

# Typika for Sunday 14<sup>th</sup> March 2021

## Sunday of Cheesefare • Forgiveness Sunday

*The online service will be served by a priest, so the litanies will be sung as they are during the Divine Liturgy. The parts of the service which are read or sung by the priest are shown in red. These are omitted if the service is used without a priest.*

*If you are serving the service at home without a priest, follow the marked sections shown in blue. 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.*

*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.*

Available music may be found at [www.orthodoxcommunityrugby.com/choir](http://www.orthodoxcommunityrugby.com/choir)

### Before the Service

*Whether you are following the service online, or at home without a priest, 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.*

**Priest:** Blessed is our God, always, now and ever, and unto the ages of ages. Amen.

### THE GREAT LITANY

**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.

### THE LITTLE LITANY

*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.

### THE LITTLE LITANY

*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.

### THE ENTRANCE WITH THE GOSPEL BOOK

**Priest:** Wisdom! Stand upright!

### 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 7

[Music on website]

By Thy Cross Thou didst destroy death.

To the thief Thou didst open Paradise.

For the Myrrhbearers Thou didst change weeping into joy, and Thou didst command Thy disciples, O Christ God,

to proclaim that Thou art risen,//

granting the world great mercy.

#### 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.

**Priest:** For Holy art Thou, O our God, and unto Thee we ascribe glory; to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

### THE TRISAGION

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

Glory 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.

**Priest:** Dynamis!

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

### PROKEIMENON

**Priest:** Let us attend! Peace be to all!

**Choir:** And to thy spirit.

**Priest:** Wisdom!

**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:** Pray and make your vows

**Choir:** before the Lord our God!

### EPISTLE

**Priest:** Wisdom!

**Reader:** The Reading from the Epistle of the Holy Apostle Paul to the Romans

**Priest:** Let us attend!

**Reader:** Ye brethren: Salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armour of light; let us conduct

ourselves becomingly as in the day, not in revelling and drunkenness, not in debauchery and licentiousness, not in quarrelling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgement on him who eats; for God has welcomed him. Who are you to pass judgement on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand. [Romans 13:11-14:4]

**Priest:** Peace be to thee that readest, and to all the people.

**Reader:** And to thy spirit. Alleluia, alleluia, alleluia!

### ALLELUIA

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

**Reader:** It is good to give thanks to the Lord, to sing praises to Thy Name, O Most High!

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

**Reader:** To declare Thy mercy in the morning, and Thy truth by night!

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

### THE GOSPEL

**Priest:** Wisdom! Stand upright! Let us hear the Holy Gospel.

*All stand for the reading of the Gospel.*

**Priest:** Peace be to all.

**Reader:** And to thy spirit.

*If the service is being used at home without a priest or deacon, the Gospel is read by the most senior person present – e.g. a parent or grandparent – according to the situation. The Gospel is read in a normal speaking voice.*

**Priest/Reader:** The Reading from the Holy Gospel according to Matthew.

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

**Priest:** Let us attend!

**Priest/Reader:** The Lord said, “If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when

you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.” [Matthew 6:14-21]

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

### THE AUGMENTED LITANY

*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. *(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.

**Priest:** For thine is the Kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever and unto the ages of ages. Amen.

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

## KONTAKIA

### 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;  
both now and ever and unto ages of ages. Amen.

### Kontakion of Cheesefare Sunday in Tone 6

[Music on website]

O Master, Teacher of wisdom,  
Bestower of virtue,  
Who teaches the thoughtless and protects the poor,  
strengthen and enlighten my heart!  
O Word of the Father,  
let me not restrain my mouth from crying to Thee:  
"Have mercy on me, a transgressor,//  
O merciful Lord!"

**Reader:** Lord, have mercy. (x 12)

**Reader:** 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. (x 3)

**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

**Priest:** Glory to Thee, O Christ our God and our Hope, glory to Thee!

**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.

**Father, give the blessing.**

*The Priest gives the blessing.*

Bless, O Lord.

**Reader:** Lord Jesus Christ, 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 the Holy, Glorious Prophet, Forerunner and Baptist, John; 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 and Righteous Ancestors of God, Joachim and Anna; 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.

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