, to You belongs praise, to You belongs honor, / God of all, Father of truth, / with the only Son and living Holy Spirit, now and always forever. Amen.

Concluding Prayer

O Lord Jesus Christ, do not close the door of Your mercy in our faces. We confess that we are sinners, have mercy upon us. / O Lord, Your love made you descend to us from Your place, / that by Your death our death might be abolished. / Have mercy upon us. Amen.

Qaumo

THURSDAY MORNING PRAYER

Matins/Safo

Qaumo

Psalms of Morning

[Psalm 51] **Have mercy upon me, O God, in Your loving kindness;/ in the abundance of Your mercy blot out my sin.**

Wash me thoroughly from my guilt and cleanse me from my sin./
For I acknowledge my fault and my sins are before me always.

Against you only have I sinned and done evil in Your sight, / that You may be justified in Your words and vindicated in Your judgment. / For I was born in guilt and in sin did my mother conceive me.

But you take pleasure in truth and You have made known to me the secrets of Your wisdom. / Sprinkle me with Your hyssop and I shall be clean; / wash me and I shall be whiter than snow.

Give me the comfort of Your joy and gladness, and the bones, which have been humbled shall rejoice. / Turn away Your face from my sins and blot out all my faults.

Create in me a clean heart, O God, / and renew Your steadfast spirit within me. / Do not cast me from Your presence / and take not Your Holy Spirit from me.

But restore to me Your joy and Your salvation / and let Your glorious spirit sustain me;/ that I may teach the wicked Your way / and sinners may return to You.

Deliver me from blood, O God, God of my salvation / and my tongue shall praise Your justice. / Lord, open my lips and my mouth shall sing Your praise.

For you do not take pleasure in sacrifices;/ by burnt offerings You are not appeased. / The sacrifice of God is a humble spirit, / a heart that is contrite God will not despise.

Do good in Your good pleasure to Zion and build up the walls of Jerusalem. / Then shall You be satisfied with sacrifices of truth and with whole burnt-offerings; / then shall they offer bullocks upon Your altar.

And to You belongs the praise, O God. Barekmor

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

O Merciful God! Have mercy upon us in your mercy!

Lord have mercy upon us and help us.

[Psalm 63] **My God, you are my God, I will seek You.**

My soul thirsts for You and my flesh seeks for You like the thirsty earth, which is parched and begging for water.

So have I looked for You in truth, that I may see Your power and Your glory.

Because your loving-kindness is better than life, / my lips shall praise You.

So I will bless You while I live and will lift up my hands in Your name.

My soul shall be enriched as with marrow and fat / and my mouth shall praise You with lips of praise.

I have remembered You upon my bed / and in the nighttime I have meditated on You.

For You have been my helper / and in the shadow of Your wings is my protection.

My soul follows after You / and Your right hand upholds me.

Those who seek to destroy my soul shall enter into the lower parts of the earth.

They shall be delivered over to the sword and shall be food for foxes; / but the king shall rejoice in God.

Everyone who swears by Him shall glory, / but the mouth of those who speak lies shall be stopped.

And to You belongs the praise, O God. Barekmor

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

ENIYONO

(Lo Te'ul Ldino/Ninmeyrakthangal...)

Bless'd are those who fast, – for at Resurrection
they shall be clothed in – splendor and glory

By the fast of Christ – He has taught His Church
To conquer Satan – and all his power

Those who strive for pray'r – and holy fasting
Are the temples of – the Holy Spirit

The Ninevites kept – a fast with sackcloth;
They repented and – reconciled with God

Upon Mount Sinai, – Moses kept a fast
And in the darkness – his face shone brightly

Praise to the Father – who sent His own Son,
Who fasted for us – and taught us to fast...*Barekmor*

† Glory to the Father, Son, and Holy Spirit

Unto the ages of ages and forevermore

Praise to the Good One – who promised reward
For the righteous ones – and for those who fast

[Psalm 19] *Kurielaison*. The heavens declare the glory of God and the firmament proclaims His handiwork. / Day to day brings forth speech; / night to night declares knowledge;

There is no speech, nor are their words; their voice is not heard. / Yet their good tidings go out through all the earth,/ and their words to the end of the world.

In the heavens, He has set His tent for the sun, which comes out like a bridegroom leaving his chamber;/ it will rejoice like a strong man to run his course.

Its departure is from the end of the heavens / while its repose is at the end of the heavens and there is nothing hidden from its heat.

The law of the Lord is flawless and it turns the soul. / The testimony of the Lord is trustworthy and makes infants wise. / The commandments of the Lord are right and they make the heart rejoice. / The precepts of the Lord are chosen and they illumine the eyes.

The fear of the Lord is pure and it endures forever. / The judgments of the Lord are true and are more righteous than all. / They are more desirable than gold and even than precious stones. / They are sweeter than honey and the drippings of the honeycomb.

Moreover, Your servant will be warned by them; / If He keeps them, he will be greatly rewarded, but who can discern his errors? / Clear me from hidden faults.

Keep Your servant away from iniquity, lest the evil doers have dominion over me. / And I shall be purified from my sins. / O Lord, my helper and Savior, / let the words of my mouth be according to Your will / and the meditation of my heart be acceptable before You.

And to You belongs the praise, O God. Barekmor

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

ENIYONO

(Haw Dat'in Kul Beryotho)

By fasting, the face of the
 Prophet Moses – shone brightly
 When he brought down the tablets
 Of the laws for – Is`ra`el

He was – made bright like the sun
 Therefore, – come, all my brethren,
 Let us fast and pray that we
 Might inherit the – Kingdom

You who fast, be diligent
 In these days of – the pure fast
 With vigils, sighs, tears, and pray'rs,
 Let us beseech – Christ our God
 That He – may forgive our sins
 By His – abundant mercy
 For, brethren, the time is short,
 And the end stands at – the door

By the fast Daniel observed
 In the land of – Babylon,
 He obtained strength to conquer
 The fearsome beasts – in the pit
 O Lord – we take our refuge
 In pray'r – and holy fasting
 May Your mercy come to us,
 For You love those who – repent

This is the fasting by which
 The just became – virt`u`ous
 Those on earth fasted and were
 Mingled with those – in heaven
 Fasting – is a weapon and
 Fortress – that will never fail
 Fasting is a strong rampart
 That thieves cannot overcome...*Barekmor*

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

Our Lord completed His course
 With fasting and – suffe`ring
 By His fast, He raised us up
 From our fallen – condition
 He made – straight our crookedness
 Bless'd is – His humility
 Glory to Him who suffered
 And endured these things – for us

[Isaiah 42:10-13, 45:8] Kurielaison. Sing to the Lord a new song, His praise from the ends of the earth! Let those who go down to the sea in its fullness, the islands and their inhabitants, praise the Lord!

Let the desert and its villages rejoice! Let Kedar be meadows; let the inhabitants of steep rocks praise Him! Let them shout from the top of mountains. Let them give glory to the Lord and declare His glory in the islands!

The Lord will go forth like a mighty man and like a warrior, He stirs up His fury; He will cry out and become mighty and will triumph over His enemies;

Let the clouds rain down righteousness; let the earth open and salvation increase; and let righteousness sprout forth altogether. I am the Lord who created them...*Barekmor*

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

ENIYONO

(Mshiho Damlakh)

By the fast God commanded,
 Let us beseech with one voice
 That His peace may reign in us
 And with joy we might praise Him!

Let us fast with purity,
 And extend hands to the poor,
 That our Lord may forgive us
 And His peace reign among us

Let our tongues fast from evil,
 So that we may not rip off
 The sores of all our brethren,
 And become sinners ourselves

Your mouths should keep fast from food
 And from all iniquities
 Subdue your tongue with fasting,
 Or your fast will condemn you...*Barekmor*

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

Rejoice, servants of the King,
 And exult in the pure fast,
 The invincible weapon,
 Which our Lord has taught to us

[Psalm 113] **Amin. Praise you servants of the Lord, praise the name of the Lord.**

May the Lord's name be bless'd forever and ever.

From the rising of the sun to its setting / great is the name of the Lord.

The Lord is high above all peoples/and his glory is above the heavens.

Who is like the Lord, our God, who sits on high / and looks upon the depths in heaven and on earth?

He raises up the poor from the dunghill / and makes him sit with the princes of the people.

He makes the barren woman keep house / and be a joyful mother of children.

And to You belongs the praise, O God. Barekmor.

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

Unto the ages of ages and forevermore.

EQBO

(Aloho Adarain/Udayone Thunacheyka...)

God, save me – for the storms
 And tempests – of the sins
 Which I have – committed - surround me
 Be a harbor of peace, Lord
 That I may – not be drowned in sin
 I seek to repent, stretch out Your hand
 As You did to Peter- and have mercy
 Upon me, O Lord!

Stoumen Kalos, Kurieleison

(Promion & Sedro)

QOLO

(Bhaw Saphrokh Rabo)

The times are harsh and my sins are many
 Justice looms and the punishment is hard
 My brethren, let us please God with good works
 That by His great love He may have mercy – Halleluiah
 Lord, by Your abundant grace, have mercy...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

“Repent, O sinner,” Justice cries aloud
 The strict judge has prepared the rods of wrath
 Let us forgive each other and repent
 That we may not perish by the Lord’s sword – Halleluiah
 O Just Judge, have mercy upon us all

Unto the ages of ages and forevermore

Your judgment is harsh and our sins are great
 Justice threatens and I cannot escape
 When You come, Lord, to the place of judgment
 Do not enter into judgment with us – Halleluiah
 Do not remember our faults, O Just Judge

Lord have mercy upon us and help us

(Etro)

QOLO

(Quqoyo – Reesh Qolo)

Haughtiness has pulled down the proud from their places,
And greatness has been bestowed upon the humble

The arrogance – and pride of Pharaoh

Caused his armies – to drown in the sea

Moses, who became humble, divided the sea

The people crossed it shouting, “Glory to You, Lord!”

Halleluiah - w’Halleluiah...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

O Christ, on the day of Your manifestation

When all generations give account of their deeds;

When You divide – the good from evil,

And each goes to – where they’re worthy of;

When the sea of fire roars against the wicked,

May Your grace uphold us, and have mercy on us

Halleluiah - w’Halleluiah

Unto the ages of ages and forevermore

O Sinner, why do you leave the sanct’u’a`ry

When your Lord is *being* offered upon the altar?

Why do you not – ask for forgiveness,

But, instead, you – leave for no reason?

O Sinner, remain and beg for mercy from God

Cry out: “Holy, holy, holy are You, O God!”

Halleluiah - w’Halleluiah

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB*(To be sung in one of the tones for the Fast)*

O Christ, who did accept the fasting of the just
 Accept our fast and pray'rs and have mercy on us

The Judge vested with authority and pow`er:
 His rank is glor`i`ous and His honor is great;

His word is exalted and His armies obey;
 He is celebrated as One who has no end

O daytime, how luminous and glor'ious are you!
 How beautiful and rich and diligent are you!

But woe to you, for the dark evening will arrive
 Its darkness obscures you, covers you, and blinds you

O Christ, who did accept the fasting of Moses
 Hear our requests and have mercy upon our souls

(Scripture Readings)

Morning Praise for the Fast

Lord of all, - by your great mercies,
 Make us servants worthy
 to be preserved today in justice, without the scars of sin.
 Bless`ed are You, - O God of - our fathers,
 And Your Holy name is magnified
 and glorified forever. Amin.

Lord, may Your - grace and mercies
 be upon us, for our trust is in You.
 Bless`ed are You! - O Lord, teach - and show us
 The way of Your co-mmand-ments.
 Bless`ed are You! - By Your grace - make us to
 Understand the way of Your laws
 Bless`ed are You! - Holy One, - enlighten us
 With your luminous rays
 Lord, may Your mercies be upon us
 Do not neglect, or leave - the work of Your hands

Glory befits You,
Honor befits You,
And praise befits You,
 Father, Son, Holy Spirit,
 Now and forever. Amin!

Morning Praise

It is good to give You thanks - O Lord God,
 And to sing praise to Your name
 And to proclaim Your grace in - the morning
 And Your faithfulness, Lord, in the night! (*Psalm 92:1-2*)

(Repeat the stanza above three times and kneel/prostrate)

At morning, you shall hear my voice;
 I have prepared myself to appear before You

Holy are You, O God

Holy O Almighty

Holy O Immortal

†Crucified for us, have mercy - on us (*Repeat three times*)

Lord, have compassion on us;
 Forgive the sins of all of us, O Lord;
O Holy One, let Your right hand rest upon us;
 Forgive our weakness, for Your name is forever!

Glory to You, O God
 Glory to You, O God
 Glory, our hope forever...*Barekmor*

Our Father, who art in heaven...

(In Prose)

Morning Praise

It is good to give thanks to the Lord and to sing praise to Your name, Most High, to proclaim Your grace in the morning and Your faithfulness in the night.

Lord, in the morning You shall hear my voice and in the morning I have prepared myself to appear before You. Lord, have compassion on Your people; Lord, pardon and forgive the sins of all of us. Holy One, let Your right hand rest upon us and pardon our infirmity because Your name is forever. Amin.

Qaumo

THURSDAY 3RD HOUR PRAYERS

*Qaumo***QOLO***(Sohde Aphisunuy – Reesh Qolo)*

Bless'd is he who from this world

Gathers provisions for the journeyAnd prepares glor'ious garments for that DayWhen the True Bridegroom entersTo see the guests He has invited,He will go to the banquet and rejoice...*Barekmor***† Glory be to the Father, Son and Holy Spirit***Unto the ages of ages and forevermore*

Our Lord said in His Gospel

To those who were placed at His right hand,"When I was hungry, you gave food to Me;

You gave me drink in My thirst,

And you visited Me in prison;

You have loved Me and have hated this world."*Lord have mercy upon us and help us***BO'UTHO of MOR EPHREM***(Tone 5)*

Son, who freed us by Your fast

Have mercy upon us all

O Rich One, do not deny

The pleas of the diligent,

For You love the repentant

And Your grace longs for the poor

Praise the Merciful Father,

The Son who is the Savior

And praise the Holy Spirit;

May He have mercy on us

Son, who freed us by Your fast

Have mercy upon us all

O Christ, who fasted for us

Accept our fasting and pray'r

Qaumo

THURSDAY 6TH HOUR PRAYERS

Qaumo

QOLO

(Sohdau Atun – Tone 5)

A holy fast – is beautiful; vigil is right,
 And pray'r is pleasant
 These three things stand – against wrath, and they sanctify
 The soul and body
 Glory to You – my Lord, who reconciles with mankind
 Through fasting and pray'r...*Barekmor*
† Glory be to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore
 Grant us, O Lord – Your mercy and Your compassion
 And forgive our sins
 Grant us new life – in the Kingdom and mercy in
 The coming judgment
 Lord, on that day – when all that is hidden is revealed
 Grant us the kingdom
Lord have mercy upon us and help us

BO'UTHO of MOR JACOB

(To be sung in one of the tones for the Fast)

O Christ, who did accept the fasting of the just
 Accept our fast and pray'rs and have mercy on us

 The righteousness of many is very much loved
 It has the pow'r always to grant ev'ry request

 Though drops of rain are *separate* from one another,
 Together they are a flood which cannot be crossed

 So, like the drops with gather into a torrent,
 Which cannot be crossed on account of its greatness...

 ...One petition from many weak mouths will be heard
 And the Great and Just Judge will never reject it

 O Christ, who did accept the fasting of Moses
 Hear our requests and have mercy upon our souls

MANITHO of MOR SEVERUS

By the prayers of Your Mother – and those of all Your Saints

I exalt You, Lord and King, - The Only-Begotten Son;

Word of the Father;

Immortal in His nature and who by His grace

Descended for - all mankind

To bring life and salvation for our fallen human race;

Who did become - incarnate - of the pure Virgin,

The holy and glor`i`ous The`o`tokos

He became man - without change

And was crucified for us, Christ who is our Lord and God.

He trampled death - by His death - and destroyed our death.

Christ, who is one of the Holy Trinity;

Who is worshipped - equally

With His Father and Spirit; Have mercy upon us all!

Qaumo, Nicene Creed

Forty Prostrations

Kurieieison (x10)

Lord, have mercy upon us (x10)

Lord, be kind and have mercy (x10)

Answer, Lord, and have mercy (x10)

Glory be to You, O Lord

Glory be to You, O Lord

Glory be to You, our hope forever. Barekmor

Our Father, who art in heaven...

THURSDAY 9TH HOUR PRAYERS

*Qaumo***QOLO***(l'Malkuth Rawmo – Reesh Qolo)*

Gracious Holy One, – by Your great kindness
 Absolve my sins and – pardon my iniquities;
 Make me worthy with the just
 And with the saints who pleased You
 To sing glory to You, Lord,
 And enter – Your bridal chamber ...*Barekmor*
† Glory be to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore

How narrow the door – and straight the path, which
 Leads to the Kingdom! - He who wants to follow it
 Needs restraint and discipline
 He who relaxes his guard
 Is drawn to the path of sin
 By his will – he will lose his soul
Lord have mercy upon us and help us

BO'UTHO of MOR JACOB*(To be sung in one of the tones for the Fast)*

O Christ, who did accept the fasting of the just
 Accept our fast and pray'rs and have mercy on us

O You who fast, call to the poor and give them bread,
 And not when they come to you, but go after them,
 For the fields do not go after the ones who sow
 But those who sow carry seeds and go to the fields

When the poor knock, do not tell them, "The Lord will give."
 Those words are vain and they bring no reward to you
 Instead, give and then you may say, "The Lord provides,"
 For the poor know better than you that God provides

O Christ, who did accept the fasting of Moses
 Hear our requests and have mercy upon our souls

Qaumo

FRIDAY EVENING PRAYER

Vespers/Ramsho

Qaumo

† Glory be to the Father and to the Son and to the Holy Spirit.

May His grace and mercy be upon us, weak and sinful, in both worlds forever and ever. Amin.

Introductory Prayer

Grant us, Lord God, that while our bodies rest from the labors of the day and our souls are released from worldly thoughts, we may stand in Your presence with tranquility at this time of evening and that we may offer You ceaseless praise and uninterrupted thanksgiving; that we may acknowledge Your loving kindness by which You direct and rule our lives and protect and save our souls; to You we offer praise and thanksgiving, now and always and forever, Amin.

Psalms of Evening

[Psalm 141] Kurielaison / Lord, I have called upon You, / answer me; hear and receive my words.

Let my prayer be like incense in Your sight, / the offering of my hands like the evening offering. / Set a guard, Lord, before my mouth, / a guard before my lips, / that my heart may not turn to evil words / and I may not do deeds of wickedness.

Let me not take salt with impious men; / let the just man teach me and reprove me; / let not the oil of the impious anoint my head / because my prayer was against their evil-doing. / Their judges have been restrained by the side of the rock, / and they have heard how gentle are my words.

As when a plough cleaves the earth, their bones have been scattered at the mouth of Sheol. / I have lifted up my eyes to You, Lord, / and in You have I put my trust; / do not cast away my soul.

Keep me from the hand of the proud, who have laid snares for me; / let the wicked fall into their nets, while I pass on.

[Psalm 142] With my voice I cried to the Lord; / with my voice I besought the Lord and poured out my prayer before him; / I showed him my affliction, when my spirit was troubled, / but You know my path.

In the way of my walking they have laid a snare for me; / I look to the right and see none that knows me; / the way of escape has gone from me and there is none who cares for my soul. / I cried to You, Lord, and said: / You are my hope and my portion in the land of the living.

Hear my petition because I am brought very low; / deliver me from my persecutors because they are too strong for me. / Lead me forth from prison that I may give thanks to Your name; / Your just ones shall have hope when You shall reward me.

[Psalm 119, 105-112] **Your word is a lamp to my feet and light to my path; / I have sworn and am resolved to keep the judgments of Your justice. / I am greatly brought low, Lord, / give me life according to Your word; / be pleased with the words of my mouth, Lord, / and teach me Your judgments.**

My soul is ever in my hands, and I have not forgotten Your law; / sinners have laid snares for me and I have not strayed from Your commands. / I shall inherit Your testimony forever because it is dear to my heart; / I have turned my heart to do Your commands forever in truth.

[Psalm 117] **Praise the Lord, all your nations; praise him, all you peoples, / for His grace is strong over us; / truly the Lord is forever.**

And to You belongs the praise, O God. Barekmor.

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

ENIYONO

(Yaumono)

On this day our Savior fasted for us in the desert
 And instead of bread He gave us
 The Word of Life, that Adam's race
 May eat of it and live by it

God was pleased when Moses fasted a pure and holy fast
 Elijah fasted and went up
 Into heaven, so let us fast,
 That all our sins may be pardoned

Fasting and pray`er are a treasure for one who believes
 Its richness cannot be pillaged,
 And by this treasure those who fast
 Inherit the eternal life

Come men of discernment, let us observe the holy fast
 For by it all our debts and faults
 Are forgiven and our God will
 Reconcile with us in mercy

By fasting the righteous became glo`ri`ous and pleased God:
 Moses, David, Hanoch, Daniel,
 And Elijah; so let us fast
 And pray to escape from judgment...*Barekmor*

† Glory to the Father, Son, and Holy Spirit

Unto the ages of ages and forevermore

We beseech Your mercies, O God, the Lover of mankind
 Absolve our sins as you wish and
 With the thief and sinful woman
 Make us worthy of the Kingdom

Staumen Kalos, Kurielaison

(Promion & Sedro)

QOLO

(Quqoyo – Reesh Qolo)

Our God dwells within a heart which has no deceit
 The Holy Spirit dwells in pure and sincere souls
 Fasting and prayer – are beautiful and
 A sincere heart – exceeds both of them
 With pure hearts, the just labored in our Lord's vineyard
 May their pray'rs protect us all from the evil one
 Halleluiah – by day and by night...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Where shall I flee from Your presence, O Son of God,
 For heaven and earth pass away at Your command
 Like that woman – who touched Your garment
 And who was healed – from the flow of blood,
 I take refuge in Your holy body and blood
 Absolve all my sins by Your abundant mercies
 Halleluiah – Have mercy on me

Unto the ages of ages and forevermore

Our Lord has said, "Gird yourself; be watchful and pray
 And let the provisions for the way be prepared
 For you know not – the day nor the hour
 When the Lord shall – come in His glory"
 Take oil in your lamps and welcome Him when He comes
 That the Bridegroom may see you and you shall enter
 Halleluiah – His bridal chamber

*Lord have mercy upon us and help us**(Etro)*

QOLO

(Barubto Brishith – Reesh Qolo)

Everyone who fasts
 From bread alone is not truly fasting
 Our Lord hates such fasts,
 For it profits not if one does not fast
 Halleluiah w'Halleluiah – from iniquity...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

The Lord rejoices
 In fasting and pray'r, and one who keeps them
 Is the Lord's temple,
 For the Spirit dwells in him and he will
 Halleluiah w'Halleluiah – rejoice in Eden

Unto the ages of ages and forevermore

Lord, deliver us
 From the sea of fire and the dread crossing
 As You delivered
 Hananiah and his friends from the flames
 Halleluiah w'Halleluiah – and shamed Babylon

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB*(To be sung in one of the tones for the Fast)*

O Christ, who did accept the fasting of the just,
 Accept our fast and pray'rs and have mercy on us

In the fi`re, the rich man spoke amidst the flames
 He groaned and implored as he was burned by the fire:

"Bless'd is he who does not love riches as I did,
 For though I was rich, I am now burned by the flames."

Bless'd is he who does not spend life in luxury
 He will rejoice in the Kingdom like Lazarus

Bless'd is he who in weariness completes this life
 And does not thirst for water which is denied him

O Christ, who did accept the fasting of Moses,
 Hear our requests and have mercy upon our souls

(Gospel)*Concluding Prayer*

O Lord Jesus Christ, do not close the door of Your mercy in our faces. We confess that we are sinners, have mercy upon us. / O Lord, Your love made you descend to us from Your place, /that by Your death our death might be abolished. / Have mercy upon us. Amin.

Qaumo

FRIDAY PROTECTION PRAYER

Compline/Sutoro

Qaumo

QOLO

(Sohdau Atun – Tone 1)

We know that our sins
 Are great Lord and we know that – great are Your mercies
And if Your mercy
 Should not persuade you, we shall – perish from our sins
Take not away – Lord Your hand from us, whom you have saved
 By Your precious blood...*Barekmor*

+ *Glory be to the Father, Son and Holy Spirit*
Unto the ages of ages and forevermore.

If a slave offends
 His master he takes refuge - in his master's friend
By that friend's pleading
 The master forgives the slave – of his offences
We take refuge - In Your Cross that Your mercy may come
 Quickly upon us

Lord have mercy upon us and help us!

BO'UTHO of MOR JACOB

O Lord, - our Lord, we – call to You – come to our – aid
 Hear our – requests and – have mercy – upon our – souls
 Adam – instructed – his children – of what rea-son
 He and – Eve were called – to depart – from Para-dise
 He spoke – to them of – his former – author-ity
 And of – his fall and – his exile – when he was – shamed:

“It is – not fitting – for the foot – that ran to – the
 Tree to – tread the ho-ly place when – it is not – clean
 It is – not right for – the hand that – plucked the fruit – in
 Eden – to wave o-ver the off-'ring of the Lord”

Christ, who – came and walked – on the earth - and uproot-ed
 Its thorns, - by You A-dam returned – to Paradise

Lord have mercy, Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

Psalms of Sutoro

[Psalm 91] **Bless me, O Lord. / He who sits under the protection of the Most High / and glories in the shelter of God will say to the Lord,**

"My trust is in You, / God is my refuge in whom I trust".

For the Lord shall deliver you from the snare, which makes you stumble / and from talk of vain things.

He will keep you safe under his feathers / and you shall be protected beneath His wings. / His truth shall enclose you as an armor.

You shall not be afraid of the terror of the night / nor of the arrow, which flies by day.

Nor of the word, which walks in the darkness / nor of the spirit that destroys at midday.

Thousands shall fall at your side / and ten thousand at your right hand, / but it shall not come near you

But with your eyes alone / you shall see the reward of the wicked

Because You have made the Lord your trust; / You have made Your dwelling in the heights

Evil shall not come near you, / affliction shall not come near your tent

Because He has commanded his angels concerning you; / that they should keep you in all your ways

And receive you in their arms; / that you may not stumble with your foot

You shall tread upon the adder and the basilisk; / You shall trample upon the lion and the dragon

"Because he has cried to me", says the Lord, / "I will deliver him and strengthen him."

Because he has known my name, He shall call upon me and I will answer him, / I will be with him in distress.

I will strengthen him and honor him; / With length of days I will satisfy him and show him my salvation”.

[Psalm 121] I have lifted up my eyes to the hills - from where will my help come?

My help is from the Lord, / who made heaven and earth

He will not suffer your foot to slip, / your guardian shall not sleep.

Indeed, He neither slumbers nor sleeps, / the guardian of Israel.

The Lord is your guardian. / The Lord shall shelter you with His right hand

By day the sun shall not harm you, / nor the moon by night,

The Lord shall guard you from all evil, / the Lord shall guard your soul

The Lord shall guard your going out and your coming in. / From henceforth and forevermore.

And to You belongs the praise, O God. Barekmor

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

Halleluiah, Halleluiah, Halleluiah. Unto the ages of ages and forevermore.

Prayer of St. Severus

He who sits under the protection of the Most High, / beneath the shadow of the wings of Your loving kindness will say,

“Protect us, O Lord, and have mercy upon us; / You who hear all, / hear the prayer of Your servants in Your loving kindness.

Grant us, O Christ our Savior, / an evening full of peace and a night of holiness, / for You are the King of Glory.

Our eyes are turned to You. / Pardon our offences and our sins; / Have mercy upon us / both in this world and in the world to come;

O Lord, / may Your mercy protect us / and Your grace rest upon our faces. / May Your † Cross guard us from the evil one and his powers.

May your right hand rest upon us / all the days of our lives, / and
Your peace reign among us /and give hope and salvation to the
souls of those who pray to You.

**By the prayer of Mary, who bore You and of all Your saints, /
pardon me and have mercy on me, O God". Amin.**

Praise of the Cherubim

We make the sign of the Cross and kneel as we pray:

† Blessed is the glory of the Lord, from His place forever!

† Blessed is the glory of the Lord, from His place forever!

† Blessed is the glory of the Lord, from His place forever and ever!

Holy and glorious Trinity, have mercy upon us;

Holy and glorious Trinity, have mercy upon us;

Holy and glorious Trinity, have compassion and mercy upon us.

You are holy and glorious forever

You are holy and glorious forever

You are holy and blessed is Your name, forever and ever.

Glory be to You, O Lord.

Glory be to You, O Lord;

Glory be to You, our hope forever. *Barekmor.*

Our Father, who art in heaven...

Nicene Creed, Quqlions of the Theotokos & Saints

FRIDAY NIGHT VIGIL

*Lilyo**Qaumo****Introductory Prayer***

Awaken us, Lord, from our sleep in the sloth of sin that we may praise your watchfulness, You who watch and do not sleep; give life to our death in the sleep of death and corruption, that we may adore Your compassion, You who live and do not die; grant us in the glorious company of the angels who praise You in heaven, to praise You and bless you in holiness, because You are praised and blessed in heaven and on earth, Father, Son and Holy Spirit, now and always and forever. Amin.

Introductory Psalms of Night Vigil

[Psalm 134] *Barekmor.* **Bless the Lord, / all You servants of the Lord.**

Barekmor. You who stand by night in the house of the Lord.

Lift up your hands to the holy place / and bless the Lord.

May the Lord bless you from Zion, / He who made heaven and earth.

[Psalm 119, 169-176] **Let my praise enter before You, Lord, / and give me life by Your word; / let my cry enter before You, Lord, / and deliver me by Your word.**

My tongue shall pour forth Your word, / because all Your commands are just.

My lips shall speak Your praise when You have taught me Your commands; / let Your hand help me / because I have taken pleasure in Your commands.

My soul has longed for Your salvation /and I have meditated on Your law; / let my soul live and I will praise You /and Your judgments shall help me.

I have gone astray like a lost sheep; / seek for Your servant, / because I have not forgotten all Your commands.

[Psalm 117] Praise the Lord, all you nations, /praise Him, all you peoples,/ for His grace is strong over us; /truly, the Lord is forever.

And to You belongs the praise, O God. Barekmor.

† Glory be to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore

ENIYONO
(Al Mono Rehmath)

The Only-Begotten came
 To the earth and – He fasted
 By it, He battled Satan,
 He raised up our – fallen state,
 And He restored Adam to
 Eden, his inhe-ritance

By fasting, debts are pardoned
 And our sins are – blotted out;
 By it, blemishes are cleansed
 And the soul is – made glor`ious
 By it, spi`ri`tual wings grow;
 Bless'd is He who taught – fasting

Both blessing and misery
 Are prepared in – the fasting -
 Misery to those who fast
 With lies and hate in their hearts,
 And blessings for those who fast
 With sincerity – and love

Greatly bless'd are those who fast
 Having cleansed their – heart from hate
 The Lord has promised, say`ing,
 “The one who keeps – fast from bread
 And from evil will receive
 Joy in the chamber – of light” ...Barekmor

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

Praise to You, whom watchers praise
 And the earthly – be`ings serve
 You whom angels minister,
 Receive, O Lord, - our service
 And be reconciled with us,
 For we have angered - You, Lord

Lord have mercy, Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

1ST QAUMO

EQBO

(Qum Paulos – In the Tone of the Day)

See the mountains, valleys, and rocks
 Lament if I do not repent
 See the hills lament and shed tears;
 They will mourn and repent for me
 They will bring the friends
 And the belov`ed
 Together to mourn
 And cry with sighs for my soul;
 They will beg the Lord for mercy,
 That the Lord may forgive my sins

Lord have mercy; Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

Lord, have mercy upon us
 Lord, be kind and have mercy
 Answer, Lord, and have mercy

Glory be to You, O Lord
 Glory be to You, O Lord
 Glory be to You, our hope forever. *Barekmor*

QOLO*(I'Maryam Yodath Aloho – In the Tone of the Day)*

Jesus has placed upon us the sign of life
 When Satan sees it on us, he flees from it
 Christ gave His Body for our absolution,
 And His blood that we may give thanks to His grace...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

David sang, "Rebuke me not in Your anger;
 Lord, do not punish me in Your displeasure" *(Psalm 38:1)*
 For God is full of mercy at all times and
 He does not wish His creation to perish

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB*(In the Tone of the Day)*

O Lord, our Lord, we call to You come to our aid
 Hear our requests and have mercy upon our souls

The diligent are made to be glor`ious by pray'r,
 And in combat, the glor`i`ous seek this weapon
 Therefore, the Son of God has forged and polished it,
 So that the King's servants may be equipped with it

Have courage, you who pray; do not be negligent,
 For the whole pray'r of the Son of God is for you
 Add your pray'r to it, for there is pow`er in it,
 And because of His pray'r, your pray'r will be received

Answer O Lord, answer O Lord, and have mercy
 Turn the hearts of the sons of men to repentance

Praise of the Cherubim*Prayed at the conclusion of 1st and 2nd Watches of Lilyo*

† Blessed is the glory of the Lord...
 Holy and glorious Trinity, have mercy upon us...
 You are holy and glorious forever...
 Glory be to You, O Lord...
 Our Father who art in Heaven...

2ND QAUMO**EQBO***(Qum Paulos – In the Tone of the Day)*

I am killed by anxiety,
 And my thoughts overwhelm my mind
 Woe to me, for what shall I do,
 For the tribunal awaits me
 Who will not shed tears
 With grief and worry
 And not weep for me
 On account of all my sins?
 Repentance is not received there
 Woe be to me, for I have sinned!

Lord have mercy; Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

Lord, have mercy upon us
 Lord, be kind and have mercy
 Answer, Lord, and have mercy

Glory be to You, O Lord
 Glory be to You, O Lord
 Glory be to You, our hope forever. *Barekmor*

QOLO*(I'Maryam Yoldath Aloho – In the Tone of the Day)*

Come, let us beseech the Lord God with sorrow
 And offer pray'rs and entreaties before Him
 The Lord is near to those who call upon Him,
 And because of His mercies, He answers them...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

Let us wash our clothes with the tears of our eyes,
 For the Coming of the Son of God is near
 The world's end is at the door, as St. Paul said
 Bless'd is He whose judgment shall be with mercy

Lord have mercy upon us and help us

BO'UTHO of MOR EPHREM*(In the Tone of the Day)*

Lord, have mercy upon us
 O Lord receive our service

Let not your body stand there
 While your heart is distracted
 May your body be a church
 Your mind, a sanct'uary

Your glory surpasses that
 Of those who glorify You
 Lord, You have loved our nature
 Glory to You who saved us

Lord, who hears our petitions
 Answer us in Your mercy
 Lord, be reconciled with us
 Have compassion upon us

Praise of the Cherubim*Prayed at the conclusion of 1st and 2nd Watches of Lilyo*

† Blessed is the glory of the Lord...
 Holy and glorious Trinity, have mercy upon us...
 You are holy and glorious forever...
 Glory be to You, O Lord...
 Our Father who art in Heaven...

3RD QAUMO**EQBO***(Qum Paulos – In the Tone of the Day)*

Lord, open Your door of mercy
 Accept the tears that I offer
 Lord, as with the sinful woman,
 Grant me forgiveness of my sins
 O Living Water,
 I have taken You
 As my companion;
 May I not seek water there,
 For I heard that the rich man begged
 For water there from Abraham

Lord have mercy; Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

Lord, have mercy upon us
 Lord, be kind and have mercy
 Answer, Lord, and have mercy
 Glory be to You, O Lord
 Glory be to You, O Lord
 Glory be to You, our hope forever. *Barekmor*

QOLO*(I'Maryam Yoldath Aloho – In the Tone of the Day)*

Adam cried out, "Stand up, help me, and save me,
 For the serpent conquered me among the trees
 I transgressed, for I ate the fruit from Eve's hand,
 And I stripped off the glory I had put on" ...*Barekmor*

† Glory be to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore

Your Church stands at Your door and beseeches You
 Because of the Passion You endured for us
 Have mercy on her and her faithful children,
 Lord, by the great sign of Your life-giving Cross

Lord have mercy upon us and help us

BO'UTHO of MOR BALAI*(In the Tone of the Day)*

Lord, who has mercy even on sinners
 Have mercy on us on Your judgment Day!

At Your door O Lord, the afflicted knock
 Answer their requests in Your compassion

Jesus, Your door is a door of mercy!
 He who enters with sins departs with grace

Father in heaven, we do beseech You!
 Accept our service; have mercy on us.

Praise Him who said, "Call and I will answer;
 Knock, I will open; Ask and I will give."

Lord of those above! Hope of those below!
 Accept this service; have mercy on us

† Halleluiah, Halleluiah, Halleluiah!
 Glory to You, O God! (*Repeat three times*)

Be compassionate towards us in Your mercy, / O God of compassion; / in our sacrifices and our prayers / we make memory of our fathers / who taught us while they were alive, / to be children of God; / O Son of God, / raise them up in the heavenly kingdom / with the just and the righteous / in the world, which does not pass away.

Lord, have mercy upon us and help us

Psalms of Night Vigil

Awake, you that sleep, and rise and sing praise. [Psalm 148] Praise the Lord from the heavens, praise Him in the heights.

Praise Him, all His angels; praise Him, all his hosts.

Praise Him, sun and moon; praise Him, all stars of light; praise Him, heaven of heavens, and the waters above the heavens; let them praise the name of the Lord.

For He spoke and they were made, He commanded and they were created; He established them forever and ever. He gave them a law, which shall not pass away.

Praise the Lord from the earth, sea-monsters and all depths, fire and hail, snow and mist, stormy winds that fulfill His word;

Mountains and all hills, fruit trees and all cedars; wild beasts and all cattle, creeping things and birds that fly;

Kings of the earth and all peoples, princes and all judges of the earth; young men, too, and maidens; old men and boys; let them praise the name of the Lord.

For His name alone is exalted; His praise is on earth and in heaven, and He has lifted up the horn of His people; praise for all the just, the children of Israel, the people who draw near to Him.

[Psalm 149] Praise the Lord with a new praise in the assembly of the just; let Israel be glad in her Maker; let the children of Zion rejoice in their King.

Let them praise His name with the timbrel and the drum; let them sing to Him with the harp, for the Lord takes pleasure in His people, and gives salvation to the poor.

Let the just exult in glory; let them praise Him on their beds; let the high praises of God be in their throats, and two-edged swords in their hands,

To execute vengeance on the nations, and to rebuke the peoples; to bind their kings with chains, their nobles with fetters of iron; to execute on them the judgment which is written; that is the glory of the just.

[Psalm 150] Praise the Lord in His holy place, praise Him in the firmament of His strength.

Praise Him for His mighty deeds, praise Him for His abounding greatness, praise Him with the sound of the trumpet, praise Him with lyre and harp.

Praise Him with the timbrel and the drum, praise Him with the soft strings, praise Him with the loud cymbals; praise Him with the sound of the voice; let everything that has breath praise the Lord.

[Psalm 117] Praise the Lord, all you nations; praise Him, all you peoples, for His grace is strong over us; truly the Lord is forever.

And to you belongs the praise, O God. Barekmor

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

Praise to the Holy Trinity!

Praise to the Holy Trinity!

We praise the glorious Trinity, self-existent and eternal; and to You belongs the praise, O God, at all times.

QAUMO of PRAISE**QOLO***(Enono Nuhro Shareero – Reesh Qolo)*

Adam ate – the fruit in Eden
 Because of his gluttony – and he was – expelled from Eden
 But our Savior descended
 And defeated gluttony
 By His holy fast for us
 Bless`ed is the Good One who
 Defeated the evil one,
 Who had deceived God's servant...*Barekmor*
† Glory be to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore
 This is the – holy fast by which
 Those who have discernment grow
 My brethren, - take refuge in it
 By it, let us win vict'ry
 Over the adversary
 Let us cry with discernment
 Bless`ed is He who made us
 To put on this great weapon
 To conquer the evil one
Lord have mercy upon us and help us

BO'UTHO of MOR JACOB*(To be sung in one of the tones for the Fast)*

O Christ, who did accept the fasting of the just
 Accept our fast and pray'rs and have mercy on us
 Where is my table full of all kinds of fine things?
 I beg for water, but it is not given me
 Where is the gold which I have gathered together?
 If it can be exchanged for water, let it go

O Dew of Mercy which was sprinkled on the fire,
Do not reject us from Your presence when You come
Spread joy and put the garment of glory on us
That we may conquer the darkness with Your brightness

O Christ, who did accept the fasting of Moses
Hear our requests and have mercy upon our souls

Hymn of the Angels

**As the angels and archangels on high in heaven sing praise, / so
we poor children of earth sing praise and say:**

At all times and at all seasons, Glory to God in the heights / and on
earth, peace and tranquility and good hope for the sons of men.

**We praise You, we bless You, we worship You, / we raise up a
hymn of praise to You.**

We give thanks to You because of Your great glory, / Lord our
creator, king of heaven, / God the Father Almighty.

Lord God, only Son, Jesus Christ, with the Holy Spirit,

Lord God, Lamb of God, Son and Word of the Father, / who take
away, or rather have taken away, the sin of the world / have mercy
upon us.

**You who take away, or rather have taken away the sin of the world,
/ incline Your ear to us and receive our prayers; / You who sit in
glory at the right hand of the Father, / have compassion on us.**

Because You only are holy, You only, Lord Jesus Christ, / with the
Holy Spirit, in the glory of God the Father. Amen.

**At all times and all the days of my life, / I will bless and praise
Your name, which is holy and blessed forever, / and which
remains forever and ever.**

Blessed are You, Lord Almighty, God of our fathers, / and Your
name is blessed and glorified in praise forever.

**To You belongs glory, to You belongs praise, to You belongs honor,
/ God of all, Father of truth, / with the only Son and living Holy
Spirit, now and always forever. Amen.**

Concluding Prayer

O Lord Jesus Christ, do not close the door of Your mercy in our faces. We confess that we are sinners, have mercy upon us. / O Lord, Your love made you descend to us from Your place, /that by Your death our death might be abolished. / Have mercy upon us. Amin.

Qaumo

FRIDAY MORNING PRAYER

Matins/Safo

Qaumo

Psalms of Morning

[Psalm 51] Have mercy upon me, O God, in Your loving kindness;/ in the abundance of Your mercy blot out my sin.

Wash me thoroughly from my guilt and cleanse me from my sin./ For I acknowledge my fault and my sins are before me always.

Against you only have I sinned and done evil in Your sight, / that You may be justified in Your words and vindicated in Your judgment. / For I was born in guilt and in sin did my mother conceive me.

But you take pleasure in truth and You have made known to me the secrets of Your wisdom. / Sprinkle me with Your hyssop and I shall be clean; / wash me and I shall be whiter than snow.

Give me the comfort of Your joy and gladness, and the bones, which have been humbled shall rejoice. / Turn away Your face from my sins and blot out all my faults.

Create in me a clean heart, O God, / and renew Your steadfast spirit within me. / Do not cast me from Your presence / and take not Your Holy Spirit from me.

But restore to me Your joy and Your salvation / and let Your glorious spirit sustain me;/ that I may teach the wicked Your way / and sinners may return to You.

Deliver me from blood, O God, God of my salvation / and my tongue shall praise Your justice. / Lord, open my lips and my mouth shall sing Your praise.

For you do not take pleasure in sacrifices;/ by burnt offerings You are not appeased. / The sacrifice of God is a humble spirit, / a heart that is contrite God will not despise.

Do good in Your good pleasure to Zion and build up the walls of Jerusalem. / Then shall You be satisfied with sacrifices of truth and with whole burnt-offerings; / then shall they offer bullocks upon Your altar.

And to You belongs the praise, O God. Barekmor

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

O Merciful God! Have mercy upon us in your mercy!

Lord have mercy upon us and help us.

[Psalm 63] **My God, you are my God, I will seek You.**

My soul thirsts for You and my flesh seeks for You like the thirsty earth, which is parched and begging for water.

So have I looked for You in truth, that I may see Your power and Your glory.

Because your loving-kindness is better than life, / my lips shall praise You.

So I will bless You while I live and will lift up my hands in Your name.

My soul shall be enriched as with marrow and fat / and my mouth shall praise You with lips of praise.

I have remembered You upon my bed / and in the nighttime I have meditated on You.

For You have been my helper / and in the shadow of Your wings is my protection.

My soul follows after You / and Your right hand upholds me.

Those who seek to destroy my soul shall enter into the lower parts of the earth.

They shall be delivered over to the sword and shall be food for foxes; / but the king shall rejoice in God.

Everyone who swears by Him shall glory, / but the mouth of those who speak lies shall be stopped.

And to You belongs the praise, O God. Barekmor

*† Glory be to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore*

ENIYONO

(Haw Dat'in Kul Beryotho)

When one sees his evil acts,
That one despises himself
And he will condemn himself
When he sees how - he has sinned
 When the - hidden things will be
 Revealed, - it will be fearful
At judgment, we will receive
According to our - actions
 Woe to us, who did not act
 Despite our Lord's - example
 Woe to us! Our negligence
 Has made us lose - Paradise
 Brethren, - behold how fear has
 Fallen - over creation;
 The Sun has turned to darkness
 And the moon's brightness - has gone
The just wear the glor'ious light
That shall never - fade away
Their light shines more than the sun
They surpass all - in glory
 While the - wicked have put on
 The thick - darkness of their sins
My tongue is incapable
Of narrating their - torments
 The watchers of spirit fly,
 And in the blink - of an eye,
 They will catch the wicked men
 And throw them in - the fi`re
 There will - be gnashing of teeth
 And they - will be tormented
At the fearful, dread judgment
They will burn in Gehenna

The wicked cry from the midst
 Of the *fire* like – the rich man
 They ask for a drop of water but none gives – what they ask
 Your com-passion is greater
 Than our – in`i`quity, Lord
 Forbid that eternal *fire*
 From consuming Your – image...*Barekmor*

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

Lord, open the doors of Your
 Kingdom that we – might enter,
 For You saved us from bondage
 And brought us in-to Your flock
 May our – hearts sing and rejoice
 For we – have beseeched Your name
 Make us drunk at Your table
 By the richness of – Your spring

[Psalm 19] *Kurielaison*. The heavens declare the glory of God and the firmament proclaims His handiwork. / Day to day brings forth speech; / night to night declares knowledge;

There is no speech, nor are their words; their voice is not heard. / Yet their good tidings go out through all the earth,/ and their words to the end of the world.

In the heavens, He has set His tent for the sun, which comes out like a bridegroom leaving his chamber;/ it will rejoice like a strong man to run his course.

Its departure is from the end of the heavens / while its repose is at the end of the heavens and there is nothing hidden from its heat.

The law of the Lord is flawless and it turns the soul. / The testimony of the Lord is trustworthy and makes infants wise. / The commandments of the Lord are right and they make the heart rejoice. / The precepts of the Lord are chosen and they illumine the eyes.

The fear of the Lord is pure and it endures forever. / The judgments of the Lord are true and are more righteous than all. / They are more desirable than gold and even than precious stones. / They are sweeter than honey and the drippings of the honeycomb.

Moreover, Your servant will be warned by them; / If He keeps them, he will be greatly rewarded, but who can discern his errors? / Clear me from hidden faults.

Keep Your servant away from iniquity, lest the evil doers have dominion over me. / And I shall be purified from my sins. / O Lord, my helper and Savior, / let the words of my mouth be according to Your will / and the meditation of my heart be acceptable before You.

And to You belongs the praise, O God. Barekmor

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

ENIYONO

(Mshiho Damlakh)

Lord, we beseech Your mercies
In the times of affliction
My Lord, You are the Rich One
Who does not deny the poor

Do not disregard Your Church
Nor Your covenant with her,
For she calls on You always;
In mercy, come to her aid

Lord, receive our petition
Do not deny our request
Incline Your ear to our pray'rs,
You who are full of mercy

O God, the Merciful One
Who guides all of creation,
You answer our petitions
And You protect all our souls

Unite Your will with us all
 And be our Mediator
 We have raised our eyes to You
 O Lord, have mercy on us...*Barekmor*

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

O Lord, we beseech Your name
 To receive Your forgiveness
 With sighs, we supplicate You
 To absolve our debts and sins

[Isaiah 42:10-13, 45:8] Kurielaison. Sing to the Lord a new song, His praise from the ends of the earth! Let those who go down to the sea in its fullness, the islands and their inhabitants, praise the Lord!

Let the desert and its villages rejoice! Let Kedar be meadows; let the inhabitants of steep rocks praise Him! Let them shout from the top of mountains. Let them give glory to the Lord and declare His glory in the islands!

The Lord will go forth like a mighty man and like a warrior, He stirs up His fury; He will cry out and become mighty and will triumph over His enemies;

Let the clouds rain down righteousness; let the earth open and salvation increase; and let righteousness sprout forth altogether. I am the Lord who created them...*Barekmor*

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

ENIYONO

(Yaumono)

How fair is – the fasting – which is free from hate and slander
 The love free from deceit is rich
 Come, let us love one another
 That our fasting may be received

My brethren, - let us fast – from iniquity and envy,
 And let us supplicate the Lord
 With mourning and tears of sorrow
 That me might rejoice with the King

I have been – defiled by – the multitude of all my sins
 Lover of Man, I do not dare
 To look up to the heights above
 By Your grace, Savior, - have mercy!

Woe to the – evil one – for he was jealous of Adam
 Satan stripped him of his glory
 But Gehenna awaits Satan
 And Paradise awaits Adam...*Barekmor*

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

Glory to – the Father, - the Son and the Holy Spirit
 Glory to the Threefold Myst'ry:
 Three Persons, Three Names, but One God
 To Him belongs glory from all

[Psalm 113] **Amin. Praise you servants of the Lord, praise the name of the Lord.**

May the Lord's name be bless'd forever and ever.

From the rising of the sun to its setting / great is the name of the Lord.

The Lord is high above all peoples/and his glory is above the heavens.

Who is like the Lord, our God, who sits on high / and looks upon the depths in heaven and on earth?

He raises up the poor from the dunghill / and makes him sit with the princes of the people.

He makes the barren woman keep house / and be a joyful mother of children.

And to You belongs the praise, O God. Barekmor.

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

Unto the ages of ages and forevermore.

EQBO

(Abun d'Bashmayo/Mor Balai – Tone 5)

Father in Heaven, we do beseech You
Accept our service; have mercy on us!

Stoumen Kalos, Kurieleison

(Promion & Sedro)

QOLO

(Ptah Li Tar'e Dahnonokh – Reesh Qolo)

We are the temples of God
 The Spirit of God dwells in us
 Do not destroy this dwelling
 Where the King has made His home
 Let us wipe out from our souls
 All defilements – and all sins
 To please Him who has – humbled Himself for our sake...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

When we are in pain, we weep
 But, then, when our pains are relieved
 We forget the Physician
 For no one thinks that the end
 Is standing near at the door
 O God, do not – forsake us
 For we have eaten – Your holy body and blood

Unto the ages of ages and forevermore

Rich One, who never grows poor
 Behold those in need at Your door
 Open Your rich treasure-house
 And satisfy all their needs
 As Your holy mouth promised:
 “Call me and I – will answer
 Knock upon the door – and I will open for you.”

Lord have mercy upon us and help us

(*Etro*)

QOLO

(Lokh Moriyo Qorenan – Reesh Qolo)

O Lover of Man, we know that we have sinned
 So we do not have courage to look – at heaven
 We are ashamed to call upon You, O Lord
 May Your compassion intercede to – Your justice
 Hear, O Lord, - the sound as we weep
 And accept – our pleas for mercy
 O Compassionate Lord, have pity and mercy!...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

My Lord, I remembered the Day of Judgment
 And when I recalled my sins, my tears – flowed freely
 I have labored with many in Your vineyard
 Jealous Satan saw me and robbed me – of my wealth
 O my Lord – do not reject me
 And place me – on the left-hand side
 May Your body and blood be with me – at Judgment

Unto the ages of ages and forevermore

O Judge, who does not take bribes from any man,
 What can I offer You as a bribe – for Your love?
 O Lord, I have heard that You greatly love tears
 And that You have no use for gold or – precious stones
 Lord, receive – my tears of sorrow
 And forgive – all my debts and sins
 By Your grace, have pity and mercy – upon me

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB

(To be sung in one of the tones for the Fast)

O Christ, who did accept the fasting of the just
Accept our fast and pray'rs and have mercy on us

Gold burdens and shackles the ones who possess it
Those who unite their souls with God possess true wealth

All the treasures of all the Kings upon the earth
Are lesser in worth than the one who trusts in God

All possessions of the world are but deadly fruit
One who possesses nothing will never taste it

Even if one takes pains ev'ry day for his wealth,
It is nothing but evil and not worth his toil

O Christ, who did accept the fasting of Moses
Hear our requests and have mercy upon our souls

(Scripture Readings)

Morning Praise for the Fast

Lord of all, - by your great mercies,
 Make us servants worthy
 to be preserved today in justice, without the scars of sin.
 Bless`ed are You, - O God of - our fathers,
 And Your Holy name is magnified
 and glorified forever. Amin.

Lord, may Your - grace and mercies
 be upon us, for our trust is in You.
 Bless`ed are You! - O Lord, teach - and show us
 The way of Your co-mmand-ments.
 Bless`ed are You! - By Your grace - make us to
 Understand the way of Your laws
 Bless`ed are You! - Holy One, - enlighten us
 With your luminous rays
 Lord, may Your mercies be upon us
 Do not neglect, or leave - the work of Your hands

Glory befits You,
Honor befits You,
And praise befits You,
 Father, Son, Holy Spirit,
 Now and forever. Amin!

Morning Praise

It is good to give You thanks - O Lord God,
 And to sing praise to Your name
 And to proclaim Your grace in - the morning
 And Your faithfulness, Lord, in the night! (*Psalm 92:1-2*)

(Repeat the stanza above three times and kneel/prostrate)

At morning, you shall hear my voice;
 I have prepared myself to appear before You

Holy are You, O God

Holy O Almighty

Holy O Immortal

†Crucified for us, have mercy - on us (*Repeat three times*)

Lord, have compassion on us;
 Forgive the sins of all of us, O Lord;
O Holy One, let Your right hand rest upon us;
 Forgive our weakness, for Your name is forever!

Glory to You, O God
 Glory to You, O God
 Glory, our hope forever...*Barekmor*

Our Father, who art in heaven...

(In Prose)

Morning Praise

It is good to give thanks to the Lord and to sing praise to Your name, Most High, to proclaim Your grace in the morning and Your faithfulness in the night.

Lord, in the morning You shall hear my voice and in the morning I have prepared myself to appear before You. Lord, have compassion on Your people; Lord, pardon and forgive the sins of all of us. Holy One, let Your right hand rest upon us and pardon our infirmity because Your name is forever. Amin.

Qaumo

FRIDAY 3RD HOUR PRAYERS

Qaumo

QOLO

(Quqoyo – Reesh Qolo)

My Lord, let not Satan mock me in Gehenna,
Say`ing, "I have deceived you and brought you with me"

Merciful One – save me from his hands;

According to – Your will, Lord, lead me

May Your cross be a weapon at the dread crossing

And with it may I conquer Satan and his pow'r

Halleluiah – w'Halleluiah... *Barekmor*

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

O world, ocean of debts, I sinned greatly in you,

And my evil de`si`re has led me astray

I am afraid – of the Judgment Day

And frightened by – the river of fire

May the Sign of the Cross be my companion there,

And by it, may I cross the ocean of fi`re,

Halleluiah – Lord, by Your mercy

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB

(To be sung in one of the tones for the Fast)

O Christ, who did accept the fasting of the just

Accept our fast and pray'rs and have mercy on us

O rich man, you are proud and your sight is pleasant

You have borrowed splendor and put on fair garments

How much honor and lux`u`ry is given you,

And how people shower you with ly`ing praises!

O handsome one, look at the great beauty of day

It has put on splendor, glory, and is radiant,

But the evening approaches and obscures the day,

and when the night arrives, it strips off its beauty

O Christ, who did accept the fasting of Moses

Hear our requests and have mercy upon our souls

Qaumo

FRIDAY 6TH HOUR PRAYERS

*Qaumo***QOLO***(Ptah Li Tar'e Dahnonokh – Reesh Qolo)*

I spent the days of my life
 In vanity with the devil
 And the evil one made me
 A captive by his deceit
 O my Savior, have mercy
 On Your image – corrupted
 By sin and evil; - Do not leave it to decay...*Barekmor*
† Glory be to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore
 The high mountains cannot be
 Compared to all my offenses
 Set me free and cleanse my sin,
 O my Lord, by a drop from
 The ocean of Your mercies
 Merciful One, - grant us life
 By the compassion – with which You created us
Lord have mercy upon us and help us

BO'UTHO of MOR JACOB*(To be sung in one of the tones for the Fast)*

O Christ, who did accept the fasting of the just
 Accept our fast and pray'rs and have mercy on us
 Behold, the love for eternal life is despised
 But see how the love for the world burns like a flame!
 No one seeks to listen to the word of teaching,
 But they run around to gather the world's riches
 Let all gentiles offer glory, Lord, to Your might
 How patient You are toward the rebellious ones!
 In all times, by all means, You long that they repent
 Praise to You on account of Your abundant love
 O Christ, who did accept the fasting of Moses
 Hear our requests and have mercy upon our souls

MANITHO of MOR SEVERUS

By the prayers of Your Mother – and those of all Your Saints

I exalt You, Lord and King, - The Only-Begotten Son;

Word of the Father;

Immortal in His nature and who by His grace

Descended for - all mankind

To bring life and salvation for our fallen human race;

Who did become - incarnate - of the pure Virgin,

The holy and glor`i`ous The`o`tokos

He became man - without change

And was crucified for us, Christ who is our Lord and God.

He trampled death - by His death - and destroyed our death.

Christ, who is one of the Holy Trinity;

Who is worshipped - equally

With His Father and Spirit; Have mercy upon us all!

Qaumo, Nicene Creed

Forty Prostrations

Kurieleison (x10)

Lord, have mercy upon us (x10)

Lord, be kind and have mercy (x10)

Answer, Lord, and have mercy (x10)

Glory be to You, O Lord

Glory be to You, O Lord

Glory be to You, our hope forever. Barekmor

Our Father, who art in heaven...

FRIDAY 9TH HOUR PRAYERS

Qaumo

QOLO

(Tubayk 'Idto – Tone 5)

How lovely is_ the day of Resurrection

In_ which the bodies of men

Rise up – in wond'rous manner_

How beautiful and glorious

Are_ those who are chase and those

Who keep – vigil and fasting_

In the Kingdom they will all

Re_joyce at the table of

Blessings – as God has promised_...*Barekmor*

† Glory be to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

Up in the heights_, tens of thousands of watchers

Serve_ You and tens of thousands

Of Your – angels praise Your name_

Because of Your love, O Lord

You_ humbled Yourself before

Mankind – and received glory_

Those above cry out: “Holy

Are_ You, Lord,” and those on earth

Receive – Your body and blood_

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB

(To be sung in one of the tones for the Fast)

O Christ, who did accept the fasting of the just

Accept our fast and pray'rs and have mercy on us

Who does not know that the end of our life is death,

And the moment of death hovers above our heads?

Who does not know that this world is a passing dream,

A shadow that cannot be possessed forever?

Who does not know, even if you give all your wealth,
It will be rejected as a bribe by the Judge?
Who does not know, even if you have great riches,
Your riches remain here at the time of your death?

O Christ, who did accept the fasting of Moses
Hear our requests and have mercy upon our souls

Qaumo