

Typika for Sunday 28th March 2021

Second Sunday of Great Lent • Saint Gregory Palamas

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

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 1 [Music on website]

When the stone had been sealed by the Jews,
while the soldiers were guarding Thy most pure body,
Thou didst rise on the third day, O Saviour,
granting life to the world.

The powers of heaven therefore cried to Thee, O Giver of Life:

“Glory to Thy Resurrection, O Christ!

Glory to Thy Kingdom!//

Glory to Thy dispensation, O Thou who lovest mankind!”

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 Gregory Palamas in Tone 8 [Music on website]

O light of Orthodoxy, teacher of the Church, its confirmation,

O ideal of monks and invincible champion of theologians,

O wonderworking Gregory, glory of Thessalonica and preacher of grace, //

always intercede before the Lord that our souls may be saved!

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 ... Both now ...

Holy Immortal, have mercy on us.

Priest: Dynamis!

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

PROKEIMENA

Priest: Let us attend! Peace be to all!

Choir: And to thy spirit.

Priest: Wisdom!

Reader: The Prokeimenon in the Fifth Tone.

Reader: Thou, O Lord, shalt protect us, and preserve us from this generation forever.

Choir: Thou, O Lord, shalt protect us, and preserve us from this generation forever.

Reader: Save me, O Lord, for there is no longer any that is godly.

Choir: Thou, O Lord, shalt protect us, and preserve us from this generation forever.

Reader: [And] in the First Tone.

Reader: My mouth shall speak wisdom, and the meditation of my heart shall be understanding.

Choir: My mouth shall speak wisdom, and the meditation of my heart shall be understanding.

EPISTLE

Priest: Wisdom!

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

Priest: Let us attend!

Reader: “In the beginning, O Lord, thou didst found the earth, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end.” But to what angel has he ever said, “Sit at my right hand, till I make thy enemies a stool for thy feet?” Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him. [Hebrews 1:10-2:3] Ye brethren: It was fitting that we should have such a high priest, holy, blameless, unstained, separated from sinners, exalted above the heavens. He has no need, like those high priests, to offer sacrifices daily, first for his own sins and then for those of the people; he did this once for all when he offered up himself. Indeed, the law appoints men in their weakness as high priests, but the word of the oath, which came later than the law, appoints a Son who has been made perfect for ever. Now the point in what we are saying is this: we have such a high priest, one who is seated at the right hand of the throne of the Majesty in heaven, a minister in the sanctuary and the true tent, which is set up not by man but by the Lord. [Hebrews 7:26-8:2]

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

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

ALLELUIA

Reader: God gives vengeance unto me, and subdues people under me.

Choir: Alleluia, alleluia, alleluia!

Reader: He magnifies the salvation of the King and deals mercifully with David, His anointed, and his seed forever.

Choir: Alleluia, alleluia, alleluia!

Reader: The mouth of the righteous shall meditate wisdom, and his tongue shall speak of judgement.

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 Mark.

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

Priest: Let us attend!

Priest/Reader: At that time: Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, “My son, your sins are forgiven.” Now some of the scribes were sitting there, questioning in their hearts, “Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, “Why do you question thus in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins’— he said to the paralytic—”I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, “We never saw anything like this!” [Mark 2:1-12]

The Lord said: "I am the door; if any one enters by me, he will be saved, and will go in and out and find pasture. The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly. I am the good shepherd. The good shepherd lays down his life for the sheep. He who is a hireling and not a shepherd, whose own the sheep are not, sees the wolf coming and leaves the sheep and flees; and the wolf snatches them and scatters them. He flees because he is a hireling and cares nothing for the sheep. I am the good shepherd; I know my own and my own know me, as the Father knows me and I know the Father; and I lay down my life for the sheep. And I have other sheep, that are not of this fold; I must bring them also, and they will heed my voice. So there shall be one flock, one shepherd." [John 10:9-16]

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;

Kontakion of Saint Gregory Palamas in Tone 8 [Music on website]

Holy and divine instrument of wisdom, joyful trumpet of theology,
together we sing thy praises, O God-inspired Gregory.
Since thou now standest before the Original Mind, guide our minds to
Him, O Father,//
so that we may sing to thee: "Rejoice, preacher of grace!"

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

Kontakion of the Second Sunday of Lent in Tone 4 [Music on website]

Now is the time for action!
Judgement is at the doors!
So let us rise and fast,
offering alms with tears of compunction and crying:
"Our sins are more in number than the sands of the sea;
but forgive us, O Master of all,//
so that we may receive the incorruptible crowns!"

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, [Music on website]
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!

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.