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The Life of a Young Deacon

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Deacon's Corner

The Holy Great Fast (Lent) is one of the richest spiritual periods in the Church calendar and it is very important that every deacon is fasting and increasing in spiritual exercises under the guidance of his Confession Father.

The Sundays of the fast are summarised below so that the deacon can follow the journey through the fast leading to Palm Sunday and finally the Glorious Feast of the Resurrection:

- ✠ Preparation Sunday – Prayer, Fasting and Almsgiving (Matthew 6:1-18)
- ✠ 1st Sunday – The Kingdom (Matthew 6:19-23)
- ✠ 2nd Sunday – The Temptation (Matthew 4:1-11)
- ✠ 3rd Sunday – The Prodigal Son (Luke 15:11-32)
- ✠ 4th Sunday – The Samaritan Woman (John 4:1-42)
- ✠ 5th Sunday – The Paralyse Man (John 5:1-18)
- ✠ 6th Sunday – The Man Born Blind (John 9:1-41)
- ✠ 7th Sunday – Palm Sunday (Matthew 21:1-17)
- ✠ 8th Sunday – Resurrection Sunday (John 20:1-18)

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The Holy Great Fast (Lent)

The Holy Great Fast (Lent) takes the believer on a spiritual journey of fasting accompanied by prayer and almsgiving. It provides an excellent opportunity for repentance and spiritual revival in preparation for the holiest week of the Church calendar, the Passion Week.

Fasting is not merely an abstinence from food, but it is a spiritual practise in abstaining from what is earthly in order to purify the heart for what is eternal.

Saint Paphnotious, in his dialogue with Saint John Cassian, divides fasting into three areas:

1. Concerning the body – the believer abstains from food and drink
2. Concerning the morals – the believer abstains from sin, lust and evil behaviour
3. Concerning the soul – the believer loves the crucified Lord, leaving everything with joy to be occupied with Him

Saint Isaac the Syrian comments, “Merely by beginning to fast, the heart and mind is eager for union with God.”

Saint John Chrysostom warns us that it is the inward fasting that is required before the outward fasting – “How can we achieve external fasting without first achieving internal fasting? We should fast our hearts, senses, minds and intentions, and through this we shall achieve external fasting.”

Saint Augustine advises the believer saying “Do you want your prayers to rise up to heaven? Let your prayers have two wings which are fasting and alms.”

May these holy days be a source of blessing and renewal in our lives.

Hymns for The Holy Great Fast Weekends – Vespers/Matins

Verses of Cymbals

Δ Πενος Ιης Πχς : ερμηστεριν εζρηι εχων :
ηζμε ηεζοοτ nem ζμε ηεχωρζ : ψα
ητεψωττεν ζεν nemnovi.

[A Penchois Ieasous Pikhristos : erneestevin e-ehreei egoan : enehme eneho-ou nem ehme enegoarh : sha entefsoatten khen nennovi.]

Our Lord Jesus Christ, fasted for us, forty days and forty nights, to save us from our sins.

Δνον ζων μαρεν ερμηστεριν : ζεν οττογβο
nem οτμεθμη : οτοζ ητενερ προετχεσεε :
ενωψ εβολ ενχω υμοσ.

[Anon hoan maren erneestevin : khen outouvo nem outhmethmei : owoh entener eprosevkeste : enoash evol engoa emmos.]

And we too let us fast, with purity and righteousness, and let us also pray, proclaiming and saying.

Χε Πενιωτ ετζειν ηιφηοτι : μαρεψτογβο ηχε
πεκραν : μαρεσι ηχε τεκμετοτρο : χε ψωκ πε
πιωοτ ψα ηιενεζ.

[Je Penyoat etkhen nifee-owi : mareftouvo enje pekran : maresi enje tekmetouro : je foak pe pi-ou-ou sha eneh.]

Our Father who art in heaven, hallowed be Your name, may Your kingdom come, for Yours is the glory forever.

The Doxology

Νεκнай ω Παβοις †ηαζωσ υμωοτ : ψα ενεζ
ητε πιενεζ : οτοζ ιςχεν ζωοτ ψα ζωοτ :
†ηαζω ητεκμεθμη ζεν ρωι.

[Neknai oa Pachois tinahoas emmoa-ou : sha eneh ente pi-eneh : owoh yesjen goa-ou sha goa-ou : tinagoa entekmethmei khen roay.]

Your mercies O my Lord I will praise, forever and ever, and from generation to generation, I will declare Your truth out of my mouth.

+ Παλνομια ατβις ετααφε : οτοζ ατζρωψ
εζρηι εχωι : Φ† σωτεμ επαφιαζου : ζιοτι
υμωοτ εβολζαροι.

[Na-anomia ev-echisi eta-afe : owoh avehrosh e-ehreei egoay : Efnouti soatem epafiahom : hiowi wmmo-ou evolharoi.]

+ My iniquities have covered my head, and have overburdened me, O God hear my sighs, and cast them away from me.

Αριττ υφρη† υπιτελωνης : φηεταφερνοβι
εροκ : ακψηνητ εζρηι εχωψ : ακχα νεφνοβι
ναψ εβολ.

[Aritt emefreeti empiteloanees : fee-etafernovi erok : akshenheet e-ehreei egoaf : akka nefnovi naf evol.]

Make me like the publican, who has sinned against You, You had compassion upon him, and forgave him his sins.

Hymns for The Holy Great Fast Weekends – Vespers/Matins

The Doxology (continued)

+ Ἀριττ ἡφρητ ἡτπορηη : θηέτακωτ ἡμος
έβολ : ακτογνος ακνοζεμ ἡμος : χε ασρανακ
ἡπεκἡθο.

[Aritt emefreeti entipornee : thee-etaksoati emmos evol
: aktounos aknohem emmos : je asranak empekemtho.]

+ Make me like the adulteress, whom You
have redeemed, You have saved and rescued
her, for she pleased You.

Ἀριττ ἡφρητ ἡπιςονι : φηέταγἡωτ ἡσα
τεκὸνἡναμ : αφέρὸμολοσιν ἡμοκ : ἡπαρητ
εφχω ἡμος.

[Aritt emefreeti empisoni : fee-etavashf ensa tekowinam
: aferomologin emmok : empaireeti efgoa emmos.]

Make me like the thief, who was crucified
upon Your right-hand, he confessed to You,
and likewise said.

+ Χε ἀριπαμενι ὦ Παβοις : ἀριπαμενι ὦ
Πανουτ : ἀριπαμενι ὦ Παοτρο : ακωανι ζεν
τεκμετὸτρο.

[Je aripamevi oa Pachois : aripamevi oa Panouti :
aripamevi oa Pa-ouro : akshani khi tekmetouro.]

+ "Remember me O my Lord, remember me
O my God, remember me O my King, when
You come into Your kingdom."

The Doxology (continued)

Πθοκ δε ὦ Πασωτηρ : ακωωπ ἐροκ
ἡτεφὸμολοσια : ακωενζητ ἐζρηι ἐχωτ :
αφὸτὸρπφ ἐπιπαρἡλιςος.

[Enthok the oa Pasoateer : akshoap erok
entefomologia : akshenheet e-ehreei egoaf : afou-orpf
epiparathisos.]

For You O my Saviour, have accepted his
confession, You were compassionate to him,
and sent him to paradise.

+ Ἀνοκ ζω θα πηρεφέρνοβι : Ἰης Πανουτ
Παοτρο ἡμνι : ωαναζθηκ ἐζρηι ἐχωι : ἀριττ
ἡφρητ ἡὸναι ἡναι.

[Anok hoa kha pifefernovi : leesous Panouti Pa-ouro
emmeei : shana-ehtheek e-ehreei egoay: aritt emefreeti
enou-ai ennai.]

+ Likewise I the sinner, Jesus my true King
and God, have compassion upon me, and
make me as one of them.

Ψωὸν χε Πθοκ ὀτἡγαθος : ἡρεφωενζητ
οτοζ ἡνἡητ : ἀριπαμενι ζεν πεκναι : ωα ἐνεζ
ἡτε πιένεζ.

[Tisoo-oun je Enthok ouAghathos : enrefshenheet
owoh enna-eet : aripamevi khi peknai : sha eneh ente
pi-eneh.]

For I know that You are good, compassionate
and patient, remember me in Your mercy,
forever and ever.

Hymns for The Holy Great Fast Weekends – Vespers/Matins

The Doxology (continued)

+ Ⲭⲧⲱⲃⲉ ⲓⲙⲟⲕ ⲱ Ⲡⲁⲃⲟⲓⲥ Ⲓⲏⲥ : ⲓⲡⲉⲣⲥⲟⲩⲓ
ⲓⲙⲟⲓ ϩⲉⲛ ⲡⲉⲕⲭⲱⲛⲧ : ⲟⲩⲗⲉ ⲟⲛ ϩⲉⲛ ⲡⲉⲕⲓⲙⲃⲟⲛ :
ⲓⲡⲉⲣⲧⲥⲃⲱ ⲛⲧⲁⲙⲉⲧⲁⲧⲉⲙⲓ.

[Titoabh emmok oa Pachois leesous : empersohi
emmoi khen pekgoant : outhe on khen pekemvon :
empertiesvoa entametatemi.]

+ I ask You O my Lord Jesus, do not destroy
me in Your anger, and likewise also in Your
wrath, do not chasten me for my ignorance.

Ⲭⲉ ⲭⲟⲩⲱⲩⲱ ⲓⲙⲑⲙⲟⲩ ⲁⲛ ⲓⲡⲉⲣⲉⲕⲉⲣⲛⲟⲃⲓ : ⲓⲙⲑⲣⲏⲧ
ⲛⲧⲉⲕⲟⲧⲧⲓ ⲟⲩⲟⲩ ⲛⲧⲉⲕⲱⲛⲗ : ⲱⲗⲁⲛⲁⲗⲉⲛⲕ ϩⲁ
ⲧⲁⲙⲉⲧⲭⲱⲃ : ⲓⲡⲉⲣⲥⲟⲙⲥ ⲉⲣⲟⲓ ϩⲉⲛ ⲟⲩⲓⲙⲃⲟⲛ.

[Je ekou-oash emefmou an empirefernovi : emefreeti
entefkott owoh entefoankh : shana-ehtheek kha
tametgoab : empersoms eroi khen ou-emvon.]

For You do not desire the death of a sinner,
rather he returns and lives, have pity upon my
weakness, and do not look at me in anger.

+ Ⲭⲓⲉⲣⲛⲟⲃⲓ Ⲓⲏⲥ Ⲡⲁⲃⲟⲓⲥ : ⲁⲓⲉⲣⲛⲟⲃⲓ Ⲓⲏⲥ Ⲡⲁⲛⲟⲩⲧ
: Ⲡⲁⲟⲩⲣⲟ ⲓⲡⲉⲣⲱⲡ ⲉⲣⲟⲓ : ⲛⲏⲓⲛⲟⲃⲓ ⲉⲧⲁⲓⲁⲓⲧⲟⲩ.

[Ai-ernovi lessous Pachois : ai-ernovi leesous Panouti :
Pa-ouro emperoap eroi : enninovi etai-aitou.]

+ I have sinned O Jesus my Lord, I have
sinned O Jesus my God, O King do not count
the sins, which I have committed.

The Doxology (continued)

Ⲭⲧⲩⲟ ⲉⲣⲟⲕ ⲱ Ⲡⲁⲥⲱⲧⲏⲣ : ⲙⲁⲣⲉ ⲛⲉⲕⲙⲉⲑⲛⲁⲏⲧ
ⲧⲁⲗⲟⲓ : ⲛⲧⲟⲩⲛⲟⲩⲉⲙ ⲓⲙⲟⲓ ϩⲉⲛ ⲛⲓⲁⲛⲁⲥⲕⲏ : ⲉⲧⲧ
ⲟⲩⲃⲉ ⲉⲧⲁⲓⲱⲩⲕⲏ.

[Titiho erok oa Pasoateer : mare nekmathna-eet taho :
entounohem emmoi khen nianankee : etti ouve eta-
epsikee.]

I ask You O my Saviour, let Your mercies
come to me, and save me from the troubles,
that come to my soul.

+ Ⲭⲉⲣⲉⲓ ⲭⲣⲱⲙ ⲉⲧⲁⲙⲉⲧⲁⲧⲥⲱⲟⲩⲛ : ⲓⲙⲑⲣⲏⲧ
ⲗⲱⲥ ⲛⲥⲟⲗⲟⲙⲁ : ⲟⲩⲗⲉ ⲟⲛ ⲓⲡⲉⲣⲧⲁⲕⲟⲓ : ⲓⲙⲑⲣⲏⲧ
ⲗⲱⲥ ⲛⲧⲟⲙⲟⲣⲣⲁ.

[Emperhi ekroam etametatsoa-oun : emefreeti hoaf
enSodoma : outhe on empertakoi : emefreeti hoaf
enGhomorra.]

+ Do not send me to the fire, for my ignorance
like Sodom, and likewise do not destroy me,
like Gomorrah.

Ⲭⲗⲗⲁ Ⲡⲁⲃⲟⲓⲥ ⲁⲣⲓⲟⲩⲓ ⲛⲉⲙⲓ : ⲓⲙⲑⲣⲏⲧ
ⲛⲏⲓⲣⲉⲙⲛⲓⲛⲉⲩⲏ : ⲛⲁⲓ ⲉⲧⲁⲩⲉⲣⲙⲉⲧⲁⲛⲟⲓⲛ : ⲁⲕⲕⲁ
ⲛⲟⲩⲛⲟⲃⲓ ⲛⲱⲟⲩ ⲉⲃⲟⲗ.

[Alla Pachois ariowi nemeei : emefreeti
enniremNinevee : nai etavermetanoin : akka nounovi
noa-ou evol.]

But O my Lord deal with me, like the people of
Nineveh, those who have repented, and You
forgave them their sins.

Hymns for The Holy Great Fast Weekends – Holy Liturgy

The Doxology (continued)

+ **Ἀλλὰ μαρε νεκμεθναῖτ : ταῖσι Παῖσι
θεν ὄγινς : ἡταῶν ἐβολ νει παιλαὸς : δεν
ὄγμῃ ἡτχαρωσ.**

[*Alla mare nekmethna-eet : taho Pachois khi ou-ies
: anta-oash evol nem paila-os : khi ouezmee
enatkaroas.*]

+ But may Your mercies, come unto me quickly, that I may proclaim with those people, with an unceasing voice.

**Ἐθε φαί ττωβῆ ἔμοκ : Πος Φτ Πασωτηρ :
ἡπερίρι ἡνῶραπ νειμῃ : ἄνοκ θα πιχωβ
ἡρεφῆρνοβι.**

[*Ethve fai titoabh emmok : Epchois Efnouti Pasoateer :
emperiri enouhap nemeei : anak kha oigoab
enrefernovi.*]

Wherefore I entreat You, O Lord God my Saviour, do not judge me, I the weak and sinful.

+ **Ἀλλὰ βωλ ἐβολ χω νη ἐβολ :
ἡναπαρπτωμα ετῶν : ῥωσ Ἀγαθος οἶος
ἡΜαιρωμῃ : ναι ναν κατα πεκνιωτ ἡναι.**

[*Alla voal evol koa neei evol : ennaparaptoama etosh :
hoas Aghathos owoh emMairoami : nai nan kata
pekniшти ennai.*]

+ But rather absolve and remit, my many iniquities, as a good One and Lover of man, have mercy upon us according to Your great mercy.

The Acts Response

**Ἀριπαμενὶ ὦ Παῖσι : ἀριπαμενὶ ὦ Πανούτ :
ἀριπαμενὶ ὦ Πάουρο : ακωανὶ δεν
τεκμετόρο.**

[*Aripamevi oa Pachois : aripamevi oa Panouti :
aripamevi oa Pa-ouro : akshani khi tekmetouro.*]

Remember me O my Lord, remember me O my God, remember me O my King, when You come into Your kingdom.

**Κεμαρωῶντ ἀληθως : νει Πεκιωτ ἡΑγαθος
: νει Πιπνευμα Ἐθῶν : γε ακὶ ακωτ ἡμον.
Ναι ναν.**

[*Ekezmaroa-out aleethoas : nem Pekyoat enAghathos :
nem Piepnevma Ethowab : je aki aksoati emmon. Nai
nan.*]

Blessed are You indeed, with Your Good Father, and the Holy Spirit, for You have come and saved us. Have mercy upon us.

Before the Trisagion

**Μεγαλοῦ ἀρχιἑρέως ἱστοῦς ἐωνας ἀκραντον
ἅγιος ὁ Θεος : ἅγιος Ἰσχυρος : ἅγιος
Ἀθανατος : ὁ σταρωθεις δι ἡμας : ἐλεσον
ἡμας.**

[*Meghalou arshee-erevs yistous e-oanas akranton
agios o Theos : agios Yis-shiros : agios Athanatos : o
estavroatis thi eemas : eleyson eemas.*]

The ever-greatest pure high priest forever is the holy God, holy Mighty, holy Immortal, who was crucified for us, have mercy upon us.

Hymns for The Holy Great Fast Weekends – Holy Liturgy

Before the Trisagion (cont'd)

Δ Πενος Ιης Πχς : ερηστεβιν ε̅ρηι̅ ε̅χω̅ν :
η̅ε̅με̅ η̅ε̅ρο̅ου̅ ν̅ε̅μ̅ ε̅με̅ η̅ε̅χω̅ρ̅ε̅ : ψ̅α̅ η̅τε̅ψ̅
σω̅τ̅τε̅ν̅ δ̅εν̅ ν̅εν̅νο̅β̅ι̅.

[A Penchois leesous Pikhristos : erneestevin e-ehreei egoan : enehme eneho-ou nem ehme enegoarh : sha entef soatten khen nennovi.]

Our Lord Jesus Christ, fasted for us, forty days and forty nights, to save us from our sins.

Δ̅νον̅ ε̅ων̅ μα̅ρε̅ν̅ ε̅ρη̅στε̅β̅ιν̅ : δ̅εν̅ ου̅τ̅ου̅βο̅
ν̅ε̅μ̅ ου̅τ̅με̅θ̅μ̅η̅ι̅ : ου̅ο̅ρ̅ε̅ η̅τε̅ν̅ε̅ρ̅ π̅ρο̅σε̅τ̅η̅χε̅σε̅θε̅ :
ε̅νω̅ψ̅ ε̅βο̅λ̅ ε̅ν̅χω̅ υ̅μο̅σ̅.

[Anon hoan maren erneestevin : khen outouvo nem oumethmeei : owoh entener eprosevkeste : enoash evol engoa emmos.]

And we too let us fast, with purity and righteousness, and let us also pray, proclaiming and saying.

Δ̅ι̅ε̅ρ̅νο̅β̅ι̅ α̅ι̅ε̅ρ̅νο̅β̅ι̅ : Πα̅ος̅ Ι̅η̅ς̅ χ̅ω̅ ν̅η̅ι̅ ε̅βο̅λ̅ :
χε̅ υ̅μο̅ν̅ β̅ω̅κ̅ η̅α̅ τ̅ε̅ρ̅νο̅β̅ι̅ : ου̅τ̅ε̅ υ̅μο̅ν̅ ρ̅ο̅ι̅ς̅
η̅α̅ τ̅η̅ω̅ ε̅βο̅λ̅.

[Ai-ernovi ai-ernovi : Pachois leesous koa neei evol : je emmon voak enaternovi : outhe emmon chois enatkoa evol.]

"I have sinned I have sinned, my Lord Jesus forgive me, for there is no servant without sin, nor a master without forgiveness."

Before the Trisagion (cont'd)

Χ̅ε̅ Π̅ε̅ν̅ι̅ω̅τ̅ ε̅τ̅δ̅ε̅ν̅ η̅ι̅φ̅η̅ο̅ν̅ι̅ : μα̅ρε̅ψ̅το̅υ̅βο̅ η̅χε̅
πε̅κρα̅ν̅ : μα̅ρε̅σι̅ η̅χε̅ τε̅κ̅με̅τ̅ο̅υ̅ρο̅ : χ̅ε̅ φ̅ω̅κ̅ πε̅
πι̅ω̅ου̅ ψ̅α̅ η̅ι̅ε̅νε̅ε̅.

[Je Penyoat etkhen nifeeowi : mareftouvo enje pekran : maresi enje tekmetouro : je foak pe pi-ou-ou sha ni-eneh.]

Our Father who art in heaven, hallowed be Your name, may Your kingdom come, for Yours is the glory forever.

Ο̅υ̅ε̅στο̅ι̅νο̅υ̅φι̅ πε̅ Μ̅α̅ρια̅ : ου̅ε̅στο̅ι̅νο̅υ̅φι̅ ε̅τ̅δ̅ε̅ν̅
τε̅ς̅νε̅ψ̅ι̅ : ου̅ε̅στο̅ι̅νο̅υ̅φι̅ ε̅ς̅μ̅ι̅σι̅ υ̅μο̅σ̅ : ψ̅α̅ψ̅α̅
ν̅εν̅νο̅β̅ι̅ ν̅α̅ν̅ ε̅βο̅λ̅.)

[Ou-estoinoufi pe Maria : ou-estoinoufi etkhen tesneji : ou-estoinoufi esmisi emmos : shafka nennovi nan evol.]

(The incense is Mary, the incense is in her womb, which she will give birth to, to forgive us our sins.)

Μ̅α̅ρε̅ν̅ε̅ρ̅ω̅ς̅ ν̅ε̅μ̅ η̅ι̅α̅ν̅γ̅ε̅λ̅ο̅ς̅ : ε̅νω̅ψ̅ ε̅βο̅λ̅ ε̅ν̅χω̅
υ̅μο̅σ̅ : χ̅ε̅ α̅ξ̅ια̅ α̅ξ̅ια̅ : α̅ξ̅ια̅ Μ̅α̅ρια̅
¶ πα̅ρ̅θε̅νο̅ς̅.)

[Marenhoas nem niangelos : enoash evol engoa emmos : je axia axia : axia Maria Tiparthenos.]

(Let us praise with the angels, proclaiming and saying, "Worthy worthy, worthy O Mary the Virgin.")

Hymns for The Holy Great Fast Weekends – Holy Liturgy

The Gospel Response

Χε Πενιωτ ετδεν νιφηοῦνι : μαρεφτογβο ἵνε
πεκραν : μαρεσι ἵνε τεκμετόγρο : χε φωκ πε
πιῶογ ψα νιένεζ.

[Je Penyoat etkhen nifeeowi : mareftoubo enje pekran :
maresi enje tekmetouro : je foak pe pi-ou-sha ni-
eneh.]

Our Father who art in heaven, hallowed be
Your name, may Your kingdom come, for
Yours is the glory forever.

Χε ὑ̅μαρωῶγτ ἵνε Φιωτ νεμ Πωμηρι : νεμ
Πιπνευμα Ἐθωβ : Τριας ετχηκ ἔβολ :
τενοῶγτ ἴμοσ τενηῶογ νας.

[Je efmaraou-out enje Efyoat nem Epsheeri : nem
Piepnevma Ethowab : Tietrias etjeek evol : tenou-oasht
emmos tenti-ou-nas.]

Blessed is the Father and the Son, and the
Holy Spirit, the perfect Trinity, we worship Him
and glorify Him.

Psalm 150 Response

Αλληλοῦια ἄλ ἄλ ἄλ.

Ἰη̅ς Χ̅ς ερμηστεβιν ἔρηι ἔχων : ἵνε
ἵνεοῶγ νεμ ἕμε ἵνεχωρζ.

[Allelouia allelouia allelouia allelouia. Iealous
Pikhrastos ermeestevin e-ehreei egoan : enehme eneho-
ou nem ehme enegoarh.]

Alleluia, alleluia, alleluia, alleluia, Jesus Christ
fasted for us, forty days and forty nights.

Distribution Hymn

*Blessed are the merciful to the poor,
For they shall obtain mercy,
And Christ will forgive them in judgment,
And dwell with His Spirit in them.*

Moses fasted for forty days,
To be purified in body and spirit,
To receive from God the two tablets,
With the ten commandments on them written.

When Moses saw the Almighty God,
His glory filled Moses with grace,
The people of Israel covered their eyes,
They could not look at his radiant face.

Fasting and prayer of the prophet Daniel,
Saved his life in the lions' den,
The Lord kept shut the lions' mouths,
For God protects His holy men.

*Blessed are the merciful to the poor,
For they shall obtain mercy,
And Christ will forgive them in judgment,
And dwell with His Spirit in them.*

Elijah fasted and prayed that the sky,
For three and half years would not rain,
That the Israelites who went astray,
Would feel hunger agony and pain.

As they repented he asked the Lord,
To bring the rain with His mighty hand,
The Lord opened the gates of heaven,
rain and rejoicing filled the land.

Fasting and prayers of Nineveh,
As they appealed to God above,
When they repented God forgave,
Their sins and filled them with His love.

*Blessed are the merciful to the poor,
For they shall obtain mercy,
And Christ will forgive them in judgment,
And dwell with His Spirit in them.*

Hymns for The Holy Great Fast Weekends – Holy Liturgy

Distribution Hymn

*Blessed are the merciful to the poor,
For they shall obtain mercy,
And Christ will forgive them in judgment,
And dwell with His Spirit in them.*

Fasting and prayers of the disciples,
Spread God's Word to every nation,
Baptizing and preaching the holy Gospel,
Healing and bringing salvation.

Fasting and prayers of the martyrs,
Gave them the power to stand the pain,
Knowing that even losing their lives,
Is nothing compared to their heavenly gain.

Fasting and prayers of the righteous,
And cross bearers kept them living,
In the caves and deserts and mountains,
Because of their love for Christ the King.

*Blessed are the merciful to the poor,
For they shall obtain mercy,
And Christ will forgive them in judgment,
And dwell with His Spirit in them.*

The Life of a Young Deacon is a monthly newsletter prepared and published by Saint George Coptic Orthodox Church, Sydney, Australia, under the guidance of the Church Fathers and Head Deacons

Conclusion Hymn

**ΑΜΗΝ : ΑΛ ΛΟΖΑ ΠΑΤΡΙ ΚΕ ΥΙΩ ΚΕ ΑΓΙΩ
ΠΝΕΥΜΑΤΙ : ΚΕ ΝΥΝ ΚΕ ΑΙ ΚΕ ΙΣ ΤΟΥΣ ΕΩΝΑΣ
ΤΩΝ ΕΩΝΩΝ ΑΜΗΝ.**

[Ameen : alleelouia zoxa Patri ke Eyoa ke Agioa
E pnevmati : ke nin ke a-i ke is tous e-oanas toan e-
oanoan ameen.]

Amen. Alleluia. Glory be to the Father and the Son and the Holy Spirit, both now and always, and unto the age of ages. Amen.

**ΤΕΝΩΨ ΕΒΟΛ ΕΝΧΩ ΪΜΜΟΣ : ΧΕ Ξ ΠΕΝΟΣ ΙΗΣ
ΠΧΣ : ΦΗΕΤΑΦΕΡΝΗCΤΕΥΙΝ ΕΞΡΗΙ ΕΧΩΝ : ΝΕΜΕ
ΝΕΖΟΟΥ ΝΕΜ ΪΜΕ ΝΕΧΩΡΕ : ΨΑ ΝΤΕΨΩΤΤΕΝ
ΞΕΝ ΝΕΝΝΟΒΙ.**

[Tenoash evol engoa emmos : je oa Penchois leesous
Pikhristos : fee-etaverneestevin e-ehreei egoan :
enehme eneho-ou nem ehme enegoarh : sha
entefsoatten khi nennovi.]

We cry out saying: O our Lord Jesus Christ, who fasted for us, forty days and forty nights, to save us from our sins.

**ΩΨ ΪΜΜΟΝ ΟΥΟΖ ΝΑΙ ΝΑΝ. ΚΥΡΙΕ ΕΛΕΗCΟΝ
ΚΥΡΙΕ ΕΛΕΗCΟΝ ΚΥΡΙΕ ΕΥΛΟCΗCΟΝ ΑΜΗΝ : ΞΜΟΥ
ΕΡΟΙ : ΞΜΟΥ ΕΡΟΙ : ΙC ΨΜΕΤΑΝΟΙΑ : ΧΩ ΝΗΙ ΕΒΟΛ
ΧΩ ΪΠΙCΜΟΥ.**

[Soati emmon owoh nai nan. Kirie eleyson Kirie
eleyson Kirie evlogeeson amen : ezμου eroi : ezμου
eroi : is timetanoia : koa neei evol goa empiezμου.]

Save us and have mercy on us. Lord have mercy. Lord have mercy. Lord bless. Amen. Bless me. Bless me. Behold, the repentance. Forgive me. Say the blessing.

