

TYPIKA AT HOME: MARCH 6, 2022  
THE FIRST SUNDAY OF THE GREAT FAST  
THE SUNDAY OF ORTHODOXY

**Opening Hymns:**

**Troparion, Tone 8**

You have destroyed Death by your cross, you opened paradise to the thief. The sorrow of the myrrh-bearers you turned to joy. You commanded your apostles to proclaim: Christ our God, you have risen, granting great mercy to the world.

**Troparion, Tone 2:**

We bow before your sacred image, O gracious Lord, and beg forgiveness for our offenses, O Christ our God; for you, of your own good will, ascended the cross in your human nature to deliver from the enemy's bondage those whom you created. Therefore we gratefully cry out to you: By your coming to save the world, O Savior, you have filled all with joy

*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 4) The image of the Lord is depicted, honored and faithfully adorned; the Church once again takes courage and piously glorifies the Savior.

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

- Sadness and the darkness of heresy now cease for the Church of Christ; she is clothed in the garment of joy and is surrounded by divine grace and brightness.

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

- The people of the true faith have again found the glory of their former brightness, thanks to the Empress Theodora and the pious ruler Michael.

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

- He who formerly ordered the Ark of the Covenant to be set up, now makes his dwelling in you as a spiritual ark; the only Lord, who is filled with glory, now glorifies your holy temple, O Virgin.

#### **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 11:24-26.32-12:2

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

Brothers and Sisters: By faith Moses, when he had grown up, refused to be known as the son of Pharaoh's daughter; he chose to be ill-treated along with the people of God rather than enjoy the fleeting pleasure of sin. He considered the reproach of the Anointed greater wealth than the treasures of Egypt, for he was looking to the recompense. 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. Therefore, since we are surrounded by so great a cloud of witnesses, let us rid ourselves of every burden and sin that clings to us and persevere in running the race that lies before us while keeping our eyes fixed on Jesus, the leader and perfecter of faith.

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

*Verse:* Moses and Aaron were among his priests; Samuel was among those who called upon his name.

*Verse:* They called upon the Lord and he answered them.

*Leader:* A reading from the gospel of the holy apostle and evangelist John [the Theologian] (John 1:43-51)

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

*Leader:*

At that time: Jesus decided to go to Galilee, and he found Philip. And Jesus said to him, "Follow me." Now Philip was from Bethsaida, the town of Andrew and Peter. Philip found Nathanael and told him, "We have found the one about whom Moses wrote in the law, and also the prophets, Jesus, son of Joseph, from Nazareth." But Nathanael said to him, "Can anything good come from Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming toward him and said of him, "Here is a true Israelite. There is no duplicity in him." Nathanael said to him, "How do you know me?" Jesus answered and said to him, "Before Philip called you, I saw you under the fig tree." Nathanael answered him, "Rabbi, you are the Son of God; you are the King of Israel." Jesus answered and said to him, "Do you believe because I told you that I saw you under the fig tree? You will see greater things than this." And he said to him, "Amen, amen, I say to you, you will see the sky opened and the angels of God ascending and descending on the Son of Man."

*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 8:**

O Theotokos, the indescribable Word of the Father became describable when he took flesh from you. Our soiled image was restored to its original form, commingled with divine beauty. This is the very salvation we profess, depicting it in word and deed.

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:**

**Tone 6:** (to the melody of "It is truly proper to glorify you...")

Moses received the Law while fasting; Elijah, by fasting, closed the heavens; and the three holy children of Abraham were victorious over the evil tyrant through their abstinence. By fasting, grant that we may partake in your Resurrection, as we sing aloud, O God and Savior: Holy God, Holy and Mighty, Holy and Immortal, have mercy on us.

- From the *Stichera of the Praises at Matins*