

TYPIKA AT HOME: FEBRUARY 7, 2021
MEATFARE SUNDAY

Troparion, Tone 3:

Let the heavens rejoice, let the earth be glad; for the Lord has shown the might of his arm. By his death the Lord has trampled Death; he has become the first-born of the dead; he has delivered us from the depths of Hades and has granted great mercy to the world.

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 3) O Christ, from Paradise you banished our forefather Adam who rejected your commandment; and, O Compassionate One, into Paradise you brought the thief who confessed you on the cross, as he cried out, "Remember me, O Savior, in your kingdom."

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

- Lord and Giver of life, when we sinned you condemned us to the curse of death; and, O Master, when you suffered without sin in your body, you gave life to mortals who cry out,

“Remember us also in your kingdom.”

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

- Having risen from the dead, O Lord, by your resurrection you raised us with you from the passions; you destroyed the entire dominion of death, O Savior. Therefore we cry out in faith, “Remember us also in your kingdom.”

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

- By your three-day burial you, as a life-giving God, raised with you the dead in Hades, and you, as a good God, poured out incorruption on us all who in faith cry out always, “Remember us also in your kingdom.”

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

- Having risen from the dead, you appeared first to the myrrh-bearing women, O Savior, and cried out, “Rejoice!” Through them, you reveal your rising to your friends, O Christ. Because of this, we cry out, “Remember us also in your kingdom.”

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

- On the mountain Moses prefigured the cross by spreading out his arms and turning back Amalek. Having received the cross as a powerful weapon against demons, we all cry out, “Remember us also in your kingdom.”

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

(Tone 6) At your fearful coming, O Christ, when you shall come from heaven, the thrones will be set up and the book opened; spare then, O Savior, the work of your hands.

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

- Before the divine judgment seat, no help will assist you, neither strategy nor concern, neither glory nor friendship; but only the strength, O my soul, that comes from your deeds.

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

- Princes and leaders will be judged, and so will the rich and the poor; neither your father nor your mother will be able to help you, nor will your friends save you from punishment

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

- O my soul, tremble at the thought of the judge and the terrible accusation; prepare now your defense so that you may escape eternal condemnation.

Prokeimenon, Tone 3:

Great is our Lord and great is his power. His Understanding is without measure.

Verse: Praise the Lord, for a psalm is good. May praise delight our God.

Epistle: 1 Corinthians 8:8-9:2

Leader: A reading from the First Letter of St. Paul the Apostle to the Corinthians.

Brothers and Sisters: Now food will not bring us closer to God. We are no worse off if we do not eat, nor are we better off if we do. But make sure that this liberty of yours in no way becomes a stumbling block to the weak. If someone sees you, with your knowledge, reclining at table in the temple of an idol, may not his conscience too, weak as it is, be “built up” to eat the meat sacrificed to idols? Thus through your knowledge, the weak person is brought to destruction, the brother for whom Christ died. When you sin in this way against your brothers and wound their consciences, weak as they are, you are sinning against Christ. Therefore, if food causes my brother to sin, I will never eat meat again, so that I may not

cause my brother to sin. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are you not my work in the Lord? Although I may not be an apostle for others, certainly I am for you, for you are the seal of my apostleship in the Lord.

Alleluia, Tone 8: Alleluia, alleluia, alleluia

Verse: Come, let us sing joyfully to the Lord; let us acclaim God our Savior.

Verse: Let us come into his presence with thanksgiving, and let us joyfully sing psalms to him.

Leader: A reading from the gospel of the holy apostle and evangelist Matthew. (Matthew 25:41-46)

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

Leader:

The Lord told this parable: When the Son of Man comes in his glory, and all the angels with him, he will sit upon his glorious throne, and all the nations will be assembled before him. And he will separate them one from another, as a shepherd separates the sheep from the goats. He will place the sheep on his right and the goats on his left. Then the king will say to those on his right, 'Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.' Then the righteous will answer him and say, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?' And the king will say to them in reply, 'Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.' Then he will say to those on his left, 'Depart from me, you accursed, into the eternal fire prepared for the devil and his angels. For I was hungry and you gave me no food, I was thirsty and you gave me no drink, a stranger and you gave me no welcome, naked and you gave me no clothing, ill and in prison, and you did not care for me.' Then they will answer and say, 'Lord, when did we see you hungry or thirsty or a stranger or naked or ill or in prison, and not minister to your needs?' He will answer them, 'Amen, I say to you, what you did not do for one of these least ones, you did not do for me.' And these will go off to eternal punishment, but the righteous to eternal life.

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 1

When you come to the earth in glory, O God, and the universe trembles and a river of fire flows before your judgment seat and the books are opened and everything hidden is revealed, deliver me then from the unquenchable fire and make me worthy to stand at your right hand, O most righteous Judge.

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 Hymns:
Sticheron, Tone 8**

Greed has made us deserve our first nakedness; the bitterness of the fruit has brought disgrace, and we have become estranged from God. Let us now turn back in repentance; let us cleanse our senses, and may the Fast be our food. Let us strengthen our hearts with the hope of grace and not in the passing provisions of this life. For our food shall be the Lamb of God on the night of his glorious Resurrection. He is the Lamb who offers himself as a victim for us, at the mystical supper in which the disciples take part, the Lamb who dispels the darkness of night, by the brightness of his holy Resurrection.