

# Service for use at home on Sunday 26 July 2020

## The Holy Martyr Parasceva of Rome

*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. (x 12)

### 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 will I praise the Lord;/ I will sing praises unto my God while I have any being.  
Put not your trust in princes, nor in any 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 6** [\[Music on website\]](#)

The Angelic Powers were at Thy tomb;  
the guards became as dead men.  
Mary stood by Thy grave,  
seeking Thy most pure body.  
Thou didst capture hell  
not being tempted by it.  
Thou didst come to the Virgin, granting life.//  
O Lord, Who didst rise from the dead, glory to Thee.

**Troparion of Saint Parasceva in Tone 1** [\[Music on website\]](#)

Thou didst possess preparedness in accordance with thy name,  
O victorious Parasceva!  
Through faith thou didst inherit the dwelling that was prepared for thee,  
wherefore, thou pourest forth healings, and prayest for our souls.

**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.

## 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 Sixth Tone.

**Reader:** O Lord, save Thy people and bless Thine inheritance.

**Choir:** O Lord, save Thy people and bless Thine inheritance.

**Reader:** To Thee, O Lord, will I call. O my God, be not silent to me.

**Choir:** O Lord, save Thy people and bless Thine inheritance.

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

**Reader:** God is wonderful in His saints, the God of Israel.

**Choir:** God is wonderful in His saints, the God of Israel.

## EPISTLE

**Reader:** The Reading from the Epistle of the Holy Apostle Paul to the  
Romans [Romans 15:1-7]

Ye Brethren: We who are strong ought to bear with the failings of the weak, and not to please ourselves; let each of us please his neighbour for his good, to edify him. For Christ did not please himself; but, as it is written, "The reproaches of those who reproached thee fell on me." For whatever was written in former days was written for our instruction, that by steadfastness and by the encouragement of the scriptures we might have hope. May the God of steadfastness and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, that together you may with one voice glorify the God and Father of our Lord Jesus Christ. Welcome one another, therefore, as Christ has welcomed you, for the glory of God.

Ye Brethren: Before faith came, we were confined under the law, kept under restraint until faith should be revealed. So that the law was our custodian until Christ came, that we might be justified by faith. But now that faith has come, we are no longer under a custodian; for in Christ Jesus you are all sons of God, through faith. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. And if you are Christ's, then you are Abraham's offspring, heirs according to promise. I mean that the heir, as long as he is a child, is no better than a slave, though he is the owner of all the estate; but he is under guardians and trustees until the date set by the father. So with us; when we were children, we were slaves to the elemental spirits of the universe. But when the time had fully come, God sent forth his Son, born of a woman, born under the law, to redeem those who were under the law, so that we might receive adoption as sons. [Galatians 3:23-4:5]

## ALLELUIA

**Reader:** He who dwells in the shelter of the Most High will abide in the shadow of the God of heaven.

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

**Reader:** He will say to the Lord: My Protector and my Refuge; my God, in Whom I trust.

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

**Reader:** I waited long upon the Lord, and He attended unto me, and He heard my prayer.

**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 Matthew.

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

**Reader:** At that time: As Jesus passed on from there, two blind men followed him, crying aloud, "Have mercy on us, Son of David." When he entered the house, the blind men came to him; and Jesus said to them, "Do you believe that I am able to do this?" They said to him, "Yes, Lord." Then he touched their eyes, saying, "According to your faith be it done to you." And their eyes were opened. And Jesus sternly charged them, "See that no one knows it." But they went away and spread his fame through all that district. As they were going away, behold, a dumb demoniac was brought to him. And when the demon had been cast out, the dumb man spoke; and the crowds marvelled, saying, "Never was anything like this seen in Israel." But the Pharisees said, "He casts out demons by the prince of demons." And Jesus went about all the cities and villages, teaching in their synagogues and preaching the gospel of the kingdom, and healing every disease and every infirmity among the people. [Matthew 9:27-35]

At that time: A great crowd followed Jesus and thronged about him. And there was a woman who had had a flow of blood for twelve years, and who had suffered much under many physicians, and had spent all that she had, and was no better but rather grew worse. She had heard the reports about Jesus, and came up behind him in the crowd and touched his garment. For she said, "If I touch even his garments, I shall be made well." And immediately the haemorrhage ceased; and she felt in her body that she was healed of her disease. And Jesus, perceiving in himself

that power had gone forth from him, immediately turned about in the crowd, and said, "Who touched my garments?" And his disciples said to him, "You see the crowd pressing around you, and yet you say, 'Who touched me?'" And he looked around to see who had done it. But the woman, knowing what had been done to her, came in fear and trembling and fell down before him, and told him the whole truth. And he said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease." [Mark 5:24-34]

**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.

## **KONTAKIA**

### **Kontakion of the Resurrection in Tone 6**

[[Music on website](#)]

When Christ God the Giver of Life,

raised all of the dead from the valleys of misery with His mighty hand, He bestowed resurrection on the human race.//

He is the Saviour of all, the Resurrection, the Life, and the God of all.

### **Kontakion of Saint Parasceva in Tone 8**

[[Music on website](#)]

Finding thy temple to be a source of spiritual healing,

therein all the faithful honour thee aloud, O most honoured one,

O glorious and venerable martyr Parasceva.

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

### **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.

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

### **Steadfast Protectress of Christians in Tone 6**

[[Music on website](#)]

Steadfast Protectress of Christians,

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. (x 12)

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 Lord,/ Jesus Christ,/ to 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

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.

*[When the service is used in church, the marked sections are omitted.]*

Reader: Lord Jesus Christ, Son of God, Who rose again from the dead, through the intercessions of Thy most pure Mother; by the might of the precious 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; of the Holy Fathers of the Fourth Ecumenical Council; and of all the saints, have mercy upon us and save us. 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.

*[When the service is used in church, the people come one at a time to venerate the Gospel Book and Cross by making the sign of the Cross and bowing before them, but **without kissing them**. Meanwhile, the Singer quietly repeats the Troparia and Kontakia of the day, or other appropriate hymns.]*

*When all have venerated the Gospel Book and Cross, the Singer sings slowly:*

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