

***Typicon***  
***Sunday Worship Guide***  
***of the***  
***Divine Liturgy***  
*supplement to the Divine Liturgy book*

**Sunday, March 2, 2025**

**Sunday of Cheese-Fare**

Commemoration of the Holy Hieromartyr Theodotos,  
Bishop of Cyrene on Cyprus

الاحد، 2 شباط 2025  
أحد مرفع الجبن

**Tone: 8**

- please take home for family reflection -



**WELCOME**  
**TO**  
***St. John Chrysostom***  
***Melkite Catholic Church***  
***Atlanta, Georgia***

## **Orthros/Matins**

**Lord is God** (music on page 11)

**Resurrectional Troparion** (music on page 9)

**Prokimenon** (music on page 11)

**Cantor:** The Lord shall reign forever; your God, O Sion,  
through all generations.

**All:** The Lord shall reign forever; your God, O Sion,  
through all generations.

**Cantor:** My soul, give praise to the Lord; I will praise the  
Lord all my days.

**All:** O Lord, rouse Your power and come to save us.

**Cantor:** The Lord shall reign forever,

**All:** Your God, O Sion, through all generations.

**Orthros Gospel:** John 20:11-18 (8)

### **Synaxarion**

On March 2, we commemorate the Holy Hieromartyr  
Theodotos, Bishop of Cyrene on Cyprus.

Theodotos was covered with wounds in his struggles.  
Yet, in peace Christ received him. On the second day of  
March, O blessed one, you assured yourself of a  
martyr's crown by your death, although you had to  
suffer long for it.

On this day, we commemorate the expulsion of Adam, our  
first father, from the Paradise of delights.

Together with Adam and Eve, bitterly fallen, let the  
whole human race weep over the loss of Paradise.

Through Your ineffable compassion, O Christ our God,  
make us worthy of the delights of Paradise; and in Your love  
for mankind, take pity on us. Amen.

*On Sundays of the 2nd, 4th, 6th & 8th Tones the following is sung in the 2<sup>nd</sup> Tone after the Great Doxology:*

When You rose from the tomb and broke the fetters of Hades, You abolished the sentence of death, O Lord, and thus delivered all men from the snares of the enemy. Appearing to the apostles, You sent them out to preach, and through them, bestowed Your peace upon the World: O You Who alone are full of mercy!

## **Divine Liturgy**

### **Antiphon Prayer**

O Creator of the Universe, You fashioned Adam from the dust of the earth. You infused him with a breath of life. You gave him dominion over the earth. By the enticement of the Serpent he rebelled against Your Commandments and fell. You therefore exiled him from Paradise. But Your Only-begotten Son was incarnate, endured Passion and restored us to the Garden of Eden which we had lost. We therefore implore You, at the threshold of Holy and Great Lent, to make us worthy of a sincere repentance, so that we may avoid even the shadow of evil and abstain from carnal pleasure in order to gain You, Divine River of Paradise that quenches the thirst of our souls. Thus, having lived according to Your commandments, we may share the glory of the Resurrection of Christ, our God and Savior.

For You are long-suffering, most compassionate and You call all people to salvation; and to You we render glory, honor and worship, Father, Son and Holy Spirit, now and always and forever and ever.

### **صلاة الأنديفونة**

أيها الإله المبدع، لما جبلت آدم من تراب الأرض نفخت فيه نسمة حياة، وسلطته على هذا الكون. لكنه سقط بغواية الحية، لما عصى أمرك وتناول من الثمرة المحرمة. فنفيته من الفردوس. ولما تجسد مسيحك واحتمل الآلام لأجلنا، أعادنا إلى جنة عدن التي خسرتها بآدم. فنصرع إليك، ونحن على عتبة الصوم الأربعيني المقدس، أن تؤهلنا للتوبة الصادقة، فنمتنع عن كل شبه شر، ونصوم عن اللذات لنحظى بك، أنت نهر النعيم المروي نفوسنا الظمأى، وإذا ما سلكنا سُبُل وصاياك نبلغ إلى التمتع بأموالنا

قيامه المسيح إلهنا ومخلصنا.  
لأنك أنت الطويل الأناة، الكثير الرحمة والداعي الجميع الى الخلاص، ولك ينبغي كل  
مجد وإكرام وسجود، أيها الاب والابن والروح القدس، الآن وكل أوان ...  
الشعب: أمين.

### **Antiphons**

**Cantor:** Come let us sing joyfully to the Lord; let us shout with joy to God our Savior.

**All:** You descended from on high O compassionate One, and consented to burial for three days that You might free us from suffering. O Lord, our life and our resurrection, glory to You!

**Cantor:** Let us come into His presence with thanksgiving, and let us joyfully sing psalms to Him.

**All:** (Arabic) In hardarta min al alaa ayouhal moutahanen. Wa qabilta dafna thalathat yam, lyki toatqana min al-am, fa ya hayatuna wa qiyamatouna, ya Rubb almajdou lak.

**Cantor:** For God is a great Lord, and a great King over all the earth.

**All:** You descended from on high O compassionate One, and consented to burial for three days that You might free us from suffering. O Lord, our life and our resurrection, glory to You!

(Glory be... now and....)

**All:** (Arabic) Al majdu lil aabi wal ibni war ruuHil qudus, al aana wa kulla awaanin wa ila dahrid daahiriin. Aamiin.

(continue with "O Only-Begotten Son and Word of God...")

### **Entrance Hymn**

**Priest:** Come let us worship and bow down before Christ.

**All:** O Son of God, Who are risen from the dead, save us who sing to You: Alleluia.

## Hymns

### **Troparion of the Resurrection** (Tone 8, music on page 9)

You descended from on high O compassionate One, and consented to burial for three days that You might free us from suffering. O Lord, our life and our resurrection, glory to You!

(Arabic) In hardarta min al alaa ayouhal moutahanen. Wa qabilta dafna thalathat yam, lyki toatigana min al-am, fa ya hayatuna wa qiyamatouna, ya Rubb almajdou lak.

نشيد القيامة باللحن الثامن

إنحدرت من العلاء أيها التحنن، وقبِلت الدفنَ ثلاثةَ أيام، لكي تعتقنا من الآلام، فيا حياتنا وقيامتنا، يا رب المجد لك.

### **Troparion of the Patron of our Parish,**

**St. John Chrysostom** (Tone 8)

### **Kondakion of Cheese Fare** (Tone 6, music on page 10)

O You Who guide men toward wisdom, and give them intelligence and understanding, instructor of the ignorant and helper of the poor, strengthen and enlighten my heart, O Lord, give me word, O Word of the Father, for behold I will not refrain my lips from crying out to You: O merciful One, have mercy on me who have fallen.

قنداق مرفع الجبن الختام باللحن السادس

أيها الهادي إلى الحكمة، وواهبُ الفطنة، ومُتَقَفُّ الجُهَال، ومُجِيرُ المساكين، شدّد قلبي وامنحه فهماً، أيُّها السيد، وأعطني كلاماً، يا كلمةَ الآب. فها انا لن أُمسِكَ شفَتَيَّ عن الصراخ إليك: أيُّها الرَّحِيم، ارحمْنِي أنا الواقع

## Trisagion

**All:** Holy God, Holy Mighty One, Holy Immortal One, have mercy on us.

**All:** (Arabic) Qud-doo-son-il-laah, Qud-doo-son-il-qa-wee, Qud-dooson-il-la-thee, laa ya-moo-tur-ham-na.

**All:** (Greek) A-gi-os o The-os, A-gi-os is-khi-ros, A-gi-os a-tha-na-tos, e-le-i-son i-mas

**All:** Glory be to the Father and to the Son and to the Holy Spirit, now and always and forever and ever. Amen.

**All:** Holy Immortal One, have mercy on us.

**Deacon:** Dy-na-mis!(with greater power!/Aydan bi qouwatin!)

**All:** Holy God, Holy Mighty One, Holy Immortal One, have mercy on us.

**EPISTLE** (Romans 13:11-14:4 , E344/A385)

### **PROKIMENON**

**READER:** Sing praise to our God, sing praise!  
Sing praise to our King, sing praise!

**PEOPLE:** Sing praise to our God, sing praise!  
Sing praise to our King, sing praise!

### **STICHON:**

**READER:** All you peoples, clap your hands! Shout to God  
with cries of gladness.

**PEOPLE:** Sing praise to our God, sing praise!  
Sing praise to our King, sing praise!

**READER:** Sing praise to our God, sing praise!

**PEOPLE:** Sing praise to our King, sing praise!

**Reading** from the Epistle of St. Paul to the Romans  
Brethren, now our salvation is nearer than when we came to believe. The night is far advanced: the day is at hand. Let us therefore lay aside the works of darkness, and put on the armor of light. Let us walk becomingly as in daytime, not in revelry and drunkenness, not in debauchery and wantonness, not in strife and jealousy. But put on the Lord Jesus Christ, and as for the flesh, pay no attention to its lusts.

But whoever is weak in faith, receive him without arguing about opinion. For one believes he may eat all things but another who is weak, let him eat vegetables. Let not the one who eats despise the one who does not; and let not the one who does not eat judge the one who does, for God has received him. Who are you to judge another's servant? To his own master he stands or falls but he will stand, for God is able to make him stand.

### **Alleluia**

In You, O lord, I have hoped: let me never be put to shame.  
In Your Justice, save me and deliver me.

**Stichon:** Be for me a protecting God, a sheltering house to save me.

## مقدمة الرسالة

رَبِّمُوا لِإِلَهِنَا رُبَّمَا، رَبِّمُوا لِمَلِكِنَا رُبَّمَا  
يا جميع الأُمَمِ صَفِّقُوا بِالْأَيْدِي، هَلِّلُوا لِلَّهِ بِصَوْتِ الْابْتِهَاجِ  
الرسالة (رومة 13: 11 ج الى 14: 4)

يا إخوة، أن الخلاصَ أقربُ إلينا الآنَ مما كانَ حينَ آمَنَّا. قد تنتهي الليلُ وأقترَبَ النهارُ، فلنخلعْ أذنَ أعمالَ الظلمةِ، ولنلبسِ أسلحةَ النورِ. لنسلكنَّ سُلُوكاً لاثقاً كما في النهارِ، لا بالقصوفِ والسكرِ، ولا بالمضاجعِ والعهرِ، ولا بالخصامِ والحسدِ. بل البسوا الربَّ يسوع المسيحَ، ولا تهتموا بالجسدِ لقضاءِ شهواتِهِ. من كانَ ضعيفاً في الإيمانِ فقبلوه بغيرِ مباحثَةٍ في الآراءِ. مِنَ الناسِ من يعتقدُ أنْ له أنْ يأكلَ كُلَّ شيءٍ، أما الضعيفُ فيأكلُ بقولاً. فلا يزدِرِ الذي يأكلُ من لا يأكلُ، ولا يدينَ الذي يأكلُ من لا يأكلُ، لأن الله قد قبله. أنتَ من أنتَ يامنُ يدينُ عبدَ غيره، انه لمولاه يثبتُ أو يسقطُ، لكنه سيثبتُ لأن الله قادرٌ أنْ يُثَبِّتَهُ.

## GOSPEL

### THE HOLY GOSPEL ACCORDING TO ST. MATTHEW THE EVANGELIST

6:14-21

(pg. 204)

The Lord said, "If you forgive men their offenses, your heavenly Father will also forgive you. But if you do not forgive men their offenses, neither will your Father forgive you your offenses. And when you fast, do not look gloomy like the hypocrites, who disfigure their faces in order to appear to men as fasting. Amen I say to you they have had their reward. But you, when you fast, anoint your head and wash your face, so that you may not be seen by men to fast, but by your Father, who is in secret; and your Father, who sees in secret, will reward you. Do not lay up for yourselves treasures on earth, where worm and rodent consume, and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither worm nor rodent consumes, nor thieves break in and steal. For where your treasure is, there also will be your heart."

## انجيل احد مرفع الجبن

### الانجيل (متى 6: 14-21)

قال الرب: إن غفرتُم للناس زَلَاتِهِم، يَغْفِرُ لَكُم أيضاً أبوكم السماوي زَلَاتِكُم. وإن لم تغفروا للناس زَلَاتِهِم، فأبوكم أيضاً لا يَغْفِرُ لَكُم زَلَاتِكُم. وإذا صمتم فلا تكونوا معبسين

كالمرائين فإنهم يُنكرون وجوههم ليظهروا للناس صائمين. الحق أقول لكم، انهم قد نالوا اجرهم. أما أنت فإذا صمت، فادهن رأسك وأغسل وجهك، لئلا تظهر للناس صائماً بك لأبيك الذي في الخفية، وأبوك الذي ينظر في الخفية هو يجازيك علانية. لا تكنزوا لكم كنوزاً على الارض، حيث يفسد السوس والصدأ، وحيث ينقب السارقون ويسرقون. لكن اكنزوا لكم كنوزاً في السماء، حيث لا يفسد سوس ولا صدأ، ولا ينقب السارقون ولا يسرقون. فإنه حيث يكون كنزكم هناك يكون قلبكم أيضاً

**Holy, Holy Holy...(English)**

**Hymn to the Theotokos**

*"It is truly right..."*

**Kinonikon**

*"Praise the Lord ..."*

**Post-Communion Hymn**

*"We have seen the true light ..."*

**Great Lent begins today at Sundown**

Services this week

**Today, March 2, 2025—1:30pm**

after Coffee Hour

Forgiveness Vespers

**Wednesday at 7:00pm**

Pre-Sanctified Liturgy

(Al Qudaas Sabik-Taqdisuhu)

**Friday at 7:00pm**

Akathist(Al Madayeh)

**Fasting/Abstinence to be observed  
during Great Lent and Holy Week.**



# Tone 8

## Resurrectional Troparion



You de-scen-ded from on high, O Com-pas - sion - ate



One; and con-sen - ted to bu - ri - al for three days



that You might free us from suf - fer - ing.



O Lord, our life and our re-sur - rec-tion, glo - ry



to You.

# Cheesefare Sanday

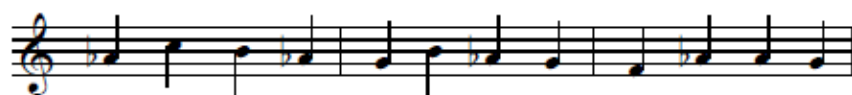
## Kondakion



O You who guide men towards wis - dom, and give



them in - tel - li - gence and un - der - stan - ding,



In - struc - tor of the ig - nor - ant and hel - per of



the poor, strength - en and en - ligh - ten my heart, O



Lord, give me word, O Word of the Fa - ther, for be-



- hold I will not re - frain my lips from cry - ing out to You:

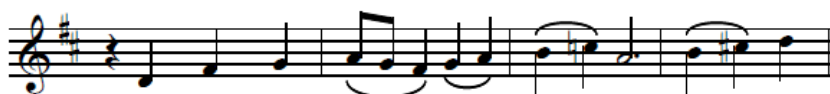


O Mer - ci - ful One, have mer - cy on me who



have fal - len.

## Orthros Prokimenon



The Lord shall reign for - e - ver, your God,

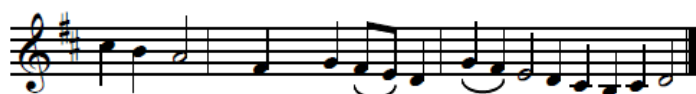


O Si-on, through all ge - ne - ra - tions.

v. My soul, give praise to the Lord.  
I will praise the Lord all my days.



The Lord shall reign for - e - ver, your God,



O Si-on, through all ge - ne - ra - tions.

The Lord is God



The Lord is God and has ap - peared to us.



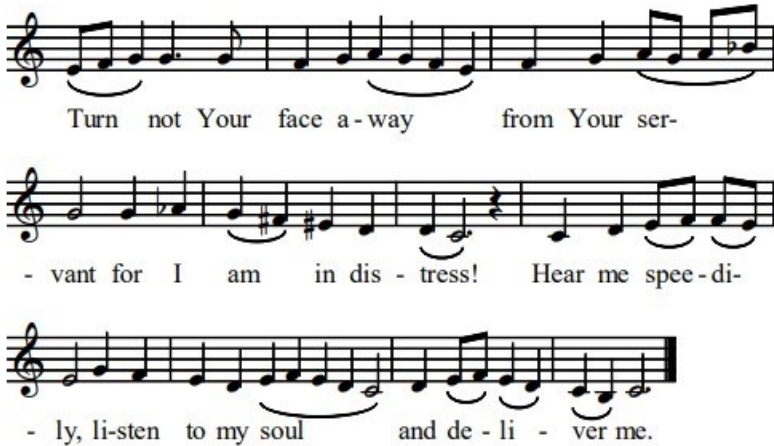
Bles - sed is He who comes in the name of the



Lord.

## Forgiveness Vespers

**D:** The Prokimenon of Vespers.



~I am poor and in pain, O God! Let Your power save me.

~Let the poor see and rejoice.

~Seek the Lord, and your souls shall find life.

*The Holy Doors and curtain are closed. The priest removes his bright vestments, puts on a dark epitachelion and goes out to stand in front of the closed Holy Doors. The deacon removes his vestments and returns to his place in the choir.*

### **Prayer of Saint Ephraim the Syrian**

Lord and Master of my life, give me not a spirit of sloth, vain curiosity, lust for power, and idle talk. (Prostration)

But give to me, Your servant, a spirit of purity, humility, patience and love. (Prostration)

Lord and King, grant me to see my own sins and not to condemn my brother, for blessed are You for ever and ever. Amen. (Prostration)