

TYPICA SERVICE  
FOR GREAT LENT 2020  
READER'S TEXT

READER: Through the prayers of our Holy Fathers, Lord Jesus Christ have mercy on us.

READER: Bless the Lord, O my soul; Blessed art Thou, O Lord!

PSALM 102 (103)

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 forgiveth 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,  
So that thy youth shall be renewed like the eagle's.  
The Lord showeth deeds of mercy  
And executeth judgment for all that are oppressed.

He made known His way unto Moses  
And His will to the children of Israel.  
The Lord is compassionate and gracious,  
Long-suffering and plenteous in mercy.

He will not be always angry,  
Nor will He be wroth with us forever.  
He hath not dealt with us according to our sins  
Nor hath He rewarded us according to our iniquities.

For as high as the heavens are above the earth,  
So great is His mercy towards them that fear Him.  
As far as the East is from the West,  
So far hath He removed our transgressions away from us.

Like as a father that hath compassion on his children,  
So the Lord hath compassion on those who fear Him.  
For well He knoweth our nature,  
And remembereth well that we are dust.

As for man, his days are like the grass -  
For he doth flourish as a flower in the field;  
And once the spirit that is within him passes, he is gone;

And the place where he grew knoweth him no more.

But the mercy of the Lord is from everlasting to everlasting unto those who fear Him,  
And His righteousness is upon their children's children;  
Unto such as keep His covenant,  
And to those who remember to do His commandments.

The Lord hath prepared His throne in the heavens,  
And His Kingdom ruleth over all.  
Bless the Lord, O ye angels of His, mighty in strength,  
Who perform His word, and hearken to the voice of His command.

Bless the Lord, all ye His hosts;  
All ye ministers of His, all ye who do His will.  
Bless the Lord, all ye works of His, and in all places of His dominion.  
Bless the Lord, O my soul, and all that is within me, bless His Holy Name!

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

#### PSALM 145 (146)

Praise the Lord, O my soul!  
I will praise the Lord for as long as I live;  
I will sing praises to my God while I have being.  
Put not your trust in princes, in sons of men, in whom there is no salvation.

When his breath departs he returns to his earth;  
On that very day his plans perish.  
Blessed is he whose help is the God of Jacob,  
Whose hope is in the Lord his God,

Who made heaven and earth, the sea, and all that is in them;  
Who keeps truth unto eternity;  
Who executes judgment for the oppressed;  
And Who gives food to the hungry.

The Lord frees those in fetters;  
The Lord gives wisdom to the blind.  
The Lord raises them that are bowed down;  
And the Lord loves the righteous.

The Lord protects strangers,  
He gives relief to the orphans and widows;  
But the way of the wicked shall perish.  
The Lord shall reign forever, thy God, O Zion, to all generations.

Now and ever and unto ages of ages. Amen.

Only-begotten Son and Immortal Word of God, Who for our salvation didst will to be incarnate of the Holy Theotokos and Ever-Virgin Mary, Who without change didst become man and wast crucified, O

Christ our God, trampling down death by death, Who art One of the Holy Trinity, glorified with the Father and the Holy Spirit, save us!

## THE BEATITUDES

Remember us, O Lord, when Thou comest into Thy Kingdom.

Blessed are the poor in spirit, for theirs is the Kingdom of heaven.

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who 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 those who are persecuted for righteousness' sake, for theirs is the Kingdom of heaven.

Blessed are you when men shall revile you and persecute you, and shall say all manner of evil against you falsely for My sake.

Rejoice and be exceedingly glad, for great is your reward in heaven.

Glory to the Father, and to the Son and to the Holy Spirit, 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 Thy praises, crying: "Holy, Holy; Holy, Lord of Sabaoth! Heaven and earth are full of Thy glory!"

VERSE: Draw near to Him and be enlightened, and your faces shall not be ashamed.

The heavenly choir sings Thy praises, crying: "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, now and ever and unto ages of ages. Amen.

The choir of angels and archangels with all the hosts of heaven sing Thy praises, crying: "Holy, Holy, Holy, Lord of Sabaoth! Heaven and earth are full of Thy glory!"

## THB SYMBOL OF THE 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 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 heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man. And He was crucified for us under Pontius Pilate, and suffered, and was buried; and the third day He rose again, according to the Scriptures; and ascended into heaven, and sits at the right hand of the Father; and He shall come again with glory to judge the living and the dead; Whose Kingdom shall have no end. And in the Holy Spirit, the Lord, the Giver of Life, Who proceeds from the Father; Who with the Father and the Son together is worshipped and glorified; Who spoke by the Prophets. In One, Holy, Catholic, and Apostolic Church; I acknowledge one Baptism for the remission of sins. I look for the Resurrection of the dead, and the Life of the world to come. Amen.

Loose, remit, and pardon, O God, our sins both voluntary and involuntary, in thought, word, or deed, in knowledge or in ignorance, committed by day or by night, in mind, or by intention: forgive them all for Thou art good and lovest mankind.

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 evil.

For Thine is the Kingdom and the power and the glory of the Father and the Son and the Holy Spirit now and ever and unto ages of ages. Amen.

Glory to Thee our God, Glory to Thee.

### **THE TROPARION OF THE WEEK (SEE LIST AT BACK)**

### **THE KONTAKION OF THE WEEK (SEE LIST AT BACK)**

KONTAKION: Steadfast protectress of Christians, constant advocate before the Creator; despise not the cries of us sinners, but in thy goodness come speedily to help us who call on thee in faith: hasten to hear our petitions and to intercede for us, O Theotokos, for thou dost always protect those who honor thee!

READER: Lord have mercy (40 times)

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

More honorable than the Cherubim and more glorious beyond compare than the Seraphim! Without corruption thou gavest birth to God The Word! True Theotokos, we magnify thee!

Lenten Prayer of St. Ephrem

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk.  
(REVERENCE)

But give rather the spirit of chastity, humility, patience, and love to Thy servant. (REVERENCE)

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed art Thou, unto ages of ages. Amen. (REVERENCE)

O God cleanse me a sinner. (12x)

Glory to Thee, our God, glory to Thee!

O Heavenly King, the Comforter, the Spirit of Truth, Who art everywhere and fillest all things; Treasury of Blessings, and Giver of Life - come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

Holy God! Holy Mighty! Holy Immortal! Have mercy on us. (3x)

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

O most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for Thy name's sake.

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 evil.

For Thine is the Kingdom and the power and the glory of the Father and the Son and the Holy Spirit now and ever and unto ages of ages. Amen.

Glory to Thee our God, Glory to Thee.

Lord, have mercy. (12x)

O Most Holy Trinity, Mighty, One in Essence, Kingdom undivided, the Cause of all good; have mercy even upon me, a sinner. Confirm and instruct my heart and take away from me every defilement. Enlighten my mind that I may ever glorify, praise and adore Thee, saying: "One is Holy, One is the Lord, Jesus Christ, to the glory of God the Father, Amen.

Blessed be the Name of the Lord, henceforth and for- evermore! (3x)

READER: It is truly meet to bless thee, O Theotokos! Ever-blesséd and most pure and the Mother of our God! More honorable than the cherubim and more glorious beyond compare than the Seraphim! Without corruption thou gavest birth to God the Word! True Theotokos, we magnify thee!

Glory to Thee, O Christ our God and our hope, glory to Thee!

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

Lord have mercy (3x)

READER: Through the prayers of our Holy Fathers, Lord Jesus Christ have mercy on us.

THE END OF THE TYPICA

Glory be to Jesus Christ!

SELECTED TROPARIA AND KONTAKIA FROM THE LENTEN TRIODIAN

SECOND SUNDAY OF LENT (St. Gregory Palamas) Week beginning March 15

TROPARION, TONE EIGHT:

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

KONTAKION, TONE FOUR:

Now is the time for action; judgment is at the doors. So let us rise and fast offering alms with tears of compunction and crying: we have sinned more than the sands of the sea; but forgive us, O Master of all, so that we may receive the incorruptible crowns.

THIRD SUNDAY OF LENT (Adoration of the Precious Cross) Week beginning March 22.

TROPARION, TONE ONE!

<sup>[1]</sup><sub>[SEP]</sub>O Lord. save Thy people, and bless Thine inheritance. Grant victories to the Orthodox Christians, over their adversaries; and by virtue of Thy Cross, preserve Thy habitation.

KONTAKION, TONE SEVEN:

<sup>[1]</sup><sub>[SEP]</sub>Now the flaming sword no longer guards the gates of paradise; it has been mysteriously quenched by the wood of the Cross! The sting of death and the victory of hell have been vanquished; for Thou, O my Savior, didst come and cry to those in hell: Enter again into paradise!

FOURTH SUNDAY OF LENT (St. John of the Ladder) Week beginning March 29.

TROPARION, TONE ONE:

O dweller of the wilderness and angel in the body, thou wast a wonderworker, O our Godbearing Father John. Thou didst receive heavenly gifts through fasting, vigil, and prayer: healing the sick and the souls of those drawn to thee by faith. Glory to Him Who gave thee strength! Glory to Him Who granted thee a crown! Glory to Him Who through thee grants healing to all!

KONTAKION, TONE FOUR:

The Lord truly set thee on the heights of abstinence, to be a guiding star, showing the way to the universe, O our Father and Teacher John.

FIFTH SUNDAY OF LENT (St. Mary of Egypt) Week beginning April 5.

TROPARION, TONE EIGHT:

The image of God was truly preserved in thee, O Mother, for thou didst take up the Cross and followed Christ. By so doing, thou didst teach us to disregard the flesh, for it passes away; but to care instead for the soul, since it is immortal. Therefore thy spirit, O holy Mother Mary, rejoices with the angels.

KONTAKION, TONE THREE:

Having been a sinful woman, thou didst become a Bride of Christ through repentance. Having attained angelic life, thou didst defeat demons with the weapon of the Cross! Therefore, O most glorious Mary, thou art a Bride of the Kingdom!

SIXTH SATURDAY OF LENT (Resurrection of Lazarus) Saturday, April 11.

TROPARION, TONE ONE:

By raising Lazarus from the dead before Thy passion, Thou didst confirm the universal resurrection, O Christ God! Like the children with the palms of victory, we cry out to Thee, O Vanquisher of death; Hosanna in the highest! Blessed is He that comes in the Name of the Lord!

KONTAKION, TONE TWO:

Christ - the Joy, the Truth, and the Light of all, the Life of the World and the Resurrection - has appeared in His goodness, to those on earth. He has become the Image of our Resurrection, granting divine forgiveness to all.

ENTRANCE OF OUR LORD JESUS CHRIST INTO JERUSALEM (Palm Sunday) Week beginning April 12.

TROPARION, TONE ONE!

By raising Lazarus from the dead before Thy passion, Thou didst confirm the universal resurrection, O Christ God! Like the children with the palms of victory, we cry out to Thee, O Vanquisher of death; Hosanna in the highest! Blessed is He that comes in the Name of the Lord!

AND THE TROPARION, TONE FOUR:

When we were buried with Thee in Baptism, O Christ God, we were made worthy of eternal life by Thy Resurrection! Now we praise Thee and sing: Hosanna in the highest! Blessed is He that comes in the Name of the Lord!

KONTAKION, TONE SIX:

Sitting on Thy throne in heaven, carried on a foal on earth, O Christ God! Accept the praise of angels and the songs of children, who sing: Blessed is He that comes to recall Adam!

HOLY PASCHA-THE RESURRECTION OF OUR LORD AND SAVIOR JESUS CHRIST. April 19, 2020.

TROPARION, TONE FIVE:

Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life!

IPAKOE, TONE EIGHT:

When they came before the dawn with Mary and found the stone rolled away from the sepulchre, they heard from the angel: "Why seek among the dead Him Who abides in everlasting light? Behold the graveclothes! Go quickly, and proclaim to the world that the Lord is risen, and has slain death. For He is the Son of God, Who saves mankind!"

KONTAKION, TONE EIGHT:

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 myrrhbearing women, granting peace to Thine apostles, and bestowing Resurrection on the fallen.