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READER'S TYPIKA ON SUNDAY, MARCH 19, 2023

(40th Sunday after Pentecost & 3rd Sunday in Lent)

The Veneration of the Precious and Life-giving Cross

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

Reader: Amen.

THE TRISAGION PRAYERS

People: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (*Thrice*)

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit. Both now and ever, and unto ages of ages. 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 the evil one.

Leader: O Lord, Jesus Christ, Son of God, have mercy on us.

All: Amen.

Reader: Lord, have mercy. (*12 times*)

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

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

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

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

THE FIRST ANTIPHON: PSALM 102

Reader: 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 that He hath done for thee, Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgement for all them that are wronged. He hath made His ways known unto Moses, unto the sons of Israel the things that He hath willed. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy; not unto the end will He be angered, neither unto eternity will He be wroth. Not according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us. Like as a father hath compassion upon his sons, so hath the Lord had compassion upon them

that fear Him; for He knoweth whereof we are made, He hath remembered that we are dust. As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him. And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them. The Lord in heaven hath prepared His throne, and His kingdom ruleth over all. Bless the Lord, all ye His angels, mighty in strength, that perform His word, to hear the voice of His words. Bless the Lord, all ye His hosts, His ministers that do His will. Bless the Lord, all ye His works, in every place of His dominion.

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

And again: Bless the Lord, O my soul, and all that is within me bless His holy Name; blessed art Thou, O Lord.

THE SECOND ANTIPHON: PSALM 145

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

Praise the Lord, O my soul. I will praise the Lord in my life, I will chant unto my God for as long as I have my being. Trust ye not in princes, in the sons of men, in whom there is no salvation. His spirit shall go forth, and he shall return unto his earth. In that day all his thoughts shall perish. Blessed is he of whom the God of Jacob is his help, whose hope is in the Lord his God, Who hath made heaven and the earth, the sea and all that is therein, Who keepeth truth unto eternity, Who executeth judgement for the wronged, Who giveth food unto the hungry. The Lord looseth the fettered; the Lord maketh wise the blind; the Lord setteth aright the fallen; the Lord loveth the righteous; the Lord preserveth the proselytes. He shall adopt for His own the orphan and widow, and the way of sinners shall He destroy. The Lord shall be king unto eternity; thy God, O Sion, unto generation and generation.

Both now and ever, and unto ages of ages. Amen.

THE HYMN OF JUSTINIAN

Choir: Only-begotten Son and Word of God, who art immortal, who for our salvation willed to be incarnate of the Holy Theotokos and ever-virgin Mary, and without change became man; and wast crucified, O Christ our God, and trampled down death by death; who art one of the Holy Trinity, glorified together with the Father and the Holy Spirit: save us.

THE BEATITUDES IN TONE SEVEN

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 they that mourn, for they shall be comforted.

For the Resurrection in Tone Seven

Verse 10: Blessed are the meek, for they shall inherit the earth.

Comely to behold and good for eating was the fruit that slew me. Christ is the Tree of Life, and eating thereof, I shall not die; but I cry out with the thief: Remember me, O Lord, in Thy Kingdom.

Verse 9: Blessed are they that hunger and thirst after righteousness, for they shall be filled.

When Thou wast raised up on the Cross, O Compassionate One, Thou didst blot out the handwriting that was against Adam for the sin of old, and Thou didst save the whole race of mortals from error. Wherefore, we praise Thee, O Benefactor and Lord.

Verse 8: Blessed are the merciful, for they shall obtain mercy.

Thou didst nail our sins to the Cross, O Compassionate One, and by Thy death, O Christ, Thou didst put death to death; and Thou didst raise from the dead them that had died. Wherefore, we worship Thine august Resurrection.

Verse 7: Blessed are the pure in heart, for they shall see God.

The serpent once poured forth venom into the ears of Eve. But Christ, while upon the Tree of the Cross, poured forth the sweetness of life for the world. Remember me, O Lord, in Thy Kingdom.

Verse 6: Blessed are the peacemakers, for they shall be called the sons of God.

Thou wast placed in a tomb as a mortal, O Christ, Thou Life of all. Thou didst break the bars of Hades, and arising in glory on the third day as one mighty, Thou didst enlighten all. Glory be to Thine Arising.

Verse 5: Blessed are they which are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

When the Lord arose from the dead on the third day, He gave His peace unto the disciples; and having blessed them, He sent them forth, saying: Bring ye all men into My Kingdom.

For the Third Sunday of Great Lent¹ In Tone One

Verse 4: Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.

Thou hast crushed death, O Christ, and risen as a mighty King; / Thou hast recalled us from the depths of hell and brought us to the land of immortality, // granting us the joy of the Kingdom of Heaven.

Verse 3: Rejoice, and be exceeding glad, for great is your reward in the heavens.

O ye faithful, let us cry aloud with joy and sing triumphantly to God, / as we greet the Cross of the Lord; // for it is a fountain of holiness to all those in the world.

Verse 2: Glory to the Father, and to the Son, and to the Holy Spirit.

The words of the Psalmist are fulfilled: / for see, we worship at the footstool of Thy most pure feet, O Lord all-powerful, // at Thy Precious Cross, the thrice-blessed Wood.

Verse 1: Both now and ever, and unto ages of ages. Amen.

O Ewe free from blemish, the greatest wonder of all wonders was revealed in you: / for you have borne the Lamb that takes away the sin of the world. // Entreat Him fervently for those who sing your praises.

THE SUNDAY EISODIKON

Verse: O come, let us worship and fall down before Christ.

Choir: O Son of God, Who art risen from the dead; save us who sing unto Thee: Alleluia, Alleluia, Alleluia.

Apolytikia:

RESURRECTIONAL APOLYTIKION IN TONE SEVEN

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

APOLYTIKION FOR THE HOLY CROSS IN TONE ONE

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserve Thy community.

¹ These troparia are taken from the 6th Ode of the Matins Canon, cf. Slavic Typikon.

APOLYTIKION OF ST. MARY MAGDALENE IN TONE ONE

*(**The soldiers standing guard**)*

When Christ God had been born for our sakes from the Virgin, thou faith-fully didst follow Him, keeping His statutes and heeding His sacred laws, O august Mary Magdalene. Hence, as we today observe thy holy remembrance, we receive the loosing of our sins and transgressions through thy holy prayer(s) for us.

THE ANTI-TRISAGION HYMN

Instead of "Holy God..." we sing:

Choir: Before Thy Cross, we bow down in worship, O Master; and Thy holy Resurrection we glorify. (3 times)

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

And Thy holy Resurrection we glorify.

Before Thy Cross, we bow down in worship, O Master; and Thy holy Resurrection we glorify.

THE APOSTOLOS & THE GOSPEL

PROKEIMENON, IN TONE 6

O Lord, save Thy people and bless Thine inheritance. (Ps.27:9a) {twice}

Verse: Unto Thee, O Lord, will I cry; O my God, be not silent unto me. (Ps.27:1a)

O Lord, save Thy people and bless Thine inheritance.

APOSTOLOS FOR THIRD SUNDAY IN GREAT LENT:

Reader: The reading is from the Epistle of St. Paul to the Hebrews §304 (1:10-2:3)

Brethren, since we have a High Priest, Who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but One Who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt Himself to be made a high priest, but was appointed by Him Who said to Him, "Thou art My Son, today I have begotten Thee"; as He says also in another place, "Thou art a priest forever, after the order of Melchizedek."

ALLELUIA, IN TONE 1

Choir: Alleluia, Alleluia, Alleluia.

Verse 1: Remember Thy congregation which Thou hast purchased from the beginning. (Ps.73:2)

Choir: Alleluia, Alleluia, Alleluia.

Verse 2: God is our king before the ages; He hath wrought salvation in the midst of the earth. (Ps.73:13)

Choir: Alleluia, Alleluia, Alleluia.

GOSPEL FOR THIRD SUNDAY IN GREAT LENT

Reader: The reading is from the Holy Gospel according to St. Mark §37 (8:34-9:1)

Choir: Glory the Thee O Lord, Glory to Thee.

The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My

sake and the Gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power."

Choir: Glory to Thee O Lord, Glory to Thee.

Then we sing the following, in tone 6

Choir: Remember us, O Lord, when Thou comest in Thy kingdom.

- Remember us, O Master, when Thou comest in Thy kingdom.
- Remember us, O Holy One, when Thou comest in Thy kingdom.

The heavenly choir praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

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

The heavenly choir praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; 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 heavenly hosts praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

Both now and ever, and unto the ages of ages. Amen.

THE SYMBOL OF FAITH

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 worlds, Light of Light, Very God of Very 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 was made man; And was crucified also 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 sitteth 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 I believe in the Holy Spirit, the Lord and Giver of Life, Who proceedeth from the Father, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets;

And I believe 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.

Leader: Remit, pardon, forgive, O God, our offenses, both voluntary and involuntary, in deed and word, in knowledge and ignorance, by day and by night, in mind and thought; forgive us all things, for Thou art good and the Lover of mankind.

All: 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 the evil one.

Leader: O Lord Jesus Christ, Son of God, have mercy on us.

All: Amen.

Kontakia:

KONTAKION OF THE CROSS, IN TONE SEVEN

No longer doth the flaming sword guard the gate of Eden, for a marvelous quenching is come upon it, even the Tree of the Cross. The sting hath been taken from death, and the victory from Hades. And Thou, my Saviour, hast appeared unto those in Hades, saying: Enter ye again into Paradise.

KONTAKION FOR SUNDAYS IN GREAT LENT
(AND AKATHIST SATURDAY) IN TONE EIGHT

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

Leader: Lord, have mercy. (*12 times*)

O All-Holy Trinity, the consubstantial dominion, the indivisible Kingdom, and cause of every Good: Show Thy good will even unto me a sinner; make steadfast my heart and grant it understanding, and take away mine every defilement; enlighten my mind that I may glorify, hymn, worship, and say:

Choir: One is Holy, One is Lord, Jesus Christ, to the Glory of God the Father. Amen.

PSALM 33

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

I will bless the Lord at all times, His praise shall continually be in my mouth. In the Lord shall my soul be praised; let the meek hear and be glad. O 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 tribulations. Come unto Him, and be enlightened, and your faces shall not be ashamed. This poor man cried, and the Lord heard him, and saved him out of all his tribulations. The angel of the Lord will encamp round about them that fear Him, and will deliver them. O taste and see that the Lord is good; blessed is the man that hopeth in Him. O fear the Lord, all ye His saints; for there is no want to them that fear Him. Rich men have turned poor and gone hungry; but they that seek the Lord shall not be deprived of any good thing. Come ye children, hearken unto me; I will teach you the fear of the Lord. What man is there that desireth life, who loveth to see good days? Keep thy tongue from evil, and thy lips from speaking guile. Turn away from evil, and do good; seek peace, and pursue it. The eyes of the Lord are upon the righteous, and His ears are opened unto their supplication. The face of the Lord is against them that do evil, utterly to destroy the remembrance of them from the earth. The righteous cried, and the Lord heard them, and He delivered them out of all their tribulations. The Lord is nigh unto them that are of a contrite heart, and He will save the humble of spirit. Many are the tribulations of the righteous, and the Lord shall deliver them out of them all. The Lord keepeth all their bones, not one of them shall be broken. The death of sinners is evil, and they that hate the righteous shall do wrong. The Lord will redeem the souls of His servants, and none of them will do wrong that hope in Him.

THE HYMN TO THE THEOTOKOS

Instead of “It is truly meet...” we sing the hymn from St. Basil Liturgy, in tone 8

In thee, O full of grace, all creation rejoices, 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 little child: our God before the ages. He made thy body into a throne, and thy womb he made more spacious than the heavens. In thee, O full of grace, all creation rejoices. Glory to thee!

READINGS

SUNDAY OF THE CROSS

With the help of God, we have almost reached the middle of the course of the Fast, where our strength has been worn down through abstinence, and the full difficulty of the labor set before us becomes apparent. Therefore our holy Mother, the Church of Christ, now brings to our help the all-holy Cross, the joy of the world, the strength of the faithful, the staff of the just, and the hope of sinners, so that by venerating it reverently, we might receive strength and grace to complete the divine struggle of the Fast. [From tyoos.org]

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THE HOLY MARTYRS CHRYSANTHUS AND DARIA

Saint Chrysanthus, who was from Alexandria, had been instructed in the Faith of Christ by a certain bishop. His father, who was a senator by rank and a pagan, had him shut up in prison for many days; then, seeing the unchanging disposition of his mind, he commanded that a certain young woman named Daria be brought from Athens. She was a very beautiful and learned maiden, and also an idolater, and Chrysanthus' father wedded him to her so that he might be drawn away from the Faith of Christ because of his love for her. Instead of this however, Chrysanthus drew Daria unto piety, and both of them boldly proclaimed Christ and received the crown of martyrdom in 283, during the reign of Numerian, when they were buried alive in a pit of mire. [From tyoos.org]

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THE HOLY MARTYR PANCHARIOS OF NICOMEDIA

The Holy Martyr Pancharios was an official of the emperor Maximian (305-311). He abandoned Christianity and became a pagan. His mother and sister in learning of this sent him a letter, in which they urged the apostate to heed the fear of God and the impending dread Last Judgement. Having repented himself, Saint Pancharios openly confessed his faith before the emperor Maximian, for which he suffered torture at Rome, and then was dispatched to Nicomedia and there beheaded (+ c. 302). [From holytrinityorthodox.com]

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THE HOLY NEW MARTYR DEMETRIOS THE TORNARAS (+ 1564)

On March 19, 1564, a young man steadfast in his great love for Jesus Christ and the Orthodox Church was beheaded by the Muslims for refusing to convert to the Muslim religion. His name was Demetrios Tornaras.

Unfortunately, we know very few other details of Demetrios' life and martyrdom. What we do know is that he often kept company with Muslims, who one day decided he too should be a Muslim. Because of Demetrios' reluctance to deny Jesus Christ and change his faith, the Muslims proceeded to accuse him of having insulted the Islamic religion.

Demetrios was therefore forced to make a choice between his life and conversion to the Muslim faith. Demetrios did choose, but not the religion preached by Muhammad; he chose Jesus Christ and offered his life for Him. Demetrios was then sentenced to death and was beheaded.

Thus Demetrios Tornaras gave his life for the love of Jesus Christ on March 19th, in the year 1564. [From Mystagogy]

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THE VENERABLE INNOKENTII (INNOCENT) OF KOMEL'SK AND VOLOGDA

The Monk Innokentii of Komel'sk and Vologda was born at Moscow, and was descended from the lineage of the Moscow princes Okhlyabinin. He became a monk in the monastery of the Monk Kirill of Belozersk (+ 9 June 1427), and was put under the guidance of the Monk Nil Sorsky (+ 1508, Comm. 7 May).

The Monks Innokentii and Nil wandered through the East visiting Palestine, Constantinople, and spent several years at the Athos monasteries. Having returned to Rus', the saints settled not in their original Kirillo-Belozersk monastery, but within solitary cells for monastic seclusion. Out of love for wilderness-life they then withdrew into the impassable forest at the River Sora, some 15 versts from the monastery. Here they erected a cross, dug out a well, and made themselves cells separately, after the manner of the skete wilderness-monasteries. With great toil a church was built on a marshy spot. The hermits led strict lives.

Foreseeing his own demise, the Monk Nil sent Saint Innokentii to the River Nurma and predicted to him: "God doth send thee there, and thy monastery shalt be one of life in common; my wilderness monastery after my death will remain such as it was during my life, with the brothers living separately each in his own cell".

Upon the death of the Monk Nil, his holy disciple withdrew into the Vologda hinterland and in 1491 he built a cell at the Rivulet Eda, which flows into the River Nurma. In a short while disciples began to gather to him. And following the final command of his teacher, the Monk Innokentii did not seek any donations for it.

The Monk Innokentii toiled for thirty years at building his monastery. On the basis of the works of the holy fathers and in particular the writings of the Monk Nil of Sorsk, he left behind an instruction for the brethren. The Monk Innokentii bid them first of all to avoid wrangling and disputes and asked them to preserve love for Christ and spiritual peace. The saint forbid young and beardless monks to be accepted and tonsured at his monastery, and he forbid entry to women at the monastery. In departing the monastery a monk lost his right to a cell, and if he returned, then he could occupy it only with the consent of the monastery head and the brethren. The monk asked that a future church be consecrated in the name of the great and holy John the Forerunner, Baptiser of the Lord, in remembrance of the Third Finding of Saint John the Baptist's Venerable Head (Comm. 25 May), since Saint John – is a patron for all monks and wilderness dwellers (ultimately the monastery was called Transfiguration after its chief temple).

The Monk Innokentii died on 19 March 1521. In accord with his last wish he was buried in a corner of the monastery near a marsh. Upon his grave was placed a stone, inscribed with the year, month and day of his repose. [From holytrinityorthodox.com]

THE LITTLE DISMISSAL

The Leader bows toward the icon of Christ on the iconostasis, saying:

Leader: Glory to thee, O Christ our God and our Hope, glory to thee.

All: Glory to the Father and to the Son and to the Holy Spirit, both now and ever, and unto ages of ages. Amen. Lord, have mercy. Lord, have mercy. Lord, have mercy. O Lord, bless.

Leader: O Thou Who rose again from the dead, Christ our true God, through the intercessions of his all-immaculate and all-blameless holy Mother; by the might of the Precious and Life-giving Cross—which we especially venerate today; of our venerable and God-bearing fathers; of the Holy Myrrh-Bearer and Equal to the Apostles Mary Magdalene, protector of this community; of the Martyrs Chrysanthos, Daria, and those with them of Rome; Martyr Pancharios of Nicomedia; New-martyr Demetrios the joiner of Constantinople; and Venerable Innocent of Komel, whose memory we celebrate today, and of all the saints: have mercy on us, and save us, for Thou art good and lovest mankind.

Then, facing the icon of Christ, on the iconostasis, the Leader says:

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

All: Amen.