From my youth up many passions have warred against me.

But do Thou help and save me, O my Savior.

Ye who hate Zion shall be put to confusion of the Lord; like grass in the fire shall ye be withered up.

Glory to the Father, and to the Son, and to the Holy Spirit. Through the Holy Spirit it is every soul quickened and exalted in purity, and made splendid by the Triune Unity in mystical holiness.
Both now and ever, and unto ages of ages. Amen.

Through the Holy Spirit the channels and streams of grace overflow showering all creation with invigorating Life.

Prokeimenon  
(Psalm 92:12-13, King James Version)  
Chadi Karam

The righteous shall flourish like the palm tree: he shall grow like a cedar in Lebanon.

Those that be planted in the house of the Lord shall flourish in the courts of our God.

The righteous shall flourish like the palm tree; he shall grow like a cedar in Lebanon.
Anavathmoi

Fourth Mode

(Text by Fr. Seraphim Nassar)

"Hχος Ῥτος Βκ

From my youth up many passions have warred against me. But do Thou help and save me, O my Saviour. (Twice)

Ye who hate Zion shall be put to confusion of the Lord; like grass in the fire shall ye be withered up. (Twice)

Glory to the Father, and to the Son, and to the Holy Spirit. Through the Holy Spirit it is every soul quickened and exalted in purity, and made resplendent by the

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Chadi Karam, Chicago 2019 (Karamchadi@yahoo.com)
Trinity in mystery

Both now and forever, and unto ages of ages. Amen.

Through the Holy Spirit the channels and streams of grace overflow Showering all creation with invigorating Life.
PROKEIMENON

(same mode)

Δ Ἡχος ῾Γτος Βα

(M) (B)

he righteous shall flourish like the palm tree:

(M) (B) (Δ)

shall grow like a cedar in Lebanon. (Twice)

(M) (B)

hose that be planted in the house of the Lord,

shall flourish in the courts of our God.

(M) (Δ)

he righteous shall flourish like the palm tree:

(B) (Π) (B)

shall grow like a cedar in Lebanon.