

የግርማዊ ቀዳማዊ ኃይለ ሥላሴ፡  
ትምህርት፦

በታላቅ መሥዋዕትነት ኃጢአታችንን  
ለማስተሰረድ እስከ ጎልጎታ በወጣም ጊዜ  
አባቴ ሆይ ይቅር በላቸው  
የሚያደርጉትን አያውቁምን ብሎ ለነዚያ  
ላሠቃዩት በመጨረሻ ትንፋሹ፡ ምሕረትን  
ለመነላቸው። ደግነት ትሕትናና  
መሥዋዕትነት የመላበትን፤ የዓለም  
መድኃኒት ሕይወት ልብ አድርገን  
ስናስብ የሰጠንንም ሕግጋት ስንመለከት  
የክርስቲያን ሕዝብ እየተባልን እርሱን  
ባለመከተላችን እንዴት የሚያሳፍረን  
ነው? ለዚህ ስም የተገባን ብንሆን ሰላም  
በምድር ሁሉ ላይ ይነግሥ ነበር።  
ሰው በዘለዓለማዊ አምላክ ፊት ስብሐት  
እያሉ ሳያቋርጡ ከሚዘምሩት ሕያዋን  
መላእክት ይተካከል ነበር። ከእንግዲህ  
ወዲህ የዓለም ሕዝቦች በጠላትነት  
ሊከፉራሉ አይገባቸውም ነበር።  
እንደውነቱ የሚገባ ማናቸውም ጥቅም  
ወይም ማናቸውም ምክንያት ቢሆን  
ጦርነትን የሚያጸድቅ አይደለም።



የሃይማኖት፣ተከራካሪው  
ግርማዊ፣ ጃንሆይ፣  
የጽዮን፣ ንጉሥ።

Words of His Majesty Haile Selassie I, Defender of the Orthodox Faith,  
uttered in 1937:

When Iyasus Krestos sacrificed Himself at Golgotha for the atonement of our sin, He prayed with His last breath for the forgiveness of those who had tortured Him saying, 'Father, forgive them for they know not what they do.' Shame on those of us who are Christians and do not follow the way of the Saviour of the world, whose life was filled with kindness, humility and martyrdom! If we lived by the laws He gave us and were worthy of being called Christians, peace would have reigned on this earth. Men were supposed to be the equals of the living angels who unceasingly sang praises before the Eternal God. Had this been so, peoples of the world would not have been divided along lines of enmity. In truth there is no legitimate reason or good cause which justifies war.

ክርስቶስ፡ የአካሉ፡ ማለት፡ የቤተ፡ ክርስቲያን፡ ራስ፡ ነው። እርሱም፡  
በሁሉ፡ ፈተኛ፡ ይሆን፡ ዘንድ፡ መጀመሪያ፡ ከሙታንም፡ በኩር፡  
ነው። እግዚአብሔር፡ ሙላቴ፡ ሁሉ፡ በእርሱ፡ እንዲኖር፡ በእርሱም፡  
በኩል፡ በመስቀሉ፡ ደም፡ ሰላም፡ አድርጎ፡ በምድር፡ ወይም፡  
በሰማያት፡ ያሉትን፡ ሁሉ፡ ለራሱ፡ እንዲያስታርቅ፡ ፈቅዶአልና።

የሐዋርያው፡ የጳውሎስ፡ መልእክት፡ ወደ፡ ቄላስይስ፡ ስዎች።



እስግድ፡ ለመስቀለ፡ እግዚአእነ፡ ኢየሱስ፡ ክርስቶስ።  
መስቀል፡ ኃይለነ፡ መስቀል፡ ጸንዕነ፡ መስቀል፡ ቤዛነ፡  
መስቀል፡ መድኃኒተ፡ ነፍሰነ፡

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የዘውተር፣ ጸሎት፣



## Daily Prayer

I sign my face and all myself with the sign of the Cross (Masqal).

In the Name of the Father, the Son and the Holy Spirit, Only One God ('Aḥadu 'Amlāk), while I confess and put faith in the Holy Trinity (Qeddest Sellāsē), I deny you, satan, by virtue of this mother of mine, the Holy Church, who is my witness Māryām (Mary), Zion, world without end. We celebrate Thee with lauds, oh Lord ('Egzi'abhēr), and we glorify Thee. We bless Thee, oh Lord, and we put faith in Thee. We submit unto Thee, oh Lord, and we worship Thy Holy Name. We worship Thee, unto whom every knee shall bow and every tongue shall render loyalty. Thee are the God of gods, the Lord of lords and the King of kings, Thee are God of every flesh and of every spirit, we invoke Thee in the way that Thy Holy Son taught us, when He said: "When ye pray, say in this way:

Our Father, who art in the heavens, Thy Name be glorified, Thy Kingdom may come, and Thy will may be done as it is in heaven so upon earth, give us today our food of every day; remit unto us our sins and our error, as also we are going to forgive him who made sin against us; do not lead us, oh Lord, towards temptation, but save us and liberate us from every evil, for Thy is the kingdom, Thy the power, Thy the glory, world without end.

In the peace of the holy angel Gabr'ēl (Gabriel), peace unto thee, oh my Lady Māryām, virgin within thy conscience and virgin within thy flesh. Peace unto thee, mother of 'Egzi'abhēr Šebā'ot, blessed thee within the women and blessed the fruit of your womb. Ye rejoiced with delight, oh full of grace, 'Egzi'abhēr is with thee. Intercede and pray after your beloved Son Iyasus Krestos, so that He may heal us from our sins.

Prayer of faith: We trust in Only One God, 'Egzi'abhēr Omnipotent Father, Maker of heavens and earth, of the visible and invisible. We trust in One Lord Iyasus Krestos, only begotten Son of the Father, existing with HIM from before the world was created, Light from Light, God from God according to truth, Who was generated and not created, equal to the Father as for divinity, through Whom everything exists and without Whom there is nothing that exists, nothing neither in heaven nor on the earth; Who for the sake of us humans and for the sake of our salvation descended from heavens, became Man and took flesh through the Holy Spirit (Manfas

Qeddus) and from the Holy Virgin Māryām. He became Man and was crucified in the times of Pontius Pilate; He suffered, died, was buried and rose from the dead on the third day, according to what is written in the Holy Books; He ascended in glory to the heavens and stayed at the right hand of His Father, He will come in glory for the second time, He will judge the living and the dead and there shall be no end to His Kingdom. We trust in the Holy Spirit, Lord life-giver, Who proceeds forth from the Father; we prostrate unto Him, Who spoke through the Prophets, and we glorify Him together with the Father and with the Son. We trust in only one Holy Church (Qeddest Bēta krestiyān), universal (literally: above everything), assembly of the Apostles. We trust in only one baptism (ṭemqat) for the healing of sin. We have confidence in the resurrection of the dead and in the life to come, world without end.

Holy, Holy, Holy, 'Egzi'abhēr Šebā'ot, the heavens and the earth are plenty with the fullness of the sanctity of Thy glory. We prostrate unto Thee, Christ, together with Thy father, celestial good, and with the Holy Spirit life-giver, for Ye came and saved us.

I bow unto the Father, unto the Son and unto the Holy Spirit, only one worshipping (to be said three times), for One is Three and Three are One, They are Three in their persons and They are One as for divinity. I bow unto our Lady virgin Māryām, mother of God. I bow unto the Cross (Masqal) of our Lord Iyasus Krestos, sanctified in His honoured blood. The Cross is our power, the Cross is our fortitude, the Cross is our reason, the Cross is the salvation of our soul. The Jews denied, but we confessed and they that trust in the power of the Cross gained salvation.

Glory unto the Father, glory unto the Son, glory unto the Holy Spirit (to be said three times), glory unto our Lady virgin Māryām, mother of God, glory unto the Cross of our Lord Iyasus Krestos. Christ in His mercy will remember of us. In the time of His second coming He will not bring shame upon us. For the glory of His Name, He will resurrect us and in His divinity He will fortify us. Our Lady Māryām, permit our prayer to elevate and let our error be healed in the presence of the throne of our Lord, Him Who gave us this bread as food and Who gave us this chalice to drink, Who instituted for us our food, Who tolerated patiently for us our every fault and gave for us His holy flesh and His honoured blood, and Who conducted us until this time. Let us give glory and laud unto 'Egzi'abhēr Le'ul (Most High Lord). Let the laud be accorded to His Virgin mother and to His honoured Cross; and let the Name of 'Egzi'abhēr be glorified perpetually, every time and every hour.