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READER'S TYPIKA ON SUNDAY, MARCH 29, 2026  
(42<sup>nd</sup> Sunday after Pentecost & 5<sup>th</sup> Sunday in Lent)  
***Our Righteous Mother Mary of Egypt***

*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 ONE

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.
- Blessed are the meek, for they shall inherit the earth.
- Blessed are they that hunger and thirst after righteousness, for they shall be filled.

For the Resurrection in Tone One

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

By means of food, the enemy drove Adam out of Paradise; but by the Cross, Christ hath led therein the thief who cried: Remember me, when Thou comest in Thy Kingdom.

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

I worship Thy Passion and I glorify Thy Resurrection; with Adam and the Thief I cry unto Thee with a clear voice: Remember me, O Lord, when Thou comest in Thy Kingdom.

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

Thou wast crucified, O Sinless One, and willingly laid in a tomb; but as God, Thou didst arise, raising up Adam with Thyself, as he cried: Remember me, when Thou comest in Thy Kingdom.

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

When Thou didst raise up the temple of Thy body on the third day of burial, Thou didst raise up, together with Adam, them that came from Adam, as they cried, O Christ God: Remember me, when Thou comest in Thy Kingdom.

*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.*

Weeping, the myrrh-bearers came unto Thy tomb early in the morning, O Christ God, and they found an Angel sitting clothed in white raiment, and he cried to them: What seek ye? Christ is risen. Wherefore, lament not.

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

When Thine Apostles, O Lord, came unto the mount which Thou hadst appointed them, they worshipped Thee when they beheld Thee, O Saviour, and Thou didst send them unto the nations to teach and baptize them.

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

Let us worship the Father, and let us glorify the Son, and with one accord let us all praise the All-holy Spirit, whilst crying and saying: O All-holy Trinity, save us all.

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

Thy Mother do Thy people bring before Thee in intercession, O Christ. By her supplications, grant us Thy compassions, O Good One, that we may glorify Thee, Who for our sake hast shone forth from the grave.

#### 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 ONE

While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

#### APOLYTIKION OF ST. MARY OF EGYPT IN TONE EIGHT

Through thee, the divine likeness was securely preserved, O mother Mary; for thou didst carry the cross and follow Christ. By example and precept thou didst teach us to ignore the body, because it is perishable, and to attend to the concerns of the undying soul. Therefore, doth thy soul rejoice with the angels.

#### 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 TRISAGION HYMN

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 the ages of ages. Amen.

Holy Immortal have mercy on us.

Holy God, Holy mighty, Holy Immortal have mercy on us.

THE APOSTOLOS & THE GOSPEL

PROKEIMENON, IN TONE 8

Make your vows and pay them to the Lord our God. (*Ps.75:10a*) {*twice*}

*Verse:* In Judea is God known, His name is great in Israel. (*Ps.75:1*)

Make your vows and pay them to the Lord our God.

APOSTOLOS FOR FIFTH SUNDAY IN GREAT LENT:

*Reader:* The reading is from the Epistle of St. Paul to the Hebrews §321middle(9:11-14)

Brethren, when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation), He entered once for all into the Holy Place, taking not the blood of goats and calves but His own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, Who through the eternal Spirit offered Himself without blemish to God, purify your conscience from dead works to serve the living God?.

ALLELUIA, IN TONE 8

*Choir:* Alleluia, Alleluia, Alleluia.

*Verse 1: Come let us rejoice in the Lord, let us shout with jubilation unto God our Saviour. (Ps.94:1)*

*Choir:* Alleluia, Alleluia, Alleluia.

*Verse 2: Let us come before His countenance with thanksgiving, and with psalms let us shout in jubilation unto Him. (Ps.94:2)*

*Choir:* Alleluia, Alleluia, Alleluia.

GOSPEL FOR FIFTH SUNDAY IN GREAT LENT:

*Reader:* The reading is from the Holy Gospel according to St. Mark §47 (10:32-45)

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

At that time, Jesus took His twelve Disciples, and began to tell them what was to happen to Him, saying, "Behold, we are going up to Jerusalem. And the Son of man will be delivered to the chief priests and the scribes, and they will condemn Him to death, and deliver Him to the Gentiles. And they will mock Him, and scourge Him, and spit upon Him, and kill Him; and after three days He will rise." And James and John, the sons of Zebedee, came forward to Him, and said to Him, "Teacher, we would that thou shouldest do for us whatsoever we shall desire" And Jesus said to them, "What do you want Me to do for you?" And they said to Him, "Grant us to sit, one at Thy right hand and one at Thy left, in Thy glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to Him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized. But to sit at My right hand or at My left is not Mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant at James and John. And Jesus called them to Him and said to them, "You know that those who are supposed to rule over

the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be servant of all. For the Son of man also came not to be served but to serve, and to give His life as a ransom for many.”

*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 ST. MARY OF EGYPT, IN TONE FOUR

*(\*\*Thou Who wast raised up\*\*)*

Having escaped the gloom of sin, O blest Mary, \* and shining brightly with the light of repentance, thou didst present thy heart to Christ, O glorious one, \* bringing Him His holy and \* all-immaculate Mother \* as a greatly merciful \* and most bold intercessor. \* Hence, thou hast found the pardon of thy sins \* and with the angels rejoicest for evermore.

KONTAKION OF THE SEASON IN TONE TWO

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant: O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

*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 ST. SAINT MARY OF EGYPT

The Life of this Saint can be found in the Small Compline we served Wednesday night in this 5<sup>th</sup> week in Lent. Since the end of the holy Forty Days is drawing nigh, the commemoration of St. Mary of Egypt has been appointed for this day also, so that if we think it hard to practice a little abstinence forty days, we might be roused by the heroism of her who fasted in the wilderness forty-seven years; and also that the great loving-kindness of God, and His readiness to receive the repentant, might be demonstrated in very deed. [From tyoos.org]

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### THE HOLY MARTYRS MARK, BISHOP OF ARETHUSA; CYRIL THE DEACON, OF HELIOPOLIS IN PHOENICIA; AND MEN OF PRIESTLY RANK AND CONSECRATED VIRGINS IN ASCALON AND GAZA.

*Saint Mark* was Bishop of Arethusa in Syria. In the days of Saint Constantine the Great, Saint Mark, moved with divine zeal, destroyed a temple of the idols and raised up a church in its stead. When Julian the Apostate reigned, in 361, as the pagans were now able to avenge the destruction of their temple, Saint Mark, giving way to wrath, hid himself; but when he saw that others were being taken on his account, he gave himself up. Having no regard to his old age, they stripped him and beat his whole body, cast him into filthy sewers, and pulling him out, had children prick him with their iron writing-pens. Then they put him into a basket, smeared him with honey and a kind of relish of pickled fish, and hung him up under the burning sun to be devoured by bees and wasps. But because he bore this so nobly, his enemies repented, and unloosed him.

*Saint Cyril* was a deacon from Heliopolis in Phoenicia. During the reign of the Emperor Constantius, son of Saint Constantine, he had also broken the idols in pieces. When Julian came to power, Saint Cyril was seized by the idolaters and his belly was ripped open. The other holy Martyrs celebrated today, martyred in Gaza and Ascalon during the reign of Julian, were *men of priestly rank and consecrated virgins*; they were disemboweled, filled with barley, and set before swine to be eaten. The account of all the above Saints is given in Book III, ch. 3, of Theodoret of Cyrrhus' *Ecclesiastical History*. [From tyoos.org]

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### THE RIGHTEOUS MARTYRS JONAS AND BARACHESIUS OF PERSIA, AND THE NINE MARTYRS WITH THEM: ELIAS, HABIB, LAZARUS, MARES, MARUTHAS, NARSES, SABBAS, SEBEËTHES, AND ZANITHAS.

The holy Martyrs Jonas and Barachsius were monks from Persia who lived in the reign of Sapor II, King of Persia from 325 to 379. These Saints found nine Christians in prison suffering for their faith – Elias, Habib, Lazarus, Mares, Maruthas, Narses, Sabbas, Sebeëthes, and Zanithas –, and comforted them, encouraging them to stand fast till the end, which they did, and received the crown of martyrdom. Because of this, Saints Jonas and Barachsius also were seized, and commanded to worship the fire, the sun, and the water. When they refused, Jonas, among other tortures, had his hands and feet cut off, was crushed in a device that broke his bones, and was sawn asunder. Barachsius was dragged naked over thorns, his whole body was pierced with

sharp reeds and then broken in the same device employed upon Jonas, and when boiling pitch was poured down his throat, he gave up his soul into the hands of God. [From tyoos.org]

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OUR RIGHTEOUS FATHER EUSTATHIUS THE CONFESSOR, BISHOP OF KIOS IN BITHYNIA

Saint Eustathius the Confessor, Bishop of Bithynia, was already at the beginning of his spiritual struggle a pious monk, meek and wise, filled with great faith and love for his neighbor. For his virtuous life he was made bishop of the city of Bithynia (a Roman province in northwest Asia Minor) and for many years he guided his flock, giving them an example of virtuous life and perfection. [From oca.org]

### THE 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; of our venerable and God-bearing fathers; of the *Holy Myrrh-Bearer and Equal to the Apostles Mary Magdalene*, protector of this community; of our Righteous Mother Mary of Egypt; of the Martyr Mark, bishop of Arethusa, Martyr Cyril the deacon of Heliopolis and those with them; Martyrs Jonah and Barachisios of Persia and those with them; and Eustathios the Confessor, bishop of Bithynia, 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.