

**MORNING WORSHIP  
OF  
THE HOLY CROSS (SLEEBA)**

## SLEEBA MORNING WORSHIP

✠ 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 grace and mercy be upon us forever. Amen.

Holy, Holy, Holy, Lord God Almighty, by whose glory, the heaven and earth are filled, Hosanna in the Highest.

Blessed is He, who has to come, and is to come, in the name of the Lord God, Glory be to Him in the Highest.

Holy art thou, O God!  
Holy art thou, Almighty,  
Holy art thou, Immortal,  
✠ Crucified for us,  
Have mercy on us. (Repeat Thrice)

Lord, have mercy upon us,  
Lord be kind, and have mercy,  
Lord accept Thou our offices  
And our entreaties  
Have mercy upon us.

Glory be to Thee, O God!  
Glory be to Thee, O Creator,  
Glory be to Thee, O King,  
Christ who dost pity  
Sinners thy servants, Barekmor.

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, Amen.

Hail Mary, full of grace, - our Lord is with thee. Blessed are thou among women, - and blessed is the fruit of thy womb, - our Lord Jesus Christ. O, Virgin Saint Mary, - O Mother of God, - pray for us sinners, - now at all times, - and at the hour of our death, Amen.

### **Opening Prayer**

Priest: Glory be to the Father, Son, and the Holy Spirit.

People: May His grace and mercy be upon us, weak and sinful, in both worlds forever and ever. Amen.

Priest: O Lord Jesus Christ, who became incarnate of the holy virgin; lived as man in this world; and united Your Father and us mortals by Your sacrifice on the Cross, accept the office we offer you in remembrance of Your holy mother, the holy prophets, martyrs and all Your saints. By their prayers, may we get spared from wrathful punishments, from evil spirits, and evil men; and live a life holy and well pleasing to You. We offer you praise and adoration now and forever more. Amen.

### **Psalm 51**

Have mercy on me O God, according to your unfailing love, according to your great compassion, blot out my transgressions.

Wash away all my iniquity, and cleanse me from my sin. For I acknowledge my transgression, and my sin is always before me.

Against you, you only have I sinned, and done what is evil in your sight, so that you are proved right when you speak, and justified when you judge. Surely I was sinful at birth, sinful from the time my mother conceived me.

Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. Cleanse me with hyssop, and I will be clean, wash me, and I will be whiter than snow.

Let me hear joy and gladness; let the bones you have crushed rejoice. Hide your face from my sins, and blot out, all my iniquity.

Create in me a pure heart O God, and renew a steadfast spirit within me. Do not cast me away from thy presence, or take away your Holy Spirit from me.

Restore to me the joy of your salvation, and uphold me by your generous spirit. Then I will teach transgressors your ways, and sinners will turn back to you.

Save me from bloodguilt, O God, the God who saves me, and my tongue will sing your righteousness. O Lord, open my lips, and my mouth will declare your praise.

You do not delight in sacrifices, or I would bring it, and you do not take pleasure in burnt offerings. The sacrifices of God are a broken spirit, a broken and contrite heart, O God, you will not despise.

In your good pleasure, make Zion prosper, build up the walls of Jerusalem. Then there will be righteous sacrifices, whole burnt offerings to delight you, then bulls will be offered on your altar.

And to you belongs the praise, O God. Barekmor.

Shubaho... Meni olam...

O merciful Lord, have mercy upon us by your grace. Moriyo rahem..

## **Psalm 63**

My God! You are my God, earnestly I will seek you.

My soul thirsts for you, and my body longs for you, as the dry and weary land cry for water.

I looked at you in the Sanctuary, to behold your power and glory.

My lips will glorify you, because your loving kindness is better than life.

I will praise you as long as I live, and I will lift up my hands like this, in your name.

My soul will be flourished as with marrow and fat, and my mouth shall praise you with singing lips.

I remember you upon my bed, I think of you through the watches night.

Because you are my help, I sing in the shadow of your wings.

My soul clings to you, your right hand upholds me.

They who seek my life will be destroyed; they will go down to the depths of the earth.

They will be given over to the sword, and become food for foxes.

But the king will rejoice in God. All who swear by God's name will praise Him, while the mouths of the liars will be silenced.

And to you belongs the praise, O God. Barekmor.

Shubaho... Mení olam...

(Tune: *Nishtayil ninnepetta*)

- A1. With Mary - virgin blest  
Who bore Thee in holiness  
Lord and our God - Make us worthy  
To extol - Thy Name!
- A2. With Thy pro-phets divine  
Who foretold of Thy coming  
Lord and our God - Make us worthy  
To extol - Thy Name!
- A3. With martyrs - confessors  
Who suffered for Thy Name's sake  
Lord and our God - Make us worthy  
To extol - Thy Name!
- A4. With Basil - Father great  
And noble Gregorios  
Lord and our God - Make us worthy  
To extol - Thy Name!
- A5. Parumala Gre-gorios  
And with Father Dionysios  
Lord and our God - Make us worthy  
To extol - Thy Name!
- A6. With those five - virgins pure  
Who kept their lamps burning through

Lord and our God - Make us worthy  
To extol - Thy Name!

A7. With that thief - who trusted  
Whom thou granted paradise  
Lord and our God - Make us worthy  
To extol - Thy Name!           Barekmor  
Shubaho... Mení olam

A8. With those heavenly host  
Who adore Thee without end  
Lord and our God - Make us worthy  
To extol - Thy Name!

### **Psalm 113**

Praise the creator of light, praise O servants of the Lord,  
praise the name of the Lord.

Let the name of the Lord be praised, both now and for  
evermore.

From the rising of the sun, to the place where it sets, the  
name of the Lord is to be praised.

The Lord is exulted over all the nations, His glory above the  
heavens.

Who is like the Lord our God, the one who sits enthroned on  
High, who stoops down to look on the heaven, and the earth.

He raises the poor from the dust, and lifts the needy from  
the ash heap. He seats them with princes, the princes of the  
people. He settles the barren women in her home, as a happy mother  
of children. Praise the Lord.

## Psalm 148

Praise the Lord. Praise the Lord from the heavens, praise him in the heights above.

Praise him all His angels, praise him all his heavenly hosts.

Praise him sun and moon, praise him all you shining stars. Praise him you highest heavens, and waters above the skies. Let them praise the name of the Lord.

For he commanded and they were created, he set them in place forever and ever; He gave them a decree that will never pass away.

Praise the Lord from the earth, you great sea creatures and all ocean depths, lightning and hail, snow and clouds, stormy winds that do his bidding.

You mountain and all hills, fruit trees and all cedars, wild animals and all cattle, small creatures and flying birds, let them praise the Lord.

Kings of the earth and all nations, you princes and all rulers on earth, young men and maidens, old men and children, let them praise the name of the Lord, for his name alone is exalted; his splendor is above the earth and heaven.

He has raised up for His people a horn, the praise of all his saints of the children of Israel, the people close to his heart. Praise the Lord.

## Psalm 149

Praise the Lord. Sing to the Lord a new song, His praise in the assembly of the saints. Let Israel rejoice in their maker. Let the



people of Zion be glad in their king.

Let them praise his name with dancing, and make music to him with tambourine and harp. For the Lord takes delight in His people, He crowns the humble with salvation.

Let the saints rejoice in this honor, and sing for joy on their beds.

May the praise of God be in their mouth, and a double-edged sword in their hands to inflict vengeance on the nations, and punishments on the peoples. To bind their kings with fetters, their nobles with shackles of iron. To carry out the sentence written against them. This is the glory of all his saints. Praise the Lord.

## **Psalm 150**

Praise the Lord. Praise God in His sanctuary, praise him in his mighty heavens.

Praise him for his acts of power, praise him for his surpassing greatness. Praise him with the sounding of the trumpet, praise him with the harp and lyre.

Praise him with tambourine and dancing, praise him with the strings and flute. Praise him with clash of cymbals, praise him with resounding cymbals. 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

Shubaho... Mení olam

(Tune: *Nin Jananee Mariyam*)

Mary who - brought Thee forth  
And John who - baptized Thee  
They shall pray for us - unto Thee, O Lord!  
Have mercy - on us

Staumen Kalos  
Kurielaison

**Promeon**

PRIEST: Glory and thanksgiving, praise and adoration, and exaltation unceasing, truly at all times and all hours, may we ascribe unto Thee, O Lord, (variable Promeon follows)

PEOPLE: Amen

(Long prayer follows and ends with the people responding with Amen)

(Tune: *Krupe Cheyyename*)

LEADER: *Lord have mercy, have mercy on us*

Bl. Almighty God  
Absolve us from sins  
And our offences  
By this incense sweet that we  
Have now offered unto Thee  
Make us stand at Thy right hand  
Living Son! As mercy dawns  
Lord, thou did save us by Thy cross. Barekmor  
Shubaho... Mení olam

- B2. From those unseen heights  
 Humbling Thy glory  
 Thou came down O, Lord!  
 And became man by Thy will  
 Effaced woes and sorrows of  
 Adam's race, Thou Eternal  
 Thou Son of Father Divine  
 Praise to Thee, great is Thy glory.
- B3. Trembled Mount Sinai  
 In Thy presence Lord!  
 And Virgin Mary  
 Carried Thee who dost carry  
 Mountains and depths in Thy Land  
 She conceived Thee sans marriage  
 And gave birth amazingly  
 Magnify her memory, Lord!
- B4. Virgin Mary blest  
 Archangel brought Thee  
 Peace; and thus spoke he:  
 iKing of kings shall dwell in you  
 You bear him without marriage  
 Thou art blest, virgin Mary  
 Thou gave birth to that great Son  
 Who gives light to all creationsî
- B5. Saints are invited  
 To that high kingdom  
 And life Eternal  
 That no eye hath ever spied  
 Never heard by mortal man  
 Nor discerned by human hearts  
 Greatly blessed are righteous ones

Who did love, Christ with all their heart.

- B6. Martyrs thus cry out  
iCrown that awaits us  
And our recompense  
Lord of love shall bequeath us  
In His glorious kingdom; for  
We suffered by fire and sword,  
As He promised, he consoles  
Those who love him, in Paradise!†
- B7. O, Christ, my king!  
Always do I knock  
At Thy mercyís door  
Grant me from Thy treasure house  
Mercy, grace, and compassion  
Help me Lord, my sole refuge!  
Shame me not I confessid you  
Thou, my Lord, my hope forever.
- B8. Rather small is door  
And narrow the road  
Leading to heaven  
Those who would enter therein  
Patient and diligent be  
Laziness shall prove fatal  
Leading to sin and evil  
And destroy, soul by oneís own will.
- B9. Those our departed  
Received seal of Christ  
In their Baptism  
They did eat His body, and  
Drank from His atoning blood  
They shall be raised from the dust

To life eternal and shall  
Put on bright, garments of glory.

Moriyorahe...

### **Ethro**

PRIEST: O, Lord God, who called and chose the prophets to foretell your coming; Virgin Mary for your incarnation; Apostles and messengers to preach your saving and life giving gospel; martyrs to die for you and priests to protect and rule over your holy church, accept this incense that we offer you in the day of their remembrance. By their prayers grant peace to the world, growth to the holy church, and a life of holiness to the children of the Church. Enable us to live in holiness and in steadfast faith, all through our lives, taking refuge in their prayers. May we and our departed ones praise and adore you in your kingdom in the company of your saints, now and forever. Amen.

PEOPLE: Amen

**(Tune: *Rijumathikalkirulil dyuthiulavai*)**

LEADER: *Righteous get light in darkness*

C1. Veil of darkness recedes O, Lord!  
Brilliant light doth shine on us  
Firmament and earth worship Thee  
Sisters two who came anon

Firmament above the seas  
Earth is abode for water  
Anon like bridal chamber

Airy vastness came between  
Glorious Thy handiwork, Lord! Barekmor  
Shubaho... Meni olam

- C2.        Glory to the Holy Father  
               Who sent forth His Holy Son  
               Who did dwell in that holy womb  
               In godly ways, most holy  
                   That we may become like Him  
                   He put garb of our likeness  
                   And did become Son of Man  
  
               That Godís children we become  
               And partake with Holy Ghost
- C3.        Mary was standing in prayer  
               Pouring herself before God  
               Fiery angel appeared anon  
               Clothed in flame; and thus spoke he:  
                   ìGlorious castle! Peace to you,  
                   In thee dwelleth Son of King  
                   Rich as He is above all  
  
               He lifted thy lowliness  
               That He may feed all nationsî
- C4.        Son of God, living, dawned from thee  
               Blessed most Virgin Mary  
               Heavenís trader descended, and  
               Dwelt in thee, ship all adorned  
                   Received Heavenís architect  
                   Gave birth all in holiness  
                   Shining castle sans equal  
               Lord is great, who was born from  
               Thee; blessed are you forever
- C5.        Said the Lord to His own people  
               ì True Light am I forever

Those who do walk in this light shall  
 Never be in darkness deepî

Blessed are those disciples  
 Who walked in that light of Christ  
 Behold! Their memîry is blest

Joyously do we extol;  
 Their prayer is refuge for us.

- C6. Come in peace, shepherd great thou art  
 Leader, fountain of learning  
 Foundation like the apostles  
 For the Church; thou art like Paul  
     Comrade for cloud of prophets  
     Counted among the apostles  
     Glorious like Elijah great  
 Ascetic like Yuhanon  
 Church is blest receiving thee

LEADER: *Lord be kind and have mercy*

- C7. Thou never denied Thy mercy  
 On sinners who call on Thee  
 Lord, in Thy mercy, save us from  
 Rod of wrath and chastising  
     Grant us joy and abundance  
     Days and months and year along  
     With that great sign of the cross  
 Efface evil one from us  
 Thy mercy we glorify
- C8. Let me not cease praising Thee, Lord  
 And strains of Halleluiah  
 Judge me not in thy righteousness

I confess my sinfulness  
If you discern my failings  
Hell shall be my portions, sure  
Without access to Thee Lord

I get drowned in silent death;  
In mercy, forgive my sins.

- C9. Lord grant rest and remembrance for  
Our fathers and brothers who  
Are asleep; may Thy worshipers  
Join Thy saints; as you sit
- On Thy throne high above all  
Divides good from evil men  
Mercy meet them at judgment
- As Thy majesty appears  
May they stand at Thy right hand.

## **Gospel**

(Begins with Hallelujah and announcement by deacon)

PRIEST: Peace be unto you all.

PEOPLE: May the Lord God make us worthy - With  
Thy Spirit.

PRIEST: The Holy Gospel of our Lord Jesus Christ,  
life giving preaching from (Mathew - John the  
Apostle) the preacher who preaches life and  
salvation to the world.

PEOPLE: Blessed is He - who has come and is to come  
- Praise be to Him - who sent Him for our salvation,  
- and His mercy be upon us all - forever.

PRIEST: Now in the time of the dispensation of our Lord and



our God and our Savior Jesus Christ, the word of life, God who had taken the flesh of the Holy Virgin Mary, these things did come to pass in this manner. †

PEOPLE: We believe and confess.

(Priest ends reading by saying:)

PRIEST: † Peace be unto you all.

### **Kukilion**

Kings daughter stands in glory Hal - u - Hal

At thy right hand stands - the princess

Righteous shall prosper like palm tress Hal - u - Hal

And thrive like the cedars of - Lebanon

Like fatherís mercy flows out to children Hal - u - Hal

Lord love those who - fear His name

Barekmor

Shubaho... Mení olam

Glory be to God on high

To his mother honor be

Crown of glory to martyrs

And mercy upon those dead

Stoumen Kalos, Kurielaison

Blessed Mary was given

Peace by Father from Heaven

Through fiery angel Gabriel

Mouthful of peace, he came down

And spoke, ìOur Lord is with thee

Behold, He shall dawn in thee.î

Barekmor

Shubaho...

Peace shall be unto prophets  
 Peace unto Apostles too  
     Peace always unto martyrs  
     Above all they loved the Lord  
 Peace un-to the holy Church  
 Abode for children of God

Mení olam...

We re-member forefathers  
 Taught us during their life time  
     That we be children of God  
     Son of God shall comfort them  
 In hea-ven, along with his  
 Elect saints and righteous ones

Moriyo rahem...

### **Boovootho Mar Yakob**

- D1. Make us share, Lord - in the memíry of thy mother  
 And saints by their - prayers bless us and - our departed.
- D2. Blessed are you - Mary, you were - represented  
 As a symbol - in mystery by - Ark of Moses
- D3. Table(t)s of Law - written by God - were in that Ark  
 In thee likewise - Mary, truly - was Bread of Life
- D4. Blest are those dead - who have slept and - rested in peace  
 Buried within - them is flesh of - Son as a pledge.
- D5. They shall go forth-and greet Him who - come in his might  
 Doors of Hades - he shall tear down - and turn to dust.
- D6. Son of God who - was born from dau-ghter of David  
 Pour forth thy mer-cy on Thy flock - in abundance.

LEADER: Holy art thou, O God! - Halleluiah

Holy art thou, Almighty, - Kurielaison  
 Holy art thou, Immortal, † Crucified for us,  
 Have mercy on us. (Repeat Thrice)

LEADER: Lord, have mercy on us, - Halleluiah  
 Lord be kind, and have mercy, - Kurielaison  
 Lord accept Thou our offices, and entreaties  
 have mercy upon us.

LEADER: Glory be to Thee, O God! - Halleluiah  
 Glory to Thee, Creator, - Kurielaison  
 Glory to Thee, Christ who dost pity  
 Sinners thy servants, Barekmor.

Our Father...

Hail Mary...

## THIRD HOUR

### Kauma

E1. Thrice blessed is Virgin Mary  
 Who gave birth to Son of God  
 Amazingly did she carry  
 Lamb of God on her bosom  
     By His power he did carry  
     Her; that she be not harmed by  
     Flaming fire and His brilliance  
 His chariot cherubs carry  
 She carried him on her knees.      Barekmor  
 Shubaho...

E2. Miracles three Church upholds to  
 Those who question virgin birth

Wondrous fruit bearing tree and rock  
Hardened; and mysterious fish

Wondrous tree brought forth a lamb  
Water flowed from hardened rock  
Drachma from mouth of the fish

Obvious examples all three  
Heretics they do silence

Moriyo rahem...

**Bovootho Mar Yakob**

- F1. Mother blessed - may your prayer be - with us always  
Lord may show mercy on us by thine entreaties
- F2. All amazed shall - I speak of her - earthly daughter  
Wondrous she did - ascend to great - heights of glory
- F3. Son graciously - humbled Himslef - and dwelt in her  
She was favored - became mother - for Son of God
- F4. ìIn whom shall I - dwell exceptions - meek and gentle?î  
Sayeth Lord; and he dwelt in vir-gin most humble.
- F5. Never was one - exalted like - Virgin Mary  
Nor even was one - seen more humble - than Mary blest
- F6. By pleadings of - her who carried - Thee in her womb  
For nine months, Lord! Remove from us rod of Thy wrath.

**Kauma**

**SIXTH HOUR**

**Kauma**

G1. Peace to thee Mary  
 Ark of mysteries  
 That Moses did make  
 Thy symbol as veil divine  
 That contained water of life  
 Peace to thee that strong city  
 Magnified by King David  
 Jesse's son; God come forth from thee! Barekmoor  
 Shubaho...

G2. Martyrs did carry  
 Armour of the Cross  
 And fought evil one  
 Some of them were cut by sword  
 Some were burnt in cruel flames  
 Enemy got all angry for  
 They never turned back in warfare  
 By their prayers - absolve us, O Lord!  
 Meni olam...

G3. Lord, our departed  
 who did partake of  
 Thy Body and Blood  
 In Thy love make them enjoy  
 Table laid for righteous ones  
 Upholding Thee in their lives  
 They died with all hope in Thee  
 Uphold them before Thy Father.

Moriyo rahem....

### **Bovootho of Mar Balai**

H1. Absolve us O Lord, and our departed  
 By entreaties of Thy mother and saints

- H2. Mary's memory be a great blessing  
And her prayers be a fortress for our souls
- H3. Prophets, Apostles, Martyrs and righteous  
Beseech and beg for mercy for us all
- H4. Sprinkle Lord Thy dew of gladness upon  
Father and brethren, who sleep in Thy hope
- H5. Praise to thee who extol remembrance of  
Holy Mother and saints, and raises the dead.
- H6. Absolve us O Lord, and our departed  
By entreaties of Thy mother and saints