

Typika for Sunday 23rd May 2021

Fourth Sunday of Pascha • Sunday of the Paralytic

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.

Priest: Christ is risen from the dead,)
trampling down death by death,) *Twice*
and upon those in the tombs bestowing life!)

Priest: Christ is risen from the dead,
trampling down death by death,

Choir: and upon those in the tombs bestowing life!

THE GREAT LITANY

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

All: Christ is risen from the dead,)
trampling down death by death,) *Three times*
and upon those in the tombs bestowing life!)

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: In the Churches bless God the Lord, from the springs of Israel. O Son of God, Who arose from the dead, save us who sing to Thee: Alleluia, alleluia, alleluia!

TROPARION

Troparion of the Resurrection in Tone 3

[Music on website]

Let the heavens rejoice!

Let the earth be glad!

For the Lord has shown strength with His arm.

He has trampled down death by death.

He has become the first born of the dead.

He has delivered us from the depths of hell,
and has granted to the world//

great mercy.

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 First Tone.

Reader: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

Choir: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

Reader: Rejoice in the Lord, O you righteous! Praise befits the just!

Choir: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

Reader: Let Thy mercy, O Lord, be upon us

Choir: as we have set our hope on Thee.

EPISTLE

Priest: Wisdom!

Reader: The Reading from the Acts of the Holy Apostles.

Priest: Let us attend!

Reader: In those days: As Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord. [Acts 9:32-42]

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: I will sing of Thy mercies, O Lord forever; with my mouth I will proclaim Thy truth from generation to generation.

Choir: Alleluia, alleluia, alleluia!

Reader: For Thou hast said: Mercy will be established forever, and my truth will be prepared in the heavens.

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 went up to Jerusalem. Now in Jerusalem, by the Sheep Gate, there is a pool with five porches, called in Hebrew "Bethesda". Under these lay a great multitude of people who were sick, blind, lame, or paralyzed, waiting for the moving of the water. For an angel went down at certain times into the pool, and stirred up the water. Then whoever stepped in first after the stirring of the water was made whole of whatever disease he had. A certain man was there, who had his illness for thirty-eight years. When Jesus saw him lying there and perceived that the man had been sick for a long time, he asked him, "Do you want to be made well?" The sick man replied, "Sir, I have no one to put me into the pool when the water is stirred up, but while I am coming, someone else steps down before me!" Jesus said to him, "Arise, take up your bed, and walk!" Immediately, the man was made well; he took up his bed and began to walk. Now it was the Sabbath on that day. And so, the Jews said to the man who had been cured, "It is the Sabbath! It is not lawful for you to carry the bed!" The man answered them, "He who made me well, that one said to me, "Take up your bed, and walk." Then they asked him, "Who is the man who said to you, "Take up your bed, and walk'?" But the man who had been healed did not know who it was, for Jesus had withdrawn in the crowd that was there. Later, Jesus found him in the temple, and said to him, "Behold, you have become well. Sin no more, that nothing worse may happen to you!" The man went away and told the Jews that it was Jesus who had made him well. [John 5:1-15]

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

THE AUGMENTED LITANY

*In place of the AUGMENTED LITANY, the Choir sings:
Lord, have mercy. (x 9)*

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 the Paralytic in Tone 3

[\[Music on website\]](#)

By Thy divine intercession, O Lord,

as Thou didst raise up the Paralytic of old,

so raise up my soul, paralyzed by sins and thoughtless acts;

so that being saved I may sing to Thee://

“Glory to Thy majesty, O bountiful Christ!”

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

Kontakion of Pascha in Tone 8

[Music on website]

Thou didst descend into the tomb, O Immortal,
Thou didst destroy the power of death.
In victory didst Thou arise, O Christ God,
proclaiming "Rejoice!" to the myrrh-bearing women;
granting peace to Thine apostles, //
and bestowing resurrection on the fallen.

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:

The Angel cried to the Lady, full of grace:
"Rejoice, O pure Virgin!

[Music on website]

Again, I say: Rejoice,
thy Son is risen from His three days in the tomb!
With Himself He has raised all the dead."

Rejoice, O ye people!

Shine, shine, O new Jerusalem!

The glory of the Lord has shone on thee.

Exult now, and be glad, O Zion!

Be radiant, O pure Theotokos, in the Resurrection of thy Son!

THE DISMISSAL

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

Reader: 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.

Reader: *Father, give the blessing.*

The Priest gives the blessing.

Priest: *Christ is risen!)*
Reader: *He is risen indeed!)* *Three times*

Priest: *Glory to His Holy third-day Resurrection!*

Reader: *We adore His third-day Resurrection!*

Priest: *Christ is risen from the dead,
trampling down death by death,*

Choir: *and upon those in the tombs bestowing life!*

Reader: Bless, O Lord.

Reader: Lord Jesus Christ, Who rose again from the dead, trampling down death by death, and upon those in the tombs bestowing life; through the intercessions of Thine all-immaculate and all-blameless Holy 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 the Holy, glorious, and all-laudable Apostles; of our 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: Christ is risen from the dead,
trampling down death by death,
and upon those in the tombs bestowing life!