

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

**Sunday, March 23, 2025**

**Third Sunday of Great Lent**

**Sunday of the Holy Cross**

Commemoration of the  
Venerable Father Nikon and the 200 martyred disciples

الاحد، 23 اذار 2025  
الاحد الثالث للصوم العظيم المقدس – أحد الصليب المقدس

**Tone: 3**

- 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** (*Tone 1*)

Glory be....

**Troparion of the Holy Cross** (*Tone 1, music on page 10*)

Now and always...

**Resurrectional Theotokion** (*Tone 1, music on page 11*)

Today, Mar 23<sup>rd</sup>, is a 3rd class feast, instead of the Evlogitaria, please go to Polyeleos on page 19 of the green Orthros book.

**Prokimenon** (music on page 12)

**Cantor:** Proclaim to the nations: God is King. The world  
He made firm in its place.

**All:** Proclaim to the nations: God is King. The world He  
made firm in its place.

**Cantor:** O sing to the Lord a new song: sing to the Lord,  
all the earth.

**All:** Proclaim to the nations: God is King. The world He  
made firm in its place.

**Cantor:** Proclaim to the nations: God is King.

**All:** The world He made firm in its place.

**Orthros Gospel:** John 21:14-25 (11)

### **Synaxarion**

On March 23, we commemorate our venerable father Nikon and the disciples who were martyred with him.

O Nikon, the judge of all combats has prepared for you the crown of glory you earned by the sword. On March twenty-third, the double-edged iron took off the head of a martyr rich in victories. The multitude of witnesses follow their master and are lifted up: the two hundred martyred monks were struck by the sword.

On this day, the third Sunday of the Fast, we celebrate the feast of the veneration of the precious and life-giving Cross.

Let the whole creation bow down in worship before You, O Word, as it venerates Your life-giving Cross.

Wherefore, through its power, O Christ our God, protect us against the snares of the evil one, make us worthy to pass safely through the struggle of the Fast. May we adore Your divine Passion and Your life-giving Resurrection. Have mercy on us, for You alone are good and the Lover of Mankind. Amen.

*On Sundays of the 1st, 3rd, 5th & 7th Tones the following is sung after the Great Doxology, Tone 2:*

Today Salvation has come to the World: let us sing to Him Who is risen from the tomb, the Author of Life, for He has crushed death by His death and bestowed upon us victory and abundant mercy.

### **Liturgy of St. Basil the Great**

Procession with Holy Cross will be at the end of Orthros during the Great Doxology

O Christ God, You chose of Your own free will to be raised on the Cross for the sake of mankind. Have mercy on Your people called after Your name. Grant to the Church, Your Mystical Body, to rejoice in Your might. Safeguard all the peoples that You reconciled by Your crucifixion. As for us, who have been sealed by the sign of Your Cross, grant that we may not be proud of anything but of Your Cross, bearing at all time in our hearts and our minds, the marks of Your Holy Passion.

For You are our Light and our Sanctification, O Christ our God, and to You we render glory, and to Your Eternal Father, and Your All-holy, Good and Life-giving Spirit, now and always and forever and ever.

#### **صلاة الأنديفونة**

أَيُّهَا الْمَسِيحُ إِلَهِ، يَا مَنْ رُفِعَ عَلَى الصَّلِيبِ طَوْعاً حُبّاً لِلْبَشَرِ، أَرَأْفَ بِشَعْبِكَ الْمُسَمَّى بِاسْمِكَ، وَأَعْطِ الْكَنِيسَةَ، الَّتِي هِيَ جَسَدُكَ، أَنْ تَفْرَحَ بِقُدْرَتِكَ، وَصُنِّ جَمِيعَ الشُّعُوبِ الَّتِي سَأَلْتَهَا يَوْمَ صَلْبِكَ، وَاجْعَلْنَا نَحْنُ الَّذِينَ وَصَمْنَا بِشَارَةِ الصَّلِيبِ أَلَّا نَفْتَخِرَ إِلَّا بِهِ، حَامِلِينَ دَائِماً فِي قُلُوبِنَا وَأَفْكَارِنَا سِمَاتِ أَلَمِكَ الْمُقَدَّسَةِ  
لَأَنَّكَ أَنْتَ نُورُنَا وَنَقْدِيسُنَا، أَيُّهَا الْمَسِيحُ إِلَهِ، وَلِيَّكَ نَرْفَعُ الْمَجْدَ وَالشُّكْرَ وَالسُّجُودَ، وَإِلَى أَبِيكَ الْأَزَلِيِّ وَرُوحِكَ الْقُدُّوسِ، أَلَّا نَ كُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.  
الشعب: آمين.

## Antiphons of the Feast:

**Cantor:** Extol the Lord our God and worship at his footstool, for He is holy.

**People:** O Lord save your people and bless your inheritance, grant victory to our country over its enemies, and preserve your community by the power of your cross.

**Cantor:** O Lord save your people and bless your inheritance!

**People:** *(repeat Troparion of the Holy Cross in English or Arabic)*

**Cantor:** Feed them and carry them forever.

**People:** *(repeat Troparion of the Holy Cross 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:** *Halummuu nasjud wa narka3 lil-maseeH, malikina wa ilaahina*

**All:** *(Arabic)* Khalesna yaa-bnallah ya man qaama min baynee-i-amwaat, nahnu-i-murannimeena laka hallelujah

## Hymns

### **Troparion of the Resurrection (Tone 3)**

Let all in heaven rejoice and all on earth be glad for the Lord has exerted power with His arm: by death He has trampled upon Death and has become the Firstborn from the dead. He has delivered us from the bosom of Hades and has granted to the world great mercy.

*(Arabic)* Lee tafrah el samaweeyat wa tabtahij el ardeeyat. Lee anna Rubba sanaa ezzan be sa-Idiheehi wa wateea l mawt bilmawt, wa sarra bikra elamwat. Wa anqathana min jawf l jaheem, wa manaha l alam azeema l rahmah.

### **نشيد القيامة باللحن الثالث**

لنتفرح السماويات، وتبتهج الارضيات. لأن الرب صنع عزاً بساعده، ووطىء الموت بالموت، وصار بكر الاموات، وأنقذنا من جوف الجحيم، ومنح العالم عظيم الرحمة.

**Troparion of the Holy Cross (Tone 1, music on page 10)**

O Lord save your people and bless your inheritance, grant victory to our country over its enemies, and preserve your community by the power of your cross.

نشيد الصليب باللحن الأول:

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ، مَانِحاً الْعَالَمَ السَّلَامَ. وَاحْفَظْ بِصَلِيبِكَ رَعِيَّتَكَ.

**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 وَالِدَةُ الْإِلَهِ، نَكْتُبُ لَكَ آيَاتِ الْعَلْبَةِ يَا قَائِدَةَ قَاهِرِهِ. وَنُقَدِّمُ الشُّكْرَ لَكَ وَقَدْ أَنْقَذْنَا مِنَ الشَّدَائِدِ. لَكِنْ بِمَا أَنَّ لَكَ الْعِزَّةَ الَّتِي لَا تُحَارَبُ، أَعْتَقِينَا مِنْ أَصْنَافِ الْمَخَاطِرِ لَكِي نَصْرُحَ إِلَيْكَ: أَفْرَاحِي يَا عَرُوسَةً لَا عَرُوسَ لَهَا.

**Anti-Trisagion Hymn (music on page 10)**

**All:** We bow in worship before Your Cross, O Master, and we give praise to Your Holy Resurrection.

**All: (Arabic)** Li-sa-lee-bi-ka ya Say-yi-da-na nas-jud, wa-li-qi-yaa-ma-ti-kal-mu-qad-da-sa nu-maj-jid.

**All: (Greek)** Ton Stav-ron su pros-ki-noo-men Dhes-po-ta, ke tin a-gi-an su A-na-sta-sin dho-xa-zo-men.

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

**All:** and we give praise to Your Holy Resurrection.

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

**All:** We bow in worship before Your Cross, O Master, and we give praise to Your Holy Resurrection.

**EPISTLE: Hebrews 4:14-5:6 (E356/A404)**

**PROKIMENON:**

**READER:** O Lord, save Your people and bless Your inheritance!

**PEOPLE:** O Lord, save Your people and bless Your inheritance!

**STICHON**

**READER:** To You, O Lord, I have called: O my Rock, be not deaf to me!

**PEOPLE:** O Lord, save Your people and bless Your inheritance!

**READER:** O Lord, save Your people

**PEOPLE:** and bless Your inheritance!

**Reading** from the Epistle of St. Paul to the Hebrews

Brethren, since we have a great high priest who has passed into the heavens, let us hold fast our profession of faith. For we have not a high priest unable to pity our weaknesses, but one tried as we are in all things, save sin. Let us then approach the throne of grace with confidence, so that we may obtain mercy and find grace to help in time of need.

For every high priest taken from among men is appointed for men in matters pertaining to God, so that he may offer gifts and sacrifices for sins. He is able to have compassion on the ignorant and erring, because he himself also is beset with weakness, and therefore must make offerings for sin in his own behalf as in behalf of the people. And no one invests himself with this honor: only one who is called by God takes it, as Aaron was. So also Christ did not glorify himself with the high priesthood, but glorified the One who had spoken to him, *"You are my son, I this day have begotten you* (Ps. 2:7). *"As he says also in another place, "You are a priest forever, according to the order of Melchisedek* (Ps. 109:4)."

**Alleluia (Tone 6)**

Remember your congregation which you have acquired from the beginning: you redeemed the scepter of your inheritance.

**Stichon:** God is our King forever: he brought about salvation in the midst of the earth.

رسالة الاعد الثالث من الصوم  
مقدمة الرسالة

خَلِّصْ يَا رَبِّ شَعْبَكَ، وَبَارِكْ مِيرَاتَكَ.  
إِلَيْكَ يَا رَبِّ أَصْرُخُ، إِلَهِي لَا تَتَّصِمَنَّ عَنِّي.

(عبرانيين 4 : 14 الى 5 : 6)

فَصَلِّ مِنْ رِسَالَةِ الْقَدِّسِ بُولْسِ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ

يَا إِخْوَةَ، إِذْ لَنَا رَئِيسُ كَهَنَةٍ عَظِيمٍ قَدْ أَجْتَازَ السَّمَاوَاتِ، يَسُوعُ ابْنُ اللَّهِ، فَلَنَنْتَمِسَكَ بِالْإِعْتِرَافِ. فَإِنَّ رَئِيسَ الْكَهَنَةِ الَّذِي لَنَا لَيْسَ غَيْرَ قَادِرٍ أَنْ يَرْثِي لَأَمْرَاضِنَا، بَلْ هُوَ مُجَرَّبٌ فِي كُلِّ شَيْءٍ مِثْلَنَا مَا خَلَا الْخَطِيئَةَ. فَلَنَقْبَلْ إِذَنْ بَدَالَةً إِلَى عَرْشِ النِّعْمَةِ، لِنَنَالَ رَحْمَةً وَنَجِدَ نِعْمَةً لِلْإِغَاثَةِ فِي أَوَانِهَا. فَإِنَّ كُلَّ رَئِيسِ كَهَنَةٍ مُتَّخِذٍ مِنَ النَّاسِ، يُقَامُ لِأَجْلِ النَّاسِ فِي مَا لِلَّهِ، لِيُقَرَّبَ قَرَابِينَ وَدَبَائِحَ عَنِ الْخَطَايَا، قَادِرًا أَنْ يَبْرِقَ لِلَّذِينَ يَجْهَلُونَ وَيَضِلُّونَ، لِكُونِهِ هُوَ أَيْضًا مِثْلِنَا بِالضَّعْفِ. وَلِهَذَا يَجِبُ عَلَيْهِ أَنْ يُقَرَّبَ عَنِ الْخَطَايَا لِأَجْلِ نَفْسِهِ، كَمَا يُقَرَّبُ لِأَجْلِ الشَّعْبِ. وَلَيْسَ أَحَدٌ يَأْخُذُ لِنَفْسِهِ هَذِهِ الْكَرَامَةَ، إِلَّا مَنْ دَعَاهُ اللَّهُ كَمَا دَعَا هَرُونَ. كَذَلِكَ الْمَسِيحُ أَيْضًا لَمْ يُمْجِدْ نَفْسَهُ حَتَّى يَصِيرَ رَئِيسَ كَهَنَةٍ، بَلِ الَّذِي قَالَ لَهُ: أَنْتَ ابْنِي، أَنَا الْيَوْمَ وَلَدْتُكَ. كَمَا يَقُولُ أَيْضًا فِي مَوْضِعٍ آخَرَ: أَنْتَ كَاهِنٌ إِلَى الْأَبَدِ عَلَى رُتْبَةِ مُلْكِيصَادَقُ.

هللوا

أَذْكُرُ جَمَاعَتَكَ الَّتِي أَقْتَنَيْتَهَا مِنْذُ الْقَدِيمِ، لَقَدْ افْتَدَيْتَ صَوْلَجَانَ مِيرَاتِكَ.  
أَمَّا اللَّهُ فَهُوَ مَلِكُنَا قَبْلَ الدُّهُورِ، أَجْرَى الْخَالَصَ فِي وَسْطِ الْأَرْضِ.

## GOSPEL

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

8: 34—9:1

(pg. 213)

The Lord said: "If anyone wishes to come after me, let him deny himself, and take up his cross and follow me. For anyone who would save his life will lose it; but anyone who loses his life for my sake and for the sake of Good News will save it. For what does it profit a man, if he gains the whole world, but suffers the loss of his own soul? Or what will a man give in exchange for his soul? For whoever is ashamed of me and of my words in this adulterous and sinful generation, of him will the Son of Man also be ashamed when he comes with the holy angels in the glory of his Father." And he said to them, "Amen I say to you, there are some of those standing here who will not taste death, till they have seen the kingdom of God coming in power."

### الانجيل (مرقس 8: 3 الى 9: 1)

قَالَ الرَّبُّ: مَنْ أَرَادَ أَنْ يَتَّبَعَنِي فَلْيُنْكِرْ نَفْسَهُ وَيَحْمِلْ صَلِيبَهُ وَيَتَّبَعَنِي. لِأَنَّ مَنْ أَرَادَ أَنْ يُخَلِّصَ نَفْسَهُ يَهْلِكُهَا، وَمَنْ أَهْلَكَ نَفْسُهُ مِنْ أَجْلِي وَمِنْ أَجْلِ الْإِنْجِيلِ فَذَاكَ يُخَلِّصُهَا. فَإِنَّهُ مَاذَا يَنْفَعُ الْإِنْسَانَ لَوْ رَجَحَ الْعَالَمَ كُلَّهُ وَخَسِرَ نَفْسَهُ؟ أَمْ مَاذَا يُعْطِي الْإِنْسَانُ فِدَاءً عَنِ نَفْسِهِ؟ لِأَنَّ مَنْ يَسْتَحْيِي بِي وَبِكَلَامِي فِي هَذَا الْجِيلِ الْفَاسِقِ الْخَاطِئِ، يَسْتَحْيِي بِهِ ابْنُ الْبَشَرِ أَيْضاً مَتَى أَتَى فِي مَجْدٍ أَبِيهِ مَعَ الْمَلَائِكَةِ وَالْقَدِيسِينَ. وَقَالَ لَهُمْ: الْحَقَّ أَقُولُ لَكُمْ، إِنَّ بَعْضَ الْقَائِمِينَ هَهُنَا لَا يَدُفُّونَ الْمَوْتَ حَتَّى يَرَوْا مَلَكُوتَ اللَّهِ آتِياً بِقُوَّةٍ. حَقًّا.

### Holy, Holy Holy...

Quddooson. Quddooson, Quddooson. Rabbu-Sabaooot. As-sama'u wal-ardu mamlooatani min majdika. Hoosha'na fee-a'alee. Mubarakon il-atee bism-ir-Rab. Hoosha'na fee-a'alee.

### Hymn to the Theotokos

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 ممتلئة 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 ممتلئة نعمة، تفرح بك كل البرايا وتمجّدك.



## **Kinonikon**

### *Either*

“Let the light of your Face shine on us, O Lord”

*Or*

“O Christ, You brought about salvation in the midst of the earth”, Alleluia.

### **ترنيمۃ المناولة**

لِيَرْتَسِّمْ عَلَيْنَا نُورُ وَجْهِكَ يَا رَبَّ. هَلَلُويا --- أو --- خَلاصاً صَنَعْتَ فِي وَسْطِ الْأَرْضِ  
أَبْنَاهَا الْمَسِيحُ الْإِلَه. هَلَلُويا

## **Communion Hymn**

*“Receive me now, O Son of God...”*

## **Post-Communion Hymn**

*“We have seen the true light ...”*

After the memorial Service, the Holy Cross veneration will take place.

## **Great Lent Services**

**Tuesday at 7:00pm**

Divine Liturgy for Feast of the Annunciation

**Wednesday at 7:00pm**

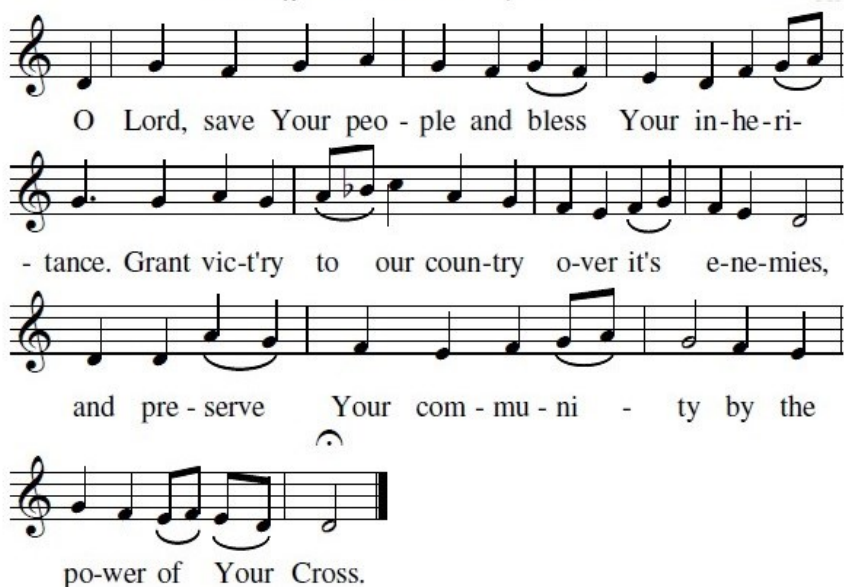
Great Compline

**Friday at 7:00pm**

Akathist(Al Madayeh)/Meal

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

## Holy Cross Troparion



O Lord, save Your peo - ple and bless Your in-he-ri-  
 - tance. Grant vic-t'ry to our coun-try o-ver it's e-ne-mies,  
 and pre - serve Your com - mu - ni - ty by the  
 po-wer of Your Cross.

## Anti-Trisagion Hymn



We bow in wor - ship be - fore Your Cross, O  
 Mas - ter, and we give praise to Your Ho-ly  
 Re - sur - rec - tion.

## Resurrectional Theotokion



When Ga-bri-el gree-ted you, O Vir - gin, with his voice the



Lord of all took flesh in you, O Ho - ly Ark,



as the just Da - vid called you. You have been re-



- vealed as more spa - cious than the hea - vens, in bear - ing



your Cre - a - tor. Glo - ry to Him who dwelt in you,



glo - ry to Him who came from you, glo - ry to



Him who de - li - vered us through your Ma - ter - ni - ty.

## Orthros Prokimenon



Pro-claim to the na-tions: God is King. The world He



made firm in its place.

v. O Sing to the Lord a new song: sing to the Lord, all the earth.



Pro-claim to the na-tions: God is King. The world He



made firm in its place.

## 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.