The Office of Typika

For Home Use
Foreword

This edition of *The Office of Typika* was adapted from *Typika – the Service of Holy Communion without a Priest*, which was prepared by the Intereparchial Commission for Sacred Liturgy for use in the Byzantine Metropolitan Church *Sui Juris* of Pittsburgh, U.S.A.

This service may be read by a layperson (at home) when sickness or another circumstance worthy of God’s blessing makes church attendance impossible, when travelling/vacationing to a place where no Church is available, or when an emergency occurs and priest is not present to celebrate the Divine Liturgy.

The arrangement was designed to provide maximum flexibility, and to reduce complexity for those who use it. If desired, the hymns may be sung using the provided music, a simplified chant, or they may be recited.
The Office of Typika

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

The faithful immediately continue:

Psalm Tone:

All:

Glo - ry to you, our God, glo - ry 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. Lord, have mercy.
Lord have mercy.

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.

(Two Times)

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

Call to Worship

Each time with a reverence:

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.


**Typical Psalms**

**First Typical Psalm – simple form (Psalm 102:1):**

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.

**Second Typical Psalm – simple form (Psalm 145:1,2):**

Praise the Lord, O my soul. I will praise the Lord,

praise the Lord all my life. I will make music to my God while I live.

**Hymn of the Incarnation**

*Resurrection Tone 7*

Now and ever and forever. Amen.

O only-begotten Son and Word of God, who being immortal,

deigned for our salvation to become incarnate
Beatitudes

Beatitudes – Tone 8 Kontakion (Matthew 5: 1-12):

Re - mem - ber us, O Lord, when you come in your king - dom.

Bless-ed are the poor in spir-it, for theirs is the king-dom of heav-en.

Bless-ed are they who mourn, for they will be com-fort-ed. Bless-ed are the meek,

for they will in-her-it the land. Bless-ed are they who hunger and thirst
after righteousness, for they will be satisfied. Blessed are the merciful, for they will be shown mercy. Blessed are the clean of heart, for they shall see God. Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me.

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

The faithful chant the Troparia appointed for the feast or for the day. If the prescribed Troparia are not available, the following may be sung:

On Sundays:

Troparion of the Resurrection – Tone 6:

An - gel - ic pow - ers ap - peared at your tomb, and the guards be - came like dead

Ha - des with - out a chal - lenge. You, the Giv - er of Life met the

Vir - gin. O Lord, ris - en from the dead, glo - ry to you!

On weekdays:

Troparion for General Intention – Tone 6 (adapt.):

Have mer - cy on us, O Lord, have mer - cy on us: since we have no
de-fense, we sin - ners offer this supplica - tion to you, our Mas - ter;

have mer - cy on us.
Thrice-Holy Hymn

Three Times

Holy God, Holy and Mighty, Holy and Immortal,

have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen. Holy and Immortal, have mercy on us.

Prokeimenon

The faithful chant the Prokeimenon appointed for the feast or for the day. If the prescribed Prokeimenon are not available, the following may be sung:

On Sundays:

Prokeimenon of the Resurrection – Tone 6 (Psalm 27:9,1):

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

and bless your inheritance.

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

Prokeimenon for a General Intention – Tone 4 (Psalm 142:1; 134:3):

Verse: Praise the Lord, for the Lord is good.

Apostolic Reading

The leader reads the Apostolic Reading appointed for the feast or for the day, using a normal speaking voice (i.e., not chanted).

Alleluia

The faithful chant the Alleluiaria appointed for the feast or for the day. If the prescribed Alleluiaria are not available, the following may be sung:

On Sunday:

Alleluia of the Resurrection – Tone 6 (Psalm 90:1,2):

Verse: The one who dwells in the shelter of the Most High abides in the shadow of the God of heaven.

Verse: He says to the Lord:
You are my Protector, my Refuge, and my God in whom I trust.
On weekdays:

Alleluia for a General Intention – Tone 1 (Psalm 24:22; 31:6):

Verse: Redeem Israel, O God, from all its distress.

Verse: So let the righteous pray to you in time of need.

Holy Gospel

The leader reads the section of the holy Gospel appointed for the feast or for the day, using a normal speaking voice (i.e., not chanted).

Following the holy Gospel, the faithful continue:

All: 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.

The Symbol 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 worshipped

and glorified; he spoke through the prophets. In one, holy, catholic, and
The Lord’s Prayer

Tone 4 Podoben, Udivisja Josif (adapt.)

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.
Kontakion

The faithful chant the Kontakia appointed for the feast or for the day. If the prescribed Kontakia are not available, the following may be sung:

On Sundays:

Kontakion of the Resurrection – Tone 6:

Christ our God, the Life-giver, with his life-giving hand raised the dead from the valley of death, granting resurrection to all of us.

He is the Savior of All, the Resurrection, the Life, and the God of All.

On weekdays:

Kontakion for a General Intention – Tone 6 Troparion (adapt.):

Lord, have mercy on us, for in you we place our hope. Be not exceedingly angry with us, nor mindful of our transgressions, but look up on us even now with mercy, and deliver us from our enemies. For you are our God and we are your people:
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: One is holy, one is Lord, Jesus Christ, to the glory of God the Father. Amen.

Then, immediately, the faithful continue:

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

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

podoben: Pod tvojú milost’ (2)