

Reader's Typika for Sunday 1st August 2021

The Procession of the Honourable Wood of the Cross

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/ 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 5 [Music on website]

Let us, the faithful, praise and worship the Word,
co-eternal with the Father and the Spirit,
born for our salvation from the Virgin;
for He willed to be lifted up on the Cross in the flesh,
to endure death,
and to raise the dead//
by His glorious Resurrection.

Troparion of the Cross in Tone 1 [Music on website]

O Lord, save Thy people,
and bless Thine inheritance!
Grant victories to the Orthodox Christians
over their adversaries;
and by the power of Thy Cross,//
preserve Thy habitation.

Troparion of the Maccabaeen Martyrs in Tone 1 [Music on website]

By the pangs of the saints, which they suffered for Thee,
be Thou entreated, O Lord,
and heal Thou all our infirmities,//
we pray Thee, O Thou Who lovest mankind.

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: The Lord has shown the wonders of His will to the saints who
are in His land.

Choir: The Lord has shown the wonders of His will to the saints who
are in His land.

EPISTLE

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

Ye Brethren: Having gifts that differ according to the grace given to us,
let us use them: if prophecy, in proportion to our faith; if service, in our
serving; he who teaches, in his teaching; he who exhorts, in his
exhortation; he who contributes, in liberality; he who gives aid, with
zeal; he who does acts of mercy, with cheerfulness. Let love be genuine;
hate what is evil, hold fast to what is good; love one another with
brotherly affection; outdo one another in showing honour. Never flag in
zeal, be aglow with the Spirit, serve the Lord. Rejoice in your hope, be
patient in tribulation, be constant in prayer. Contribute to the needs of
the saints, practice hospitality. Bless those who persecute you; bless and
do not curse them. [Romans 12:6-14]

The word of the cross is folly to those who are perishing, but to us who
are being saved it is the power of God. For it is written, "I will destroy
the wisdom of the wise, and the cleverness of the clever I will thwart."
Where is the wise man? Where is the scribe? Where is the debater of this
age? Has not God made foolish the wisdom of the world? For since, in
the wisdom of God, the world did not know God through wisdom, it
pleased God through the folly of what we preach to save those who
believe. For Jews demand signs and Greeks seek wisdom, but we preach
Christ crucified, a stumbling block to Jews and folly to Gentiles, but to
those who are called, both Jews and Greeks, Christ the power of God and
the wisdom of God. [1 Corinthians 1:18-24]

Ye Brethren: All the saints 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 armies 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 tempted, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated – 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 11:33-12:2]

ALLELUIA

Reader: Remember Thy congregation, which Thou hast purchased of old!

Choir: Alleluia, alleluia, alleluia!

Reader: God is our King before the ages; He has wrought salvation in the midst of the earth.

Choir: Alleluia, alleluia, alleluia!

Reader: The righteous cried and the Lord heard them, and He delivered them from all their afflictions.

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: Jesus, getting into a boat, crossed over and came to his own city. And behold, they brought to him a paralytic, lying on his bed; and when Jesus saw their faith he said to the paralytic, “Take heart, my son; your sins are forgiven.” And behold, some of the scribes said to themselves, “This man is blaspheming.” But Jesus, knowing their thoughts, said, “Why do you think evil in your hearts? For which is easier, to say, ‘Your sins are forgiven,’ or to say, ‘Rise and walk’? But that you may know that the Son of man has authority on earth to forgive sins” – he then said to the paralytic – “Rise, take up your bed and go home.” And he rose and went home. When the crowds saw it, they were afraid, and they glorified God, who had given such authority to men. [Matthew 9:1-8]

The chief priests and the elders of the people took counsel against Jesus to put him to death; they led him to Pilate and cried out, “Crucify him, crucify him!” Pilate said to them, “Take him yourselves and crucify him, for I find no crime in him.” The Jews answered him, “We have a law, and by that law he ought to die, because he has made himself the Son of God.” When Pilate heard these words, he was the more afraid; he entered the praetorium again and said to Jesus, “Where are you from?” But Jesus gave no answer. Pilate therefore said to him, “You will not speak to me? Do you not know that I have power to release you, and power to crucify you?” Jesus answered him, “You would have no power over me unless it had been given you from above.” When Pilate heard these words, he brought Jesus out and sat down on the judgment seat at a place called The Pavement, and in Hebrew, Gab’batha. Now it was the day of Preparation of the Passover; it was about the sixth hour. He said to the Jews, “Behold your King! They cried out, “Away with him, away with him, crucify him!” Pilate said to them, “Shall I crucify your King?” The chief priests answered, “We have no king but Caesar.” Then he handed him over to them to be crucified. So they took Jesus, and he went out, bearing his own cross, to the place called the place of a skull, which is called in Hebrew Golgotha. There they crucified him, and with him two others, one on either side, and Jesus between them. Pilate also wrote a title and put it on the cross; it read, “Jesus of Nazareth, the King of the Jews.” Many of the Jews read this title, for the place where Jesus was crucified was near the city; and it was written in Hebrew, in Greek, and in Latin. Now standing by the cross of Jesus were his mother, and his mother’s sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, “Woman, behold, your son!”

Then he said to the disciple, "Behold, your mother!" And from that hour the disciple took her to his own. After this Jesus, knowing that all was now fulfilled, said, "It is finished"; and he bowed his head and gave up the spirit. Since it was the day of Preparation, in order to prevent the bodies from remaining on the cross on the sabbath (for that sabbath was a high day), the Jews asked Pilate that their legs might be broken, and that they might be taken away. So the soldiers came and broke the legs of the first, and of the other who had been crucified with him; but when they came to Jesus and saw that he was already dead, they did not break his legs. But one of the soldiers pierced his side with a spear, and at once there came out blood and water. He who saw it has borne witness – his testimony is true.

[John 19:6-11, 13-20, 25-28, 30-35]

The Lord said to his disciples, "Everyone who acknowledges me before men, I also will acknowledge before my Father who is in heaven; but whoever denies me before men, I also will deny before my Father who is in heaven. "Do not think that I have come to bring peace on earth; I have not come to bring peace, but a sword. For I have come to set a man against his father, and a daughter against her mother, and a daughter-in-law against her mother-in-law; and a man's foes will be those of his own household." And when Jesus had finished instructing his twelve disciples, he went on from there to teach and preach in their cities. [Matthew 10:32-36; 11:1]

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

Instead of the AUGMENTED LITANY, the Choir sings:

Lord, have mercy. (x12)

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.

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 5

[Music on website]

Thou didst descend into hell, O my Saviour,
shattering its gates as Almighty,
resurrecting the dead as Creator,
and destroying the sting of death.
Thou hast delivered Adam from the curse, O Lover of man, //
and we all cry to Thee: O Lord, save us!

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

Kontakion of the Maccabean Martyrs in Tone 2

[Music on website]

O ye seven pillars of the wisdom of God,
seven-branched lamp of the Light divine,
O most wise Maccabees who before the martyrs
were martyrs most great:
with them entreat ye the God of all, //
that we who honour you may be saved!

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

Kontakion of the Cross in Tone 4

[Music on website]

As Thou wast voluntarily crucified for our sake,
grant mercy to those who are called by Thy Name;
make all Orthodox Christians glad by Thy power,
granting them victories over their adversaries //
by bestowing on them the invincible trophy, Thy weapon of peace!

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

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

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.

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, glorious, and right-victorious Maccabaeans; 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.