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.
† 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 mercy and compassion 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 on us! (Repeat three times)

Lord, have mercy on us!
Lord, be kind and have mercy!
Lord, accept our service and our prayers!
Have mercy on 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 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 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 (I 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 glorious 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;
Halleluyah – 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;
Halleluyah – 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
Halleluyah – 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 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 honor? / 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
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

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 – Halleluyah
    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 - Halleluyah  
   Forgive me my sins

Lord have mercy upon us and help us

**BO’UTHO of MOR JACOB**
(Special Tone)

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’rings
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
(Kurieleison, Kurieleison, Kurieleison)
[Psalm 91] Barekmor. He who sits under the protection of the Most High
Halleluyah
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 fruit

“My trust is in You, - Halleluyah
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 - Halleluyah
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 – Halleluyah
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 – Halleluyah
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 – Halleluyah
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, - Halleluyah
but it shall not come near you

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

But with your eyes alone – Halleluyah
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; - Halleluyah
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, - Halleluyah
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 his angels concerning you, - Halleluyah*
*That they should keep you in all your ways*

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

*And receive you in their arms, – Halleluyah*
*that you may not stumble with your foot*

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; - Halleluyah*
*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, - Halleluyah
“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 – Halleluyah*
*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; - Halleluyah
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 – Halleluyah
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, - Halleluyah
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, - Halleluyah
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, - Halleluyah
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. - Halleluyah
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,*  
- Halleluyah  
*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 from all evil – Halleluyah*  
*And the Lord shall guard your soul*

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

*The Lord shall guard your going out – Halleluyah*  
*The Lord shall guard your coming in,*

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

*From henceforth and forevermore – Halleluyah*  
*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 to You, O Lord.
Glory to You, O Lord;
Glory to You, our hope forever. Barekmor.

Our Father, who art in heaven...

We believe in One True God...

Protection Prayer concludes with the Quilions of the Theotokos & Saints
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, / you who stand by night in the house of the Lord.

Barekmor. 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 QAUIMO

EQBO
   (Abo Khab 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, Halleluyah
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,
Halleluyah, – 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?
Halleluyah – 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
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, “Halleluyah!”
Halleluyah – w’Halleluyah…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,
Halleluyah, – for Your wond’rous 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

The prophet said, "All nations
Are like a drop of water." (Isaiah 40:15)
How then can our offences
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
   Halleluyah – 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
   Halleluyah – 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
† Halleluyah, Halleluyah, Halleluyah!
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 virtuous 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. Halleluyah – w’Halleluyah…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 Halleluyah – w’Halleluyah

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. 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 and ever. 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
MONDAY MORNING PRAYER

Matins/Safro

Qaumo

Psalms of Morning

[Psalm 51] Have mercy on 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. / O 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] Kurielaison. 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, / and 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; / the firmament proclaims His handiwork. / Day to day brings forth speech; / night to night declares knowledge.

There is no speech, nor are there 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
   Halleluyah – w’Halleluyah

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

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

The Church – is glorified by
The fast – and by righteous works
It drives – greed away from her
And she – puts on abstinence
   Halleluyah – w’Halleluyah...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
   Halleluyah – w’Halleluyah
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 the 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 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 spout forth altogether. / I am the Lord who created them...

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

ENIYONO
(l’Aloho d’Batuno/Mawrobo 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 blessed / forever and forever.

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 gives the barren woman a home / and makes her 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
(l’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
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 command-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
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 fi`re 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! (Psalm 145:1)
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 glorious 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,
And He is one of the Holy Trinity;
     Worshipped and praised – 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] Kurialaison / 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 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 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,
Halleluyah w’Halleluyah, 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.”
Halleluyah w’Halleluyah, 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
Halleluyah w’Halleluyah, 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.

QAumbo
**TUESDAY PROTECTION PRAYER**

*Compline/Sutoro*

*Qaumo*

**QOLO**

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

O 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
O 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
Halleluyah 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
    Halleluyah 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.

Halleluyah, Halleluyah, Halleluyah. 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

† 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
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,/ you who stand by night in the house of the Lord.

Barekmor. 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, Halleluyah
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 Qoren an - 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

† Halleluyah, Halleluyah, Halleluyah!  
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

Psalsms 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
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 and ever. 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
Psalm 51

Have mercy on 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. / O 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] Kurielaison. 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, / and 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 spiritua’ly 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; / the firmament proclaims His handiwork. / Day to day brings forth speech; / night to night declares knowledge.

There is no speech, nor are there 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 the 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 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 spout 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 evil
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 spirality in holiness
May it be led and preserved in purity
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 blessed / forever and forever.

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 gives the barren woman a home / and makes her 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
Halleluyah – 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
Halleluyah – 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
Halleluyah – w’Halleluyah

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`ory over the adversary
And opened for us – the path to Heaven
With this weapon which leads to lasting life
Halleluyah w’Halleluyah
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
Halleluyah w’Halleluyah
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
Halleluyah w’Halleluyah
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.
Blessed 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.
Blessed are You! - O Lord, teach - and show us
The way of Your commandments.
Blessed are You! - By Your grace - make us to
Understand the way of Your laws
Blessed 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
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 spirituals

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'reings 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

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 glori’ous 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! (Psalm 145:1)

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’ious 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,
And He is one of the Holy Trinity;
Worshipped and praised – 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…
TUESDAY 9TH HOUR PRAYERS

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
† 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 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 to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore
ENIYONO  
(Sli Moriyo 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
    Halleluyah w’Halleluyah…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
    Halleluyah w’Halleluyah

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
    Halleluyah – 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 Hannanaijah 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 unpleasing 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
(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.

Halleluyah, Halleluyah, Halleluyah. 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, Quq lions of the Theotokos & Saints
WEDNESDAY NIGHT VIGIL

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, / you who stand by night in the house of the Lord.

Barekmor. 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*

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**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
† Halleluyah, Halleluyah, Halleluyah!
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.
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’OUTHO 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. 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 and ever. 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**
Have mercy on 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. O 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] Kurielaison. 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, / and 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
(Bhutto 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; the firmament proclaims His handiwork. Day to day brings forth speech; night to night declares knowledge.

There is no speech, nor are there 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 the 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 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 spout 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 blessed / forever and forever.

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 gives the barren woman a home / and makes her 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 Safro)

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 glorious 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,
  Halleluyah – 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
  Halleluyah – 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,
  Halleluyah – 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 command-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
Qaumo

Qolo

(Lokh Moriy 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

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
  Halleluyah – w’Halleluyah…Bareknor

† 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
  Halleluyah – 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,
  May 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! (Psalm 145:1)
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`ious 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,
And He is one of the Holy Trinity;
Worshipped and praised – equally
With His Father and Spirit;
Have mercy upon us all!

Quaumo, Nicene Creed, Forty Prostrations
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 evermore
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)

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 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 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;
   Halleluyah – 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
   Halleluyah – 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
   Halleluyah – 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
Let him who comes to the holy place to pray
Cleanse his body and his soul from iniquity
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'ed 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
(Kurieleison, Kurieleison, Kurieleison)
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.

Halleluyah, Halleluyah, Halleluyah. 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, / you who stand by night in the house of the Lord.

Barekmor. 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,
Halleluyah, – 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…
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

The Lord shall free the captives, Halleluyah
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

† 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
† Halleluyah, Halleluyah, Halleluyah!
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
Halleluyah – 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!"
Halleluyah – w’Halleluyah

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 error,
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. 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 and ever. 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


THURSDAY MORNING PRAYER

Matins/Safro

Qaumo

Psalms of Morning

[Psalm 51] Have mercy on 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. / O 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] Kurielaison. 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,/ and 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; / the firmament proclaims His handiwork. / Day to day brings forth speech; / night to night declares knowledge.

There is no speech, nor are there 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 over come…Barekmor

† *Glory to the Father, Son, and Holy Spirit*
*Unto the ages of ages and forevermore*
Our Lord completed His course
With fasting and – suff`e`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 the 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 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 spout 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 blessed / forever and forever.

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 gives the barren woman a home / and makes her 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 for evermore.

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 – Halleluyah
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 – Halleluyah
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 – Halleluyah
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!”
  Halleluyah - w’Halleluyah…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 fi`re roars against the wicked,
May Your grace uphold us, and have mercy on us
  Halleluyah - w’Halleluyah

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!”
  Halleluyah - w’Halleluyah

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’ious 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.
Blessed 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.
Blessed are You! - O Lord, teach - and show us
The way of Your commandments.
Blessed are You! - By Your grace - make us to
Understand the way of Your laws
Blessed 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 journey
And prepares glorious garments for that Day
When the True Bridegroom enters
To 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! (Psalm 145:1)
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`ious 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,
And He is one of the Holy Trinity;
     Worshipped and praised - 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…
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)

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 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 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 prayer 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 glorious 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
Halleluyah – 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
Halleluyah – 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
Halleluyah – 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  
Halleluyah w’Halleluyah – 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  
Halleluyah w’Halleluyah – 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  
Halleluyah w’Halleluyah – 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
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’OUTH 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)
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.

Halleluyah, Halleluyah, Halleluyah. 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,/ you who stand by night in the house of the Lord.

Barekmor. 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`ritual 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 beings 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
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`ious 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
(l’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’u’ary

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
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

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
† Halleluyah, Halleluyah, Halleluyah!
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. 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 and ever. 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
FRIDAY MORNING PRAYER

Matins/Safro

Qaumo

Psalms of Morning

[Psalm 51] Have mercy on 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. / O 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] Kurielaison. 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, / and 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
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; / the firmament proclaims His handiwork. / Day to day brings forth speech; / night to night declares knowledge.

There is no speech, nor are there 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 den[y 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 the 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 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 spout 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 blessed / forever and forever.

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 gives the barren woman a home / and makes her 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 for evermore.

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'd 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 commandments,
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
Halleluyah – w’Halleluyah…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,
Halleluyah – 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
By the prayers of Your Mother
And those of all Your Saints:

I exalt You, Lord and King! (Psalm 145:1)
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’ious 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,
And He is one of the Holy Trinity;
    Worshipped and praised - 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…
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 chaste and those
Who keep – vigil and fasting_

In the Kingdom they will all
Rejoice_ 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