

TYPIKA AT HOME: MARCH 13, 2022
THE SECOND SUNDAY OF THE GREAT FAST

Opening Hymns:

Troparion, Tone 1:

The stone was sealed by the Jews, soldiers guarded your most pure body, but you, O Savior, arose on the third day granting life to the world. Therefore, the heavenly powers acclaimed you, O Giver of Life: Glory to your resurrection, O Christ! Glory to your kingdom! Glory to your salvation! You alone love us all.

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 1) The enemy led Adam out of paradise through food, but Christ led the thief back into it by the cross, as he cried out, "Remember me, when you come in your kingdom."

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

- I bow to your passion and I glorify your resurrection. With Adam and the thief, I cry out to

you, "Remember me, O Lord, when you come in your kingdom.

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

- O sinless One, you were crucified, and were willingly placed in the tomb, but as God, you arose, raising Adam. He cried, "Remember me, when you come in your kingdom.

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

- You raised the temple of your body from the grave on the third day, O Christ God. You arose with Adam and his descendants, who cry out, "Remember me, when you come in your kingdom."

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

- Very early myrrh-bearers came weeping to your tomb, O Christ God, and found an angel sitting clothed in white. He cried out, "What are you seeking? Christ is risen; mourn no longer."

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

- When your Apostles, O Lord, came to the mountain to which you, O Savior, directed them and saw you, they worshiped you. And you sent them to teach and baptize the nations.

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) I was your younger child, I spent your inheritance in evil. I left you for an evil life and squandered your gifts, O Lover of us all. I come back to you, my Father and God, and beg your forgiveness.

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

- I have wandered into a harsh land and am condemned to feed pigs, for I have wasted the riches which you had so kindly just given me, and I am stripped of everything; yet be merciful to me, for you are God.

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

- I have no confidence before you, O Lover of Humanity. Look down and see, I have sinned before heaven and before the heights above. I am unworthy to be called your child; but be merciful to me freely, for your mercy is without end. **1. *Now and ever and forever. Amen.***

- The manner in which you gave birth, O Virgin, is indescribable in words or images, for you remained a pure virgin when God was born in a way beyond understanding. Therefore, we all worthily glorify you as the true God-bearer.

Prokeimenon, Tone 5:

You will keep us and preserve us forever from this generation.

Verse: Save me, O Lord, for the righteous have vanished.

Epistle: Hebrews 1:10-2:3

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

“At the beginning, O Lord, you established the earth, and the heavens are the works of your hands. They will perish, but you remain; and they will all grow old like a garment. You will roll them up like a cloak, and like a garment they will be changed. But you are the same, and your years will have no end.” But to which of the angels has he ever said: “Sit at my right hand until I make your enemies your footstool”? Are they not all ministering spirits

sent to serve, for the sake of those who are to inherit salvation? Therefore, we must attend all the more to what we have heard, so that we may not be carried away. For if the word announced through angels proved firm, and every transgression and disobedience received its just recompense, how shall we escape if we ignore so great a salvation? Announced originally through the Lord, it was confirmed for us by those who had heard.

Alleluia, Tone 1: Alleluia, alleluia, alleluia

Verse: God grants me vindication and subdues people under me.

Verse: He has given great victories to his king and has shown love for David, his anointed, and his descendants forever.

Leader: A reading from the gospel of the holy apostle and evangelist Mark. (Mark 2:1-12)

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

Leader:

At that time: When Jesus returned to Capernaum after some days, it became known that he was at home. Many gathered together so that there was no longer room for them, not even around the door, and he preached the word to them. They came bringing to him a paralytic carried by four men. Unable to get near Jesus because of the crowd, they opened up the roof above him. After they had broken through, they let down the mat on which the paralytic was lying. When Jesus saw their faith, he said to the paralytic, "Child, your sins are forgiven." Now some of the scribes were sitting there asking themselves, "Why does this man speak that way? He is blaspheming. Who but God alone can forgive sins?" Jesus immediately knew in his mind what they were thinking to themselves, so he said, "Why are you thinking such things in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, pick up your mat and walk'? But that you may know that the Son of Man has authority to forgive sins on earth"— he said to the paralytic, "I say to you, rise, pick up your mat, and go home." He rose, picked up his mat at once, and went away in the sight of everyone. They were all astounded and glorified God, saying, "We have never seen anything like this."

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:

Now the season for virtues has arrived and the Judge is at the door. Without looking gloomy, let us fast, offering tears, vigils, and alms, and let us exclaim: Our sins exceed the grains of sand by the sea. But forgive us all, O Creator of All, that we may receive the incorruptible crown.

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...")*

In this season of abstinence, you have risen as light, O Christ, upon those who walk in the darkness of sin. Let us see the glorious day of your Passion, so that we may sing to you:
Arise, O God, and have mercy on us.

- From the Stichera of the Praises at Matins