

Grades 9 & UP

1. The Bread of Life

The Bread of life, which came down for us from heaven, has given life to the world.

And you too, O Mary, have born in your womb the rational Manna, which came from the Father.

You have brought Him forth without blemish; He gave us His body and His precious blood, and we live forever.

Around You stand the Cherubim, and the Seraphim, and they cannot look at You.

We behold You upon the Altar and we partake of Your body and Your precious blood.

Therefore we exalt you befittingly, with prophetic hymnology.

For they spoke of you with great honor, O holy city of the great King.

We entreat and pray that we may win mercy through your intercessions with the Lover of mankind.

Through the intercessions of the Theotokos Saint Mary, O Lord, grant us the forgiveness of our sins.

Πρωικ ἔντε ἔπωνδ : ἕταφι ἐπεσῆτ
: νὰν ἐβόλδεν ἔτφε :
αφτ ἔπωνδ ἔπικοςμος.

Ἐθο ζωι Ἐαριὰ : ἀρεφαί δέν
τενεξι : ἔπιἘαἰννα ἔνο ἔτον
: ἕταφι ἐβόλδεν Ἐφωτ.

Ἀρεμασφ ἀβνε θωλεβ : αφτ
νὰν ἔπεφσωμα : νεμ πεφςνοφ
ετταινοφτ : ἀνωνδ ψα ἔνεζ.

Ἐετωοφνοφ ἔαροκ : ἔνε
νιἘεροφβιμ : νεμ νιἘεραφιμ :
Ἐἔψναφ ἔροκ ἀν.

Ἐενηναφ ἔροκ ἔμμη : ἔιζεν
πιμαἔνερωφωφωφ : τενβί ἐβόλδεν
πεκσωμα νεμ πεκ ἔνοφ
ετταινοφτ.

Ἐθε φαι τενβίσι : ἔμο ἀξιωσ
δέν ἔανἔμολογια
: ἔπροφητικον.

Ἐε ἀρσαχι ἔεβητ
: ἔζαν ἔβηοἔνι ετταινοφτ
τβακι ἔεοταβ ἔτε
πινιψτ ἔοφρο.

Ἐεντζο τεντωβζ
: ἔορεψαψνι εφναι : ἔιτεν
νιἔρεψια : ἔτοτφ ἔπιμαίρωμ.

Ἐιτεν νιἔρεψια ἔτε
τθεοτοκος ἔεοταβ Ἐαριὰ
: Ἐοσ ἀριζμοτ
νὰν ἔπιχω ἐβόλ ἔτε νεννοβι.

Pi oik ente ep onkh: etaf ee e-pe-seet: nan evol khen etfe: afti em ep onkh em pi kozmos.

Entho hoi Maria: arey-fai khen te-neji: empi manna en-no ee-ton: etaf ee evol khen efyot.

Arey-masf ach-ne tholeb: af ti nan em-pef soma: nem pef-esnof et tai-oot: an onkh sha eneh.

Cey-to-oo-noo harok: enje ni sheroobim: nem ni serafim: cey-esnav erok an.

Ten-nav erok emeeni: hijen pi-ma-en-ersho-ooshi: ten-chi evol khen pek soma: nem pek esnof et tai-oot.

Ethve fai ten-chisi: emmo axios: khen han-im-nologia: emep-ro-fee-tikon.

Je avsaji ethveetee: en-han eh-vee-owi evtaiot: ti-vaki ethowab: ente pinishti enoro.

Tenti-ho ten-tobh: ethren-shashni evnai: hiten ni-presvia: entotf em-pi-mairomi.

Hiten ni-epresvia: ente tee-theotokos ethowab Maria: epshois ari-ehmot nan: empi-ko evol ente nen-novi.

Through the intercessions of the holy archangels Michael and Gabriel, O Lord, grant us the forgiveness of our sins.

ΘΙΤΕΝ ΝΙΠΡΕΣΤΙΑ ΝΤΕ ΝΙΑΡΧΑΝΓΕΛΟC ΕΘΥ ΜΙΧΑΗΛ ΝΕΝ ΓΑΒΡΙΗΛ : ΠΟC ΑΡΙΣΜΟΤ ΝΑΝ ΕΠΙΧΩ ΕΒΟΛ ΝΤΕ ΝΕΝΝΟΒΙ.

Hiten ni-epresvia: ente ni-arshiangelos ethowab Mikhaeel nem Ghabre-eel: epshois ariehmot nan: empiko evol ente nen-novi.

2. First Canticle

Then Moses and the children of Israel sang this song to the Lord and spoke saying, "I will sing to the Lord for He has triumphed gloriously."

ΤΟΤΕ ΑΦΩC ΝΧΕ ΜΩΥCΗC ΝΕΜ ΝΕΝΨΗΡΙ ΕΠΙCΡΑΗΛ ΕΤΑΙΡΩΔΗ ΝΤΕ ΕΠΟΙC ΟΥΟC ΑΦΧΟC ΕΘΡΟΥΧΟC : ΧΕ ΜΑΡΕΝΩC ΕΠΟΙC ΧΕ ΔΕΝ ΟΥΨΟΥΤ ΓΑΡ ΑΦΒΙΩΟΥΤ.

Tote afhos enje Moysis, nem nen-shiri empis-rael e-tai hozi ente Epshois owoh afgos, ethro-gos je marenhos, e-Epshois, je khen ou-ow-ou gharafit-shi-o-ou.

* The horse and its rider He has thrown into the sea. The Lord is my strength and song, and He has become my salvation.

* ΟΥΕΘΟ ΝΕΜ ΟΥΒΑCΙΕΘΟ ΑΦΒΕΡΒΩΟΥΤ ΕΨΙΟΜ. ΟΥΒΟΗΘΟC ΝΕΜ ΟΥΡΕΦΩΒΟC ΕΒΟΛ ΖΙΧΩΙ : ΑΦΨΩΠΙ ΝΗΙ ΝΟΥCΩΤΗΡΙΑ.

* Ou-ehtho nem ou-tsha-si-ehtho, af-vervo-row e-efyuom, ou-vo-ethos nem ou-ref-howbs, evol higy afshopi ni-enosoti-reia.

He is my God and I will glorify Him, my father's God and I will exalt Him.

ΦΑΙ ΠΕ ΠΑΝΟΥΤ ΤΗΝΑΤΨΟΥ ΝΑΦ : ΕΨΝΟΥΤ ΕΠΑΙΩΤ ΤΗΝΑΒΑCΥ.

Fai pe pannouti tina-ti-ow-ou naf, Efnouti empa-yout, tina-etchaf.

* The Lord is a Man of war, the Lord is His name. Pharaoh's chariots and his army He has cast into the sea.

* ΠΒΟΙC ΠΕΤΚΟΜΔΕΜ ΝΝΙΒΩΤC : ΕΠΟΙC ΠΕ ΠΕΦΡΑΝ. ΝΙΒΕΡΕΒΩΟΥΤC ΝΤΕ ΦΑΡΑΩ ΝΕΜ ΤΕΦΧΟΜ ΤΗΡC ΑΦΒΕΡΒΩΟΥΤ ΕΨΙΟΜ.

* Epshois pet-khom-khem enni-vots Epshois, pe pefran nive-retsho-ots ente pharaoh nem tefgom tirs, af-vervow-rou e-efyuom.

His chosen captains also are drowned in the Red Sea.

ΘΑΝCΩΤΠ ΝΑΝΑΒΑΤΗC ΝΤΡΙCΤΑΤΗC ΑΦΧΟΛΚΟΥ ΔΕΝ ΕΨΙΟΜ ΝΨΑΡΙ.

Han-sotp, en-anava-tis, en-etris-tatis af golkou khen efyom, enshari.

* The depths have covered them; they sank to the bottom as a stone.

* ΑΦΩΒΟC ΕΞΗΡΙ ΕΧΩΟΥ ΝΧΕ ΠΙΜΩΟΥ : ΑΥΩΜC ΕΞΗΡΙ ΕΠΕΤΨΗΚ ΕΨΗΡΗΤ ΝΟΥΩΝΙ.

* Afhobs, e-ehri, ego-ou enje nimow-ou, av-oms, e-ekhri, e-pet-shik, emif-riti en-ou-owni.

Your right hand O Lord has become glorious in power. Your right hand O Lord has dashed the enemy in pieces.

ΤΕΚΟΨΙΝΑΜ ΕΠΟΙC ΑCΒΙΩΟΥ ΔΕΝ ΟΥΧΟΜ. ΤΕΚΨΙΧ ΝΟΥΨΙΝΑΜ ΠΑΝΟΥΤ ΑCΤΑΚΕ ΝΕΚΓΑΧΙ.

Tekowi-nam Epshois, asitshi-ow-ou, khen ou-gom, tek jig en-owi-nam pannouti astake nek-gaji.

* And in the greatness of Your excellence, You have overthrown those who rose up against You, You sent forth Your wrath, it

* ΔΕΝ ΠΑΨΑΙ ΝΤΕ ΠΕΚΩΟΥ : ΑΚΚΟΜΔΕΜ ΝΝΗΕΤΨΟΥΒΗΝ : ΑΚΟΥΩΡΠ ΕΠΕΚΧΩΝΤ : ΑΦΟΥΟΜΟΥ ΕΨΗΡΗΤ ΝΖΑΝΡΩΟΥΤΙ.

* Khen ep-ashai ente pek-ow-ou, ak-khom-khem enni-et ti-ovin, ak-ou-orp, empek-gont, af-ou-omou, emif-riti enhan-row-owi.

consumed them like stubble. And with the blast of Your nostrils the waters were gathered together, the flood stood upright like a wall, and the depths were congealed in the heart of the sea.

* The enemy said, "I will pursue, I will overtake, I will divide the spoil, my lust shall be satisfied upon them, I will draw my sword and my hand shall destroy them."

You blew with Your wind, the sea covered them, they sank like lead in the mighty waters.

* Who is like You O Lord among the gods? Who is like You, glorified in His saints, amazing in glory, performing wonders.

You stretched out Your right hand, the earth swallowed them. You in Your mercy have led forth the people whom You have redeemed, You have guided them in Your strength, to Your holy habitation.

* The people will hear and be afraid, sorrow will take hold of the inhabitants of Palestine.

Then the dukes of Edom will be amazed, the mighty men of Moab trembling will take hold of them.

* All the inhabitants of Canaan will melt away, fear and dread will fall on them.

ΕΒΟΛ ΖΙΤΕΝ ΠΙΠΝΕΥΜΑ ἸΝΤΕ ΠΕΚἸΜΒΟΝ ΑΦἸΘΖΙ ΕΡΑΤΥ ἸΝΧΕ ΠΙΜΩΟΥ : ΑΥΒΙΣΙ ἸΝΧΕ ΝΙΜΩΟΥ ἸΦΡΗΤ ἸΟΥΣΟΒΤ : ΑΥΒΩΣ ἸΝΧΕ ΝΙΧΟΛ ΔΕΝ ΘΜΗΤ ἸΦΙΟΜ.

* ΔΥΧΟΣ ΓΑΡ ἸΝΧΕ ΠΙΧΑΧΙ : ΧΕ ΤΝΑΒΟΧΙ ἸΝΤΑΤΑΘΟ : ἸΝΤΑΦΩΥ ἸΖΑΝΨΩΛ : ἸΝΤΑΤΣΙΟ ἸΝΤΑΨΥΧΗ : ἸΝΤΑΔΩΤΕΒ ΔΕΝ ΤΑΧΗΥ ἸΝΤΕ ΤΑΧΙΧ ΕΡΒΟΙΣ.

ΔΚΟΥΡΠ ἸΠΕΚἸΠΝΕΥΜΑ : ΑΥΖΟΒΣΟΥ ἸΝΧΕ ΦΙΟΜ : ΑΥΩΜΣ ΕΠΕΣΗΤ ἸΦΡΗΤ ἸΟΥΤΑΤΖ ΔΕΝ ΖΑΝΜΩΟΥ ΕΥΟΥ.

* ΝΙΜ ΕΤἸΝΙ ἸΜΜΟΚ ΔΕΝ ΝΙΝΟΥΤ ἸΒΟΙΣ. ΝΙΜ ΕΤἸΝΙ ἸΜΜΟΚ : ΕΑΥΤἸΩΟΥ ΝΑΚ ΔΕΝ ΝΗΘΟΥΑΒ ἸΝΤΑΚ : ΕΥΕΡΨΦΗΡΙ ἸΜΜΟΚ ΔΕΝ ΟΥἸΩΟΥ : ΕΚΙΡΙ ἸΖΑΝΨΦΗΡΙ.

ΔΚΣΟΥΤΕΝ ΤΕΚΟΥἸΝΑΜ ΕΒΟΛ ΑΦΟΜΚΟΥ ἸΝΧΕ ΠΚΑΖΙ. ΔΚΒΙΜΩΙΤ ΔΑΧΩΥ ἸΠΕΚΛΑΟΣ ΔΕΝ ΟΥΜΕΘΜΗ ΦΑΙ ΕΤΑΚΣΟΥΠΥ : ΑΚΤΧΟΜ ΝΑΥ ΔΕΝ ΤΕΚΝΟΥΤ : ΕΥΜΑ ΝΕΜΤΟΝ ΕΥΟΥΑΒ ΝΑΚ.

* ΑΥΣΩΤΕΜ ἸΝΧΕ ΖΑΝΕΘΝΟΣ ΟΥΘΖ ΑΥΧΩΝΤ : ΖΑΝΝΑΚΖΙ ΑΥΒΙ ἸΝΝΗΕΤΨΟΠ ΔΕΝ ΝΙΦΥΖΙΣΤΙΜ.

ΤΟΤΕ ΑΥΙΗΣ ἸΜΜΩΟΥ ἸΝΧΕ ΝΙΖΗΓΕΜΩΝ ἸΝΤΕ ΕΔΩΜ : ΝΙΑΡΧΩΝ ἸΝΤΕ ΝΙΜΩΛΒΙΤΗΣ ΟΥἸΣΕΡΤΕΡ ΠΕ ΕΤΑΥΒΙΤΟΥ.

* ΑΥΒΩΛ ΕΒΟΛ ἸΝΧΕ ΟΥΟΝ ΝΙΒΕΝ ΕΤΨΟΠ ΔΕΝ ΧΑΝΑΑΝ : ΑΥΙ ΕΖΡΗΙ ΕΧΩΟΥ ἸΝΧΕ ΟΥἸΣΕΡΤΕΡ ΝΕΜ ΟΥΘΟΥ.

Evol hiten pi-Epnevma ente pek-emvon af-ohi eratf enje pi-mowou, avitshisi enje nimowou, emifriti enou-sobt, avetshows enje nigol, khen ethmiti emifyom.

* Afgos ghar enje pi-gaji tina-etshow-gi enta-taho, entafosh enhan-showl, enta-etsio enta-epsishi enta khowtep, khen ta-sifi ente ta-jig er-chois.

Ak-ou-owrp empek-Epnevma afhob-sou enje efyom, av-oms epesit, emifriti, en-otatah khen han-mo-ou ev-oush.

* Nim et-oni emmok khen nennouti Epshois, nim et-ouni emmok, e-avati-ow-ou nak, khen ni-ethowab entak ev-er eshfiri emmok khen ou-ow-ou ek-eiri, enhanesh-firi.

Akso-ten tek-owi-nam evol af-omkou enje epkahi, akitshimoit, kha-gowf em-pek-laos khen ou-methmi, fai eitaksopt akti-gom naf, khen teknomti evma enemton ef-owab nak.

* Av-sotem enje han-ethnos owoh afgont, hannak-hi, avichi enni-et-shop, khen nifilis-tim.

Tote av-eis emmo-ou enje ni-hegemon ente Edom, ni-arkhon ente nimo-Abitees ou-ester-ter, petafit-shito.

* Av-voul evol enje ou-on niven etshop khen Kanaan, af-e e-ehri e-gow-ou enje o-ester-ter, nem o-hoti.

By the greatness of Your arm they will be as still as stone, till Your people pass over O Lord, till Your people pass over whom You have purchased.

* You will bring them in and plant them in the mountain of Your inheritance, in the place O Lord, which You have made for You to dwell in.

In Your sanctuary O Lord which Your hands have established, the Lord shall reign forever and ever.

* For the horses of pharaoh went with his chariots and his horsemen into the sea.

And the Lord brought back the waters of the sea upon them, but the children of Israel went on dry land in the midst of the sea.

* And Miriam the prophetess, the sister of Aaron, took a timbrel in her hand, and all the women went out after her with timbrels and with praises.

And Miriam answered them saying, "Sing to the Lord, for He has triumphed gloriously."

* The horse and its rider, He has thrown into the sea. "Let us sing to the Lord, for He has triumphed gloriously."

Βεν πάλωαι ἵντε πεκῆφοι
μαροῦῆρωμι : ψατεψcini ἵνε
πεκλαος Ἰβοις : ψατεψcini ἵνε
πεκλαος φαι ἔτακῆφοϋ.

* Ἀνιτοῦ ἔδοῦν τοχοῦ ριχεν
οὔτωοῦ ἵντε τεκῆληρονομία :
nem ἔδοῦν ἑπεκμαῆνωπι
ετσεβτωτ : φαι ἔτακερῶωβ
ἔροϋ Ἰβοις.

Πεκμα εθωαβ Ἰβοις
φῆεταρσεβτωτῆ ἵνε νεκχιχ :
Ἰβοις εκοι ἵνορο ψα ἔνεϋ nem
ιςχεν ἵνεϋ οὔοϋ ἔτι.

* Χε αῖτι ἔδοῦν ἔφιομ ἵνε
νιῆωρ ἵντε φαραῶ nem
νεφβερεῶωοῦτς nem νεφῶασιῆθο.

Ἄ Ἰβοις ἐν πιμωοῦ ἵντε φιομ
ἔρῆρι ἔχωοῦ : νενψῆρι λε
ἸΠισραηλ ναῦμοψι δεν
πετψοῦῶοῦ δεν θμητ Ἰφιομ.

* Ἀσχι λε νας ἵνε Μαριαμ
τῆροφῆτης : τςωμι ἵνἌρων :
Ἰπικεμκεμ δεν νεκχιχ : οὔοϋ
αῖτι ἔβολ σαμενῆης ἵνε νιῆομι
τηροῦ δεν ρανκεμκεμ nem
ρανῶω.

Ἀσερῆητς λε δαχωοῦ ἵνε
Μαριαμ εςχω Ἰμοϋ : χε
μαρεῆωϋ ἔἸβοις : χε δεν
οὔωοῦ ταρ αψῆωοῦ.

* Οὔῆθο nem οὔῶασιῆθο :
αψερῆωροῦ ἔφιομ. Χε
μαρεῆωϋ ἔἸβοις : χε δεν
οὔωοῦ ταρ αψῆωοῦ.

Khen ep-ash-ai ente pek-eg-foy, marou-erowni shatef-sini enje pek-laos Epshois, shatef-cini enje pek-laos, fai etak-egfof.

* Anitou e-khon, togou hijen outo-ou ente tek-ekli-ronomeia, nem ekhoun epekma-enshowpi etcevtowt, fai etak-erhowb erof Epshois.

Pekma ethowab Epshois, fi-etav-cev-towtf enje nek-jig, Epshois ekoi enoro sha eneh nem yisjen ep-eneh owoh eti.

* Jay av-e ekhon, e-efyom enje-ni-ehthor ente pharaow, nem nef-ver-etsho-ots, nem nef-etshasi-eththo.

A-Epshois en pi-mow-ou, ente efyom e-ehri, egow-ou, nenshiri ze empis-rael, navmoshi khien pet-shou-ow-ou, khien ethmiti emifyom.

* Aschi ze nas enje Mariam, ti-eprofitees etsowni en-Aaron, empi-kem-kem, khien nes-jig owoh av-e evol, samen-hees enje ni-heyoumi tiro, khien hankem-kem nem han-hos.

As-er-hits ze kha-gow-ou enje Marim esgow emmos, je-marin-hos e-Epshois, je khien ou-ow-ou gharafichi-ow-ou.

* O-ehtho nem ou-etsha-si-ehtho, af-ver-vorou e-ephuom, je marin-hos e-Epshois, je khien ou-ow-ou gharafichi-ow-ou.

3. Psali Watos for the Three Sainly Children

We follow You with all our hearts, and fear You, and we seek Your face, O God do not forsake us.

* But rather deal with us, according to Your meekness, and according to Your great mercy, O Lord help us.

May our prayers ascend to You, O our Master, like burnt offerings of lambs, and fat calves.

* Do not forget the covenant, which You have made with our fathers, Abraham Isaac and Jacob, Israel Your saint.

Bless the Lord all you nations, the tribes and all kinds of tongues, praise Him and glorify Him, above all forever.

* Pray to the Lord on our behalf, O three saintly children, Sedrach Misach and Abednego, that He may forgive us our sins.

Τενοϋεζ ἰσωκ ζεν πενητη
τηρϣ : τεπερζοϋ δατεκεζη :
οτοζ τεκωϋ ἰσα πεκζο :
ϕνοϋϋ ἰπερϋψιπι ναν.

* Ἀλλα ἀριοϋι νεμαν : κατα
τεκμετεπικησ : νεμ κατα
ἰαψαι ἰτε πεκναι : Ἰβοις
ἀριβονθῖν ἐρον.

Μαρε τεἰπροσεϋζη Πεννηβ : ἰ
ἐψωϋ ἰπεκῖθο : ἰϕρηϋ
ἰζανβλιζ ἰτε ζανωιζι : νεμ
ζανμασι εϋκενῖωϋτ.

* Ὑπερερπωβϋ ἰϋδιαθηκη :
θηετακσεμνητς νεμ νενιοϋ :
Ἀβρααμ Ἰσαακ Ἰακωβ :
Πισραηλ πεεθοϋαβ ἰτακ.

Σμοϋ ἐΠβοις νιλαοσ τηροϋ :
νιϕϋλῆ νιασπι ἰλασ : ζωσ ἐροϋ
μαωοϋ ναϋ : ἀριζοϋὸ βαϋϋ ψα
νιῆνεζ.

* Τωβζ ἰΠβοις ἐζρηι ἐχων : ὦ
πιωομτ ἰαλοϋ ἰασιος : Σεδρακ
Μισακ Ἀβδενασω : ἰτεϋχα
νεννοβι ναν ἐβολ.

Ten-oweh ensok khen
penheet tirtf, ten-erhoti kha-
tek-hi, owoh ten-koti ensa
pek-ho, efnouti emper-ti-
shipi nan.

* Alla ari-owi neman, kata
tek-met e-pi-kis, nem kata
ep-ashai ente pek nai
epshois ari-voytheen eron.

Mare ten-epros-evshi
pennib, ee-epshoi em-pek-
emtho, emif-riti enhan
etchlil ente han-oyli, nem
hanmasi evkeni o-oot.

* Emperer ep-obsh enti zia-
thiki, thi-etak-sem-nits nem
nenyoti, Abraam Isaak
Yakoub, pis-rael pe-ethowab
entak.

Esmo Epshois ni-laos tiro,
nifili ni-asp-en-las, hos erof
ma-o-oo naf, ari-ho-oo chasf
sha ni eneh.

* Tobh em-epshois e-ehri
egon, o pi-shomt en-alo en-
agios, Sedrak Misak Abde-
nagho, entef ka nen-novi nan
evol.