

# THE READER'S SERVICE OF OBEDNITSA

## For use at home during the Coronavirus pandemic

### With Hymns and Readings for Sunday 29<sup>th</sup> March 2020

*When this Service is used in Church, there will normally be a Reader and Choir, as is usual in Church services. If you are using the service at home, the 'Reader' may be the most senior person present – e.g. a parent or grandparent, according to the situation – or simply the most confident reader or singer. The parts marked for the 'Choir' can be read or sung by everyone together, or by one person alone. Music for some parts may be found on the website: [www.orthodoxcommunityrugby.com/choir/](http://www.orthodoxcommunityrugby.com/choir/) If no one present is a confident singer, the service can be chanted on one note, or simply read. You may prefer to use parts of the service in your own language. If so, please make sure that the prayers are read from an Orthodox prayer book or service book.*

#### Before the Service

*If possible, the Service should be said in front of the household icons – e.g. in the family icon corner. If practical, and if they are available, a Cross and a Book of the Gospels (or a copy of New Testament, or a Bible) should be placed on a table in front of the icons. A lamp or candle, and incense, if available, should be lit before the Service begins.*

**Reader:** Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy upon us, and save us. Amen.

*In place of the GREAT LITANY, the choir sings:*  
Lord, have mercy. Lord, have mercy. Lord, have mercy.

#### FIRST ANTIPHON

##### Psalm 102

**Choir:** Bless the Lord, O my soul:/ Blessed art Thou, O Lord.  
Bless the Lord, O my soul:/ and all that is within me, bless His holy Name.  
Bless the Lord, O my soul:/ and forget not all His benefits:  
Who forgiveth all thine iniquities,/ Who healeth all thy diseases.

The Lord is merciful and gracious,/ slow to anger and plenteous in mercy.

Bless the Lord, O my soul:/ and all that is within me, bless His holy Name. Blessed art Thou, O Lord.

*In place of the LITTLE LITANY, the choir sings:*  
Lord, have mercy. Lord, have mercy. Lord, have mercy.

#### SECOND ANTIPHON

##### Psalm 145

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

Praise the Lord, O my soul./ While I live I will praise the Lord;/ I will sing praises unto my God while I have any being.  
Put not your trust in princes, nor in any in sons of men/ in whom there is no help.  
His breath goeth forth, he returneth to his earth:/ in that very day his thoughts perish.  
The Lord shall reign forever:/ even thy God, O Zion, unto all generations.

Both now and ever and unto the ages of ages. Amen.

O only-begotten Son and Word of God. O Thou Who art Immortal, yet for our salvation didst deign to be incarnate of the holy Mother of God and Ever-Virgin Mary; and without change wast made man; Who also wast crucified for us; and by death didst overcome death: save us, O Christ, our God; one Person of the Holy Trinity, glorified together with the Father and the Holy Spirit.

*In place of the LITTLE LITANY, the choir sings:*  
Lord, have mercy. Lord, have mercy. Lord, have mercy.

#### THIRD ANTIPHON

##### The Beatitudes

**Choir:** In Thy Kingdom remember us, O Lord,/ when Thou comest in Thy Kingdom.  
Blessed are the poor in spirit:/ for theirs is the Kingdom of Heaven.  
Blessed are they that mourn:/ for they shall be comforted.

Blessed are the meek:/ for they shall inherit the earth.  
Blessed are they which do hunger and thirst after righteousness:/ for they shall be filled.  
Blessed are the merciful:/ for they shall obtain mercy.  
Blessed are the pure in heart:/ for they shall see God.  
Blessed are the peacemakers:/ for they shall be called the children of God.  
Blessed are they which are persecuted for righteousness' sake:/ for theirs is the Kingdom of Heaven.  
Blessed are ye when men shall revile you and persecute you,/ and shall say all manner of evil against you falsely, for my sake.  
Rejoice and be exceeding glad:// for great is your reward in Heaven.

### ENTRANCE HYMN

**Choir:** O come, let us worship and fall down before Christ. O Son of God, Who art risen from the dead, save us who sing to Thee: Alleluia, alleluia, alleluia!

### TROPARIA

**Troparion of the Resurrection in Tone 8** [Music on website]  
Thou didst descend from on high, O Merciful One!  
Thou didst accept the three day burial to free us from our sufferings!  
O Lord, our Life and Resurrection, glory to Thee!

### Troparion of Saint Chad in Tone 2

As a Bishop thou gavest thyself  
to preaching the truth and the purity of the Church.  
Thou didst shine forth as an example of humility and holiness;  
studying the Scriptures thou tookest care to follow the Word.  
Pray for thy children, O Holy Father Chad,  
that we too may follow Christ,  
and be found worthy to partake of the nature of God.

### Troparion of Saint John of the Ladder in Tone 1

[Music on website]

Dweller of the wilderness and angel in the body,  
thou wast shown to be a wonderworker, our God-bearing Father John.  
Thou hast received heavenly gifts through fasting, vigil, and prayer,  
healing the sick and the souls of those drawn to thee by faith.  
Glory to Him Who gave thee strength!

Glory to Him Who granted thee a crown!  
Glory to Him Who through thee grants healing to all!

*The Kontakia are sung after the Lord's Prayer.*

**Reader:** Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy upon us, and save us. Amen.

### THE TRISAGION

**Choir:** Holy God, Holy Mighty, Holy Immortal, have mercy on us. (x 3)

Glory be to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto ages of ages. Amen.

Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

### PROKEIMENA

**Reader:** The Prokeimenon in the Eighth Tone.

**Reader:** Pray and make your vows before the Lord our God!

**Choir:** Pray and make your vows before the Lord our God!

**Reader:** In Judah God is known; His name is great in Israel!

**Choir:** Pray and make your vows before the Lord our God!

**Reader:** [And] in the Seventh Tone.

**Reader:** Let the saints exult in glory; let them rejoice on their beds!

**Choir:** Let the saints exult in glory; let them rejoice on their beds!

### EPISTLE

**Reader:** The Reading from the Epistle of the Holy Apostle Paul to the Hebrews [Hebrews 6:13-20]

Ye Brethren: When God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath,

so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek. Ye Brethren: The fruit of light is found in all that is good and right and true; try to learn what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is a shame even to speak of the things that they do in secret; but when anything is exposed by the light it becomes visible, for anything that becomes visible is light. Therefore it is said, "Awake, O sleeper, and arise from the dead, and Christ shall give you light." Look carefully then how you walk, not as unwise men but as wise, making the most of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is. And do not get drunk with wine, for that is debauchery; but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart.

[Ephesians 5:9-19]

### ALLELUIA

**Reader:** Come let us rejoice in the Lord! Let us make a joyful noise to God our Saviour!

**Choir:** Alleluia, alleluia, alleluia!

**Reader:** Let us come before His face with thanksgiving; let us make a joyful noise to Him with psalms!

**Choir:** Alleluia, alleluia, alleluia!

**Reader:** They that are planted in the house of the Lord shall flourish in the courts of our God.

**Choir:** Alleluia, alleluia, alleluia!

### THE GOSPEL

*All stand for the reading of the Gospel. In these exceptional circumstances, the Gospel may be read by the most senior person present – e.g. a parent or grandparent – according to the situation.*

**Reader:** The Reading from the Holy Gospel according to Mark [9:17-31]

**Choir:** Glory be to Thee, O Lord, glory be to Thee.

**Reader:** At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise." At that time: Great crowds from Galilee and the Decapolis and Jerusalem and Judea and from beyond the Jordan followed Jesus. Seeing the crowds, Jesus went up on the mountain, and when he sat down his disciples came to him. And he opened his mouth and taught them, saying:

"Blessed are the poor in spirit, for theirs is the kingdom of heaven.  
"Blessed are those who mourn, for they shall be comforted.  
"Blessed are the meek, for they shall inherit the earth.  
"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.  
"Blessed are the merciful, for they shall obtain mercy.  
"Blessed are the pure in heart, for they shall see God.

“Blessed are the peacemakers, for they shall be called sons of God.

“Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

“Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so men persecuted the prophets who were before you.  
[Matthew 4:25-5:12]

**Choir:** Glory be to Thee, O Lord, glory be to Thee.

*Instead of the AUGMENTED LITANY, the Choir sings:*

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

### **PRAYER TO THE LORD OF HOSTS**

**Reader:** Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto ages of ages. Amen.

Remember us, O Lord, when Thou comest into Thy Kingdom. *(All make a deep reverence)*

Remember us, O Master, when Thou comest into Thy Kingdom. *(Reverence)*

Remember us, O Holy One, when Thou comest into Thy Kingdom.  
*(Reverence)*

The heavenly choir sings to Thee, and cries: Holy, Holy, Holy, Lord God of Hosts; heaven and earth are full of Thy glory.

Come unto Him and be enlightened, and your faces shall not be ashamed.

The heavenly choir sings to Thee, and cries: Holy, Holy, Holy, Lord God of Hosts; heaven and earth are full of Thy glory.

Glory to the Father, and to the Son, and to the Holy Spirit.

The choir of holy Angels and Archangels, with all the Powers of heaven, sing Thy praises and do cry: Holy, Holy, Holy, Lord God of Hosts; heaven and earth are full of Thy glory.

Both now and ever and unto ages of ages. Amen.

### **THE CREED (SYMBOL OF FAITH)**

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible.

And in one Lord, Jesus Christ, the only-begotten Son of God, begotten of the Father before all worlds, Light of Light, very God of very God, begotten, not made; of one substance with the Father, by Whom all things were made.

Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Ghost and the Virgin Mary, and was made man.

And was crucified also for us under Pontius Pilate, He suffered and was buried. And the third day He rose again, according to the Scriptures; and ascended into heaven, and sitteth at the right hand of the Father. And He shall come again with glory to judge the quick and the dead, Whose kingdom shall have no end.

And in the Holy Ghost, the Lord, the Giver of Life, Who proceedeth from the Father;

Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets.

In One Holy Catholic and Apostolic Church.

I acknowledge one Baptism for the remission of sins.

And I look for the Resurrection of the dead, and the life of the world to come. Amen.

### **PRAYER OF FORGIVENESS**

**Reader:** O God, remit, pardon and forgive our sins, whether voluntary or involuntary, whether by words or deeds, whether in knowledge or ignorance, whether by day or night, whether in mind or thought; forgive us all these, for Thou art good and lovest mankind.

### **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 trespasses,

as we forgive those who trespass against us;

and lead us not into temptation,

but deliver us from the evil one.

**Reader:** Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy upon us, and save us. Amen.

## THE KONTAKIA

### **Kontakion of the Resurrection in Tone 8** [\[Music on website\]](#)

By rising from the tomb, Thou didst raise the dead and resurrect Adam.  
Eve exults in Thy Resurrection,  
and the world celebrates Thy rising from the dead, O greatly Merciful One!

### **Kontakion of Saint Chad in Tone 2**

When thou wast praying to Christ, O venerable Chad  
the choir of the angels came to call thee to thy reward.  
Then thou wast summoned to share  
in the Thrice Holy song with the seraphim.  
Pray thou that we may live  
as icons of the cherubim  
rejoicing before the Trinity, the Giver of life.

Glory to the Father and to the Son and to the Holy Spirit.

### **Kontakion of Saint John of the Ladder in Tone 4** [\[Music on website\]](#)

The Lord truly set thee on the heights of abstinence,  
to be a guiding star, showing the way to the universe,  
O our father and teacher John.

Both now and ever and unto ages of ages. Amen.

### Steadfast Protectress of Christians, [\[Music on website\]](#)

Constant advocate before the Creator,  
despise not the cry of us sinners,  
but in thy goodness  
come speedily to help us who call on thee in faith.  
Hasten to hear our petition and to intercede for us, O Theotokos,  
for thou dost ever protect those who honour thee.

**Reader:** Lord, have mercy. Lord, have mercy. Lord, have mercy.  
Lord, have mercy. Lord, have mercy. Lord, have mercy.

Lord, have mercy. Lord, have mercy. Lord, have mercy.  
Lord, have mercy. Lord, have mercy. Lord, have mercy.

All-holy Trinity, Mighty one in essence, Kingdom undivided, origin of all good things, be graciously inclined also to me, a sinner. Establish me; give understanding to my heart, and purge away all my vileness. Enlighten my mind, that I may glorify, sing praises, and adore Thee, and say:

**Choir:** One is Holy,/ One is the Lord, Jesus Christ,/ in the glory of God the Father. Amen.

**Choir:** Blessed be the Name of the Lord, from this time forth and for evermore.

Blessed be the Name of the Lord, from this time forth and for evermore.  
Blessed be the Name of the Lord, from this time forth and for evermore.

**Reader:** Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto ages of ages. Amen.

## PSALM 33

**Reader:** I will bless the Lord at all times; his praise shall continually be in my mouth. My soul makes its boast in the Lord; let the afflicted hear and be glad. O magnify the Lord with me, and let us exalt His name together. I sought the Lord, and he answered me, and delivered me from all my fears. Look to Him, and be radiant; so your faces shall never be ashamed. This poor man cried, and the Lord heard him, and saved him out of all his troubles. The angel of the Lord encamps around those who fear Him, and delivers them. O taste and see that the Lord is good! Happy is the man who takes refuge in Him! O fear the Lord, you His saints, for those who fear Him have no want. The young lions suffer want and hunger; but those who seek the Lord lack no good thing.

Come, O sons, listen to me, I will teach you the fear of the Lord. What man is there who desires life, and covets many days, that he may enjoy good? Keep your tongue from evil, and your lips from speaking deceit. Depart from evil, and do good; seek peace, and pursue it. The eyes of the Lord are toward the righteous, and his ears toward their cry. The face of the Lord is against evildoers, to cut off the remembrance of them from

the earth. When the righteous cry for help, the Lord hears, and delivers them out of all their troubles. The Lord is near to the broken-hearted, and saves the crushed in spirit. Many are the afflictions of the righteous; but the Lord delivers him out of them all. He kept all his bones; not one of them is broken. Evil shall slay the wicked; and those who hate the righteous will be condemned. The Lord redeems the life of his servants; none of those who take refuge in Him will be condemned.

### **THE ZADOSTOYNIK**

#### **Choir:**

It is truly meet to bless thee, O Theotokos,  
ever blessed and most pure, and the Mother of our God.  
More honourable than the Cherubim,  
and more glorious beyond compare than the Seraphim:  
without defilement thou gavest birth to God the Word:  
true Theotokos, we magnify thee!

### **THE DISMISSAL**

**Choir:** Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto ages of ages. Amen.

Lord, have mercy. Lord, have mercy. Lord, have mercy. Bless, O Lord.

**Reader:** Lord Jesus Christ, Son of God, through the prayers of Thy most pure mother; by the power of the honourable and life-giving Cross; by the protection of the honourable bodiless powers of heaven; at the supplications of our Holy, Venerable and God-bearing Fathers; of our Father among the Saints, Chad, Bishop of Lichfield, Patron and Protector of this Community; and of all Thy saints, have mercy upon us and save us.

**Choir:** Amen.

*All kiss the Gospel Book (or New Testament, or Bible) and the Cross placed on the table. When all have done so, the reader or choir sings slowly:*  
Lord, have mercy. Lord, have mercy. Lord, have mercy.

**Reader:** Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy upon us, and save us. Amen.