

# **The Fast of Nineveh**

## **Daily Prayers**



**Malankara Orthodox Syrian Church**

**DRAFT VERSION**  
**2020**

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 Nineveh 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 and revisions.**

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| <b>PREFATORY PRAYER</b> |
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† **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.**

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| <b>MONDAY EVENING PRAYER</b> |
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*Vespers/Ramsho*

*Qaumo*

**† Glory be to the Father, and to the Son, and to the Holy Spirit.**

May His mercy and compassion be upon us, / weak and sinful, / in both worlds forever and ever. / Amin.

***Introductory Prayer***

O God, who was pleased with the supplication of the Ninevites and received their repentance and abolished the punishment that was decreed against them, now, O Lord, by Your ineffable loving-kindness, with which You did create us out of nothingness, forbid and remove from us the wrath decreed with justice because of our wickedness and iniquities. Do not reward us, O Lord, according to our sins and offenses, but have pity and mercy upon us and upon the entirety of Your Holy Church redeemed by Your precious blood. We will praise and worship You and Your Father and Your Holy Spirit now and always, forever and ever. Amin.

***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

*(Nuhro d'Men Nuhro)*

We knock at Your door,  
 And beseech Your compassion  
 O Lord - from Your Treasury.  
 By Your grace, absolve our debts  
 That we may worship - and sing praise to You!

Like the Ninevites,  
 Let us beseech God with cries  
 to pass - away wrath from us.  
 O come forth, all you people,  
 and let us kneel down - to worship our God!

The King, by His love  
 prepares an unending feast  
 And the - drink of the Spirit  
 For the pure ones who repent.  
 Come, let us kneel down - to worship our God!

Like the Ninevites,  
 We call upon Your mercy.  
 O Lord - by Your compassion  
 Hear and receive our service;  
 We will glorify - and sing praise to You!...*Barekmor*

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

O Lord, make worthy  
 the sinners who take refuge  
 in You - of Your forgiveness  
 and reward their repentance.  
 We will glorify - and sing praise to You!

*Staumen Kalos, Kurielaison*

*(Promion & Sedro)*

## QOLO

(Mshiho Natareh L'edthokh – Tone 5)

Glory be to You, O God, the Good – and Compassionate!  
In all ways, You seek the salvation – of Your creation.

O Lover of Mankind, You  
Did not forsake – sinful Nineveh,  
Which had gone astray from truth, subdued – by passion to sin.  
By Jonah's decree – You raised her up from error.  
Nineveh received Your favors and was made glor'ious  
Through their repentance...*Barekmor*

### † *Glory to the Father, Son and Holy Spirit*

Nineveh, the city of great might – was beset by sin.  
She abandoned the way of truth and – followed vanity.  
But You did not forsake her,  
Lover of Man, – to be drowned in sin,  
But You saved her from perdition by – Your loving-kindness  
The Ninevites took – refuge in Your compassion.  
And likewise, the Church begs You to have mercy upon  
Her children always!

*Unto the ages of ages and forevermore*

Our Lord spoke in parables and taught - in allegories:  
"The kingdom of heaven is like those - virgins who went forth  
And the virgins took their lamps  
To meet the bride – and the True Bridegroom  
And a great cry was uttered, 'Behold - the Bridegroom has come!'  
The wise entered with - their Lord into the banquet  
But the foolish ones remained at the door with deep sighs  
And in great sorrow."

*Lord have mercy upon us and help us*

(*Etro*)

QOLO

(Lokh Hu Moriyo Mqarbinan – Tone 5)

Nineveh repented and received mercies;  
 The king wore sackcloth in mourning and fasting;  
 The people – saw him and – wore sack cloth and ash.  
The Mer-ciful  
 Saw that they had turned from sin – and withdrew judgment  
 Bless`ed is the Lord  
 Who loves repentance,  
 And when\_ the\_ penitents approach  
He re-joices  
 And calls to them and invites – them for re-pentance...*Barekmor*

*† Glory to the Father, Son and Holy Spirit*

The prophet Jonah decreed that he was death;  
 He looked for the destruction of Nineveh,  
 But the Ni-nevites called – a forty-day fast.  
And they - looked for  
 The compassion of the Lord – to visit them all.  
 The Merciful One  
 saw their many tears  
 and poured\_ forth\_ mercy upon them  
He heard - their pray`r  
 O God, who answered their pleas, - Answer our – requests!  
*Unto the ages of ages and forevermore*

To You, Lord, we offer up fragrant incense,  
 and we ask for mercy from Your treasury,  
 For You are – merciful – and love repentance.  
O Lord – our God  
 We have no hope and no trust – save in You, O Lord.  
 With sorrow and tears,  
 In love and in faith,  
 O Good\_ One\_\_We beseech Your Name:  
By Your – mercies  
 Receive our service, O Lord – and answer – our pray`rs!

*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 Lord, our Lord, we call to You, come to our aid,  
Hear our requests and have mercy upon our souls

Jonah received a revelation from the Lord  
For all the people of Nineveh to repent

He preached to them to turn away from luxury;  
He warned the Ninevites to cease evil and spoke:

“Woe be to you, for your sins and crimes have increased;  
In forty days, You shall become a heap of earth;

In forty days, your beauty shall wither away,  
And in forty days, all your light shall become dark!”

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

The King, the nobles, and the whole city were moved  
At the preaching of Jonah for their conversion

Answer, O Lord, answer, O Lord, and have mercy  
Turn the hearts of the sons of men to repentance

**SCRIPTURE READINGS***Mt 12:31-41**(Pethgomo for the Gospel)**(Psalm 32:1)*

Halleluyah, Halleluyah

Bless`ed is he whose transgression is forgivenAnd whose sins are covered\_

Halleluyah

*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*

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| <b>MONDAY PROTECTION PRAYER</b> |
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*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*

## EQBO

*(Qum Paulos - Tone 7)*

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*

## QOLO

*(l'Thumo d'Haymonutho - Reesh Qolo)*

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 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'èrings  
 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*  
 (*Kurieieison, Kurieieison, Kurieieison*)

## PSALMS OF SUTORO &amp; RESPONSORIAL HYMN

*[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:*

I sat, - Tree of Life, 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 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...

*The Protection Prayer concludes with the Quqlion of the Theotokos, the Quqlion of the Saints, and the Hutomo (below).*

***Hutomo***

O Lord, compassionate and abundantly merciful, who is pleased with those who repent; who by fasting, sackcloth, ashes, and repentance removed and abolished the imminent wrath from the Ninevites and revealed Your pleasant countenance, now also, O Lord, remove wrath from us and abolish the mortal punishment that has been decreed for our destruction. Deliver and rescue us from all temptations and hardships that surround us. Make us worthy, that we might glorify You and exalt You with holiness, now and always, forever and ever. Amin.



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| <b>MONDAY NIGHT VIGIL</b> |
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*Lilyo*

*Qaumo*

**† Glory be to the Father, and to the Son, and to the Holy Spirit.**

May His mercy and compassion be upon us, / weak and sinful, / in both worlds forever and ever. / Amin.

***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 to the Father, Son and Holy Spirit**

*Unto the ages of ages and forevermore*

### ENIYONO

*(b'Lilyo s'Shathqin)*

Nineveh heard the - voice of the prophet:  
"Yet forty days and - you shall be destroyed!"

His voice resounded - in that great city  
that the Ninevites - would be overthrown

Nineveh proclaimed - a forty-day fast  
and she found mercy - and sang praise to God

Infants and children - abstained from their milk  
Grooms and brides cast off - all their adornments

Instead of garments - people wore sackcloth  
Instead of perfumes, - they put on ashes...*Barekmor*

**† Glory to the Father, Son, and Holy Spirit**

*Unto the ages of ages and forevermore*

Praise to the Father; - Praise be to His Son;  
Praise to the Spirit, - who absolves our sins

*Lord have mercy, Lord have mercy, Lord have mercy*  
*(Kurieleison, Kurieleison, Kurieleison)*

1<sup>ST</sup> QAUMO**EQBO***(Ainaw d'Nagiro, ~"Bthulto Bath Dawid")*

Glory be to the Lord\_  
 Who pitied Nineveh  
 He was merciful and\_  
Delivered it from wrath

*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***(Sohdau Atun – Tone 2)*

The supplication of Nineveh was mournful  
 And greatly painful  
 The king, nobles, and all people put on sackcloth  
 And cried out, saying:  
 "O Lord, do not – convict us by Your wrath nor chastise  
 Us in Your anger" ...*Barekmor*

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

The Ninevites heard of the great and coming wrath  
 That Jonah proclaimed  
 They wept for the people who were to be destroyed  
 And be uprooted  
They wept, saying: - "Lord, save Your flock and have mercy on  
 Your inheritance"

*Lord have mercy upon us and help us*

**BO'UTHO of MOR JACOB***(Tone 2)*

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 1<sup>st</sup> and 2<sup>nd</sup> 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...

2<sup>ND</sup> QAUMO**EQBO***(Mawdyone)*

Bless'd is He who turned Nineveh  
From evil to repentance

*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 – Tone 2)*

The whole city wept with tears and great sorrow.  
Before the Judge, Nineveh implored with one voice  
That the Lord would accept its pray'rs and fasting,  
Which were offered to remove the great, coming wrath

O God, who - had received their pray'rs,

Answer us, - Your faithful servants

We beseech You, accept our fast and - have mercy! *Barekmor*

**† Glory to the Father, Son and Holy Spirit**

*Unto the ages of ages and forevermore*

The uncircumcised gentiles of Nineveh  
Repented and were converted by Jonah's words  
How presumpt u`ous and hard of heart are we,  
For night and day, the Scriptures are read before us

And our hearts - have not become soft,

And justice - does not frighten us.

Bless'd is He who endures and bears our wickedness

*Lord have mercy upon us and help us*

**BO'UTHO of MOR EPHREM***(Tone 2)*

Lord, have mercy upon us  
 O Lord, receive our service

By the preaching of the Jew,  
 the gentiles of Nineveh  
 Were moved and became saddened  
 By the voice of great sorrow

By the preaching of the Jew  
 To the gentile Ninevites,  
 They were disturbed like the sea  
 That had cast Jonah from it

Jonah ran away from God,  
 And Nineveh from chaste lives;  
 Justice seized the both of them  
 As two guilty criminals

The both of them repented;  
 The both of them were rescued;  
 Jonah was saved in the sea;  
 Nineveh was saved on earth

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 1<sup>st</sup> and 2<sup>nd</sup> 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...

**3<sup>RD</sup> QAUMO****EQBO***(Abo Kthab Hwo – Tone 2)*

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 – Tone 2)*

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 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**

*(Tone 2)*

Lord, who has mercy even on sinners  
Have mercy on us on Your judgment Day!

With threats of ruin and of destruction,  
Jonah uttered words against the city

He cried out, saying that great Nineveh  
Would be overthrown and would lay in waste

So the whole city gathered together  
and beseeched God and proclaimed repentance

The compassion of God came upon them  
and the Ninevites rejoiced and sang praise

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 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***(Sohde Aphisunuy - Reesh Qolo)*

At judgment, save us, O Lord,  
 From the pit of misery,  
 The filth - of destruction, and the "outer darkness" (Mt. 25:30)  
 And when the Martyrs are crowned,  
 May we enter the bridal chamber  
 With them, and with them sing praises to You...*Barekmor*

**† Glory to the Father, Son and Holy Spirit**

*Unto the ages of ages and forevermore*

Our Lord said, "I have not come  
 For the righteous but sinners,  
 That they - should turn to the way of true repentance  
 See, the Lord's door is opened;  
 Repent, sinner and be saved,  
 For I - do not wish Your death, but that You should live."

*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 Lord, our Lord, we call to You, come to our aid  
 Hear our requests and have mercy upon our souls

I beg that I not be separated from You  
 Sin drove me out; but let Your sweet love welcome me  
 Sin lay in wait and it crushed me without mercy  
 Physician, bind up the bruises, which wounded me

The wicked hunter has strangled me in his net  
 Break his net and I shall escape from his attack  
 O Good Shepherd, go out in search of the lost sheep  
 Do not leave them in the hands of the wicked one

O Lord, our Lord, who hears all things and receives pray'rs,  
 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. Amen.

**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. Amen.**

*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. Amen.

- OR -

***Hymn of the Angels & Concluding Prayers****(In Chant)*

*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 all seasons:*

Glory be - to God in the highest, / and on earth / peace, good-will and good hope for the sons of mankind!

Lord, we praise You, / Lord, we bless You; we worship You, / we raise up a hymn of praise to You.

We give You thanks /because of Your great glory, / Lord our - Creator, / O King of Heaven, / God the Father Almighty.

Lord God, - only Son/ Only-Begotten, / O Lord - Jesus Christ, / with the Holy Spirit;

Lord God, - Lamb of God, / Word of the Father, / who take away, / or rather have taken away, the sin of the world; / have mercy on 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 all.

*For You* alone - are holy, / You alone, O Lord, / Our 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.

Bless`ed - are You, / Lord Almighty, / God of - our fathers, / and Your name is bless`ed and glorified in praise forever.

Glory - to You, / worship to You, / honor - to You / God of all, Father of truth, / with the only Son and the living Holy Spirit, / now and forever. A-min.

**Concluding Prayer**

*O Lord Jesus Christ,*

Close - not Your door - of mercy - upon us  
We confess we are sinners; / have mercy on us!  
Lord, - your love made - You descend - for our sake  
That by Your death our death might - be destroyed  
Have mercy on us!

*(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 to Thee, O God!**

Glory to Thee, Creator!

Glory to Thee, Christ the King

Who has mercy upon us sinners...*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.

|                              |
|------------------------------|
| <b>MONDAY MORNING PRAYER</b> |
|------------------------------|

*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 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 to the Father, Son and Holy Spirit**

*Unto the ages of ages and forevermore*

**ENIYONO**  
(*Haw d'Uhdono*)

God, who with mercy – saved Nineveh  
through their fasting and their pray'rs  
and their tears of repentance,

I come to You; Lord, have mercy!

God, who abolished – their punishment  
when they beseeched Your mercy  
with cries and tears of sorrow,

I come to You; Lord, have mercy!

Let those who have sinned, - who are burdened  
And tormented by evil,  
Beseech and beg for their sins  
Like Ninevites with repentance

O come, all people! – Like Ninevites,  
Let us sing praise to the Lord  
Who absolves and forgives sins

I come to You; Lord, have mercy!...*Barekmor*

**† Glory to the Father, Son, and Holy Spirit**

*Unto the ages of ages and forevermore*

God, who does not wish – the sinner's death,  
But that he should turn from sin  
And be redeemed from evil

I come to 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 to the Father, Son and Holy Spirit**  
*Unto the ages of ages and forevermore*

**ENIYONO**  
(Zo Hwo Yawseph)

God, who is the Lord of all,  
abundant in grace and truth,  
Grant mercy and compassion  
to those redeemed by Your Cross  
for they, - turn toward You in  
true faith, - O Merciful One  
and they offer thanksgiving,  
Lord, to Your divinity

The Ninevites' repentance  
became a great example,  
and God reconciled with them,  
removing their punishment,  
for they - relied on mercy  
and did - not fall or stumble  
As wrath passed over them all,  
Peace reigned over Nineveh

O Lover of Mankind, You  
Did not forsake Nineveh,  
That city of the mighty  
which went astray from the truth.  
By Your - great love for mankind  
You saved - it from destruction,  
For it took refuge in You  
And obtained Your salvation

As you had received the pray'r  
Of Jonah inside the fish  
And delivered Nineveh,  
Sustaining her with Your blood,  
Be pleased - with our fast and pray'r  
That we - offer unto You  
O Merciful One, absolve  
And forgive our debts and sins...*Barekmor*

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

The Ninevites did not doubt  
 The word Jonah preached to them.  
 That place set for destruction  
 Heeded the word of the Lord  
     The king, – nobles, and people  
     Took re-fuge in repentance  
 They all cried out and shed tears  
 And received the Lord's mercy

*[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**  
(*l'Haw Dat'ino Markabtho*)

The Lord – called out to Jonah  
And sent – him to Nineveh  
To preach – God's word in the streets  
That wrath – would be imminent  
Halleluyah w'Halleluyah

Jonah – did not believe in  
The words – of his Lord and God  
He fled – from the Almighty  
To the – raging of the sea  
Halleluyah w'Halleluyah

Jonah – entered the ship and  
Went down – to the inner part  
The Lord – incited the waves  
And the – sea became enraged  
Halleluyah w'Halleluyah...*Barekmor*

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

Then, the – sailors cast lots and  
The lot – fell upon Jonah  
And they – feared the One who has  
Made both – the sea and the earth  
Halleluyah w'Halleluyah

*[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

*(Sohde Aphisunuy – Reesh Qolo)*

See a house built in the sea  
With hewn stones that are not hewn  
Jonah, - the Son of Mathai was dwelling in it  
Inside this house, the prophet  
Sang hymns sweeter than honey.  
O Lord - have mercy and forgive my offences...*Barekmor*

**† Glory to the Father, Son and Holy Spirit**

The Almighty called Jonah  
 And sent him to Nineveh  
 To preach – that wrath and destruction would come to them.  
 The Ninevites heard his voice;  
 They took their refuge in repentance,  
 And God had mercy on those who called Him

*Unto the ages of ages and forevermore*

Bless'd is he who as a friend  
 Possesses God rather than gaining  
 This passing world and all its possessions.  
 The Lord will remain with him  
 throughout this life and at the Judgment  
 God will not leave and will show him mercy

*Lord have mercy upon us and help us*

*(Etro)*

**QOLO**

*(Quqoyo – Reesh Qolo)*

As if at a drama, Jonah watched Nineveh  
 He saw the Ninevites look to God for mercy  
 When the days of – repentance ended  
 Every person – greeted their neighbor  
 The men wept, the women mourned, and infants cried out  
 Their wailing ascended to heaven and the Lord  
 Halleluyah – reconciled with them...*Barekmor*

*† Glory to the Father, Son and Holy Spirit*

Watching from his booth, Jonah wished that he would die  
 For the Ninevites called a fast for forty days  
     Jonah had watched – to see them destroyed  
     But Nineveh – looked to God’s mercy  
 God answered the Ninevites’ fasting and their pray’rs  
 And he had compassion and mercy upon them  
     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*

### **BO’UTHO of MOR JACOB**

*(To be sung in one of the tones for the Fast)*

Open unto us, Your great door full of mercy  
 Lord, hear our pray’r and have mercy upon our souls

Jonah proclaimed: “Woe be to You, O Nineveh  
 For the wrath of the Exalted One is coming!

He will tear down your foundations and crush your walls.  
 Woe to you, for your sins ascend from you like smoke!

Wrath threatens to chastise you because of your sins  
 O proud and famous Nineveh, your end is near!”

O Good Lord who had mercy on the Ninevites,  
 Pour forth Your mercies on Your flock which calls to You

Remove scourges and the rods of wrath from Your flock  
 O Lord, multiply Your peace upon her children

Protect her from the disputes of the enemies  
 That she may offer up glory to You always

O Lord, our Lord, who hears all things and receives pray’rs,  
 Hear our requests and have mercy upon our souls



## SCRIPTURE READINGS

*Numbers 5:5-11*

*Jonah 1:1, 2:1, 3:6, 4:4*

*Isaiah 19:17-22*

*Acts 7:37-43*

*Col. 1:3-13*

*Mt 7:1-12*

*(Pethgomo for the Gospel)*

*(Psalm 32:2)*

Halleluyah, Halleluyah

Bless`ed is the man whose sin the Lord does not count

And in whose heart there is no deceit

Halleluyah

### *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 co-mmand-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*

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| <b>MONDAY 3<sup>RD</sup> HOUR PRAYERS</b> |
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*Qaumo*

**QOLO**

*(b'Qole Damlen)*

We offer, Lord, - our supplication

With sorrow

And beseech compassion and forgiveness from Your treasury

O Good One, receive our petition and pray'r

As You did in Nineveh - and turn away wrath - from us

Have mercy on us in Your loving-kindness...*Barekmor*

**† Glory to the Father, Son and Holy Spirit**

*Unto the ages of ages and forevermore*

Let us offer - prayer and let us beg

Of the Lord

Let us not grow weary in beseeching Him because His door

Will be opened to those who knock upon it

Lord, as you received the pray'r's - of the Ninevites - who wept

Have mercy on us in Your loving-kindness

*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 Lord, our Lord, we call to You, come to our aid

Hear our requests and have mercy upon our souls

See how the virgins and their betrothed stand in awe;

The brides and their grooms have thrown off their adornments

The cries of the women and their husbands ascend;

Young girls wear ash and young men are covered in tears.

Glory be to the Father who turned them from sin;

Praise to the Son, who received them through repentance

Worship to the Spirit pleased in their salvation;

Glory be to the threefold mys'try forever!

O Lord, our Lord, who hears all things and receives pray'r's,

Hear our requests and have mercy upon our souls

*Qaumo*

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| <b>MONDAY 6<sup>TH</sup> HOUR PRAYERS</b> |
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*Qaumo*

**QOLO**

*(I' Maryam Yoldath Aloho – Tone 5)*

If the Lord had mercy on the Ninevites  
 On account of repentance offered with tears,  
 How much more will He have mercy on His flock  
 Redeemed with the blood of His crucifixion...*Barekmor*

**† Glory to the Father, Son and Holy Spirit**

*Unto the ages of ages and forevermore*

O Lord, who removed the wrath from Nineveh  
 And, thus, showed that You are the Merciful God,  
 Have pity on Your servants in Your mercy  
 By Your grace, redeem us from wrath and evil

*Lord have mercy upon us and help us*

**BO'UTHO of MOR EPHREM**

*(Tone 5)*

Lord, have mercy upon us  
 O Lord, receive our service  
 Send us from Your treasure-house  
 mercy, grace, and forgiveness

As You removed punishment  
 from the Ninevites, O Lord,  
 By Your grace, remove schisms  
 and all disputes from Your church

Father, Son, Holy Spirit,  
 Have mercy upon Your flock  
 One True God, by Your mercy,  
 Hear and answer our requests

Lord, who hears our petitions  
 Answer us in Your mercy  
 Lord, be reconciled with us  
 Have compassion upon us

## 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`i`ous 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...*

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| <b>MONDAY 9<sup>TH</sup> HOUR PRAYERS</b> |
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*Qaumo*

**QOLO**

*(Bsafro N'Qadem/Sohde Aphisunuy – Reesh Qolo)*

With sorrow, the Ninevites  
 Called a fast and wore sack cloth  
 They put – on sorrow and God reconciled with them  
 Come, let us also beseech  
 Mercy from the Merciful  
 For His – door opens to those who turn toward Him...*Barekmor*  
**† Glory to the Father, Son and Holy Spirit**  
*Unto the ages of ages and forevermore*

Behold, like the Ninevites,  
 Your congregation calls upon You,  
 O Lord of mercies and of compassion  
 Receive our supplication  
 Remove, O Lord, Your just punishment  
 Let Satan who seeks its fall not rejoice

*Lord have mercy upon us and help us*

**BO'UTHO of MOR BALAI**

*(Tone 5)*

Lord, who has mercy even on sinners  
 Have mercy on us on Your judgment Day!

The infants of Nineveh were not nursed;  
 Even animals fasted with sorrow

In sorrow, the king, princes, and nobles,  
 Put ash on themselves instead of perfumes

Glory be to the Merciful Father,  
 Compassionate Son, and Gracious Spirit

Praise to the threefold mys'try, One nature  
 Unto Him belongs glory in both worlds

Lord of those above! Hope of those below!  
 Accept this service; have mercy on us

*Qaumo*

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| <b>TUESDAY EVENING PRAYER</b> |
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*Vespers/Ramsho*

*Qaumo*

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

May His mercy and compassion be upon us, weak and sinful, in both worlds forever and ever. Amin.

*Introductory Prayer*

O God, who was pleased with the supplication of the Ninevites and received their repentance and abolished the punishment that was decreed against them, now, O Lord, by Your ineffable loving-kindness, with which You did create us out of nothingness, forbid and remove from us the wrath decreed with justice because of our wickedness and iniquities. Do not reward us, O Lord, according to our sins and offenses, but have pity and mercy upon us and upon the entirety of Your Holy Church redeemed by Your precious blood. We will praise and worship You and Your Father and Your Holy Spirit now and always, forever and ever. Amin.

*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 Moriyò b'Rahme*)

The prophet Jonah disturbed  
The City of Nineveh,  
For Jonah opened his mouth  
And Nineveh was saddened

Jonah, the Hebrew preacher  
Blamed the ent`ire city,  
Saying, "Woe to Nineveh,"  
And that death would come to them

The nobles listened to him  
And they all cast off their crowns;  
The people listened to him  
And clothed themselves in sackcloth

Hon`orable old men heard  
And covered their heads with ash  
The rich heard him and opened  
Their treasuries for the poor

O Great Ocean of mercy  
Who poured forth grace on mankind,  
Remit the debts of Your flock  
By the blood poured from Your side

Brethren, like the Ninevites,  
Let us be deprived of hate  
and let us put on virtues  
to be reconciled with God...*Barekmor*

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

Praise to You, Lord, from all mouths;  
Glory to You from all tongues;  
Glory to You, O Good One  
Who longs for our salvation

*Staumen Kalos, Kurielaison*

(Promion & Sedro)

QOLO

(Sohdau Atun - Tone 5)

Jonah heard and - was terrified; He was moved and  
 He began to weep  
 With sorrow and - melancholy, Jonah cried out:  
 "O Merciful One,"  
 Have compassion - upon Your servants who call on You  
 To plead for their sins...*Barekmor*

† *Glory to the Father, Son and Holy Spirit*

The petition - of Nineveh which they offered,  
 Was fitting to God  
 It was offered - with tears, vigil, fasting, and with  
 Their sorrowful tears  
 The Lord saw this - and reconciled and removed His wrath  
 From the repentant

*Unto the ages of ages and forevermore*

We know that our - sins are great Lord and we know that  
 Great are Your mercies  
 And if Your me-rcy 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

*Lord have mercy upon us and help us*

(Etro)

**QOLO**

(Tubayk Idto - Tone 5)

Nineveh's King - heard the preaching of Jonah  
 Which had\_ announced destruction  
 And death - for the whole city\_\_  
 Jonah's word carried the sword  
 That would\_ destroy the city  
 By wrath - because of their sins\_\_  
 The king and his army ran  
 To shed\_ tears at the Lord's door  
 And God - had mercy on them\_\_\_...Barekmor

*† Glory to the Father, Son and Holy Spirit*

In the morning - the voice of Jonah was heard  
 In Ni\_ neveh, the city  
 Of might - and its walls trembled\_\_  
 Its people were struck with fear  
 The Strong\_ One had shaken them  
 And they - were gripped with terr`or\_\_  
 On hearing the dreadful things,  
 The pe\_ople cried out with fear,  
 Saying: "O Lord, have mercy!"\_\_

*Unto the ages of ages and forevermore*

O sinner, beg - and plead for Your forgiveness  
 And learn\_ the pray`r of Jesus  
 And pray: "Father in Heaven\_\_  
 May Your kingdom come, O Lord  
 May Your\_ will be done on earth  
 As it - is done in heaven\_\_  
 Forgive us our debts and sins  
 Lead us\_ from temptation and  
 Save us\_ from 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 Lord, our Lord, we call to You, come to our aid,  
Hear our requests and have mercy upon our souls

A strong order came from the King of Nineveh  
Inviting the whole of the city to repent

In ev'ry street, the number of penitents grew  
The voice of Jonah was surpassed by their voices

Brides abandoned their beautiful, festal garments  
They put sackcloth on their bodies and lamented

Instead of silk, they were clothed with filthy dresses  
Instead of perfumes, they spread ashes on their heads

With tearful eyes, Nineveh wrote God a letter  
and with it, they offered pleasing supplication

Christ, who received their repentance and redeemed them,  
Hear our supplication and remove us from harm

May we praise You, O Good Shepherd, for Your graces,  
With Your Holy Spirit, hidden in Your Father

O Lord, our Lord, who hears all things and receives pray'rs,  
Hear our requests and have mercy upon our souls

**SCRIPTURE READINGS***Lk 4:24-32**(Pethgomo for the Gospel)**(Psalm 6:1)*

Halleluyah, Halleluyah

O Lord, rebuke me not in Your anger,  
Nor chasten me in Your wrath  
Halleluyah

*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*

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| <b>TUESDAY PROTECTION PRAYER</b> |
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*Compline/Sutoro*

*Qaumo*

**QOLO**

*(Qtilo D'aqta/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 were 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 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*  
(*Kurieieison, Kurieieison, Kurieieison*)

### *Psalms of Sutoro*

[Psalm 91] *Barekmor.* / **He who sits under the protection of the Most High / and glories in the shelter of God will say to the Lord:**

*Barekmor.* "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; / I will satisfy him with length of days 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.

**The sun shall not harm you by day, / 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. / 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 us and have mercy on us, 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, Quilions of the Theotokos & Saints, Hutomo*

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| <b>TUESDAY NIGHT VIGIL</b> |
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*Lilyo*

*Qaumo*

**† Glory be to the Father, and to the Son, and to the Holy Spirit.**

May His mercy and compassion be upon us, / weak and sinful, / in both worlds forever and ever. / Amin.

*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 to the Father, Son and Holy Spirit**

*Unto the ages of ages and forevermore*

### ENIYONO

*(b'Lilyo s'Shathqin)*

Nineveh observed – fasting and mourning  
In repentance, they – wore sackcloth and ash

O God, who received – the Ninevites' pray'r,  
Receive our service – and accept our fast

From the fearsome death – and from among waves,  
Jonah prayed to You – and You answered him

Brethren, let us do – as the Ninevites  
and like them, let us – beg for His mercies

The renowned city – of the Ninevites  
taught repentance for - all places and times...*Barekmor*

**† Glory to the Father, Son, and Holy Spirit**

*Unto the ages of ages and forevermore*

Nineveh believed – in Jonah's warnings  
They repented and – reconciled with God

*Lord have mercy, Lord have mercy, Lord have mercy*  
*(Kurieleison, Kurieleison, Kurieleison)*

**1<sup>ST</sup> QAUMO****EQBO***(Qum Paulos - Tone 6)*

Bless`ed is\_ He who - sent Jonah\_\_  
 To wake Ni-neveh - to repent\_\_

*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***(Sohde Hwaw Phirme/~Habloh L'Eedtokh - Tone 6)*

Behold, O Lord God, - like Jonah, we call on You,  
 The one who longs - for our salvation.  
 As You delivered - him from the depths of the sea,  
 Save us also, - our Lord and Savior  
 Halleluyah - By Your abundant mercies  
 Deliver us - from the evil one...*Barekmor*

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

Good One, in mercy, - reconcile with Your people  
 For the sins of - Your flock have increased  
Remove from them, Lord, - the just punishment decreed,  
 As You removed - wrath from Nineveh  
 Halleluyah - Lord, deliver and save us  
 From the sorrows - of this passing world

*Lord have mercy upon us and help us*

**BO'UTHO of MOR JACOB***(Tone 6)*

O Lord, our Lord, we call to You come to our aid  
Hear our requests and have mercy upon our souls

The Ninevites hastened and joined the angels' ranks  
They came before the rows of flames but were not burned

They folded their hands, and they implored with sorrow  
And with disturbance, they raised their voices to God

Praise to the Father who strengthened the Ninevites,  
To the Son who sent Jonah to reveal His sign,

And to the Spirit who removes suff'rings by tears  
O God, may Your mercies be upon us always

O Lord, our Lord, who hears all things and receives pray'rs,  
Hear our requests and have mercy upon our souls

***Praise of the Cherubim****Prayed at the conclusion of the 1<sup>st</sup> and 2<sup>nd</sup> 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...

2<sup>ND</sup> QAUMO**EQBO***(Paradaiso – Tone 6)*

Glory to Your grace that had compassion  
And received the tears of the Ninevites

*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 – Tone 6)*

Brethren, come, like Nineveh let us seek mercy,  
For it is known that the Lord reconciles with tears  
That City called – a forty day fast  
And its people – wore sack cloth and ash  
They knocked at the Physician's door for forty days  
Until the arrival at the voice that the Lord  
Halleluyah – reconciled with them...*Barekmor*

**† Glory to the Father, Son and Holy Spirit**

*Unto the ages of ages and forevermore*

Tell me, kings of Nineveh and Jerusalem  
Of what pow'r you overcame the wrath upon you?  
"We wore sackcloth – Infants did not nurse  
The men and beasts – did not taste their food  
Until we heard the voice that God had reconciled."  
Answer, O Lord, as You did these kings; Answer us!  
Halleluyah – w'Halleluyah

*Lord have mercy upon us and help us*

**BO'UTHO of MOR EPHREM**  
*(Tone 6)*

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 1<sup>st</sup> and 2<sup>nd</sup> 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...*

3<sup>RD</sup> QAUMO**EQBO***(Honaw Yarho – Tone 6)*

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 – Tone 6)*

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 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,  
 and 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***(Tone 6)*

Lord, who has mercy - even on sinners  
 Have mercy on us - on Your judgment Day!

For the forty days, - Nineveh fasted,  
 and in forty days, - God had reconciled

Brethren, let us be - like the Ninevites,  
 and ask forgiveness - and find help from God

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 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

*(Dahto lo Nehte – Reesh Qolo)*

Let the one who sins – go and sin no more

And be vigilant, you who do not sin

For, look, at the door – justice holds a pen

And records the deeds of ev'ry person

Halleluyah – w' Halleluyah

You who know all things, have mercy on us...*Barekmor*

**† Glory to the Father, Son and Holy Spirit**

*Unto the ages of ages and forevermore*

Lord, we come to You – and knock at Your door,

And all our requests are answered by You

He who asks, receives – and he who seeks, finds,

For the door opens to the ones who knock

Halleluyah – w' Halleluyah

Praise Him who opens to those who repent

*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 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

*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. Amen.

**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. Amen.**

*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. Amen.

- OR -

***Hymn of the Angels & Concluding Prayers****(In Chant)*

*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 all seasons:*

Glory be - to God in the highest, / and on earth / peace, good-will and good hope for the sons of mankind!

Lord, we praise You, / Lord, we bless You; we worship You, / we raise up a hymn of praise to You.

We give You thanks /because of Your great glory, / Lord our - Creator, / O King of Heaven, / God the Father Almighty.

Lord God, - only Son/ Only-Begotten, / O Lord - Jesus Christ, / with the Holy Spirit;

Lord God, - Lamb of God, / Word of the Father, / who take away, / or rather have taken away, the sin of the world; / have mercy on 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 all.

*For You* alone - are holy, / You alone, O Lord, / Our 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.

Bless`ed - are You, / Lord Almighty, / God of - our fathers, / and Your name is bless`ed and glorified in praise forever.

Glory - to You, / worship to You, / honor - to You / God of all, Father of truth, / with the only Son and the living Holy Spirit, /now and forever. A-min.

**Concluding Prayer**

*O Lord Jesus Christ,*

Close - not Your door - of mercy - upon us  
We confess we are sinners; / have mercy on us!  
Lord, - your love made - You descend - for our sake  
That by Your death our death might - be destroyed  
Have mercy on us!

*(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 to Thee, O God!**

Glory to Thee, Creator!

Glory to Thee, Christ the King

Who has mercy upon us sinners...*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.

|                               |
|-------------------------------|
| <b>TUESDAY MORNING PRAYER</b> |
|-------------------------------|

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

**ENIYONO**  
*(Bthulto Qadishto)*

O Kind One, open – Your door of mercies  
 and stretch forth Your hands – like in Nineveh

Like the Ninevites, we knock at Your door  
 Answer our requests, O Lord and our God

Receive our prayr's like – those of Nineveh  
 Grant us mercy by – Your abundant grace

Our sins are a wall – between us and You  
 O Lord, tear it down – so we may meet You

Have mercy, as You – did in Nineveh  
 Have mercy on us, lest we should perish

You are bless'd on High – and praised in the depths  
 All worship You for You created all...*Barekmor*

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

Lord, make all sinners – who knock at Your door  
 Worthy of Your grace – and Your forgiveness

*[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 to the Father, Son and Holy Spirit**  
*Unto the ages of ages and forevermore*

**ENIYONO**  
(*Yaumo d'Ethfalag*)

Like a glorious morning, the sun shall appear  
to dispel the darkness of sin from the world

The souls who believed in Him will receive life  
Lord, grant us confidence when You come

For we have confessed You and  
Your Father and Your Spirit

In the morning, the voice of Jonah was heard  
The city of might and its foundations shook  
Its inhabitants were struck and filled with fear  
On hearing the dreadful words of wrath,  
They all cried out with trembling:  
"Have mercy on us, O Lord!"

The prophet announced the message of sorrow  
It kindled in the Ninevites like fire

They did not doubt, for they knew the Lord sent him  
They hastened to stand at the Lord's door

To repent before the Lord  
And receive His compassion

The kind of repentance of the Ninevites  
Had never been heard of before in the world  
For all men and beasts kept an uncommon fast  
When the Lord saw their perseverance  
He removed their punishment  
And had mercy upon them...*Barekmor*

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

The king and all his army lay down in ash  
His and his nobles' faces were wet with tears

They mourned with sorrow, and in heaven, God heard  
Their tears rose up and they found mercy

And they cried out together:  
"Praise to You, Merciful One!"

*[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

*(Awdi Leh Idto, ~"Nadha Nin Rajya")*

O most holy Church, - praise Him with Your songs  
Glorify the Son - who lowered Himself  
And saved us from sin

By fasting and pray'r, - Nineveh was saved  
Come, my belov`ed, - let us please the Lord  
With fasting and pray'r

O Merciful One - who heard Nineveh  
And showed them mercy, - Have mercy on us  
Who call upon You

Receive our service - as You did for them  
By Your compassion, - remove the wrath that  
Came to us through sin...*Barekmor*

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

Praise to the Kind One – who opens His door  
 Before the sinners – who call upon Him  
 With sorrow and faith

*[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

(Phtah Li Tar'e Dahnonokh – Reesh Qolo)

The Ninevites who fasted  
 were saved from the wrath upon them  
     With sorrow and tears, they begged  
     through their pray'r and their fasting  
     and the Lord turned toward them

He speedily – answered them.

Let us do likewise

That the Lord may answer us...*Barekmor*

*† Glory to the Father, Son and Holy Spirit*

In the pray'r of Nineveh,  
 the infant lay by his mother,  
     but while he thirsted for milk,  
     he was calm and did not eat  
     so that God might have mercy

The children and – elders wept  
 and the Lord heard them.

Likewise, Answer us, O Lord!

*Unto the ages of ages and forevermore*

“Open Your door of mercy,”  
 the prodigal son cried aloud,

    “I have sinned against heaven  
     and in Your sight, my Father  
     Accept me as Your poor slave

I am not even worthy  
 to be called Your son.”

God of mercy, forgive me!

*Lord have mercy upon us and help us*

(Etro)

**QOLO***(Btar'okh Moran)*

Jonah proclaimed that "fasting is loved by God"  
 To the Ninevites,  
 And that in forty days they would be destroyed.  
 But the Lord's warning was not meant to destroy,  
 But to change their hearts... *Barekmor*

**† Glory to the Father, Son and Holy Spirit**

By the fasting that the Ninevites observed,  
 They were saved from wrath  
 By means of the tears they shed in repentance,  
 The Lord had mercy on them and He removed  
 Punishment from them

*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*

**BO'UTHO of MOR JACOB***(To be sung in one of the tones for the Fast)*

Open unto us, Your great door full of mercy  
 Lord, hear our pray'r and have mercy upon our souls  
 A dark cloud full of sorrow and lamentation  
 Ascended from Nineveh to the sky above  
 The cloud cried out like an intense thunder of grief  
 Instead of rain, tears were showered upon the earth  
 There was sackcloth, ash, lamentation, and sorrow;  
 There was mourning, tears, and unceasing pray'r with sighs



The infant became a stranger to his mother  
 He implored before her and she cried out with him

The voices of the mothers and infants blended  
 And sounds of lamentation were heard in the pray'rs

*Seeing* their infants cry, mothers poured forth milk and tears,  
 For they cried out and were weeping in exhaustion

O Lord, our Lord, who hears all things and receives pray'rs,  
 Hear our requests and have mercy upon our souls

### SCRIPTURE READINGS

*Micah 1:1-16*

*Jonah 4:5-11*

*Nahum 1:1-14*

*Isaiah 57:13-19*

*Acts 8:9-25*

*Romans 15:14-25*

*Mt 24:36-46*

*(Pethgomo for the Gospel)*

*(Psalm 6:3)*

Halleluyah, Halleluyah  
 Have mercy on me, O Lord, for I am sick,  
 Heal me, O Lord, for my bones are shaken  
 Halleluyah

*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 co-mmand-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*

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| <b>TUESDAY 3<sup>RD</sup> HOUR PRAYERS</b> |
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*Qaumo*

**QOLO**

*(Mshalem Nuhreh - Tone 5, ~"Shlomo d'Abo")*

Nineveh, the city of  
 Great might - made great repentance  
     And it taught fasting and pray'r  
     To be redeemed from the wrath  
 Remove, O Lord, from Your flock  
 All wrath - and all punishments...*Barekmor*  
**† Glory to the Father, Son and Holy Spirit**  
*Unto the ages of ages and forevermore*

The Ninevites taught fasting  
 To those - who had discernment  
     They taught penitents to mourn  
     And taught the debtors freedom  
 They paved - the way for sinners  
 To the - door of God's 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 Lord, our Lord, we call to You, come to our aid  
 Hear our requests and have mercy upon our souls

May I tell with love the story of Nineveh  
 May I not hesitate to narrate its greatness  
 I will tell of its diligence in repentance  
 and how it became famous all throughout the world

May my tongue compose hymns of praise to offer up  
 To the "daughter of gentiles" who excelled in works  
 By her story, May I become a laborer  
 Who works as diligently as her in pray'er

O Lord, our Lord, who hears all things and receives pray'rs,  
 Hear our requests and have mercy upon our souls

*Qaumo*

|  |
|--|
| <b>TUESDAY 6<sup>TH</sup> HOUR PRAYERS</b> |
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*Qaumo*

**QOLO**

*(Quqoyo – Reesh Qolo)*

Nineveh was saved through the repentance it made  
By the sorrow she “put on,” God showed her mercy

The king fasted – and put on sackcloth

His servants saw – and they did likewise

The old, the young, and children were clothed in sackcloth

The Lord saw their tears and had mercy upon them

Halleluyah – w’Halleluyah...*Barekmor*

**† Glory to the Father, Son and Holy Spirit**

*Unto the ages of ages and forevermore*

Bless`ed is the one who loves the fear of the Lord

For, like the Ninevites, it will save him from wrath;

It will guide him – to the way of life

And it will lead – him to the kingdom;

It will be a companion where there is danger;

And it will show him the place where the righteous dwell

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 Lord, our Lord, we call to You, come to our aid

Hear our requests and have mercy upon our souls

For forty days, the voice of sorrow had been heard  
in the supplication Nineveh made to God

For forty days, the Ninevites folded their hands  
before justice, which was angered by their evil

For forty days, Nineveh shed tears before God  
to find favor and withhold the impending wrath

For forty days, they made a feast of repentance  
and won compassion from Him by the tears they shed

O Lord, our Lord, who hears all things and receives pray’rs,

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`i`ous 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**

*Kurieieison (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...*

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|--|
| <b>TUESDAY 9<sup>TH</sup> HOUR PRAYERS</b> |
|--|

*Qaumo*

**QOLO**

*(Traihun Olme - Tone 5)*

By their - fast, the Ninevites  
 Were saved - and wrath was removed  
 Let us, by fasting reconcile with  
 God whom we angered...*Barekmor*

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

The Ninevites with mourning  
 Pleaded, - and You answered them  
 O Lord, - Your flock beseeches  
 Your name; - Answer their requests

*Lord have mercy upon us and help us*

**BO'UTHO of MOR BALAI**

*(Tone 5)*

Lord, who has mercy even on sinners  
 Have mercy on us on Your judgment Day!

The great city of Nineveh gathered  
 With lamentation, weeping, and sorrow

They proclaimed a fast and sat in ashes  
 And implored before the Merciful One

By supplication, they were forgiven  
 And the punishment was withheld from them

Lord of those above! Hope of those below!  
 Accept this service; have mercy on us

*Qaumo*

|                                 |
|---------------------------------|
| <b>WEDNESDAY EVENING PRAYER</b> |
|---------------------------------|

*Vespers/Ramsho*

*Qaumo*

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

May His mercy and compassion be upon us, weak and sinful, in both worlds forever and ever. Amin.

***Introductory Prayer***

O God, who was pleased with the supplication of the Ninevites and received their repentance and abolished the punishment that was decreed against them, now, O Lord, by Your ineffable loving-kindness, with which You did create us out of nothingness, forbid and remove from us the wrath decreed with justice because of our wickedness and iniquities. Do not reward us, O Lord, according to our sins and offenses, but have pity and mercy upon us and upon the entirety of Your Holy Church redeemed by Your precious blood. We will praise and worship You and Your Father and Your Holy Spirit now and always, forever and ever. Amin.

***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)*

I am greatly amazed by  
 The story of Nineveh,  
 By the sorrow of its tale  
 And the long suff'ring of God

Since Jonah, son of Mathai  
 Did not keep Your commandment,  
 He went and fled to the sea  
 And thought he would escape You

Good One, when he prayed to You  
 From the belly of the fish,  
 You heard the cries of Jonah  
 And You saved him from drowning

You gave order to the fish  
 You saved Jonah and showed him  
 That You are the Good One and  
 The Lord of the heights and depths

After these things, You sent him  
 To proclaim to Nineveh:  
 "In forty days, Nineveh  
 Shall be overthrown by wrath" ...*Barekmor*

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

In the streets, he preached the word  
 Of the commandment of God  
 And fasting to all people,  
 For both elders and children

*Staumen Kalos, Kurielaison*

*(Promion & Sedro)*

## QOLO

*(Mshihō Natreh l'Eedtokh - Tone 5)*

Nineveh repented and became - a great example  
 It reconciled with God and wrath was - abolished from it  
     His mercies upheld it and  
     The Lord's peace reigned - over its children  
 Jonah was saddened to see that wrath - had passed over it  
 Praise God who opens - His door for those who repent  
 Ev'ry one who knocks at His door of mercy receives  
     Forgiveness of sins... *Barekmor*

*† Glory to the Father, Son and Holy Spirit*

As You received the pray'r of Jonah - from inside the fish  
 And upheld Nineveh with mercy - and saved them from wrath,  
     Hear the pray'r of Your servants  
     Who were purchased - with Your precious blood  
 Be pleased with the fasting and the pray'r - we offer to You  
 By Your compassion - absolve and forgive our faults  
 O Lord, make us worthy of the glor'ious standing  
     At Your right-hand side

*Unto the ages of ages and forevermore*

The kingdom on high is like a man - who made a great feast;  
 And he called for the people but they - would not come to it  
     So he sent out his servants  
     To summon all - to rejoice with him  
 From all places they gathered and the - house was filled with guests;  
 He went out to them - and found a man among them  
 Who was not dressed for the feast and was told to be cast  
     into the darkness

*Lord have mercy upon us and help us**(Etro)*

## QOLO

(*Lathumo d'Haimonootho - Reesh Qolo*)

When Nineveh beseched God\_\_  
 So that He might abolish - their punishment,  
 Its voice was mournful:  
 "O Lord, pass this wrath from us\_\_  
 That Jonah, son of Mathai - proclaimed to us;  
 Have mercy on us!  
 Have mercy on the elders\_\_  
 Have mercy on the women - and the children  
 Have mercy on us!  
 And by Your mercies, O Lord,\_\_  
 Redeem all the men and all - the animals  
 Have mercy on us!  
 Lord, deliver, by Your grace\_\_  
 The City of Nineveh - Halleluyah  
 That it may praise You...*Barekmor*

*† Glory to the Father, Son and Holy Spirit*

O God, who received the tears\_\_  
 Of the Ninevites who cried - aloud to You  
 Receive our requests  
 As You answered Nineveh,\_\_  
 The city of the mighty, - Lord, by Your grace  
 Answer our poor race  
 For you, alone are the Good\_\_  
 You are the One who receives - the repentance  
 Of the sinful ones  
 By Your mercies, O Lord God,\_\_  
 Have compassion upon us - Halleluyah  
 Have mercy on us

*Unto the ages of ages and forevermore*

My sins are many, O God\_\_  
 And my faults have gained strength so - I gaze upon  
 Your sea of mercy  
 I cry out to You, O Lord\_\_  
 Sprinkle me with Your hyssop - and wash me in  
 The tears of my eyes  
 By the love of Your Father\_\_  
 Do not let my en`e`mies - mock me, rather  
 Lead me to confess  
 That the angels may rejoice\_\_  
 Over one sinner who re-pents of his faults  
 And let them proclaim:  
 "Bless`ed is He who opens\_\_  
 His door to those who repent - Halleluyah  
 By night and by day!"

*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 Lord, our Lord, we call to You, come to our aid,  
 Hear our requests and have mercy upon our souls  
 The word that was preached by the prophet reached the king  
 He shook at the voice that had announced destruction  
 The Ninevites said to the King about Jonah:  
 "Who is this man that decrees against your pow`er?  
 Who has sent him who confronts the kings of the earth?  
 Why does this lowly man decree against our might?  
 Let him then prove if the words he uttered are true!  
 Let us learn from him why he speaks wrath against us!"  
 O Lord, our Lord, who hears all things and receives pray`rs,  
 Hear our requests and have mercy upon our souls

**SCRIPTURE READINGS**

*Lk 11:5-13; 29-32*

*(Pethgomo for the Gospel)*

*(Psalm 6:5)*

Halleluyah, Halleluyah  
Turn, O Lord, and save my soul  
Redeem me for the sake of Your grace  
Halleluyah

***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*

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| <b>WEDNESDAY PROTECTION PRAYER</b> |
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*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  
     The friends of Daniel 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 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 displeasing 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*  
 (Kurileison, Kurieleison, Kurieleison)



*Psalms of Sutoro*

*[Psalm 91] Barekmor. / He who sits under the protection of the Most High / and glories in the shelter of God will say to the Lord:*

*Barekmor. "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; / I will satisfy him with length of days 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.

**The sun shall not harm you by day, / 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. / 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 us and have mercy on us, 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...

*The Protection Prayer concludes with the Nicene Creed, Quqlion of the Theotokos, Quqlion of the Saints, and Hutomo (below).****Hutomo***

O Lord, compassionate and abundantly merciful, who is pleased with those who repent; who by fasting, sackcloth, ashes, and repentance removed and abolished the imminent wrath from the Ninevites and revealed Your pleasant countenance, now also, O Lord, remove wrath from us and abolish the mortal punishment that has been decreed for our destruction. Deliver and rescue us from all temptations and hardships that surround us. Make us worthy, that we might glorify You and exalt You with holiness, now and always, forever and ever. Amin.

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| <b>WEDNESDAY NIGHT VIGIL</b> |
|------------------------------|

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

**ENIYONO**  
*(Yoye w'Zodeq)*

When Jonah came from the sea,  
 he set out for Nineveh  
 to preach to all its people,  
 "Repent and be saved by God!"  
Glory to You, O Lord  
Praise to You; Praise to You  
 Merciful One, have mercy!

As the Lord ordered Jonah,  
 He raised his voice in the streets  
 And moved them by the preaching:  
 "Nineveh, wrath is at hand!"  
Glory to You, O Lord  
Praise to You; Praise to You  
 Merciful One, have mercy!

Those who turned and saw their wealth,  
 Heard Jonah's word and praised God  
 Even the children in schools  
 Praised him along with their peers  
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*

Glory to You, O Lord God  
 Your grace poured forth on our race  
 For you do not des`i`re  
 To destroy us for our sins  
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)*

### 1<sup>ST</sup> QAUMO

#### **EQBO**

*(Ho Qteel Hu b'Mesrain)*

Praise to the Good One - who had mercy  
 Because Nineveh - had repented

*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**

*(Bramsho l'Baithokh Ethainan ~"l'Maryam Yodath Aloho," Tone 2)*

God, who answered Jonah from inside the fish  
 And ordered it to spit him out on the land,  
 Hear Your Church which beseeches You with sorrow,  
 For persecutors surround her on all sides...*Barekmor*

**† *Glory to the Father, Son and Holy Spirit***

*Unto the ages of ages and forevermore*

If the Ninevites repented and were saved  
 And left the way of evil and sinfulness  
 How much more, then, will the faithful ones be saved  
 If they love fasting and, with remorse, shed tears?

*Lord have mercy upon us and help us*

**BO'UTHO of MOR JACOB***(Tone 2)*

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 the 1<sup>st</sup> and 2<sup>nd</sup> 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...

**2<sup>ND</sup> QAUMO****EQBO***(Honaw Yarho – Tone 2)*Praise to You, for – You had mercy – on Nineveh*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 – Tone 2)**The Ninevites kept fasting and they were saved  
They shed tears with lamentation before God  
Come, brethren, let us also be diligent  
To inherit life and rejoice with the saints...Barekmor**† **Glory to the Father, Son and Holy Spirit**  
Unto the ages of ages and forevermore**The Ninevites cried, "Lord, do not rebuke us,  
And do not punish us, O Lord, in Your wrath,  
For, as it is written, God is merciful.  
Have mercy on the creation of Your hands!"**Lord have mercy upon us and help us*



**BO'UTHO of MOR EPHREM**  
*(Tone 2)*

Lord, have mercy upon us  
 O Lord, receive our service

The children asked their fathers  
 With tears and lamentation,  
 "O tell us, when will we die?  
 What time will death come for us?"

Hearing this, the fathers wept  
 And they mourned for their children  
 The Lord heard their loud wailing  
 And received their petitions

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 1<sup>st</sup> and 2<sup>nd</sup> 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...*

**3<sup>RD</sup> QAUMO****EQBO***(Qum Paulos – Tone 2)*

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 in-to darkness

Now, I - sit in filth,  
A friend - of Satan  
And a - slave to sin;  
A dis-grace to the angels

Woe to me; unless I repent  
 I will be cast in-to 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 – Tone 2)*

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 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 Ma-rtyrs will pray for us

*Lord have mercy upon us and help us*

### **BO'UTHO of MOR BALAI**

*(Tone 2)*

Lord, who has mercy - even on sinners  
 Have mercy on us - on Your judgment Day!

    Mothers refrained from - nursing their infants  
     Married women mourned - and put on sackcloth

With lamentation, the old and the young  
 reclined on ashes - and wept for their sins

    To the Nature whom - all creatures worship,  
     God of all spirits, - is due all glory

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 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.

## INTERCESSION OF THE MOTHER OF GOD - QUQLION

**Pethgomo**

The King's daughter stands in glory

Halleluyah

And the Queen at - Your right hand.

Leave your people and your father's house

Halleluyah

For the King will desi-re your beauty...*Barekmor*

**† Glory to the Father, Son and Holy Spirit**

*Unto to the ages of ages and forever more.*

**Eqbo**

*(Mor Ephrem)*

O Pride of the faithful ones

Offer pray'rs on our behalf

To the Only Begotten

That He have mercy on us. *Stoumen kalos. Kurielaison*

**Qolo**

*(l'Maryam Yoldath Aloho)*

May mem'ry be made of the Mother of God

With the Prophets, Apostles, and the Martyrs

And the Children of the Church upon the earth

May Good mem'ry be made now and forever. *Barekmor.*

**† Glory to the Father, Son and Holy Spirit**

*Unto to the ages of ages and forever more.*

Glory to the Son of God Who willed to come

From the womb of the Bless`ed Virgin Mary

And saved the people from err`or, by His Birth

Exalting her mem'ry; may her pray'rs help us.

## INTERCESSION OF THE SAINTS - QUQLION

**Pethgomo**

The righteous shall flourish like a palm tree.  
Halleluyah  
Like cedars of Lebanon - they shall grow.

They shall flourish and be great in old age  
Halleluyah  
They shall be fruitful - and fragrant. *Barekmor*.

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

**Eqbo**

(*Mor Ephrem*)

Your mem'ry, O St. (Thomas)  
Be kept here and in Heaven  
May your pray'r be a help to  
Those who honor your mem'ry. *Stoumen kalos, Kurielaison*

**Qolo**

(*I'Maryam Yoldath Aloho*)

Behold, the time of pray`er, (O St. Thomas)  
Stand and intercede at the head of your flock  
Stretch forth your hand like Moses and bless all those  
Who hasten to the sound of your gentle voice. *Barekmor*

† *Glory to the Father, Son and Holy Spirit*  
Unto to the ages of ages and forever more.

Praise to the Father Who chose you, St. (Thomas)  
And to the Son Who honors your mem`o`ry  
Worshipped is the Holy Spirit Who crowns you  
By your pray`rs, may mercy be on us always

## INTERCESSION OF THE FAITHFUL DEPARTED - QUQLION

**Pethgomo**

As a father shows mercy to his children  
 Halleluyah  
 So the Lord shows mercy to those – who fear Him

As for man, his days are like grass  
 Halleluyah  
 Like the flow`er of the field – so he blooms. *Barekmor*

† *Glory to the Father, Son and Holy Spirit*  
 Unto to the ages of ages and forever more.

**Eqbo**

(*Mor Ephrem*)

May Your Living voice awake  
 From the graves to Paradise  
 Your servants who slept in hope  
 And trusted in Your mercy. *Stoumen kalos, Kurielaison.*

**Qolo**

(*l'Maryam Yoldath Aloho*)

O Savior, raise up the dead who ate Your Flesh  
 And drank Your Blood, the Chalice of Salvation  
 Raise them up from the grave without corruption  
 And clothe them in glory, those who wait – for You. *Barekmor.*

† *Glory to the Father, Son and Holy Spirit*  
 Unto to the ages of ages and forever more.

The Son of the King who gives life to the dead  
 Will be carried above the clouds of beauty  
 The righteous who hear the trumpet before Him  
 Will be clothed in glorious garments and meet Him  
*Lord have mercy upon us and help us*



**BO'UTHO of MOR EPHREM**

Lord have mercy upon us  
By Your mother's and saints' pray'rs

May the angel who brought peace  
And announced to the virgin  
Come and say to us that God  
Is reconciled with us all

May the angel who sprinkled  
Dew on the three holy youths  
Sprinkle the dew of mercy  
On the bones of all the dead

Lord have mercy upon us  
By Your mother's and saints' pray'rs  
Forgive all our offenses  
And absolve our departed

*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. Amen.

**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. Amen.**

*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. Amen.

- OR -

**Hymn of the Angels & Concluding Prayers***(In Chant)*

*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 all seasons:*

Glory be - to God in the highest, / and on earth / peace, good-will and good hope for the sons of mankind!

Lord, we praise You, / Lord, we bless You; we worship You, / we raise up a hymn of praise to You.

We give You thanks /because of Your great glory, / Lord our - Creator, / O King of Heaven, / God the Father Almighty.

Lord God, - only Son/ Only-Begotten, / O Lord - Jesus Christ, / with the Holy Spirit;

Lord God, - Lamb of God, / Word of the Father, / who take away, / or rather have taken away, the sin of the world; / have mercy on 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 all.

*For You* alone - are holy, / You alone, O Lord, / Our 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.

Bless`ed - are You, / Lord Almighty, / God of - our fathers, / and Your name is bless`ed and glorified in praise forever.

Glory - to You, / worship to You, / honor - to You / God of all, Father of truth, / with the only Son and the living Holy Spirit, / now and forever. A-min.

**Concluding Prayer**

*O Lord Jesus Christ,*

Close - not Your door - of mercy - upon us  
We confess we are sinners; / have mercy on us!  
Lord, - your love made - You descend - for our sake  
That by Your death our death might - be destroyed  
Have mercy on us!

*(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 to Thee, O God!**

Glory to Thee, Creator!

Glory to Thee, Christ the King

Who has mercy upon us sinners... *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.

|                                 |
|---------------------------------|
| <b>WEDNESDAY MORNING PRAYER</b> |
|---------------------------------|

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

**ENIYONO**  
*(Yadlo Nizlun Hawbai)*

O Good Lord who had mercy - on the Ninevites,  
 Pour your mercies on Your flock which beseeches You  
 Have mercy upon us, O God

The young women spread ashes - upon their foreheads  
 Young men covered their faces with dust and their tears  
 Have mercy upon us, O God

The bridegrooms looked at their king - who threw off his crown  
 And they threw away their own crowns and wept with him  
 Have mercy upon us, O God

Jonah spoke with a loud voice - like mighty thunder  
 But instead of rain, tears poured down upon the earth  
 Have mercy upon us, O God

Tears and milk poured down on earth - from weeping mothers  
 As they saw their infants crying from exhaustion  
 Have mercy upon us, O God ... *Barekmor*

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

The Ninevites cried aloud: "We beseech You, Lord  
 Forbid those who would destroy us and guard our walls  
 Have mercy upon us, O God

*[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 to the Father, Son and Holy Spirit**  
*Unto the ages of ages and forevermore*



**ENIYONO**  
(*Lekh Netkashaf*)

O Son of God  
 Who *desires* the life and salvation – of – all  
 Had des`i`red  
 That the Ninevites who had been slaves – of – sin  
     Would turn back – toward Him,  
 So He sent – Jonah there  
 to preach repentance

Jonah refused  
 He went to the sea to flee the Lord's – command  
 He was swallowed  
 And his days in the fish revealed a – mys'try:  
     When Jonah – came forth on  
     The third day, – this spoke of  
     Christ's Resurrection

Jonah journeyed  
 To Nineveh, the city of the – mighty,  
 And he preached there:  
 “In forty days, the city of Nineveh  
     Will perish – for the wrath  
     Of the Lord – is at hand  
     Because of – Your – sins!

The King heard this  
 He was agitated and was terrified  
 And he proclaimed:  
 “Come, all peoples and all nobles and – let – us  
     Take refuge – in the Lord  
     And beseech – His mercy  
     For He can – save – us!”

The king tore off  
 His glorious garments and he put on - sackcloth  
 He slept in ash  
 And the Good One saw his humiliation  
     And granted - redemption  
     To all the - Ninevites  
     Who praised His glory!...*Barekmor*

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

O Good Lord who  
 Saved the Ninevites from wrath in Your - mercy,  
 Come, save Your flock  
 Redeemed by Your blood from the slavery - of - sin,  
     That she may - become Yours;  
     Do not lose - hold of her,  
     For she trusts - in - 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

(*Bthulto Yoldath Dmoro, ~"Golgulthayil Sodarare"*)

O Good One who - accepted  
 The - prophet Jonah's pray'r from the depths of the sea,  
 Receive our supplication  
 And by your compassion, Lord,  
 Reconcile - with us all,  
 For You are mankind's Savior!

Merciful One, - who removed  
 The - punishment from Nineveh which repented,  
 Remove wrath from Your servants  
 Redeemed by your precious blood,  
 For, behold, - they cry out:  
 "Praise be to Him forever!"

Merciful One, who opened  
 His - door of mercies for the sinners who repent,  
 Grant us to repent of sin  
 And absolve us all our sins  
 Let us cry - out with joy:  
 Praise be to Him forever!...*Barekmor*

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

Do not reject - Your servants  
 O - Merciful Lord, have compassion upon us  
 For Your body and Your blood  
 Are mixed within us, sinners  
 Reconcile - with us all  
 As you saved the Ninevites!

*[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**

*(Mor Balai – Tone 5)*

Father in Heaven, we do beseech You!  
Accept our service; Have mercy on us!  
*Stoumen Kalos, Kurieleison*

*(Promion & Sedro)*

## QOLO

*(Bkhul Medem - Tone 5)*

It is written in the Law: - If the sinful ones repent

Then the angels and - the just will rejoice

May the angels not lament - or mourn by our fall

May the faithless not mock us, - *saying*, "Where is your God?"

As you answered Nineveh,

Answer us, Merciful Lord

O Lord, by Your compassion, - remove all scourges from us

And make Your peace dwell - in Your Holy Church...*Barekmor*

*† Glory to the Father, Son and Holy Spirit*

Bless`ed is the one who lives - a chaste life in purity

And with uprightness - in this earthly life

And does not think evil thoughts - nor deceive his heart,

For he sanctifies his mind - with the love of God

He is the temple of God;

The Spirit dwells within Him

He shall enter the Kingdom - prepared for those who have done

The work of justice - in the Lord's vineyard

*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*

*(Etro)*

## QOLO

(Lokh Moriyo Qorenan – Reesh Qolo)

The City of Nineveh declared a fast  
 After forty days, their punishment – passed over  
 The king fasted and he wore sackcloth and ash  
 He offered God supplication, pray'r, - and fasting  
     Come, brethren, - let us fast and pray  
     Let us be – reconciled with God  
 In repentance, let us cry to Him: "Have mercy!" ...*Barekmor*

### *† Glory to the Father, Son and Holy Spirit*

With the ashes that it sprinkled on itself,  
 The Ninevites caused the danger to pass over  
 The ashes and their tears became an off'ring  
 And through the doors of heaven it brought – forgiveness  
     Tears flowed down; – faces were saddened;  
     Mercy flowed; - souls were delivered;  
 Praise to Him who received the pray'rs of Nineveh  
*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*

**BO'UTHO of MOR JACOB***(To be sung in one of the tones for the Fast)*

Open unto us, Your great door full of mercy  
 Lord, hear our pray'r and have mercy upon our souls

Messengers brought the terrible news to the king  
 His body shivered and the king threw off his crown

He wore sack cloth; he shed tears and put on sorrow  
 He spread ashes, dust, and earth upon his own head

Worshipped is the Father, Son, and Holy Spirit  
 Who showered divine mercies on the Ninevites

Glory be to the One God who saved them from wrath  
 Praise to the Father, Son, and the Holy Spirit

O Lord, our Lord, who hears all things and receives pray'rs,  
 Hear our requests and have mercy upon our souls

**SCRIPTURE READINGS***Zephaniah 1:11-2:4**Jonah 2:2-3:5**Isaiah 41: 17-26**James 1:13-27**Romans 15:24-33**Lk 11:27-36**(Pethgomo for the Gospel)**(Psalm 6:3)*

Halleluyah, Halleluyah

Have mercy on me, O Lord, for I am sick,

Heal me, O Lord, for my bones are shaken

Halleluyah

*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 co-mmand-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*

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| <b>WEDNESDAY 3<sup>RD</sup> HOUR PRAYERS</b> |
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*Qaumo*

**QOLO**

*(Enono Nuhro Shareero – Reesh Qolo)*

The king left – his adorned chamber  
 And his beautiful palace  
 He tore off – his linen and silk  
     He threw the crown from his head  
     He wept loudly with sorrow  
     And his nobles wept with him  
 God saw his humility,  
 Heard the voice of the king's prayer,  
 And removed wrath from his land...*Barekmor*

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

The women – cried out with sorrow  
 For all their beloved ones;  
 The beasts wailed – for they did not eat  
     The old and young lamented  
     Along with the rich and poor  
     The King and his princes wept  
 The Lord saw their repentance  
 And passed away the sorrow  
 That afflicted Nineveh

*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 Lord, our Lord, we call to You, come to our aid  
 Hear our requests and have mercy upon our souls

I beseech You, Lord, forbid those who attack me  
 Guard the walls that surround me without *being* shaken

I beseech You, guard my towers from destroyers  
 May my doors that are set in me stand without fail

O Good Lord who poured forth mercies on Nineveh,  
 Shower Your mercies on Your flock bought with Your blood

Remove from us, ev'ry blow, Lord, and rod of wrath  
 May we praise You, and Your Father, and Your Spirit

O Lord, our Lord, who hears all things and receives pray'rs,  
 Hear our requests and have mercy upon our souls

*Qaumo*

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| <b>WEDNESDAY 6<sup>TH</sup> HOUR PRAYERS</b> |
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*Qaumo*

**QOLO**

*(Moriyo Moran – Tone 5)*

Pouring forth tears,  
 The Ninevites overcame the pouring out  
     Of the dreadful wrath  
 Their debts and sins  
 Were like waves for its drowning, but fasting was  
     A ship that saved them  
 Halleluyah  
 The Ninevites called a fast, and dread justice  
     Passed over them all...*Barekmor*

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

Lord Jesus Christ,  
 By Your grace, absolve our debts and forgive us  
     In loving-kindness  
 Do not neglect  
 The sinners who call on You, who angered You  
     By their wickedness  
 Lord, may Your grace  
 Which brought You down to the Cross, beseech for us  
     In times of sorrow  
 Halleluyah  
 May Your passion intercede to You and save  
     Us from all evil

*Lord have mercy upon us and help us*

**BO'UTHO of MOR EPHREM***(Tone 5)*

Lord, have mercy upon us  
O Lord, receive our service

A sound rose in Nineveh  
Of cries and lamentation  
Because of the dreadful wrath  
That would come in forty days

Bless'd is He who saw their sins  
And sent a preacher to them  
He turned them from their evil  
And they sang praises to Him

Lord, who hears our petitions  
Answer us in Your mercy  
Lord, be reconciled with us  
Have compassion upon us

**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`i`ous 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...*

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| <b>WEDNESDAY 9<sup>TH</sup> HOUR PRAYERS</b> |
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*Qaumo*

**QOLO**

*(Sohde Aphisunuy – Reesh Qolo)*

The Ninevites' repentance  
 Ascended and the doors of heaven  
 Were opened by the Good One who saw them  
 They had tasted death in life  
 God had mercy on their wretchedness  
 For although dead, they were not tormented...*Barekmor*

**† Glory to the Father, Son and Holy Spirit**

*Unto the ages of ages and forevermore*

See a house built in the sea  
 With hewn stones that are not hewn  
 Jonah, - the Son of Mathai was dwelling in it  
 Inside this house, the prophet  
 Sang hymns sweeter than honey.  
 O Lord - have mercy and forgive my offences

*Lord have mercy upon us and help us*

**BO'UTHO of MOR BALAI**

*(Tone 5)*

Lord, who has mercy even on sinners  
 Have mercy on us on Your judgment Day!  
 "The wrath that roots up your people has come;  
 Woe to you because of what is to come!

Nineveh, your punishment shall be great;  
 Woe to you, for your pain shall be intense!"

God, who received the pray'r's of Nineveh  
 Receive our pray'r and have mercy on us

Lord of those above! Hope of those below!  
 Accept this service; have mercy on us

*Qaumo*