



St-Takla.org



The Life of a Young Deacon

Volume 2, Issue 3

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Deacon's Corner

In this issue of The Life of a Young Deacon, we will discuss one of the key spiritual exercises the Church uses during the period of the Holy Great Fast – prostrations.

The prostration is a spiritual act of repentance that is carried out on the Weekdays of the Holy Great Fast, Nineveh's Fast and Wednesday and Friday Fasts the year round, as well as other fasting periods, but not on Sundays. It involves the believer bowing himself in humility and submission before the Lord, recognising one's own sins and mistakes and asking the Lord for forgiveness.

The prostration has been described as a spiritual U-turn, where the believer realises that his life is heading in the wrong direction and makes an effort to turn this around and direct his focus back towards Heaven through the Lord's support and guidance.

During this blessed Fasting period, let us increase our spiritual efforts with prayer and fasting, coupled with almsgiving and prostrations in repentance and humility, asking the Lord's forgiveness.

The Holy Great Fast (Lent)

In the last issue of the Newsletter, we focused on the hymns and rites of the Sundays of the Holy Great Fast (Lent). This issue covers the Weekdays of the Fast in which the Church extends the periods of abstinence and couples this with spiritual exercises such as prostrations and extra readings from the Old Testament prophecies. The Fasting and abstinence should not be only from food, but more importantly it should be a spiritual practice to abstain from what is Earthly so that the heart is purified for what is Eternal.

Abba Dorotheus comments about fasting saying:

“However, in fasting one must not only obey this rule about food, but refrain from every other sin in order that, while the stomach is fasting, the tongue may also fast, refraining from slander, lies, idle talk, disparaging one's brethren, anger and every other sin committed by the tongue.

One also fast with the eyes, that is not look at vain things, not give freedom to the eyes, not look shamelessly and without fear at anyone. The hands and the feet should be kept from any evil action.”

Thus the whole person fasts, not just from certain foods, but from all forms of evil.

On March 19th (Baramhat 10th) the Church celebrates for one day the Glorious Feast of the Honourable Cross on which our Lord was crucified to save us from our sins – please refer to Volume 1, Issue 3 of this Newsletter for the hymns and rites of the Feast of the Cross.

May we prepare ourselves in these coming weeks to accompany our Lord and Saviour to Golgotha and celebrate His Glorious Resurrection with Him.

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Hymns for The Holy Great Fast Weekdays – Matins

Verses of Cymbals

Κυριε ελεησον :

[Kirie eleyson.]*

Lord have mercy.*

[* said in its long tune]

Εθρενωσ εροκ : νεμ Πεκιωτ ηδσαθος : νεμ

Πιπνευμα Εθρ : γε ακι ακωτ ιμμον. Ναι

ναν.

[Ethrenhoas erok : nem Pekyoat enAghathos : nem Piepnevma Ethowab : je aki aksoati emmon. Nai nan.]

That we may praise You, with Your Good Father, and the Holy Spirit, for You have come and saved us. Have mercy upon us.

The Prostrations

Πιπρεσβυτερος :

Κλινομεν τα γονατα.

[Piepresviteros : Eklinomen ta ghonata.]

Priest:

We bend our knees.

Πιλαος :

Ναι ναν Φτ Φιωτ Πιπαντοκρατωρ.

[Pila-os : Nai nan Efnouti Efyoat Pipantokratoar.]

Congregation:

Have mercy upon us O God, the Father, the Pantocrator (Almighty).

Πιπρεσβυτερος :

Αναστωμεν κλινομεν τα γονατα.

[Piepresviteros : Anastoamen eklinomen ta ghonata.]

Priest:

We stand up and bend our knees.

Πιλαος :

Ναι ναν Φτ Πενσωτηρ.

[Pila-os : Nai nan Efnouti Pensoateer.]

Congregation:

Have mercy upon us O God, our Saviour.

Πιπρεσβυτερος :

Κε αναστωμεν κλινομεν τα γονατα.

[Piepresviteros : Ke anastoamen eklinomen ta ghonata.]

Priest:

Again, we stand up and bend our knees.

Πιλαος :

Ναι ναν Φτ οωο, ναι ναν.

[Pila-os : Nai nan Efnouti owoh nai nan.]

Congregation:

Have mercy upon us O God, and have mercy upon us.

PLEASE NOTE: These prostrations are carried out three times before the Litany of the Gospel during Matins and in between the Litanies which are prayed before the Litany of the Gospel in Matins during weekdays of The Holy Great Fast and the three days of Nineveh's Fast. They are also repeated once during the Holy Liturgy before the Ministers' Absolution during weekdays of The Holy Great Fast (refer to page 4 of this Newsletter).

Hymns for The Holy Great Fast Weekdays – Holy Liturgy

The Offertory

ΔΑΔΗΛΟΥΙΑ. ΕΙΕΙ ΕΞΟΥΝ ΨΑ ΠΙΜΑΕΝΕΡΨΩΔΟΥΨΙ
 ΝΤΕ Φ† : ΝΑΖΡΕΝ ΠΕΟ ΰΦ† ΦΗΕΤΑΦ†
 ΰΠΟΥΝΟΥ ΝΤΕ ΤΑΜΕΤΑΛΟΥ. †† ΝΑΔΟΥΝΕ ΝΑΚ
 ΕΒΟΛ Φ† ΠΑΝΟΥ† ΔΕΝ ΟΥΚΥΘΑΡΑ. ΑΡΙΦΜΕΒΙ
 ΠΟΣ ΝΔΑΥΙΔ : ΝΕΜ ΤΕΦΜΕΤΡΕΜΡΑΥΨ ΤΗΡΣ.
 ΔΑΔΗΛΟΥΙΑ.

[Allelouia. Ei-e-i ekhoun sha pima-enershoa-oushi ente Efnouti : nahren epho emEfnouti fee-etafti emepounof ente tametalou. Tina-ou-oanh nak evol Efnouti Panouti khen oukithara. Ari-efmevi Epchois enDavid : nem tefmetremravsh teers. Allelouia.]

Alleluia. I shall go in unto the Altar of God, before the face of God, who gives gladness to my youth. I will confess to You O God my God with a harp. Remember O Lord David and all his meekness. Alleluia.

After The Thanksgiving Prayer

ΩΘΙΣ ΑΜΗΝ : ΚΕ ΤΩ ΠΝΕΥΜΑΤΙ ΣΟΥ.

[Soatis amen : ke toa epnevmati sou.]

Saved Amen, and with your spirit.

ΝΕΨΕΝ† ΔΕΝ ΝΙΤΩΔΟΥ ΕΘΥ. ΑΠΟΣ ΜΕΙ ΝΝΙΠΥΛΗ
 ΝΤΕ ΣΙΩΝ : ΕΞΟΥΤΕ ΝΙΜΑ ΝΨΩΠΙ ΤΗΡΟΥ ΝΤΕ
 ΙΑΚΩΒ. ΑΨΑΧΙ ΕΘΒΗ† ΝΖΑΝ ΖΕΒΗΟΥ
 ΕΥΤΑΙΗΟΥ† : †ΒΑΚΙ ΝΤΕ Φ†.

[Nefsenti klhen nitoa-ou ethowab. A Epchois mei ennipilee ente Sioan : ehote nima enshoapi teerou ente Yakoab. Afsaji ethveeti enhan ehveeowi evtayout : tivaki ente Efnouti.]

His foundation is in the holy mountains. The Lord loves the gates of Zion, more than all the dwellings of Jacob. Glorious things are spoken of you, O city of God.

After The Thanksgiving Prayer (continued)

ΣΙΩΝ †ΜΑΥ ΝΑΧΟΣ : ΧΕ ΟΥΡΩΜΙ ΝΕΜ ΟΥΡΩΜΙ
 ΑΨΩΠΙ ΝΔΗΤΣ : ΟΥΟΖ ΝΘΟΥ ΠΕΤΨΟΣΙ :
 ΑΨΙΣΕΝ† ΰΜΟΣ ΨΑ ΕΝΕΖ. ΑΜΗΝ. ΔΑΔΗΛΟΥΙΑ.

[Sioan timav nagos : je ouroami nem ouroami afshoapi enkheets : owoh enthof Petechosi : afhisenti emmos sha eneh. Ameen. Allelouia.]

And of Zion it will be said, "This one and that one were born in her, and the Most High Himself shall establish her." Amen. Alleluia.

PLEASE NOTE: After this hymn the prostrations are carried out once before the Ministers' Absolution (refer to page 2 of this Newsletter).

The Hymn of the Censer

ΝΘΟ ΤΕ †ΨΟΥΡΗ ΝΝΟΥΒ ΝΚΑΘΑΡΟΣ : ΕΤΨΑΙ ΔΑ
 ΠΙΧΕΒΣ ΝΧΡΩΜ ΕΤΨΜΑΡΩΟΥ†.

[Entho te tishouri ennoub enkatharos : etfai kha pijebv enekroam etezmaroa-out.]

You are the golden censer, carrying the blessed and live coal.

†ΕΝΟΥΨΤ ΰΜΟΚ ΰ ΠΧΣ : ΝΕΜ ΠΕΚΙΩΤ
 ΝΔΣΑΘΟΣ : ΝΕΜ ΠΙΠΠΝΕΥΜΑ ΕΘΥ : ΧΕ ΑΚΙ
 ΑΚΨ† ΰΜΟΝ. ΝΑΙ ΝΑΝ.

[Tenou-oasht emmok oa Pikhristos : nem Pekyoat enAghathos : nem Piepnevma Ethowab : je aki aksoati emmos. Nai nan.]

We worship You O Christ, with Your Good Father, and the Holy Spirit, for You have come and saved us. Have mercy upon us.

Hymns for The Holy Great Fast Weekdays – Holy Liturgy

The Acts Response

Ὡρε Φ† ὠλι ἄμαγ ἡνινοβι ἡτε πιλαῶς :
ἐβολῶγιτεν πιβλιλ : νευ πιῆθοι ἡτε
πιῆθοινογφι.

[Share Efbouti oali emmav enninovi ente pila-os :
evolhiten piechlil : nem piestoi ente piestoinoufi.]

Wherein God takes away, the sins of the people, through the burnt offerings, and the aroma of incense.

Κῆμαρωῶντ ἀληθως : νευ Πεκιωτ ἡἀγαθος
: νευ Πιπνευμα Ἐῶν : χε ακι ακω† ἄμμον.
Ναι ναν.

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

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

The Gospel Response

†Ζιρηνη ἡτε Φ† : φηῆτῶσι ἐνογς νιβεν :
εσῆρεῶ, ῶεν νετενηητ : ῶεν Πῆς Ἰης Πενος.

[Tihireenee ente Efbouti : fee-etechosi enous niven :
ese-areh khi netenheet : khi Pikhristos leesus
Penchois.]

The peace of God, that is above every thought, descends in your hearts, through Christ Jesus our Lord.

The Gospel Response (continued)

Διῆρνοβι διῆρνοβι : Παῶς Ἰης χω νηι ἐβολ :
χε ἄμμον βωκ ἡἀτερνοβι : ὄνδε ἄμμον ῶοις
ἡἀτχω ἐβολ.

[Ai-ernovi ai-ernovi : Pachois leesus 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."

Χε Πενιωτ ετῶεν νιφῆῶνι : μαρεγτογβο ἡχε
πεκραν : μαρεσι ἡχε τεκμετῶρο : χε φωκ πε
πιῶῶν ψα νιῆνεῶ.

[Je Penyoat etkhen nifeeowi : mareftouvo 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 ἐςμαρωῶντ ἡχε Φιωτ νευ Πωηρι : νευ
Πιπνευμα Ἐῶν : †Τριας ετχηκ ἐβολ :
τενῶῶντ ἄμμος τενηῶῶν νας.

[Je ezezmaroa-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.

Hymns for The Holy Great Fast Weekdays – Holy Liturgy

Distribution Hymn

Πιμαίρωμι ἡδὺσαθος : Παὸς Ἰησὺς †† εὐροκ :

ἰπερξίτ σαχαβὴ ἰμοκ : νεμ νιβὰἐμπι

ἡρεφῆρνοβι.

[Pimairoami enAghathos : Pachois leesous titiho erok : emperhit cagachee emmok : nem niva-empi enrefernovi.]

O Good Lover of mankind, my Master Jesus, I entreat You not to put me on Your left, with the goats the sinners.

Ὅτλε οἱ ἰπερξος νηι : χε †ωὸνν ἰμοκ ἀν :

μαψενὰκ ἐβολ ἡροί : φῆετσεβτωτ ἰπιχρωμ

ἡἐνεξ.

[Othe on empergos neei : je tisoa-oun emmok an : mashenak evol haroi : fee-etsevtoat empiekroam eneneh.]

Also do not say to me, "I do not know you, go away from Me, you who is prepared for the everlasting fire."

†ἔμι γαρ ἔεν ὄυμεθμη : χε ἀνοκ

ὄτρεφῆρνοβι : οὔοξ νὰξβῆῶνι τῆροτ ετξωὸτ :

σεὸνῶνξ ἐβολ ἰπεκῆθο.

[Ti-emi ghar khen oumethmeei : je anak ourefernovi : owoh na-ehveeowi teerou ethoa-ou : se-ou-oanh evol empekemtho.]

I know indeed, that I am a sinner, and that all my evil deeds, are manifested before You.

Distribution Hymn (continued)

†ξω ἡτῶμη ἡτε πιτελωνης : εἰωψ ἐβολ

ειξω ἰμοκ : χε †ξω νηι ἐβολ : χε ἀνοκ

ὄτρεφῆρνοβι.

[Tigoo enetezmee ente piteloanees : eyoash evol eygoa emmos : je Efnouti koa neei evol : je anak ourefernovi.]

I speak with the tax collector's voice, proclaiming and saying, "O God forgive me, I am the sinner."

Διῆρνοβι ἀιῆρνοβι : Παὸς Ἰησὺς χω νηι ἐβολ :

χε ἰμον βοκ ἡτῆρνοβι : ὄτλε ἰμον ὄοις

ἡτῶξω ἐβολ.

[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."

Μοι νηι Πὸς ἡὸνμετανοια :

ἐπξινταῆρμετανοιν : ἰπατε φῆμον μαψθαμ

ἡρωι : ἔεν νιπῶλη ἡτε Δμεν†.

[Moi neei Epchois enoumetanoia : e-epjinta-ermetanoin : empate efmou ma-eshtam enroi : khen nipilee ente Amenti.]

O Lord grant me repentance, that I may repent, before death closes my mouth, at the doors of Hades.

Hymns for The Holy Great Fast Weekdays – Holy Liturgy

Distribution Hymn (continued)

ΟΥΟΖ ΟΝ ΉΤΑΪΛΟΣΟΣ : ΞΑ ΝΑΙ ΤΗΡΟΥ
ΕΤΑΙΛΑΙΤΟΥ : ΠΙΚΡΙΤΗΣ ΪΜΗΙ ΙΗΣ : ΉΘΟΥ
ΕΘΝΑΪΖΑΠ ΕΡΟΙ.

[Owoh on entatiloghos : kha nai teerou etay-aytou :
Piekritees emeei leesous : enthof ethnatihap eroi.]

Also give me an answer, for all what I have
done, O just Judge Jesus, who will judge me.

ΟΥΡΕΨΗΝΕΖΗΤ ΠΕ ΠΑΣΩΤΗΡ : ΕΨΕΨΗΝΕΖΗΤ ΞΑ
ΠΕΦΛΑΟΣ : ΖΩΣ ΔΥΑΘΟΣ ΟΥΟΖ ΪΜΑΙΡΩΜΙ : ΝΑΙ
ΝΑΝ ΚΑΤΑ ΠΕΚΝΙΨΪ ΉΝΑΙ.

[Ourefshenheet pe Pasoateer : efeshenheet kha pefla-
os : hoas Aghathos owoh emmairoami : nai nan kata
peknishti ennai.]

Compassionate is my Saviour, who has
compassion upon His people, as a Good One
and Lover of mankind, have mercy upon us
according to Your great mercy.

Conclusion Hymn

ΣΩΜΑΤΟΣ ΚΕ ΕΜΑΤΟΣ ΜΟΝΟΣΕΝΗΣ ΘΕΟΥ : ΜΕΤ
ΑΛΑΒΟΝΤΕΣ ΑΥΤΩ : ΕΥΧΑΡΙΣΤΗΣΩΜΕΝ.

[Soamatos ke Ematos monogeneses Theou : met
alavontes avtoa : evkharisteesoamen.]

For the Body and Blood of the only-begotten
God, of which we have partaken, we thank
Him.

ΔΟΞΑ ΠΑΤΡΙ ΚΕ ΥΙΩ ΚΕ ΑΓΙΩ ΠΝΕΥΜΑΤΙ.

[Thoxa Patri ke Eyoa ke Agioa Epnevmati.]

Glory be to the Father and the Son and the
Holy Spirit.

ΣΩΜΑΤΟΣ ΚΕ ΕΜΑΤΟΣ ΜΟΝΟΣΕΝΗΣ ΘΕΟΥ : ΜΕΤ
ΑΛΑΒΟΝΤΕΣ ΑΥΤΩ : ΕΥΧΑΡΙΣΤΗΣΩΜΕΝ.

[Soamatos ke Ematos monogeneses Theou : met
alavontes avtoa : evkharisteesoamen.]

For the Body and Blood of the only-begotten
God, of which we have partaken, we thank
Him.

ΚΕ ΝΥΝ ΚΕ ΑΙ ΚΕ ΙΣ ΤΟΥΣ ΕΩΝΑΣ ΤΩΝ ΕΩΝΩΝ
ΑΜΗΝ.

[Ke nin ke a-i ke is tous e-oanas toan e-oanoan
ameen.]

Both now and always, and unto the age of
ages. Amen.

Hymns for The Holy Great Fast Weekdays – Holy Liturgy

Conclusion Hymn (continued)

Φαι πε Πισωμα νευ Πισνοϋ ἴτε πιμονογενης
ἱΝουϋ : ναι ἔτανχι ἔβολ ἱδῆτοϋ.
Μαρενωεπῆμοϋ ἱτοϋϋ : μαρενωωϋ νευ
νιᾶγγελοϋ νευ νιταγμα ἱτε ἱβίσι νευ ἱχοροϋ
ἱτε νιῶμηι ενωϋ ἔβολ ενϋω ἱμοϋ :

[Fai pe Pisoama nem Piesnof ente pimogogenees
enNouti : nai etanchi evol enkheetou. Marenshepehmot
entotf : marenhoas nem niangelos nem nitaghma ente
epchisi nem epkhoros ente niethmeei enoash evol
engoa emmos :]

This is the Body and Blood of the only-
begotten God, of which we have partaken. Let
us give thanks, and praise with the angels and
the high orders and the choir of the righteous
proclaiming and saying,

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Fathers and Head Deacons*

Conclusion Hymn

ϋε φῆεταϋερνηστεϋιν ἔρρηι ἔϋων ἱῆμε
ἱῆροϋ νευ ῆμε ἱῆϋωρῆ : ϋοπ ἔροκ ἱϋνηϋτια
ϋω νηι ἔβολ ἱναᾶνομια : ϋιτεν νεϋτωβῆ νευ
νεϋπρεϋβια ἱτε ταοϋ ἱνηβ Μαρια.

[je fee-etaverneestevin e-ehreei egoan enehme eneho-
ou nem ehme enegoarh : shop erok entineestia koa
neei evol enna-anomia : hiten nestoabh nem
nesepresvia ente tachois enneeb Maria.]

"O You who fasted for us forty days and forty
nights, accept our fasting and forgive us our
iniquities, through the prayers and
intercessions of our lady Saint Mary."

ϋωϋ ἱμον οωοϋ ναι ναν. Κυρῆ ἔλεῆϋον
Κυρῆ ἔλεῆϋον Κυρῆ ενλοϋηϋον ἱμην : ῆμοϋ
ἔροι : ῆμοϋ ἔροι : ιϋ ϋμετανοια : ϋω νηι ἔβολ
ϋω ἱπιϋμοϋ.

[Soati emmon owoh nai nan. Kirie eleyson Kirie
eleyson Kirie evlogeeson amen : ezmou eroi : ezmou
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.

