

The Service of the Typika

For use on Sunday, March 28, 2021 (March 15 O.S.)
Sunday of St. Gregory Palamas (2nd Sunday of Great Lent)

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

Glory to Thee, our God, glory to Thee!

O Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good things, and Giver of life: come and abide in us, and cleanse us from every impurity, and save our souls, O Good One!

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (**x3**)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

O Most-Holy Trinity, have mercy on us; O Lord, blot out our sins; O Master, pardon our iniquities; O Holy One, visit and heal our infirmities for Thy Name's sake.

Lord, have mercy. (**x3**)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

Our Father, Who art in the heavens, 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 debts, as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one.

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

Lord, have mercy. (**x12**)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

O come let us worship God our King.

O come let us worship and fall down before Christ our King and God.

O come let us worship and fall down before Christ Himself, our King and God.

The First Antiphon [Psalm 102 (103)]

People: Bless the Lord, O my soul! Blessed art Thou, O Lord!
Bless the Lord, O my soul! And all that is within me, bless His holy Name!
Bless the Lord, O my soul! And forget not all His benefits!
Who forgives all your iniquity, who heals all your diseases!
The Lord is compassionate and merciful, long-suffering and of great goodness!
Bless the Lord, O my soul! Blessed art Thou, O Lord!

Reader: Lord, have mercy. (*x3*)

The Second Antiphon [Psalm 145 (146)]

People: Glory to the Father, and to the Son, and to the Holy Spirit.
Praise the Lord, O my soul!
I will praise the Lord as long as I live; I will sing praises to my God while I have being.
Put not your trust in princes, in sons of men in whom there is no salvation.
When his breath departs he returns to his earth: on that very day his plans perish.
The Lord will reign forever; Thy God, O Zion, to all generations.

Only-Begotten Son

People: Now and ever, and unto ages of ages. Amen.
Only-begotten Son and Immortal Word of God.
Who for our salvation didst will to be incarnate
of the holy Theotokos and Ever-Virgin Mary;
Who without change didst become man and was crucified.
O Christ our God, trampling down death by death;
who art one of the Holy Trinity,
Glorified with the Father and the Holy Spirit:
Save us!

Reader: Lord, have mercy. (*x3*)

The Beatitudes

People: In Thy Kingdom remember us, O Lord, when Thou comest in Thy Kingdom.
Blessed are the poor in spirit, for theirs is the Kingdom of heaven.
Blessed are those who mourn, for they shall be comforted.
Blessed are the meek, for they shall inherit the earth.
Blessed are those who hunger and thirst after righteousness, for they shall be filled.
Blessed are the merciful, for they shall obtain mercy.
Blessed are the pure in heart, for they shall see God.
Blessed are the peace makers, for they shall be called the sons of God.
Blessed are they that are persecuted for righteousness sake, for theirs is the Kingdom of heaven.
Blessed are you when men shall revile you and persecute you, and shall say all manner of evil against you falsely, for my sake.
Rejoice and be exceedingly glad, for great is your reward in heaven!

Troparia

Tone 1 (Resurrection)

People: When the stone had been sealed by the Jews, while the soldiers were guarding Thy most pure body, Thou didst rise on the third day, O Savior, granting life to the world. The powers of heaven therefore cried to Thee, O Giver of Life: "Glory to Thy Resurrection, O Christ! Glory to Thy Kingdom! Glory to Thy dispensation, O Thou who lovest mankind!"

Tone 8 (St. Gregory Palamas)

People: O light of Orthodoxy, teacher of the Church, its confirmation, O ideal of monks and invincible champion of theologians, O wonderworking Gregory, glory of Thessalonica and preacher of grace, always intercede before the Lord that our souls may be saved!

The Trisagion Hymn

People: Holy God! Holy Mighty! Holy Immortal, have mercy on us! (**x3**)
Glory to the Father, and to the Son, and to the Holy Spirit.
Now and ever, and unto ages of ages. Amen.
Holy Immortal! Have mercy on us!
Holy God! Holy Mighty! Holy Immortal! Have mercy on us!

The Prokeimenon

Reader: The prokeimenon in the fifth tone:

Thou, O Lord, shalt protect us and preserve us from this generation forever.

People: Thou, O Lord, shalt protect us and preserve us from this generation forever.

Reader: Save me, O Lord, for there is no longer any that is godly!

People: Thou, O Lord, shalt protect us and preserve us from this generation forever.

Reader: And in the first tone:

My mouth shall speak wisdom, the meditation of my heart shall be understanding.

People: My mouth shall speak wisdom, the meditation of my heart shall be understanding.

The Epistle

Reader: The Reading from the Epistle of the Holy Apostle Paul to the Hebrews.

(Second Sunday of Lent)

[Read Hebrews 1:10 - 2:3]

(St. Gregory Palamas)

[Read Hebrews 7:26 - 8:2]

Alleluia, Alleluia, Alleluia!

God gives vengeance unto me, and subdues people under me.

People: Alleluia, Alleluia, Alleluia!

Reader: He magnifies the salvation of the King and deals mercifully with David, His anointed, and his seed forever.

People: Alleluia, Alleluia, Alleluia!

Reader: The mouth of the righteous shall meditate wisdom, and his tongue shall speak of judgment.

People: Alleluia, Alleluia, Alleluia!

The Gospel

Reader: The Reading from the Holy Gospel according to St. Mark.

People: Glory to Thee, O Lord, glory to Thee!

(Second Sunday of Lent)

Reader: *[Read Mark 2:1-12]*

(St. Gregory Palamas)

[Read John 10:9-16]

[NOTE: Ordained clergy and tonsured readers and subdeacons may chant the Gospel; others should read using a normal speaking voice.]

People: Glory to Thee, O Lord, glory to Thee!

Prayer to the Lord of Hosts

Reader: Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

Remember us, O Lord, when Thou comest into Thy Kingdom. **(Bow)**

Remember us, O Master, when Thou comest into Thy Kingdom. **(Bow)**

Remember us, O Holy One, when Thou comest into Thy Kingdom. **(Bow)**

The heavenly choir sings to Thee, and cries: Holy, Holy, Holy, Lord God of Hosts; heaven and earth are full of Thy glory.

Come unto Him and be enlightened, and your faces shall not be ashamed.

The heavenly choir sings to Thee, and cries: Holy, Holy, Holy, Lord God of Hosts; heaven and earth are full of Thy glory.

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

The choir of holy Angels and Archangels, with all the Powers of heaven, sing Thy praises and do cry: Holy, Holy, Holy, Lord God of Hosts; heaven and earth are full of Thy glory.

Now and ever, and unto ages of ages. Amen.

The Creed

People: I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible.

And in one Lord Jesus Christ, the Son of God, the only-begotten, begotten of the Father before all ages. Light of Light; true God of true God; begotten, not made; of one essence with the Father, by whom all things were made;

Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man.

And He was crucified for us under Pontius Pilate, and suffered, and was buried.

And the third day He rose again, according to the Scriptures, and ascended into heaven, and sits at the right hand of the Father;

And He shall come again with glory to judge the living and the dead; Whose Kingdom shall have no end.

And in the Holy Spirit, the Lord, the Giver of Life, Who proceeds from the Father; Who with the Father and the Son together is worshipped and glorified; Who spoke by the prophets.

In one Holy, Catholic, and Apostolic Church.

I acknowledge one baptism for the remission of sins.

I look for the resurrection of the dead,
and the life of the world to come. Amen.

Prayer of Forgiveness

Reader: O God, remit, pardon and forgive our sins, whether voluntary or involuntary, whether by words or deeds, whether in knowledge or ignorance, whether by day or night, whether in mind or thought; forgive us all these, for Thou art good and lovest mankind.

The Lord's Prayer

People: 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 the evil one. Amen.

Kontakia

Tone 8 (St. Gregory Palamas)

People: Holy and divine instrument of wisdom, joyful trumpet of theology, together we sing thy praises, O God-inspired Gregory. Since thou now standest before the Original Mind, guide our minds to Him, O Father, so that we may sing to thee: “Rejoice, preacher of grace!”

Tone 4 (from the Lenten Triodion)

People: Holy and divine instrument of wisdom, joyful trumpet of theology, together we sing thy praises, O God-inspired Gregory. Since thou now standest before the Original Mind, guide our minds to Him, O Father, so that we may sing to thee: “Rejoice, preacher of grace!”

One is Holy / Blessed be the Name of the Lord

Reader: Lord, have mercy. (*x12*)

All-holy Trinity, Mighty one in essence, Kingdom undivided, origin of all good things, be graciously inclined also to me, a sinner. Establish me; give understanding to my heart, and purge away all my vileness. Enlighten my mind, that I may glorify, sing praises, and adore Thee, and say:

People: One is Holy, One is Lord, Jesus Christ, to the glory of God the Father. Amen. Blessed be the Name of the Lord, henceforth and forevermore. (*x3*)

Reader: Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

Psalm 33

Reader: I will bless the Lord at all times; His praise shall continually be in my mouth. In the Lord my soul shall make her boast; let the meek hear and be glad. Magnify the Lord with me, and let us exalt His name together. I sought the Lord, and He heard me, and delivered me from all my afflictions. They drew near to Him and were enlightened, and your faces shall not be ashamed. This poor one cried, and the Lord heard him, and saved him from all his tribulations. The angel of the Lord will encamp round about them that fear Him, and shall deliver them. Taste and see that the Lord is good; blessed is the man who hopeth in Him. Fear the Lord, all ye His saints, for there is no lack for them that fear Him. The rich have become poor and hungry; but they that seek the Lord shall not want any good thing.

Hymn to the Theotokos

People: In thee rejoices all creation, O Full of Grace; the assembly of angels and the race of men. O Sanctified Temple and Spiritual Paradise, the glory of virgins, from whom God was incarnate and became a child, our Eternal God. He made thy body into a throne, and thy womb He made more spacious than the heavens. In thee rejoices all creation, O Full of Grace, glory to thee!

Dismissal

People: Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

Lord, have mercy. (*x3*)

O Christ, bless!

Reader: O Lord Jesus Christ, Son of God, for the sake of the prayers of Thy most pure Mother, of our father among the saints Gregory Palamas, of our holy and God-bearing fathers, and all the saints, have mercy on us and save us, for Thou art good and the Lover of mankind.

People: Amen.