

TYPIKA AT HOME: SEPTEMBER 13, 2020  
SUNDAY BEFORE THE EXALTATION OF THE HOLY CROSS  
DEDICATION OF THE CHURCH OF THE RESURRECTION IN JERUSALEM

**Opening Hymns:**

**Troparion, Tone 6:**

Angelic powers appeared at your tomb, and the guards became like dead men. Mary stood at the tomb seeking your most pure body. You despoiled Hades without a challenge. You, the Giver of Life met the Virgin. O Lord, risen from the dead, glory to you.

**Troparion, Tone 4:**

Lord, Life and Resurrection of all, you showed the beauty of the holy dwelling-place of your glory on earth like the splendor of the firmament on high. Make it stand firm forever. Through the Theotokos, accept our prayers which we unceasingly offer to you within it.

*Leader:* Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

*Response:* Amen.

Glory to you, our God, glory to you.

Heavenly King, Comforter, Spirit of Truth, everywhere present and filling all things, Treasury of blessings and Giver of Life, come and dwell within us, cleanse us of all stain, and save our souls, O gracious One.

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us. (*Three times*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen.

Most Holy Trinity, have mercy on us; Lord, cleanse us of our sins; Master, forgive our transgressions; Holy One, come to us and heal our infirmities for your name's sake.

Lord, have mercy. (*Three times*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. 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 evil.

*Leader:* Lord Jesus Christ, Son of God, have mercy on us.

*Response:* Amen.

Lord, have mercy. (*Twelve times*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen

Come, let us worship our King and God.

Come, let us worship Christ, our King and God.

Come, let us worship and bow before the only Lord Jesus Christ the King and our God.

*We chant the Typical Psalms:*

**Psalm 102:**

Bless the Lord, O my soul,  
and all my being, bless his holy name.

Bless the Lord, O my soul,  
and never forget all his blessings.

It is he who forgives all your guilt,  
who heals every one of your ills,

who redeems your life from the grave,  
who crowns you with love and compassion,

who fills your life with good things,  
renewing your youth like an eagle's.

The Lord does deeds of justice,  
gives judgment for all who are oppressed.

He made known his ways to Moses  
and his deeds to Israel's sons.

The Lord is compassion and love,  
slow to anger and rich in mercy.

His wrath will come to an end;  
he will not be angry forever.

He does not treat us according to our sins  
nor repay us according to our faults.

For as the heavens are high above the earth  
so strong is his love for those who fear him.

As far as the east is from the west  
so far does he remove our sins.

As a father has compassion on his sons,  
the Lord has pity on those who fear him;

for he knows of what we are made,  
he remembers that we are dust.

As for man, his days are like grass;  
he flowers like the flower of the field;

the wind blows and he is gone  
and his place never sees him again.

But the love of the Lord is everlasting  
upon those who hold him in fear;

his justice reaches out to children's children  
when they keep his covenant in truth,  
when they remember his commands and do them.

The Lord has set his throne in heaven  
and his kingdom is ruling over all.

Bless the Lord, all his angels,  
mighty in power, fulfilling his word,  
who heed the voice of his word.

Bless the Lord, all his hosts,  
his servants who do his will.

Bless the Lord, all his works,  
in every place where he rules.

Glory to the Father, and to the Son,  
and to the Holy Spirit,  
now and ever and forever. Amen.

Bless the Lord, O my soul!  
and all my being, bless his holy name.

Blessed are you, O Lord.

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

Praise the Lord, O my soul.  
I will praise the Lord all my life.  
I will make music to my God while I live.

Put no trust in princes,

in mortal men in whom there is no help.

Take their breath, they return to clay  
and their plans that day come to nothing.

He is happy who is helped by Jacob's God,  
whose hope is in the Lord his God,

who alone made heaven and earth,  
the seas and all they contain.

It is the Lord who keeps faith forever,  
who is just to those who are oppressed.

It is he who gives bread to the hungry,  
the Lord, who sets prisoners free,

the Lord who gives sight to the blind,  
who raises up those who are bowed down,

the Lord, who protects the stranger  
and upholds the widow and orphan.  
It is the Lord who loves the just  
but thwarts the path of the wicked.

The Lord will reign forever,  
Zion's God, from age to age.

Now and ever and forever. Amen.

### **Hymn of the Incarnation**

O only-begotten Son and Word of God, who, being immortal, deigned for our salvation to become incarnate of the holy Theotokos and Ever-Virgin Mary, and became man without change; you were also crucified, O Christ our God, and by death have trampled Death, being One of the Holy Trinity, glorified with the Father and the Holy Spirit, save us.

### **Troparia at the Beatitudes**

In your kingdom, remember us, O Lord, when you come in your kingdom.

**12.** Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.

**11.** Blessed are they who mourn,  
for they will be comforted.

**10.** *Blessed are the meek,  
for they will inherit the land.*

(Tone 6) Remember me, O God my Savior, when you come in your kingdom, and save me,

for you alone love us all.

**9. *Blessed are they who hunger and thirst for righteousness, for they will be satisfied.***

- Through a tree Adam was deceived. Through the tree of the cross you saved again a thief who cried out, "Remember me, O Lord."

**8. *Blessed are the merciful, for they will be shown mercy.***

- Giver of life, having shattered the gates and bars of Hades, O Savior, you raised all the dead who cry out, "Glory to your rising."

**7. *Blessed are the pure of heart, for they will see God.***

- You plundered death by your grave and, by your resurrection, you filled everything with joy. Remember me for you are compassionate.

**6. *Blessed are the peacemakers, for they will be called children of God.***

- The myrrh-bearers came to the tomb and heard the angel cry aloud, "Christ is risen, enlightening the whole world."

**5. *Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.***

- Let us all with one accord praise Christ, who was nailed to the tree of the cross and delivered the world from error.

**4. *Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me.***

(Tone 4) O Christ, you have sanctified your Church on earth by the Spirit, consecrating it today with the oil of gladness.

**3. *Rejoice and be glad, for your reward will be great in heaven.***

- O Christ, in you the Church has an unshakable foundation and is crowned by the Cross as a royal diadem.

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

- Through your work of salvation, today, O God of goodness, you have made a temple built by human hands into the dwelling of your infinite glory.

**1. *Now and ever and forever. Amen.***

- You alone, O Mother of our God, have become for humanity the steward of supernatural treasures, and we also sing: Rejoice!

### **Prokeimenon, Tone 6:**

Save your people, O Lord, and bless your inheritance.

*Verse:* To you, O Lord, I cry out: My God, be not silent to me.

Epistle: Galatians 6:11-18 and Hebrews 3:1-4

*Leader:* A reading from the Letter of St. Paul the Apostle to the Galatians.

Brothers and Sisters: See with what large letters I am writing to you in my own hand! It is those who want to make a good appearance in the flesh who are trying to compel you to have yourselves circumcised, only that they may not be persecuted for the cross of Christ. Not even those having themselves circumcised observe the law themselves; they only want you to be circumcised so that they may boast of your flesh. But may I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. For neither does circumcision mean anything, nor does uncircumcision, but only a

new creation. Peace and mercy be to all who follow this rule and to the Israel of God. From now on, let no one make troubles for me; for I bear the marks of Jesus on my body. The grace of our Lord Jesus Christ be with your spirit, brothers. Amen.

Brothers and Sisters: Therefore, holy “brothers,” sharing in a heavenly calling, reflect on Jesus, the apostle and high priest of our confession, who was faithful to the one who appointed him, just as Moses was “faithful in all his house.” But he is worthy of more “glory” than Moses, as the founder of a house has more “honor” than the house itself. Every house is founded by someone, but the founder of all is God.

**Alleluia, Tone 2:** Alleluia, alleluia, alleluia

*Verse:* I have exalted one chosen from my people and with my holy oil I have anointed him.

*Verse:* My hand shall protect him and my arm shall make him strong.

*Leader:* A reading from the gospel of the holy apostle and evangelist John the Theologian. (John 3:13-17 and Matthew 16:13-18)

*Response:* Glory to you, O Lord, glory to you.

*Leader:*

The Lord said: No one has gone up to heaven except the one who has come down from heaven, the Son of Man. And just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes in him may have eternal life.” For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him.

At that time: Jesus went into the region of Caesarea Philippi and asked his disciples, “Who do people say that the Son of Man is?” They replied, “Some say John the Baptist, others Elijah, still others Jeremiah or one of the prophets.” He said to them, “But who do you say that I am?” Simon Peter said in reply, “You are the Messiah, the Son of the living God.” Jesus said to him in reply, “Blessed are you, Simon son of Jonah. For flesh and blood has not revealed this to you, but my heavenly Father. And so I say to you, you are Peter, and upon this rock I will build my church, and the gates of the netherworld shall not prevail against it.

*Response:* Glory to you, O Lord, glory to you.

*Then:*

Glory to the Father, and to the Son, and to the Holy Spirit,  
now and ever and forever. Amen.

Remember us, O Lord,  
when you come in your kingdom.

Remember us, O Master,  
when you come in your kingdom.

Remember us, O Holy One,  
when you come in your kingdom.

The heavenly choir praises you and says,  
Holy, holy, holy, Lord God of hosts;  
heaven and earth are filled with your glory.

Look towards him and be radiant;  
let your faces not be abashed.

The heavenly choir praises you and says,  
Holy, holy, holy, Lord God of hosts;  
heaven and earth are filled with your 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 powers, praises you and says,  
Holy, holy, holy, Lord God of hosts;  
heaven and earth are filled with your glory.

Now and ever  
and forever. Amen.

### **Profession of Faith**

I believe in one God, the Father Almighty, Creator of heaven and earth, of all things visible and invisible; and in one Lord Jesus Christ, Son of God, the only-begotten, born of the Father before all ages. Light from light, true God from true God, begotten, not made, one in essence with the Father; through whom all things were made. For us and for our salvation, he came down from heaven and was incarnate from the Holy Spirit and the Virgin Mary, and became man. He was crucified for us under Pontius Pilate, and suffered and was buried. He rose on the third day according to the scriptures. He ascended into heaven and is seated at the right hand of the Father, and he is coming again in glory to judge the living and the dead, and his kingdom will have no end. And in the Holy Spirit, the Lord, the Creator of Life, who proceeds from the Father. Together with the Father and the Son he is worshiped and glorified; he spoke through the prophets. In one, holy, catholic, and apostolic Church. I profess one baptism for the remission of sins. I expect the resurrection of the dead and the life of the world to come. Amen.

Remit, pardon, and forgive our transgressions, voluntary and involuntary, in deed and in word, with knowledge and in ignorance, in thought and in desire, by night and by day, forgive them all, O God, for you are good and love us all.

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.

*Leader:* Lord Jesus Christ, Son of God, have mercy on us.

*Response:* Amen.

**Kontakion, Tone 8:**

Today the saving wood shines forth from the bosom of the earth. It is reverently lifted up in the Church by the hands of the bishop. The whole world prostrates and kisses it with awe. Save us through your cross, O Lord.

Lord, have mercy. (*Twelve times*)

*Leader:* Most holy Trinity, Consubstantial Power, Indivisible Kingdom, Cause of all good things, look favorably upon me, a sinner, at this present hour. Take away all the defilement of my mind and enlighten my understanding that I may always praise, glorify, and say:

*Response:* One is holy, one is Lord Jesus Christ, to the glory of God the Father. Amen

*The Leader bows his head and together with the faithful makes a spiritual Communion praying aloud:*

O Lord, I believe and confess that you are truly Christ,  
who came into the world

To save sinners of whom I am the first.

*Although I cannot be a partaker now of your mystical supper, O Son of God,*

Come at least spiritually into my heart by Your Divine Grace  
for the healing of my soul and body.

For I will not reveal your mystery to your enemies,

Nor will I give you a kiss as did Judas,

But like the thief I profess to you:

+ Remember me, O Lord, when you come in your kingdom.

+ Remember me, O Master, when you come in your kingdom.

+ Remember me, O Holy One, when you come in your kingdom.

O Lord, I also believe and profess, that this,

Which I would receive, and which is now here present with us in Mystery,

Is truly your most precious Body, and your life-giving Blood,

Which, I pray, I may one day receive again

For the remission of all my sins and for life everlasting. Amen

*Then immediately:*

**Psalm 33**

I will bless the Lord at all times,  
his praise always on my lips;

In the Lord

my soul shall make its boast

The humble shall hear



and be glad.

Glorify the Lord with me.

Together let us praise his name.

I sought the Lord and he answered me;  
from all my terrors he set me free.

Look towards him and be radiant;  
let your faces not be abashed.

This poor man called, the Lord heard him  
and rescued him from all his distress.

The angel of the Lord is encamped,  
around those who revere him, to rescue them.

Taste and see that the Lord is good.  
He is happy who seeks refuge in him.

Revere the Lord, you his saints.  
They lack nothing, those who revere him.

Strong lions suffer want and go hungry  
but those who seek the Lord lack no blessing.

Come, children, and hear me  
that I may teach you the fear of the Lord.

Who is he who longs for life and many days,  
to enjoy his prosperity?

Then keep your tongue from evil  
and your lips from speaking deceit.

Turn aside from evil and do good;  
seek and strive after peace.

The Lord turns his face against the wicked  
to destroy their remembrance from the earth.

The Lord turns his eyes to the just  
and his ears to their appeal.

The just cried out and the Lord heard them,  
and rescued them from all their distress.

The Lord is close to the broken-hearted;  
those whose spirit is crushed he will save.

Many are the trials of the just,  
but from them all the Lord will rescue them.

He will keep guard over all their bones,  
not one of their bones shall be broken.

Evil brings death to the wicked;  
those who hate the good are doomed.

The Lord ransoms the souls of his servants.  
Those who hide in him shall not be condemned.

More honorable than the cherubim, and beyond compare more glorious than the seraphim;  
who, a virgin, gave birth to God the Word, you, truly the Theotokos, we magnify.

**Leader:** Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy  
on us.

**Response:** Amen.

**Closing Hymn:**

**Troparion, Tone 4:**

Lord, we offer to you in intercession the goodness of your life-creating cross which you gave  
to us, your unworthy people. Save our nation and your Church which implores you through  
the Theotokos. For you alone love us all.