

# St Nicholas Antiochian Orthodox Church

كنيسة القديس نيقولاوس الأنطاكية الأرثوذكسية

Fifth Sunday of Lent  
Sunday of St. Mary of Egypt

## Troparion for the Saint in *Tone 8*

In you, O Mother, was preserved unimpaired that which is according to God's image, for you have taken up the Cross and followed Christ. By your actions, you have taught us to despise the flesh, for it passes away, but to care for the soul, which is a thing immortal; and so your spirit, holy Mary, rejoices with the angels.

## Troparion of the Resurrection

From the heights You did descend, O compassionate One. And you did submit to the three day burial, that You might deliver us from passions. You are our Life and our Resurrection, O Lord, Glory to You.

## Kontakion

O undaunted protectress of Christians, our steadfast advocate with the Creator, do not turn from our sinful entreaties, but in your goodness anticipate our need, who cry to you in faith. Hasten to speak for us, be swift to deliver us, O Theotokos, Mother of God, constant defender of those who give you honour.

The Reading is from St. Paul's Letter to the Hebrews  
9:11-14

Brethren, when Christ appeared as a high priest of the good things that have come, then through the greater and perfect tent (not made with hands, that is, not of this creation) he entered once for all into the Holy Place, taking not the blood of goats and calves but his own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ,

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الأحد الخامس من الصوم  
(مريم المصرية)

طروبارية للبارة اللحن الثامن

بِكْ حُفَظْتَ صُورَةَ خَلْقِنَا بِدَقَّةٍ، أَيْتَهَا الأُمُّ مَرِيْمَ، فَإِنَّكَ حَمَلْتَ الصَّلِيْبَ وَتَبِعْتَ الْمَسِيْحَ، وَعَمَلْتَ وَعَلَّمْتَ أَنْ يُتَغَاضَى عَنِ الْجَسَدِ لِأَنَّهُ زَائِلٌ، وَيُعْنَى بِالنَّفْسِ غَيْرِ الْمَائِتَةِ لِذَلِكَ تَبْتَهِّجُ رُوحُكَ مَعَ الْمَلَائِكَةِ.

طروبارية القيامة للحن الثامن

أَنْحَدَرْتَ مِنَ الْعُلُوِّ يَا مُتَحَنِّنٌ، وَقَبِلْتَ الدَّفْنَ ذَا الثَّلَاثَةِ الأَيَّامِ لِكَيْ نُتَعَبَّقَنَا مِنَ الأَلَامِ، فَيَا حَيَاتِنَا وَقِيَامَتِنَا يَا رَبُّ الْمَجْدُ لَكَ.

القنطاق

يَا شَفِيعَةَ الْمَسِيْحِيِّينَ غَيْرِ الْخَازِيَةِ الْوَسِيْطَةَ لَدَى الْخَالِقِ غَيْرِ الْمَرْدُودَةِ، لَا تُعْرِضِي عَنِ أَسْوَاتِ طَلِبَاتِنَا نَحْنُ الْخَطَاةَ، بَلْ تَدَارِكِينَا بِالْمَعُوْنَةِ بِمَا أَنَّكَ صَالِحَةٌ، نَحْنُ الصَّارِخِينَ إِلَيْكَ بِإِيْمَانٍ، بِأَدْرِي إِلَى الشَّفَاعَةِ وَأَسْرِعِي فِي الطَّلِبَةِ يَا وَالدَةَ الإِلَهِ، الْمُتَشَفِّعَةَ دَائِمًا بِمُكْرَمِيْكَ.

الرسالة: عبرانيين ٩ : ١١ - ١٤

يا إِخْوَةُ، إِنَّ الْمَسِيحَ إِذْ قَدْ جَاءَ رَئِيسَ كَهَنَةِ الْخَيْرَاتِ الْمُسْتَقْبَلَةِ، فَبِمَسْكِنٍ أَعْظَمَ وَأَكْمَلَ  
غَيْرَ مَصْنُوعٍ بِأَيْدٍ، أَي لَيْسَ مِنْ هَذِهِ الْخَلِيقَةِ، وَلَيْسَ بَدَمِ نُبُوسٍ وَعُجُولٍ، بَلْ بَدَمِ نَفْسِهِ  
دَخَلَ الْأَفْدَاسَ مَرَّةً وَاحِدَةً، فَوَجَدَ فِدَاءً أَبَدِيًّا. لِأَنَّهُ إِنْ كَانَ دَمُ ثِيرَانٍ وَنُبُوسٍ وَرَمَادُ عِجَلَةٍ  
يُرْسَى عَلَى الْمُنْجَسِينَ فَيُقَدِّسُهُمْ لِتَطْهِيرِ الْجَسَدِ، فَكَمْ بِالْأَحْرَى دَمُ الْمَسِيحِ الَّذِي بِالرُّوحِ  
الْأَزَلِيِّ قَرَّبَ نَفْسَهُ لِلَّهِ بِلا عَيْبٍ، يُطَهِّرُ ضَمَائِرَكُمْ مِنَ الْأَعْمَالِ الْمِيئَةِ لِتَعْبُدُوا اللَّهَ الْحَيَّ.

الإنجيل: مرقس ١ : ٣٢ - ٤٥

في ذلك الزَّمان، أَحَدَ يَسُوعَ تَلَامِيذَهُ الْإِثْنِي عَشَرَ وَابْتَدَأَ يَقُولُ لَهُمْ مَا سَيَعْرُضُ لَهُ: هُوَذَا  
نَحْنُ صَاعِدُونَ إِلَى أُورُشَلِيمَ، وَابْنُ الْبَشَرِ سَيُسَلَّمُ إِلَى رُؤَسَاءِ الْكَهَنَةِ وَالْكَتَبَةِ فَيُحْكَمُونَ  
عَلَيْهِ بِالْمَوْتِ وَيُسَلَّمُونَهُ إِلَى الْأُمَمِ فَيَهْرَأُونَ بِهِ وَيَبْصُقُونَ عَلَيْهِ وَيَجْلِدُونَهُ وَيَقْتُلُونَهُ وَفِي  
الْيَوْمِ الثَّلَاثِ يَقُومُ. فَدَنَا إِلَيْهِ يَعْقُوبُ وَيُوحَنَّا ابْنَا زَبَدَى قَاتِلَيْنِ: يَا مُعَلِّمَ نُرِيدُ أَنْ تَصْنَعَ لَنَا  
مَهْمًا طَلَبْنَا. فَقَالَ لَهُمَا: مَاذَا تُرِيدَانِ أَنْ أَصْنَعَ لَكُما. قَالَا لَهُ: أَعْطِنَا أَنْ يَجْلِسَ أَحَدُنَا عَنْ  
يَمِينِكَ وَالْآخَرَ عَنْ يَسَارِكَ فِي مَجْدِكَ. فَقَالَ لَهُمَا يَسُوعُ: إِنَّكُما لَا تَعْلَمَانِ مَا تَطْلُبَانِ.  
أَنْتَ طَبِيعَانِ أَنْ تَشْرَبَا الْكَأْسَ الَّتِي أَشْرَبْتُهَا أَنَا وَأَنْ تَصْطَبِغَا بِالصَّبْغَةِ الَّتِي أَصْطَبِغُ بِهَا أَنَا.  
فَقَالَا لَهُ نَسْتَطِيعُ. فَقَالَ لَهُمَا يَسُوعُ: أَمَّا الْكَأْسُ الَّتِي أَشْرَبْتُهَا فَتَشْرَبَانِيهَا وَبِالصَّبْغَةِ الَّتِي  
أَصْطَبِغُ بِهَا فَتَصْطَبِغَانِ. أَمَّا جُلُوسُكُما عَنْ يَمِينِي وَعَنْ يَسَارِي فَلَيْسَ لِي أَنْ أُعْطِيَهُ إِلَّا  
لِلَّذِينَ أُعِدَّ لَهُمْ. فَلَمَّا سَمِعَ الْعَشْرَةَ ابْتَدَأُوا يَغْضَبُونَ عَلَى يَعْقُوبَ وَيُوحَنَّا، فَدَعَاهُمُ يَسُوعُ  
وَقَالَ لَهُمْ: قَدْ عَلِمْتُمْ أَنَّ الَّذِينَ يُحْسَبُونَ رُؤَسَاءَ الْأُمَمِ يَسُودُونَهُمْ، وَعُظَمَاءُهُمْ يَتَسَلَطُونَ  
عَلَيْهِمْ، وَأَمَّا أَنْتُمْ فَلَا يَكُونُ فِيكُمْ هَكَذَا، وَلَكِنْ مَنْ أَرَادَ أَنْ يَكُونَ فِيكُمْ كَبِيرًا فَلْيَكُنْ لَكُمْ  
خَادِمًا وَمَنْ أَرَادَ أَنْ يَكُونَ فِيكُمْ أَوَّلَ فَلْيَكُنْ لِلْجَمِيعِ عَبْدًا، فَإِنَّ ابْنَ الْبَشَرِ لَمْ يَأْتِ لِيُخْدَمَ بَلْ  
لِيُخْدَمَ، وَلِيَبْدُلَ نَفْسَهُ فِدَاءً عَنْ كَثِيرِينَ.

who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God.

The Reading is from Mark 1:32-45

At that time, Jesus taking the twelve again, he began to tell them what was to happen to Him, saying, "Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn Him to death, and deliver Him to the Gentiles; and they will mock Him, and spit upon Him, and scourge Him, and kill Him; and after three days He will rise" And James and John, the sons of Zebedee, came forward to Him, and said to Him, "Teacher, we want You to do for us whatever we ask of You." And He said to them, "What do you want Me to do for you?"

And they said to Him, "Grant us to sit, one at Your right hand and one at Your left, in Your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant of James and John. And Jesus called them to Him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For the Son of man also came not to be served but to serve, and to give His life as a ransom for many."