

TYPIKA AT HOME: SEPTEMBER 19, 2021
SUNDAY AFTER THE EXALTATION OF THE HOLY CROSS

Opening Hymns:

Troparion, Tone 8:

You descended from on high, O merciful One. You accepted burial for three days to free us from our passions. O Lord, our Resurrection and our Life, glory to you.

Troparion, Tone 1:

Save your people, O Lord, and bless your inheritance; grant victory to your Church over evil, and protect your people by your cross.

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 8) Remember us, O Christ, Savior of the world, as you remembered the thief on the cross, and make us all worthy of your heavenly kingdom, only merciful One.

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

- Adam, hear and rejoice along with Eve, because he who stripped both of you naked and took us captive by deceit, has been overcome by the cross of Christ. .

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

- O our Savior, when you were willingly nailed to the cross, you delivered us from the curse of Adam, and since you are merciful, you restored the image and the dwelling in Paradise.

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

- Today Christ rose from the grave, granting incorruption to all the faithful. He ushers in joy for the myrrh-bearers after the passion and resurrection.

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

- Rejoice, you wise myrrh-bearing women, the first to see Christ's resurrection. You announced to his apostles the restoration of the whole world.

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

- Apostles, friends of Christ, you have been shown to be future sharers of his throne in glory, to stand before him with confidence on our behalf. As his disciples, intercede for us.

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

(Tone 8) The foolish order of the wicked tyrant broke down the people; threats and blasphemy against God came forth from his mouth. The youths, however, feared neither his brutal fury nor the fiery furnace; but in the flames crackling with the vapor of the dew, they joined their voices and sang: Blessed is the God of our forefathers and our God, the Lord of glory.

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

- By eating of the tree, Adam inherited a corruptible life. He was exiled from Paradise, and his body was prone to corruption which was passed on to his descendants like a disease. But those of the earth, who acknowledge the wood of the Cross as their vindication, cry aloud: You are praised and blessed above all, O God of our forefathers.

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

- Death came into the world by the partaking of the fruit of the tree; the breaking of the law of God came through disobedience. The tree of precious life was carefully guarded until the confession of the good thief. He made it accessible once again by crying out as he departed this life: You are praised and blessed above all, O God of our forefathers.

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

- When he honored the staff of Joseph, Israel revealed that in the future the most glorious Cross would be the safeguard of royal power. The Cross is a victorious glory of kings and a light to the faithful who cry out: You are praised and blessed above all, O God of our forefathers.

Prokeimenon, Tone 7

Exalt the Lord, our God, and worship at his footstool, for he is holy.

Verse: The Lord is King; let the peoples rage.

Epistle: Galatians 2:16-20

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

Brothers and Sisters: We know that a person is not justified by works of the law but through

faith in Jesus Christ, even we have believed in Christ Jesus that we may be justified by faith in Christ and not by works of the law, because by works of the law no one will be justified. But if, in seeking to be justified in Christ, we ourselves are found to be sinners, is Christ then a minister of sin? Of course not! But if I am building up again those things that I tore down, then I show myself to be a transgressor. For through the law I died to the law, that I might live for God. I have been crucified with Christ; yet I live, no longer I, but Christ lives in me; insofar as I now live in the flesh, I live by faith in the Son of God who has loved me and given himself up for me.

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.

Alleluia, Tone 1: Alleluia, alleluia, alleluia

Verse: Remember your flock which you acquired long ago.

Verse: God is our King from all ages; he has accomplished salvation in the middle of the earth.

Leader: A reading from the gospel of the holy apostle and evangelist Mark. (Mark 8:34-38)

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

Leader:

The Lord said: "Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake and that of the gospel will save it. What profit is there for one to gain the whole world and forfeit his life? What could one give in exchange for his life? Whoever is ashamed of me and of my words in this faithless and sinful generation, the Son of Man will be ashamed of when he comes in his Father's glory with the holy angels."

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 4:

Christ our God, who were willingly raised upon the cross, grant your mercies upon a new people who bear your name. By your power grant joy to our Church. Give her victory over evil with your invincible trophy, the weapon of peace, as an ally.

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:

Bowing before the Cross, we sing three times:

We bow to your cross, O Lord, and we glorify your holy resurrection.