

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

Sunday, March 16, 2025

Second Sunday of Great Lent

Liturgy of St. Basil the Great

**Sunday of the Holy Relics and
Our Holy Father Gregory Palamas**

Commemoration of the Holy Martyr Sabinos, the Egyptian

الاحد، 16 اذار 2025

أحد الذخائر المقدسة - وعيد القديس غريغوريوس بالاماس

Tone: 2

- please take home for family reflection -



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

Orthros/Matins

Lord is God (*music on page 12*)

Resurrectional Troparion

Holy Relics Troparion (*music on page 10*)

Glory be....

Holy Father Gregory Palamas Troparion (*music on page 12*)

Now and always...

Prokimenon (*music on page 12*)

Cantor: My God arise! You will give judgment. Let the company of the nations surround You!

All: My God arise! You will give judgment. Let the company of the nations surround You!

Cantor: Lord God, I take refuge in You: save me!

All: My God arise! You will give judgment. Let the company of the nations surround You!

Cantor: My God arise! You will give judgment.

All: Let the company of the nations surround You!

Orthros Gospel: John 21:1-14 (10)

Synaxarion

On March 16, we commemorate the holy martyr Sabinos, the Egyptian.

Sabinos gave evidence of his manly courage in the yellow waters of a stagnant river. The martyr Sabinos went under the waters of the Scamander for his last bath on the sixteenth.

On this second Sunday of the Great Fast, we commemorate our holy father Gregory Palamas, Archbishop of Thessalonica.

Truly the great preacher of the wondrous and brilliant Light has been led by the fount of Light into the unsetting Light.

By his holy prayers, O our God take pity on us and save us. Amen.

On Sundays of the 2nd, 4th, 6th & 8th Tones the following is sung in the 2nd 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 Lord, our God, You have granted the holy martyrs that their relics would be spread throughout the world, including this Church, to bring forth the grace of healing from diseases. Make us worthy, through the intercession of Your Saints, to offer You the Spiritual Sacrifice and guide us on the way of Salvation.

For You are Good and the Lover of mankind and to You we render glory, Father, Son and Holy Spirit, now and always and forever and ever.

صلاة الأنديفوننة

أيها الربَّ إلهنا، يا مَنْ وَهَبَ للشُّهداءِ للقدِّيسين أن تتوزَّع أعضاؤهم في كل الأرض وفي هذه الكنيسة، لتأتني بثمار الشفاء من الأمراض، ألهنا، بشفاعه قدِّيسيك، لأنَّ نُقَدِّمَ لك الذبيحة الروحيَّة، واهدينا سبيلَ الخلاص
لأنَّكَ إله صالحٌ ومحبٌّ للبشر، واليك نرفع المجد، أيُّها الآبُ والابنُ والروحُ القدس،
الآن وكلَّ أوانٍ وإلى دهر الداهرين.
الشعب: آمين.

Antiphons

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

All: Victorious witnesses of the Lord, blessed is the earth that received your blood, and holy are the heavenly places that opened to your souls. You have vanquished the enemy in battle and proclaimed Christ with courage. We beg you to intercede with Him Who is all good, that He may save our souls.

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

All: *(repeat Troparion of the Holy Relics in English or Arabic)*

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

All: *(repeat Troparion of the Holy Relics in English)*

(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 2)

When You descended to death, O immortal Life, You put Hades to death by the splendor of Your divinity. And when You raised the dead from below the earth, all the heavenly powers cried out to You: “O Giver of life, Christ our God, glory to You!”

(Arabic) Lamma nazalta ila l-mout, ayouhal-hayatul khalida, Amatta l-Jaheema bi Sana lahoutika. Wa lamma aqamtal ammwat min tahti thara, sarakhat jameeou qwatt samaween: ayouhal maseeho eylahouna, ya mouaatya El-Hayat, al majdou lak

نشيد القيامة باللحن الثاني

لما نزلت الى الموت، أيها الحياة الخالدة، أمت الجحيم بسنى لاهوتك. ولما أقمت الاموات من تحت الترى، صرخت جميع قوات السماويين: أيها المسيح ألها، يا مُعطي الحياة، المجد لك.

Troparion of the Holy Relics (Tone 2, music on page 10)

Victorious witnesses of the Lord, blessed is the earth that received your blood, and holy are the heavenly places that opened to your souls. You have vanquished the enemy in battle and proclaimed Christ with courage. We beg you to intercede with Him Who is all good, that He may save our souls.

طروباريه الذخائر المقدسه باللحن الثاني
مغبوطه الارض التي اخصبناها دماؤكم، يا شهداء الرب الظافرين. ومقدسة المساكن
التي قبلت اجسادكم. فإنكم قد غلبتم العدو في الميدان، وكرزتم بالمسيح بشجاعة،
فنسألکم أن تبتهلوا إليه، بما انه صالح، في خلاص نفوسنا.

Glory be....

Troparion of our Holy Father Gregory Palamas

(Tone 2)

O Gregory the Wonderworker, light of Orthodoxy, support and teacher of the Church, glory of monks and invincible protector of theologians, pride of Thessaloniki and preacher of grace: Pray without ceasing for the salvation of us all.

نشيد العيد للقدیس غريغوريوس باللحن الثامن
يا كوكب الايمان القويم. وثبات الكنيسة ومعلمها. يا جمال المتوحدين. والمناضل الذي
لا يُحاربُ عن المتكلمين بالالهيات. غريغوريوس الصانع العجائب. يا فخر
تسالونيكى والمنادي بالنعمة. ابتهل على الدوام في خلاص نفوسنا.

Now and always...

Troparion of the Patron of our Parish,

St. John Chrysostom (Tone 8)

Kondakion of the Annunciation (Tone 8)

Triumphant leader to you belongs our prize of victory! And since you saved us from adversity we offer you our thanks. We are your people O mother of God! So as you have that invincible power, continue to deliver us from danger that we may cry out to you Hail, O Virgin and bride ever pure.

قنداق الختام باللحن الثامن
نَحْنُ عِبِيدُكَ يَا وَالِدَةَ الْإِلَهِ، نَكْتُبُ لَكَ آيَاتِ الْعُلْيَا قَاهِرَةً. وَنُقَدِّمُ الشُّكْرَ لَكَ وَقَدْ
أُنْقَذْنَا مِنَ الشَّدَائِدِ. لَكِنْ بِمَا أَنَّ لَكَ الْعِزَّةَ الَّتِي لَا تُحَارَبُ، أَعْتَقِينَا مِنْ أَصْنَافِ الْمَخَاطِرِ
لَكِي نَصْرُخَ إِلَيْكَ: أَفْرَاحِي يَا عُرُوسَةَ لَا عُرُوسَ لَهَا.

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 gouwatin!)

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

EPISTLE: Hebrews 1:10-2: 1-3 E353/A297

PROKIMENON:

READER: You, O Lord, will keep us and preserve us
always from this generation.

PEOPLE: You, O Lord, will keep us and preserve us
always from this generation.

STICHON:

READER: Save me, O Lord, for there is no longer any
holy man, for truthfulness has vanished from
among the children of men.

PEOPLE: You, O Lord, will keep us and preserve us
always from this generation.

READER: You, O Lord, will keep us

PEOPLE: and preserve us always from this generation.

Reading from the Epistle of St. Paul to the Hebrews

You in the beginning, O Lord, did found the earth, and the heavens are works of your hands. They shall perish, but you shall continue; and they shall all grow old as does a garment, and as clothing shall you change them, and they shall be changed. But you are the same, and your years shall not fail (Ps. 101: 26-28)

Now, to which of the angels has he ever said, “Sit at my right hand, until I make your enemies the footstool at your feet” (Ps. 109: 1)? Are they not all ministering spirits, sent for service, for the sake of those who shall inherit salvation?

That is why we should all the more earnestly observe the things we have heard, lest perhaps we drift away. For if the word spoken by angels proved to be valid, and every transgression and disobedience received a just punishment, how shall we escape if we neglect such a great salvation?

For it was first announced by the Lord and was confirmed to us by those who heard it.

Alleluia

Your favor, O Lord, I will sing forever; from generation to generation my mouth will proclaim your faithfulness.

Stichon: For you have said, “My kindness is established forever.” In heaven you have confirmed your faithfulness.

مقدمة الرسالة

أَنْتَ يَا رَبُّ تَحْفَظُنَا وَتَحْمِينَا مِنْ هَذَا الْجِيلِ وَالْيَ دَهْرٍ
خَلَّصْنِي يَا رَبِّ، فَإِنَّ الْبَارَّ قَدْ فَنِيَ، لِأَنَّ الْحَقِيقَةَ قَدْ ضَعُفَتْ عِنْدَ بَنِي الْبَشَرِ

الرسالة (عبرانيين 1: 10 إلى 2: 3)

أَنْتَ أَيُّهَا الرَّبُّ فِي الْبَدْءِ أَسَسْتَ الْأَرْضَ، وَالسَّمَاوَاتِ هِيَ صَنَعُ يَدَيْكَ. هِيَ تَزُولُ وَأَنْتَ تَبْقَى، وَكُلُّهَا تَبْلَى كَالثُوبِ، وَتَطْوِيهَا كَالرِّدَاءِ فَتَتَغَيَّرُ، وَأَنْتَ أَنْتَ، وَسَنُوكَ لَنْ تَفْنَى. وَلِمَنْ مِنْ الْمَلَائِكَةِ قَالَ قَطُّ: اجْلِسْ عَنِ يَمِينِي حَتَّى أَجْعَلَ أَعْدَاكَ مَوْطِنًا لِقَدَمَيْكَ؟ أَلَيْسُوا جَمِيعُهُمْ أَرْوَاحًا خَادِمَةً، مَرْسَلَةً لَخِدْمَتِهِ مِنْ أَجْلِ الزَّمْعِينَ أَنْ يَرِثُوا الْخَلَاصَ؟ فَلِذَلِكَ يَجِبُ عَلَيْنَا أَنْ نَنْتَبِهَ إِلَى مَا سَمِعْنَاهُ غَايَةً النَّتَبْهِ، لِئَلَّا نَبْتَعدَ عَنْهُ. فَإِنَّهَا إِنْ كَانَتْ الْكَلِمَةُ الَّتِي نُطِيقَ بِهَا عَلَى أَلْسِنَةِ الْمَلَائِكَةِ قَدْ ثَبَّتَتْ، وَكُلُّ تَعَدٍّ وَمَعْصِيَةٍ قَدْ نَالَ جَزَاءً عَادِلًا، فَكَيْفَ نَفُؤِلْتُ نَحْنُ إِنْ أَهْمَلْنَا خَلَاصًا عَظِيمًا كَهَذَا قَدْ نُطِيقَ بِهِ عَلَى لِسَانِ الرَّبِّ أَوَّلًا، ثُمَّ ثَبَّتَهُ لَنَا الَّذِينَ سَمِعُوهُ.

هَلَلُيَا

بِمَرَاكِمِكَ يَا رَبِّ أُرْتَمُ إِلَى الْآبِدِ، إِلَى جِيلٍ فَجِيلٍ أَعْلُنْ حَقَّكَ بِفَمِي
لَأَنَّكَ قُلْتَ: إِنَّ الرَّحْمَةَ تُبْنَى إِلَى الْآبِدِ، وَفِي السَّمَاوَاتِ يُهَيَّأُ حَقُّكَ.

GOSPEL

THE HOLY GOSPEL ACCORDING TO ST. MARK THE EVANGELIST

12: 1—12

(pg. 211)

At that time Jesus entered Capernaum, and it was reported that He was at home. And immediately many gathered together, so that there was no longer room, not even around the door. And He spoke the word to them. And they came,

bringing to Him a paralytic, carried by four. And since they could not bring him to Jesus because of the crowd, they uncovered the roof where He was, and, having made an opening, they let down the pallet on which the paralytic was lying. And Jesus, seeing their faith, said to the Paralytic, "Son, your sins are forgiven you." Now some of the Scribes were sitting there and reasoning in their hearts, "Why does this Man blaspheme in this way? Who can forgive sins, beside God?" And at once Jesus, knowing in His spirit that they so reasoned within themselves, said to them, "Why are you arguing these things in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven you,' or to say, 'Arise, and take up your pallet, and walk'? But that you may know the Son of Man has power on earth to forgive sins" — He said to the paralytic — "I say to you, arise, take up your pallet, and go to your house," And immediately he arose and, taking up his pallet, went forth in the sight of all, so that they were all amazed, and glorified God, saying, "Never did we see anything like this!"

انجيل الاحد الثاني من الصوم الانجيل (مرقس 2 : 1 - 12)

في ذلك الزمان، دخل يسوع كفرناحوم. وسمع أنه في بيت، ففي الحال اجتمع خلق كثير بحيث لم يبقى موضع يسع ولا عند الباب، وكان يخاطبهم بالكلمة. فأتوا اليه بمخلع يحمله أربعة. واذا لم يقدرُوا أن يقتريوا اليه بسبب الجمع، كشفوا السقف حيث كان، وبعد ما نقبوه دلّوا الفراش الذي كان المخلع مضطجعا عليه. فلما رأى يسوع إيمانهم قال للمخلع: يا بني مغفورة لك خطاياك. وكان قوم من الكتبة جالسين هناك يفكرون في قلوبهم: ما بال هذا يتكلّم هكذا بالتجديف؟ من يقدر أن يغفر الخطايا إلا الله وحده؟ فللوقت علم يسوع بروحه انهم يفكرون هكذا في أنفسهم. فقال لهم: لماذا تفكرون بهذا في قلوبكم؟ ما الایسر: أن يُقال للمخلع مغفورة لك خطاياك. أم أن يقال قم احمل فراشك وامشي؟ ولكن لكي تعلموا ان ابن الانسان له سلطان على الارض ان يغفر الخطايا، قال للمخلع: لك أقول قم احمل فراشك واذهب الى بيتك. فقام للوقت وحمل فراشه وخرج أمام الجميع، حتى دُهِشوا كلهم ومجّدوا الله قائلين: ما رأينا قطّ مثل هذا.

Holy, Holy Holy...

(In ENGLISH this week)

Hymn to the Theotokos: *(Page 48 of Liturgy book)*

In you, O woman full of grace, all creation exults, the hierarchy of angels together with the race of men; in you, sanctified Temple, spiritual Paradise, Glory of virgins of whom God took flesh from whom our god who exists before the world, became a child! For He has made your womb his throne, making it more spacious than the heavens. In you, O Woman full of grace, all creation exults: glory to you!

النشيد لوالدة الاله

ان البرايا بأسرها تفرح بك يا ممثلة نعمة. محافل الملائكة وأجناس البشر لك يعظمون. أيها الهيكل المتقدس والفردوس الناطق وفخر البتولية، التي منها تجسد الاله وصار طفلاً وهو الهنا قبل الدهور. لأنه صنع مستودعك عرشاً، وجعل بطنك أرحب من السماوات. لذلك، يا ممثلة نعمة، تفرح بك كل البرايا وتمجّدك.

Kinonikon

“Praise the Lord from the highest. Alleluia!”

Communion Hymn

“Receive me now, O Son of God....”

Post-Communion Hymn

“We have seen the True Light....”

Great Lent Services

Wednesday at 7:00pm

Pre-Sanctified Liturgy
(Al Qudaas Sabik-Taqdisuhu)

Friday at 7:00pm

Akathist(Al Madayeh)/Meal

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



O vic-to - ri-ous wit - ness-es of the Lord, bles-sed



is the earth fer - ti-lized by your blood and ho-ly



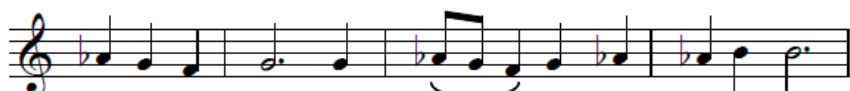
are the hea-ven-ly pla - ces that o-pened to your souls.



You have van - quished the e-ne-my in the sta - di-um,



and pro-claimed Christ with cou - rage. We beg you



to in-ter - cede with Him who is all - Good,



that He may save our souls.

Tri-um-phant Lea - der, to you be - longs our prize of
 vic - to - ry! And since you sa - ved us
 from ad-ver-si - ty we of - fer you our thanks: we
 are your peo - ple, O Mo-ther of God! So,
 as you have that in - vin - ci - ble pow - er, con -
 tin - ue to de - li - ver us from dan - ger that we may
 cry out to you: Hail, O Vir - gin and Bride e - ver
 pure!

Orthros Prokimenon



My God, a - rise! You will give judg - ment.



Let the com-pa - ny of the na - tions sur - round you.

v. Lord God, I take refuge in You: save me!



My God, a - rise! You will give judg - ment.



Let the com-pa - ny of the na - tions sur-



- round you.

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.