

TYPIKA AT HOME: DECEMBER 19, 2021  
SUNDAY OF THE ANCESTORS

**Troparion, Tone 4:**

The joyful message of the Resurrection was heard by the women disciples from the angel, and being freed from the ancestral curse, they boasted to the apostles: Death is despoiled; Christ our God is risen, giving great mercy to the world.

**Troparion, Tone 2:**

Great are the accomplishments of faith: the three holy youths rejoiced in the streams of fire as if in refreshing waters; and Daniel the Prophet shepherds lions like sheep. Through their prayers, O Christ our God, save our souls.

*The following is then read:*

**Synaxarion:**

Today, the Sunday before the Birth of Christ, as our holy and God-bearing Fathers have directed, we commemorate all those who were acceptable to God throughout the ages, from Adam to Joseph, the spouse of the most holy Theotokos.

Through their holy prayers, O our God, have mercy on us and save us. Amen.

*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 5) The thief on the cross, believing you to be God, O Christ, professed you sincerely from his heart, crying out, "Remember me, O Lord, in your kingdom."

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

- With one accord let us praise in song as Savior and Creator the one who made life blossom for the human race by the tree of the cross, and withered the curse of the tree.

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

- By your death, O Christ, you destroyed the power of death, raising with you the dead from ages past who sing hymns to you, our true God and Savior.

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

- The pious women came to your tomb, O Christ, seeking to anoint you, the Giver of life, and an angel appeared, crying out to them, "The Lord is risen."

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

- O Christ, when you were crucified between two convicted thieves, one blasphemed you and was justly condemned, while the other confessed you and went to Paradise.

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

- The pious women came to the apostles and cried out, "Christ is risen." Let us worship him as Master and Creator

**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) Preserving the glory of their image and likeness with God, the three youths spurned the glitter of the gilded idol, and in the fire by the Spirit they sang with faith: We know no other Master but you.

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

- By the supreme wisdom and power of the Spirit, the youth confounded the wise men of Babylon, and they cried out with great courage: None is holy but you, O our God.

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

- The law rejoices with the prophets and the three youths, it exults before the divine brilliance of the Lord. Abraham also rejoices, for he sees the Lord take flesh from his own lineage.

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

- O Virgin, your conception was without passion, your birth-giving surpassed nature and our power of expression, for the mystery announced by the prophets has appeared to us, it is the Word of God.

#### **Prokeimenon, Tone 4:**

Blessed are you and praiseworthy, O Lord, the God of our Fathers, and glorious forever is your name.

*Verse:* For you are just in all that you have done for us.

Epistle: Hebrews 11:9-10.32-40

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

Brothers and Sisters: By faith Abraham sojourned in the promised land as in a foreign country, dwelling in tents with Isaac and Jacob, heirs of the same promise; for he was looking forward to the city with foundations, whose architect and maker is God. What more shall I say? I have not time to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets, who by faith conquered kingdoms, did what was righteous, obtained the promises; they closed the mouths of lions, put out raging fires, escaped the devouring sword; out of weakness they were made powerful, became strong in battle, and turned back foreign invaders. Women received back their dead through resurrection. Some were tortured and would not accept deliverance, in order to obtain a better resurrection. Others endured mockery, scourging, even chains and imprisonment. They were stoned, sawed in two, put to death at sword's point; they went about in skins of sheep or goats, needy, afflicted, tormented. The world was not worthy of them. They wandered about in deserts and on mountains, in caves and in crevices in the earth. Yet all these, though approved because of their faith, did not receive what had been promised. God had foreseen something better for us, so that without us they should not be made perfect.

**Alleluia, Tone 4:** Alleluia, alleluia, alleluia

*Verse:* O God, we have heard with our own ears; our fathers have told us the deed you did in their days.

*Verse:* You saved us from those who oppressed us; and those who hated us you put to shame.

*Leader:* A reading from the gospel of the holy apostle and evangelist Matthew. (Matthew 1:1-25)

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

*Leader:*

The book of the genealogy of Jesus Christ, the son of David, the son of Abraham. Abraham became the father of Isaac, Isaac the father of Jacob, Jacob the father of Judah and his brothers. Judah became the father of Perez and Zerah, whose mother was Tamar. Perez became the father of Hezron, Hezron the father of Ram, Ram the father of Amminadab. Amminadab became the father of Nahshon, Nahshon the father of Salmon, Salmon the father of Boaz, whose mother was Rahab. Boaz became the father of Obed, whose mother was Ruth. Obed became the father of Jesse, Jesse the father of David the king. David became the father of Solomon, whose mother had been the wife of Uriah. Solomon became the father of Rehoboam, Rehoboam the father of Abijah, Abijah the father of Asaph. Asaph became the father of Jehoshaphat, Jehoshaphat the father of Joram, Joram the father of Uzziah. Uzziah became the father of Jotham, Jotham the father of Ahaz, Ahaz the father of Hezekiah. Hezekiah became the father of Manasseh, Manasseh the father of Amos, Amos the father of Josiah. Josiah became the father of Jechoniah and his brothers at the time of the Babylonian exile. After the Babylonian exile, Jechoniah became the father of Shealtiel, Shealtiel the father of Zerubbabel, Zerubbabel the father of Abiud. Abiud became the father of Eliakim, Eliakim the father of Azor, Azor the father of Zadok. Zadok became the father of Achim, Achim the father of Eliud, Eliud the father of Eleazar. Eleazar became the father of Matthan, Matthan the father of Jacob, Jacob the father of Joseph, the husband of Mary. Of her was born Jesus who is called the Messiah. Thus the total number of generations from Abraham to

David is fourteen generations; from David to the Babylonian exile, fourteen generations; from the Babylonian exile to the Messiah, fourteen generations. Now this is how the birth of Jesus Christ came about. When his mother Mary was betrothed to Joseph, but before they lived together, she was found with child through the holy Spirit. Joseph her husband, since he was a righteous man, yet unwilling to expose her to shame, decided to divorce her quietly. Such was his intention when, behold, the angel of the Lord appeared to him in a dream and said, “Joseph, son of David, do not be afraid to take Mary your wife into your home. For it is through the holy Spirit that this child has been conceived in her. She will bear a son and you are to name him Jesus, because he will save his people from their sins.” All this took place to fulfill what the Lord had said through the prophet: “Behold, the virgin shall be with child and bear a son, and they shall name him Emmanuel,” which means “God is with us.” When Joseph awoke, he did as the angel of the Lord had commanded him and took his wife into his home. He had no relations with her until she bore a son, and he named him Jesus.

*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 6:**

You did not worship a man-made image, O thrice-blessed youths. You armed yourself with uncreated divinity. You were glorified in the trial by fire. Withstanding the flames, you stood and called out: Hasten, O compassionate God, and hurry to help us in your mercy. For you can do whatever you will.

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:**

O come, you lovers of the feasts! With gladness let us raise  
For Patriarchs and Prophets blest a hymn of thankful praise!  
For Abraham and Isaac and Jacob and his seed  
Who covenanr with God endured, we give you praise, indeed!

Believers, let us praise this day the fathers on faith's trek;  
For Adam, Enoch, Noah and the great Melchizedek!  
For prophets like Isaiah, for Daniel and the youths  
Who, in the face of evil, still proclaimed your holy truths.

For Miriam, Sarah, Rachel fair, for Hannah and for Eve,  
For all the mothers who conceived and bore those to believe  
That God would keep his promise, we give you thanks this day;  
So give us grace, in all our deeds, to serve you, as did they!

O Bethlehem, prepare yourself, O Ephrathah, rejoice!  
The gate of Eden's open wide! Cry out with joy-filled voice:  
Our Christ makes haste to come now and brings us back to grace.  
Prepare your hearts, your homes, your lives! Give Christ the finest place!

Text: J. Michael Thompson, based on the Vespers stichera for the Sunday before Christmas  
Melody: *St. Louis (O little town of Bethlehem)*