

Typika

When a priest is not present in order to celebrate the Divine Liturgy

Reader: Through the prayers of our Holy Fathers, O Lord Jesus Christ our God, have mercy on us.
Amen.

Glory to thee, our God, glory to thee.

O Heavenly King, O Comforter, the Spirit of Truth, who art everywhere present and fillest all things. O Treasury of good things and Giver of Life, come and abide in us, cleanse us from every stain, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (x3)

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. (Thrice)

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

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.

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us and save us.
Amen.

Lord, have mercy (x12)

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

O come let us worship God our King.

O come let us worship and fall down before Christ our King and God.

O come let us worship and fall down before Christ Himself, our King and God.

The First Antiphon

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 that He hath done for thee. Who is gracious unto all thine iniquities, Who healeth all thine infirmities. Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion. Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgment for all them that are wronged. He hath made His ways known unto Moses, unto the sons of Israel the things that He hath willed. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy. Not unto the end will He be angered, neither unto eternity will He be wroth. Not

according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us. Like as a father hath compassion upon his sons, so hath the Lord had compassion upon them that fear Him; for He knoweth whereof we are made, He hath remembered that we are dust. As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him. And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them. The Lord in heaven hath prepared His throne, and His kingdom ruleth over all. Bless the Lord, all ye His angels, mighty in strength, that perform His word, to hear the voice of His words. Bless the Lord, all ye His hosts, His ministers that do His will. Bless the Lord, all ye His works, in every place of His dominion.

Glory to the Father, and to the Son, and to the Holy Spirit. Both now and ever, and unto the ages of ages. Amen. Bless the Lord, O my soul, and all that is within me bless His holy name; blessed art Thou, O Lord.

The Second Antiphon

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

Praise the Lord, O my soul. I will praise the Lord in my life, I will chant unto my God for as long as I have my being. Trust ye not in princes, in the sons of men, in whom there is no salvation. His spirit shall go forth, and he shall return unto his earth. In that day all his thoughts shall perish. Blessed is he of whom the God of Jacob is his help, whose hope is in the Lord his God, Who hath made heaven and the earth, the sea and all that is therein. Who keepeth truth unto eternity, Who executeth judgment for the wronged, Who giveth food unto the hungry. The Lord looseth the fettered; the Lord maketh wise the blind; the Lord setteth aright the fallen; the Lord loveth the righteous; the Lord preserveth the proselytes. He shall adopt for His own the orphan and widow, and the way of sinners shall He destroy. The Lord shall be king unto eternity; thy God, O Zion, unto generation and generation.

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

O only-begotten Son and Word of God, Who art immortal, yet didst deign for our salvation to be incarnate of the Holy Theotokos and Ever-Virgin Mary, and without change didst become man, and was crucified, O Christ God, trampling down death by death. Thou Who art one of the Holy Trinity, glorified with the Father and the Holy Spirit, save us.

Third Antiphon – The Beatitudes

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 that 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 sons 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 the heavens.

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

Entry Hymn

O come let us worship and fall down before Christ, Who rose from the dead, O Son of God, save us who sing to Thee: Alleluia, alleluia, alleluia.

Troparia

For the Resurrection

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

For St. Gregory Palamas

O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

For the Holy Cross

O Lord save Thy people and bless Thine inheritance and to Thy faithful people grant victory over their enemies and by the power of Thy Cross protect all those who follow Thee.

For Great Lent

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

Trisagion

Holy God, Holy mighty, Holy Immortal have mercy on us. (x3)

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

Holy Immortal have mercy on us.

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

Prokimena

O Lord, Thou wilt preserve us and keep us from this generation. Save me, O Lord, for the godly man hath disappeared.

Epistle

Reader: The Reading from the Epistle of St. Paul to the Hebrews.

“In the beginning, Thou, O Lord, 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, until I make Thine 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.

After the Epistle is read:

Reader: Alleluia, alleluia, alleluia

The Gospel

Reader: The Reading from the Holy Gospel according to St. Mark.

Choir: Glory to Thee, O Lord, Glory to Thee!

The Gospel is then read in a normal voice:

At that time, when Jesus returned to Capernaum after some days, 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 Jesus a paralytic carried by four men. And when they could not get near Jesus 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, “Son, your sins are forgiven.” Now, some of the scribes were sitting there, reasoning in their hearts, “Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, “Why do you reason 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!”

Choir: Glory to Thee, O Lord, Glory to Thee!

Choir: Remember us, O Lord, when Thou comest in Thy kingdom.
Remember us, O Master, when Thou comest in Thy kingdom.
Remember us, O Holy One, when Thou comest in Thy kingdom.

The heavenly choir praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

Come unto Him, and be enlightened and your faces shall not be ashamed.

The heavenly choir praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; 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 heavenly hosts praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

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

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 Son of God, / the Only-begotten, begotten of the Father before all ages; / Light of Light, true God of true God; / begotten, not made; of one essence with the Father, by Whom all things were made; / Who for us men and for our salvation came down from the heavens, / and was incarnate of the Holy Spirit and the Virgin Mary, and became man; / And was crucified for us under Pontius Pilate, / and suffered and was buried; / And arose again on the third day according to the Scriptures; / And ascended into the heavens, and sitteth at the right hand of the Father; / And shall come again, with glory, to judge both the living and the dead; / Whose kingdom shall have no end. / And in the Holy Spirit, 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 confess one baptism for the remission of sins. / I look for the resurrection of the dead, / And the life of the age to come. Amen.

Reader: Remit, pardon, forgive, O God, our offenses, both voluntary and involuntary, in deed and word, in knowledge and ignorance, by day and by night, in mind and thought; forgive us all things, for Thou art good and the Lover of mankind.

Choir: Our Father, Who art in the heavens, 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Reader: O Lord Jesus Christ, Son of God, have mercy on us.

Choir: Amen.

Kontakion

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

Reader: Lord, have mercy. (x12)

O All-Holy Trinity, the consubstantial dominion, the indivisible Kingdom, and cause of every Good: Show Thy good will even unto me a sinner; make steadfast my heart and grant it understanding, and take away mine every defilement; enlighten my mind that I may glorify, hymn, worship, and say:

Choir: One is Holy, One is Lord, Jesus Christ, to the Glory of God the Father. Amen.

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

Psalm 33

I will bless the Lord at all times, His praise shall continually be in my mouth. In the Lord shall my soul be praised; let the meek hear and be glad. O magnify the Lord with me, and let us exalt His name together. I sought the Lord, and He heard me, and delivered me from all my tribulations. Come unto Him, and be enlightened, and your faces shall not be ashamed. This poor man cried, and the Lord heard him, and saved him out of all his tribulations. The angel of the Lord will encamp round about them that fear Him, and will deliver them. O taste and see that the Lord is good; blessed is the man that hopeth in Him. O fear the Lord, all ye His saints; for there is no want to them that fear Him. Rich men have turned poor and gone hungry; but they that seek the Lord shall not be deprived of any good thing. Come ye children, hearken unto me; I will teach you the fear of the Lord. What man is there that desireth life, who loveth to see good days? Keep thy tongue from evil, and thy lips from speaking guile. Turn away from evil, and do good; seek peace, and pursue it. The eyes of the Lord are upon the righteous, and His ears are opened unto their supplication. The face of the Lord is against them that do evil, utterly to destroy the remembrance of them from the earth. The righteous cried, and the Lord heard them, and He delivered them out of all their tribulations. The Lord is nigh unto them that are of a contrite heart, and He will save the humble of spirit. Many are the tribulations of the righteous, and the Lord shall deliver them out of them all. The Lord keepeth all their bones, not one of them shall be broken. The death of sinners is evil, and they that hate the righteous shall do wrong. The Lord will redeem the souls of His servants, and none of them will do wrong that hope in Him.

Megalynarion

It is truly meet to bless thee, the Theotokos, ever-blessed and most blameless, and Mother of Our God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

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

Lord, have mercy. (Thrice) O Lord, Bless.

Senior Reader (*Facing the East, rather than facing the people*):

Thou that didst rise from the dead, O Lord Jesus Christ, Son of God, for the sake of the prayers of Thy most pure Mother, by the might of the Precious and Life-giving Cross, at the supplications of our holy and God-bearing fathers, of the holy and righteous ancestors of God, Joachim and Anna, of our father among the saints Gregory Palamas, archbishop of Thessalonica; of the Martyr Agapios of Palestine and those with him; Apostle Aristoboulos of the Seventy, first bishop of Britain; New-martyrs Manuel of Crete and Parthenios, whose memory we celebrate today, and all the saints, have mercy on us and save us, for Thou art good and the Lover of mankind.

Choir: Amen.

At this point, some spiritual reading is normally read. Please read a passage from a spiritually profitable book that you have been reading during Great Lent to reflect on.

We who are walled about by the cross are ranged against the enemy, not fearing his devices and ambushes, for the proud one hath been destroyed and trampled underfoot by the power of Christ crucified on the Tree.

Our Great Father, John the most holy Patriarch of Antioch and all the East our Father and Metropolitan Joseph, Archbishop of New York and All America, our Bishop Anthony.; and our Priests John and Gregory the parishioners of our holy temple, and all Orthodox Christians: preserve, O Lord, for many years.

Lord, have mercy. (x3)

Amen.

Typika is now over. Afterwards, please say these prayers against sickness during this time.

Lord Jesus Christ, Thou art the life and strength of all who put their hope in Thee. Thy treasury of goodness is infinite. We humbly ask Thee for continued goodness toward our parish, our country, and the world, during this time of sickness. Be Thou well pleased to restore to bodily health all those who are suffering and bless their souls with all the heavenly graces, so that they may persevere in good works, for to Thee are due all honor and worship, with Thine unoriginate Father and Thine All-holy, good, and Life-creating Spirit, now and ever, and unto ages of ages. Amen.

Prayer for Healthcare Workers

O Master, Lord our God, the Hope of all the ends of the earth, the Physician of our souls and bodies, hearken unto our entreaties on this auspicious day and hour, and to the pious love and godly fear of Thy servants, as a witness to the truth of our faith, for help to all those who entreat Thy mercy, and for therapy and complete healing of those who are suffering. Be the fellow worker of the physicians and surgeons, of the nurses and of all those who serve and work in service to the sick, and direct their minds and their hands towards the healing and consolation of our ailing and suffering brethren and protect them from all sickness and harm. Enlighten the physicians with perfect diagnosis, grant successful surgery and the nursing treatment of their diseases and illnesses, that, having been fully healed, Thy suffering servants might in health glorify Thee, together with their families and relatives, glorifying Thine all-honored and magnificent Name, of the Father and the Son and the Holy Spirit, through the intercessions of our all-spotless Lady Theotokos and Ever-virgin Mary, our Father among the Saints Luke, Archbishop of Simferopol, the Physician, of the Holy wonderworking Unmercenaries Kosmas and Damian, Panteleimon the Great-martyr, and all of Thy Saints. Amen.