

# Typika for Sunday 21<sup>st</sup> March 2021

## First Sunday of Great Lent • Sunday of Orthodoxy

*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 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 the Sunday of Orthodoxy in Tone 2** [Music on website]

We venerate Thy most pure image, O Good One;

and ask forgiveness of our transgressions, O Christ our God.

Of Thy good will Thou wast pleased to ascend the Cross in the flesh

and deliver Thy creatures from bondage to the Enemy.

Therefore with thankfulness we cry aloud to Thee:

“Thou hast filled all with joy, O our Saviour,//

For Thou didst come to save the world.”

**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 Fourth Tone.

**Reader:** Blessed art Thou, O Lord God of our fathers, and praised and glorified is Thy Name forever!

**Choir:** Blessed art Thou, O Lord God of our fathers, and praised and glorified is Thy Name forever!

**Reader:** For Thou art just in all that Thou hast done for us!

**Choir:** Blessed art Thou, O Lord God of our fathers, and praised and glorified is Thy Name forever!

**Reader:** Blessed art Thou, O Lord God of our fathers

**Choir:** and praised and glorified is Thy Name forever!

### EPISTLE

**Priest:** Wisdom!

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

**Priest:** Let us attend!

**Reader:** Ye brethren: By faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of

sin. He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked to the reward. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets—who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, illtreated — of whom the world was not worthy — wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith [Hebrews 11:24-26; 32-12:2a]

**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:** Moses and Aaron were among His priests; Samuel also was among those who called on His Name.

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

**Reader:** They called to the Lord and He answered them.

**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 John.

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

**Priest:** Let us attend!

**Priest/Reader:** At that time: Jesus decided to go to Galilee. And he found Philip and said to him, “Follow me.” Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, “We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph.” Nathanael said to him, “Can anything good come out of Nazareth?” Philip said to him, “Come and see.” Jesus saw Nathanael coming to him, and said of him, “Behold, an Israelite indeed, in whom is no guile!” Nathanael said to him, “How do you know me?” Jesus answered him, “Before Philip called you, when you were under the fig tree, I saw you.” Nathanael answered him, “Rabbi, you are the son of God! You are the King of Israel!” Jesus answered him, “Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these.” And he said to him, “Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man.” [John 1:43-51]

**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.

### **KONTAKION**

**Kontakion of the Sunday of Orthodoxy in Tone 8** [Music on website]

No one could describe the Word of the Father;  
but when He took flesh from thee, O Theotokos, He accepted to be described,  
and restored the fallen image to its former state by uniting it to divine  
beauty.//

We confess and proclaim our salvation in words and images.

**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:**

All of creation rejoices in thee,  
O Full of Grace,  
the assembly of angels and the race of men.  
O sanctified temple and spiritual paradise,  
the glory of virgins,  
from whom God was incarnate and became a Child:  
our God before the ages.  
He made thy body into a throne,  
and thy womb He made more spacious than the heavens.  
All of creation rejoices in thee://  
O Full of Grace, glory to thee!

[[Music on website](#)]

### 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.*

### THE SERMON

*Immediately after the **sermon** / **blessing**, all pick up and hold reverently icons of Christ, the Theotokos, or their Patron Saints. While they are doing so, the Choir sings "Holy God ..." repeatedly.*

*When all are holding icons, **the Priest comes to stand in front of the Royal Doors, and we sing again the Troparion of the Sunday of Orthodoxy:***

**Troparion of the Sunday of Orthodoxy in Tone 2** [[Music on website](#)]

We venerate Thy most pure image, O Good One;  
and ask forgiveness of our transgressions, O Christ our God.  
Of Thy good will Thou wast pleased to ascend the Cross in the flesh  
and deliver Thy creatures from bondage to the Enemy.  
Therefore with thankfulness we cry aloud to Thee:  
"Thou hast filled all with joy, O our Saviour, //  
For Thou didst come to save the world."

## THE GREAT PROKEIMENON:

**Priest:** Wisdom!

**Reader:** Prokeimenon!

**Reader:** Who is so great a God as our God? Thou art God, Who dost wonders!

**Choir:** Who is so great a God as our God? Thou art God, Who dost wonders! Thou art God, Who dost wonders! Thou art God, Who dost wonders; Who dost wonders!

**Reader:** Thou hast made known Thy power among the peoples.

**Choir:** Who is so great a God as our God ...

**Reader:** And I said: Now have I begun; this is the change of the right hand of the Most High.

**Choir:** Who is so great a God as our God ...

**Reader:** I remembered the works of the Lord; for from the beginning will I remember Thy wonders.

**Choir:** Who is so great a God as our God ...

**Reader:** Who is so great a God as our God?

**Choir:** Thou art God, Who dost wonders; Who dost wonders!

*The Priest reads an excerpt from the **Synodikon** (Confession of Faith) of the Sunday of Orthodoxy.*

## THE CREED (SYMBOL OF FAITH)

*All say the Creed:*

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.

**Priest/Reader:** This is the faith of the Apostles! This is the faith of the Fathers! This is the Orthodox Faith! This is the faith that has established the Universe!

*We sing again the **Troparion of the Sunday of Orthodoxy:***

**Troparion of the Sunday of Orthodoxy in Tone 2** [\[Music on website\]](#)

We venerate Thy most pure image, O Good One;

and ask forgiveness of our transgressions, O Christ our God.

Of Thy good will Thou wast pleased to ascend the Cross in the flesh and deliver Thy creatures from bondage to the Enemy.

Therefore with thankfulness we cry aloud to Thee:

“Thou hast filled all with joy, O our Saviour, //

For Thou didst come to save the world.”

*Following the Troparion, the Icons are put back in their places.*

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

*After the service, all face an icon of the Theotokos to sing the Apolytikion*

**To thee, the Champion Leader (Τῆ ὑπερμάχῳ):**

To thee, the Champion leader, we thy flock dedicate [\[Music on website\]](#)

a feast of victory and of thanksgiving,

as ones rescued out of sufferings, O Theotokos;

but, as thou art one with might which is invincible,

from all dangers that can be do thou deliver us;

that we may cry to thee: Rejoice, thou Bride unwedded!