

TYPIKA AT HOME: APRIL 25, 2021  
SUNDAY OF THE PARALYTIC MAN  
FEAST OF THE HOLY APOSTLE AND EVANGELIST MARK

**Opening Hymn:**

**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.

**Troparion, Tone 3:**

You became an apostle of Christ through the teaching of Peter, and you traveled like the sun over foreign lands. You fathered the Alexandrians in Christ, O blessed saint, and, by you, Egypt was set free from her mistakes. You guide us all like a beacon, O Mark, voice of God. You are a pillar of the Church by your gospel teaching. We rejoice in this and keep your memory. Intercede with God, who proclaims the Gospel through you, to forgive us our many sins.

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

*Response:* Amen.

Christ is risen from the dead, by death he trampled death, and to those in the tombs he granted life. (*Three times*)

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.***

(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."

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

- O 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."

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

- 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."

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

- 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."

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

- Willingly you were lifted on the Cross; you were buried in the sepulcher as dead, O Christ; you gave life to the dead in Hades; and you rose as God all-powerful.

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

- When Hades met you in the depths, it was shaken and had to give up its prisoners who never cease singing, O Savior God, of your wondrous Resurrection.

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

- When the disciples of the Lord saw Christ rise from the tomb, they worshiped the Life of the whole world with joyful hearts, full of enthusiasm and love.

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

- The man who for many years laid upon a bed in pain, was cured by your word, O Source of life; and he glorified your infinite mercy.

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

(Tone 1) You made nothing of the scorn of the wicked, O Lord, and put down their prideful arrogance, revealing your apostle as a conqueror by your might, for you are the strength and restoration of the afflicted.

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

- By your words, O wise Mark, you preached the Fashioner of creation, the Crown of hope with which we are now crowned, and which, to our glory, has been made of the nature of the flesh.

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

- O glorious one, the pre-eminent Peter clearly instructed you to record the precious Gospel mystically, showing you to be a servant of divine grace, for you shed the light of divine knowledge upon us.

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

- Through the Virgin Mother of God you enlightened Egypt which before was in darkness, entering it as an infant, O Lord; and you reprov'd its vanity through the teachings of the divinely eloquent Mark, O you who love us all.

**Prokeimenon, Tone 1:**

May your mercy, O Lord, be upon us who have placed our hope in you.

*Verse:* Rejoice in the Lord, you righteous ones; praise from the upright is fitting.

**Prokeimenon, Tone 8:**

Through all the earth their voice resounds, their message reaches to the ends of the world.

Epistle: Acts 9:32-42 and 1 Peter 5:6-14

*Leader:* A reading from the Acts of the Holy Apostles.

At that time: As Peter was passing through every region, he went down to the holy ones living in Lydda. There he found a man named Aeneas, who had been confined to bed for eight years, for he was paralyzed. Peter said to him, "Aeneas, Jesus Christ heals you. Get up and make your bed." He got up at once. And all the inhabitants of Lydda and Sharon saw him, and they turned to the Lord. Now in Joppa there was a disciple named Tabitha, which translated means Dorcas. She was completely occupied with good deeds and almsgiving. Now during those days she fell sick and died, so after washing her, they laid her out in a room upstairs. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him with the request, "Please come to us without delay." So Peter got up and went with them. When he arrived, they took him to the room upstairs where all the widows came to him weeping and showing him the tunics and cloaks that Dorcas had made while she was with them. Peter sent them all out and knelt down and prayed. Then he turned to her body and said, "Tabitha, rise up." She opened her eyes, saw Peter, and sat up. He gave her his hand and raised her up, and when he had called the holy ones and the widows, he presented her alive. This became known all over Joppa, and many came to believe in the Lord.

Brothers and Sisters: humble yourselves under the mighty hand of God, that he may exalt you in due time. Cast all your worries upon him because he cares for you. Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for someone to devour. Resist him, steadfast in faith, knowing that your fellow believers throughout the world undergo the same sufferings. The God of all grace who called you to his eternal glory through Christ Jesus will himself restore, confirm, strengthen, and establish you after you have suffered a little. To him be dominion forever. Amen. I write you this briefly through Silvanus, whom I consider a faithful brother, exhorting you and testifying that this is the true grace of God. Remain firm in it. The chosen one at Babylon sends you greeting, as does Mark, my son. Greet one another with a loving kiss. Peace to all of you who are in Christ.

**Alleluia, Tone 5:** Alleluia, alleluia, alleluia

*Verse:* I shall sing forever of your mercies, O Lord; through all generations my mouth will proclaim your truth.

*Verse:* For you have said: Mercy is built to last forever. Your truth is firmly established in heaven.

*Verse:* The heavens declare your wonders, O Lord, and your truth in the assembly of the holy.

*Leader:* A reading from the gospel of the holy apostle and evangelist John (the Theologian) (John 15:1-15 and Mark 6:7-13)

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

*Leader:*

At that time: there was a feast of the Jews, and Jesus went up to Jerusalem. Now there is in Jerusalem at the Sheep Gate a pool called in Hebrew Bethesda, with five porticoes. In these lay a large number of ill, blind, lame, and crippled. For from time to time an angel of the Lord used to come down into the pool; and the water was stirred up, so the first one to get in after the stirring of the water was healed of whatever disease afflicted him. One man was there who had been ill for thirty-eight years. When Jesus saw him lying there and knew that he had been ill for a long time, he said to him, "Do you want to be well?" The sick man answered him, "Sir, I have no one to put me into the pool when the water is stirred up; while I am on my way, someone else gets down there before me." Jesus said to him, "Rise, take up your mat, and walk." Immediately the man became well, took up his mat, and walked. Now that day was a sabbath. So the Jews said to the man who was cured, "It is the sabbath, and it is not lawful for you to carry your mat." He answered them, "The man who made me well told me, 'Take up your mat and walk.'" They asked him, "Who is the man who told you, 'Take it up and walk'?" The man who was healed did not know who it was, for Jesus had slipped away, since there was a crowd there. After this Jesus found him in the temple area and said to him, "Look, you are well; do not sin any more, so that nothing worse may happen to you." The man went and told the Jews that Jesus was the one who had made him well.

At that time: Jesus summoned the Twelve and began to send them out two by two and gave them authority over unclean spirits. He instructed them to take nothing for the journey but a walking stick - no food, no sack, no money in their belts. They were, however, to wear sandals but not a second tunic. He said to them, "Wherever you enter a house, stay there until you leave from there. Whatever place does not welcome you or listen to you, leave there and shake the dust off your feet in testimony against them." So they went off and preached repentance. They drove out many demons, and they anointed with oil many who were sick and cured them.

*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 3:**

- O Lord, with your divine authority, as you once raised the paralytic, now raise my soul, paralyzed dreadfully with all kinds of sin and disgraceful deeds, that, being saved, I may cry out to you: Glory to your power, O merciful Christ.

**Kontakion - Tone 8:**

Although you descended into the grave, O Immortal One, you destroyed Hades' power. You arose as a victor, O Christ God. You exclaimed to the myrrh-bearing women: Rejoice! You gave peace to your apostles and granted resurrection to the fallen.

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.

Shine in splendor, O new Jerusalem; for the glory of the Lord is risen upon you. O Zion, now

dance and be glad; and you, pure Theotokos, rejoice in the resurrection of your Son.

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

**Response:** Amen.

**Closing Hymn:**

Christ is risen from the dead, by death he trampled death, and to those in the tombs he granted life. (*Three times*)

And to us he granted life eternal. Let us bow before his resurrection on the third day.