

The text below is the service of the Third and Sixth Hours and the Typika, as read on Sundays when there is no priest present. If desired, the daily troparia and kontakia may be found at: <https://www.oca.org/saints/troparia> The Gospel and Epistle for the day may be found at: <https://www.oca.org/readings> (When there are many, use the last two on the list). Should you wish to include then, the texts of the Prokeimenon and Alleluia in each of the 8 tones are provided after the end of the Typika. The tone of the week will be given in the parish newsletter and on the website. Daily readings may be used without the Prokeimenon and Alleluia, if desired.

The appropriate places for all the above are indicated.

This is a morning service, suitable for home use. It may be read silently or aloud, by one person or in portions by different people. Families whose children will struggle to concentrate for the whole service could omit one or both Hours.

THIRD HOUR

In the name of the Father and of the Son and of the Holy Spirit. Amen.

Heavenly King, Paraclete, Spirit of truth, present everywhere, filling all things, Treasury of blessings and Giver of life, come and dwell in us, cleanse us from every stain, and, O Good One, save our souls.

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

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

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

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

Both now and for ever, and to the 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 your name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

Both now and for ever, and to the ages of ages. Amen.

Our Father in heaven, may your name be hallowed. Your kingdom come; your will be done on earth as in heaven. Give us today our daily bread, and forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one.

For yours is the kingdom, the power, and the glory, of the Father, the Son, and the Holy Spirit, now, and for ever, and to the ages of ages.

Amen. Lord, have mercy (*twelve times*).

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

Both now and for ever, and to the ages of ages. Amen.

Come, let us worship the King, our God.

Come, let us worship and fall down before Christ, the King, our God.

Come, let us worship and fall down before Christ Himself, the King and our God.

Then the Psalms:

Psalm 16:

Hearken to my righteousness, O Lord; attend to my supplication. Give ear to my prayer from lips which do not deceive. Let my judgement come from your presence, let my eyes see fair dealings. You have tested my heart, you have visited me by night; you have tried me by fire and no injustice has been found in me. That my mouth might not speak of human deeds, for the sake of the words of your lips I have kept hard ways. Direct my steps in your paths, that my feet may not slip. I have called, for you heard me, O God; incline your ear to me, and hearken to my words. Show the wonder of your mercies, you who save those that hope in you. Guard me, O Lord, like the pupil of the eye, from those who resist your right hand. You will shelter me in the shelter of your wings, from the presence of the ungodly who afflicted me. My foes have surrounded my soul; they have shut their hearts, their mouth has spoken proudly. They cast me out and now they have encircled me, they have fixed their eyes to bow to the ground. They came on me like a lion ready for prey, and like a lion cub lurking in hidden places. Arise, Lord, forestall them and cast them down; deliver my soul from the ungodly, your sword from the foes of your hand. O Lord, divide them from the few of the land in their life, and their belly was filled from your hidden things. They have been satisfied with children, and leave the remainder to their infants. But I in righteousness will appear in your presence; I shall be satisfied when your glory has appeared to me.

Psalm 24:

To you, O Lord, I have lifted up my soul. My God, I have trusted in you, do not let me be shamed for ever. Do not let my foes laugh at me; for all who wait patiently for you shall not be shamed; let those who transgress without cause be shamed. O Lord, make your ways known to me, and teach me your paths. Guide me into your truth and teach me, for you are God my Saviour, and I have waited patiently on you all the day. Remember your acts of pity, Lord, and your mercies, for they are eternal. Do not remember the sins of my youth and ignorance; in accordance with your mercy remember me, on account of your goodness, O Lord. The Lord is good and upright; therefore he will give laws to those who sin on their way. He will guide the meek with judgement, he will teach the meek his ways. All the ways of the Lord are mercy and truth, for those who seek his covenant and his testimonies. For your name's sake, O Lord, pardon my sin, for it is great. Who is the one who fears the Lord? He will give him laws in the way which he has chosen. His soul will dwell among good

things, and his seed will inherit the earth. The Lord is the strength of those who fear him; and his covenant will show them this. My eyes are ever towards the Lord, for he will draw my feet out of the snare. Look on me and have mercy on me; for I am alone and poor. The afflictions of my heart have been multiplied; bring me out of my troubles. See my humiliation and my toil, and forgive all my sins. See my foes, for they have been multiplied, and have hated me with an unjust hatred. Guard my soul and deliver me; let me not be shamed, for I have hoped in you. The innocent and upright have joined themselves to me, because I have waited patiently for you, O Lord. O God, deliver Israel from all his afflictions.

Psalm 50:

Have mercy on me, O God, according to your great mercy; according to the fullness of your compassion blot out my offence. Wash me thoroughly from my wickedness; and cleanse me from my sin. For I acknowledge my wickedness; and my sin is ever before me. Against you only have I sinned and done what is evil in your sight; that you may be justified in your words, and win when you are judged. For see, in wickedness I was conceived; and in sin my mother bore me. For see, you have loved truth; you have shown me the hidden and secret things of your wisdom. You will sprinkle me with hyssop and I shall be cleansed; you will wash me, and I shall be made whiter than snow. You will make me hear of joy and gladness; the bones which have been humbled will rejoice. Turn away your face from my sins; and blot out all my iniquities. Create a clean heart in me, O God; and renew a right Spirit within me. Do not cast me out from your presence; and do not take your Holy Spirit from me. Give me back the joy of your salvation; and establish me with your sovereign Spirit. I shall teach transgressors your ways; and sinners will turn to you again. O God, the God of my salvation, deliver me from bloodshed; and my tongue will rejoice at your righteousness. O Lord, you will open my lips; and my mouth will proclaim your praise. For if you had wanted sacrifice, I would have given it; you will not take pleasure in burnt offerings. A sacrifice to God is a broken spirit; a broken and a humbled heart God will not despise. Do good to Zion, Lord, in your good pleasure; and let the walls of Jerusalem be rebuilt. Then you will be pleased with a sacrifice of righteousness, oblation and whole burnt offerings. Then they will offer calves upon your altar.

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

Both now and for ever, and to the ages of ages. Amen.

(with three bows:)

Alleluia, alleluia, alleluia. Glory to you, O God.

Alleluia, alleluia, alleluia. Glory to you, O God.

Alleluia, alleluia, alleluia. Glory to you, O God.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

Then the Troparion of the day, or of the Feast, or of the Saint. If there are two Troparia the first is said before Glory and the second after it.

Both now and for ever, and to the ages of ages. Amen.

Theotokion:

Mother of God, you are the true vine, who gave bud to the fruit of life; we implore you, Sovereign Lady, intercede together with the holy Apostles, that he have mercy on our souls.

Blessed is the Lord God, blessed is the Lord day by day; may the God of our salvation give us prosperity. Our God is the God who saves.

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

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

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

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

Both now and for ever, and to the 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 your name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

Both now and for ever, and to the ages of ages. Amen

Our Father in heaven, may your name be hallowed. Your kingdom come; your will be done on earth as in heaven. Give us today our daily bread, and forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one.

For yours is the kingdom, the power, and the glory, of the Father, the Son, and the Holy Spirit, now and for ever, and to the ages of ages.

Amen.

And the Kontakion of the day, or of the Saint, or of the Feast.

Lord, have mercy (*40 times*).

At every time and every hour, in heaven and on earth worshipped and glorified, Christ God, long-suffering, great in mercy, great in compassion, loving the just and merciful to sinners, calling all to salvation by the promise of the blessings to come; do you, Lord, yourself accept our entreaties at this hour, and direct our lives to your commandments. Sanctify our souls, purify our bodies, correct our thoughts, cleanse our ideas, and deliver us from every distress, evil, and pain. Wall us about with your holy Angels, that protected and guided by their host we may reach the unity of the faith and the knowledge of your unapproachable glory; for you are blessed to the ages of ages. Amen.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

Both now and for ever, and to the ages of ages. Amen.

Greater in honour than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Word, truly the Mother of God, we magnify you.

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us and save us. Amen (*Bow*)

The Prayer of St Mardarios:

God and Master, Father almighty, Lord, only-begotten Son, Jesus Christ, and Holy Spirit, one godhead, one power, have mercy on me a sinner; and by the judgements which you know, save me, your unworthy servant: for you are blessed to the ages of ages. Amen.

Immediately, we begin the Sixth Hour

SIXTH HOUR

Come, let us worship the King, our God.

Come, let us worship and fall down before Christ, the King, our God.

Come, let us worship and fall down before Christ Himself, the King and our God.

Psalm 53:

O God, save me by your name, and judge me by your power. O God, hearken to my prayer, give ear to the words of my mouth. For strangers have risen up against me, and mighty ones have sought my soul, and have not put God before them. For see, God will help me; and the Lord is the protector of my soul. He will turn evils upon my foes, in your truth wipe them out. Willingly I

shall sacrifice to you, I shall give thanks to your name, O Lord, for it is good. For you have delivered me from every affliction, and my eye has looked down on my foes.

Psalm 54:

Give ear to my prayer, O God, and do not despise my supplication; attend to me, and hearken to me. I was grieved in my meditation, and troubled by the voice of the foe and the affliction of the sinner. Because they cast iniquity upon me, and in anger they were indignant with me. My heart was troubled within me, and dread of death fell on me. Fear and trembling came upon me, and darkness covered me. And I said: Who will give me wings like a dove's, and I shall fly away and find rest? See, I have gone far away, and have encamped in the wilderness. I waited for God who saves me from faint-heartedness and from storm. O Lord, drown and divide their tongues; because I have seen iniquity and wrangling in the city. Day and night it will go round upon its walls, and lawlessness and toil are in its midst, and injustice. Usury and fraud have not left its streets. For if an enemy had reviled me, I would have endured it. And if one who hated me had boasted against me, I would have hidden from him. But it was you, one who was my equal, my leader and my friend. Who made sweet the food we ate together; we walked in harmony in God's house. Let death come upon them, and let them go down alive into Hell. For evil is in their dwellings and in their midst. But I cried to God, and the Lord heard me. At evening and morning and at midday I shall speak and declare, and he will listen to my voice. He will redeem my soul in peace from those who draw near me, for in crowds they were about me. God will hear and he who is before the ages will humble them. For there is no change with them, because they did not fear God; he stretched out his hand to repay. They defiled his covenant; they were scattered at the wrath of his presence, and their hearts drew near. Their words were smoother than oil, yet they are javelins. Cast your care on the Lord, and he will support you; he will not let the righteous be storm-tossed for ever. But you, O God, will bring them down to the pit of destruction. Men of bloodshed and deceit will not live out half their days; but I, O Lord, will hope in you.

Psalm 90:

He who dwells in the help of the Most High, will live under the protection of the God of heaven. He will say to the Lord: You are my protector and my refuge, my God, and I shall hope in him. For he will deliver you from the snare of hunters, and from the word which troubles. He will overshadow you with his wings, and beneath his feathers you will hope; his truth will encircle you with a shield. You will not be afraid of terror by night, of the arrow that flies by day. Of the thing that prowls in the darkness, of mishap and the noonday devil. A thousand may fall at your side and ten thousand at your right, but it will not come near you. But with your eyes you will observe, and see the reward of sinners. For you, Lord, are my hope; you have made the Most High your refuge. Evils will not approach you, nor a scourge draw near your dwelling. Because he has given orders to his Angels about you, to guard you in all your ways. They will bear you on their hands, lest you dash your foot against a stone. You will walk on asp and basilisk, and trample down lion and dragon. Because he hoped in me, I shall deliver him; I shall shelter him, because he knew my name. He will cry to me, and I shall hear him. I am with him in trouble; I shall rescue him and glorify him. I shall fill him with length of days, and show him my salvation.

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

Both now and for ever, and to the ages of ages. Amen.

(with three bows:)

Alleluia, alleluia, alleluia. Glory to you, O God.

Alleluia, alleluia, alleluia. Glory to you, O God.

Alleluia, alleluia, alleluia. Glory to you, O God.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

Then the Troparion of the day, or of the Feast, or of the Saint. If there are two Troparia the first is said before Glory and the second after it.

Both now and for ever, and to the ages of ages. Amen.

Theotokion:

Because we have no boldness on account of our many sins, entreat the One born of you, O Virgin Mother of God; for a Mother's plea has great force for the kindness of the Master. Do not despise the supplications of sinners, O all-holy, for he is merciful and able to save, he who even accepted to suffer for us.

Let your mercies, O Lord, come quickly to our aid, for we are utterly poor; help us, O God our Saviour, for the glory of your name. O Lord, deliver us and have mercy on our sins, for your name's sake.

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

Glory to the Father, and to the Son, and to the Holy Spirit.
Both now and for ever, and to the 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 your name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

Our Father in heaven, may your name be hallowed. Your kingdom come; your will be done on earth as in heaven. Give us today our daily bread, and forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one.

For yours is the kingdom, the power, and the glory, of the Father, the Son, and the Holy Spirit, now and for ever, and to the ages of ages.

Amen.

And the Kontakion of the day, or of the Feast, or of the Saint.

Lord, have mercy (*40 times*).

At every time and every hour, in heaven and on earth worshipped and glorified, Christ God, long-suffering, great in mercy, great in compassion, loving the just and merciful to sinners, calling all to salvation by the promise of the blessings to come; do you, Lord, yourself accept our entreaties at this hour, and direct our lives to your commandments. Sanctify our souls, purify our bodies, correct our thoughts, cleanse our ideas, and deliver us from every distress, evil, and pain. Wall us about with your holy Angels, that protected and guided by their host we may reach the unity of the faith and the knowledge of your unapproachable glory; for you are blessed to the ages of ages. Amen.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

Both now and for ever, and to the ages of ages. Amen.

Greater in honour than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Word, truly the Mother of God, we magnify you.

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

The Prayer of St Basil the Great:

O God and Lord of powers, and Maker of all creation, who through the compassion of your incomprehensible mercy sent down your only-begotten Son, our Lord Jesus Christ, for the salvation of our race, and through his precious Cross tore up the record of our sins, and by it triumphed over the principalities and powers of darkness; do you yourself, O Master who love mankind, accept also from us sinners supplications of thanksgiving and entreaty; and deliver us from all destroying and dark transgression, and from all our foes, visible and invisible, who seek to harm us. Nail down our flesh through fear of you, and do not let our hearts incline to words or thoughts of evil, but wound our souls with longing for you; that ever gazing on you and guided by the light that comes from you, seeing you the unapproachable and everlasting light, we may give unceasing praise and thanks to you, the Father without beginning, with your only-begotten Son, and your all-holy, good and life-giving Spirit, now and for ever, and to the ages of ages. Amen.

And immediately we begin the Typika.

SERVICE OF THE TYPIKA

(In the name of the Father, and of the Son, and of the Holy Spirit. Amen.)

Psalm 102:

Bless the Lord, O my soul. Blessed are you, 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 none of his benefits.

Who forgives all your iniquities; who heals all your diseases.

Who redeems your life from corruption; who crowns you with mercy and compassion;

Who satisfies your desire with good things; your youth will be renewed like an eagle's.

The Lord performs deeds of mercy; and judgement for all that are oppressed.

He made known his ways to Moses; his wishes to the children of Israel.

The Lord is compassionate and merciful; slow to anger and full of mercy. He will not always be wrathful; nor will he be enraged for ever.

He has not dealt with us according to our iniquities; nor rewarded us according to our sins.

For like the height of heaven above the earth; the Lord has made his mercy prevail over those who fear him.

As far as the east is from the west, so far has he taken our sins from us.

As a father takes pity on his children; the Lord has taken pity on those who fear him. For he knows of what we are made; he has remembered that we are but dust.

As for man, his days are but as grass; he will flourish like a flower of the field.

For when the wind has passed over it, it will be no more; and will know its place no longer.

But the mercy of the Lord is for ever and ever upon those that fear him.

And his justice upon their children's children; upon those that keep his covenant: and remember his commandments to do them.

The Lord has prepared his throne in heaven; and his kingdom rules over all.

Bless the Lord, all you his angels, powerful in strength, who perform his word, and listen to the voice of his words.

Bless the Lord, all you his Powers; his ministers who do His will.

Bless the Lord, all you his works, in every place of His dominion.

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

Both now and for ever, and to the ages of ages. Amen.

Bless the Lord, O my soul: and all that is within me, bless his holy name. Blessed are you, O Lord.

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

TYPIKA

Psalm 145:

Praise the Lord, O my soul; while I live I will praise the Lord; while I have any being, I will praise my God.

Put not your trust in princes, nor in the sons of men, in whom is no salvation.

For their breath will go from them, they will return again to the earth. On that day all their thoughts will perish.

Blessed is the man whose helper is the God of Jacob; whose hope is in the Lord his God,

The God who made heaven and earth; the sea, and all that is in them,

Who keeps truth for ever; who deals justice to those that are oppressed; who gives food to the hungry:

The Lord sets the captives free; the Lord gives sight to the blind; the Lord lifts up those who are bowed down; the Lord loves the righteous.

The Lord cares for the stranger in the land. He will help the orphan and widow: the way of the wicked he will utterly destroy.

The Lord will be king for ever; your God, O Zion, shall reign throughout all generations.

Both now and for ever, and to the ages of ages. Amen.

Only-begotten Son and Word of God, who being immortal, accepted for our salvation to take flesh from the holy Mother of God and Ever-Virgin Mary, and without change became man, you were crucified, Christ God, by death trampling on death, being one of the Holy Trinity, glorified with the Father and the Holy Spirit: save us!

Then the Beatitudes

In your kingdom remember us, O Lord, when you come in your 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 for 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 peacemakers: for they shall be called children of God.

Blessed are those who are persecuted for the sake of righteousness: for theirs is the kingdom of heaven.

Blessed are you when they revile you and persecute you and say all manner of evil against you falsely for my sake.

Rejoice and be glad: for great is your reward in heaven.

TYPIKA

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

Both now and for ever, and to the ages of ages. Amen.

[The daily Prokeimenon, Apostle (Epistle or Acts), Alleluia and Gospel may be inserted here, as follows:

Prokeimenon is read

Apostle (Epistle or Acts) is read

Alleluia is read

Gospel is read]

Then:

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 sings your praises and says: Holy, Holy, Holy, Lord of hosts, heaven and earth are full of your glory.

Verse: Come to him and be enlightened, and your faces shall not be ashamed.

The heavenly choir sings your praises and says: Holy, Holy, Holy, Lord of hosts, heaven and earth are full of 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 sings your praises and says: Holy, Holy, Holy, Lord of hosts, heaven and earth are full of your glory.

Both now and for ever, and to the ages of ages. Amen.

I believe in one God, Father Almighty, maker of heaven and earth, and of all things visible and invisible.

And in one Lord Jesus Christ, the only-begotten Son of God, begotten from the Father before all ages. Light from Light, true God from true God, begotten not made, consubstantial with the Father, through him all things were made. For our sake 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 also for us under Pontius Pilate, and suffered and was buried; he rose again on the third day, in accordance with the Scriptures, and ascended into heaven, and is seated at the right hand of the Father. He is coming again in glory to judge the living and the dead; and his kingdom will have no end.

TYPIKA

And in the Holy Spirit, the Lord, the Giver of life, who proceeds from the Father, who together with Father and Son is worshipped and together glorified: who spoke through the Prophets. In one, Holy, Catholic and Apostolic Church. I confess one Baptism for the forgiveness of sins. I await the resurrection of the dead and the life of the age to come. Amen.

Remit, forgive, pardon, O God, our offences, voluntary and involuntary, in deed and in word, in knowledge and in ignorance, of the day and of the night, in mind and in thought; pardon them all, as you are good and love mankind.

Our Father in heaven, may your name be hallowed, your kingdom come, your will be done on earth as in heaven. Give us today our daily bread. And forgive us our debts, as we forgive our debtors; and do not lead us into temptation, but deliver us from the evil one.

For yours is the kingdom, the power and the glory, of the Father, the Son, and the Holy Spirit, now and for ever, and to the ages of ages. Amen.

The kontakia of the day may be read [Where there is more than one, say the first before the 'Glory' and the second before 'Both now']:

Glory to the Father and to the son and to the Holy Spirit.

Both now and for ever and to the ages of ages. Amen

Protection of Christians that cannot be put to shame, unfailing mediation with the Maker, do not despise the voices of sinners' supplications; but, as you are good, be quick to help us who cry to you: Hasten to intercede, make speed to entreat, O Mother of God, who ever protect those who honour you.

After the Kontakia:

Lord, have mercy. (*12 times*)

Most Holy Trinity, consubstantial Power, undivided Kingship, the Cause of all good, be gracious even to me, a sinner. Confirm and instruct my heart and take away every defilement. Enlighten my mind, that I may ever glorify, praise and worship, saying: One is Holy, one is Lord, Jesus Christ, to the glory of God the Father. Amen.

Blessed be the name of the Lord from this time forth and for evermore.

Blessed be the name of the Lord from this time forth and for evermore.

Blessed be the name of the Lord from this time forth and for evermore.

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

TYPIKA

Both now and for ever, and to the ages of ages. Amen.

Psalm 33:

I will bless the Lord at every moment: his praise shall always be in my mouth. Let my soul boast of the Lord; let the meek hear it and rejoice. O magnify the Lord with me; let us exalt his name together. For I sought the Lord and he answered; and he delivered me from all my troubles. Come to him and be enlightened; and your faces shall not be ashamed. This poor man cried, and the Lord heard him; and saved him from all his troubles. The Angel of the Lord encamps round those who fear him; and will deliver them. O taste and see that the Lord is good: happy the one who hopes in him! Fear the Lord, all you his saints; for there is no want for those who fear him. The rich became poor and hungry; but those who seek the Lord lack nothing good.

Come, my children, listen to me; I will teach you the fear of the Lord. Who is there who desires life; who longs to see good days? Keep your tongue from evil; and your lips from telling lies. Turn from evil and do good; seek peace and pursue it. The eyes of the Lord are on the just; and his ears towards their supplication. The Lord sets his face against evildoers; to root out their memory from the earth. The just cried; the Lord heard them; and delivered them from all their troubles. The Lord is close to those who are broken-hearted; and the humble in spirit he saves. The troubles of the just are many; but the Lord will deliver them from them all. He guards all their bones; not one of them will be broken. The death of sinners is evil: and those who hate the just will stumble. The Lord will ransom the souls of his servants; and none who hope in him will go astray.

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

Both now and for ever, and to the ages of ages. Amen.

It is truly right to call you blessed, who gave birth to God, ever-blessed and most pure, and the Mother of our God. Greater in honour than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Word; truly the Mother of God, we magnify you.

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

Both now and for ever, and to the ages of ages. Amen.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

Amen.

TYPIKA

Sunday (Resurrection) Prokeimena and Alleluias

The changeable parts of services rotate through an 8-week cycle, with the Prokeimenon and Alleluia appropriate for each Sunday matched to a melody from the 8 Tones (Octoechos). For those wishing to use the Prokeimenon and Alleluia at home, the Tone for the Sunday will be published on the website and in the newsletter, so that you know which text to read.

The Prokeimena and Alleluias are provided here in full with their alternating verses, and can simply be read at the appropriate point in the service.

Tone 1

Prokeimenon

May your mercy, O Lord, be upon us as we have hoped in you.

Rejoice in the Lord, you righteous: praise befits the upright.

May your mercy, O Lord, be upon us as we have hoped in you.

Alleluia

Alleluia, alleluia, alleluia

It is God who gives me revenge and has subdued peoples under me.

Alleluia, alleluia, alleluia

He magnifies the salvation of his king and shows mercy to his Anointed, to David and his seed for ever.

Alleluia, alleluia, alleluia

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Tone 2

Prokeimenon

The Lord is my strength and my song and has become my salvation.

The Lord has chastened me, he has chastened me, but he has not given me up to death.

The Lord is my strength and my song and has become my salvation.

Alleluia

Alleluia, alleluia, alleluia

May the Lord hear you in the day of trouble; may the name of the God of Jacob shield you.

Alleluia, alleluia, alleluia

Lord, save the king, and hear us on the day when we call upon you.

Alleluia, alleluia, alleluia

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Tone 3

Prokeimenon

Sing to our God, sing! Sing to our king, sing!

All you nations, clap your hands; shout to God with a voice of exultation.

Sing to our God, Sing! Sing to our king, sing!

Alleluia

Alleluia, alleluia, alleluia

In you, O Lord, I hope; may I never be put to shame.

Alleluia, alleluia, alleluia

Be my God and protector, my house of refuge to save me.

Alleluia, alleluia, alleluia

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Tone 4

Prokeimenon

How your works have been magnified, O Lord: with wisdom you have made them all.

Bless the Lord, O my soul; O Lord my God, you have been greatly magnified.

How your works have been magnified, O Lord: with wisdom you have made them all.

Alleluia

Alleluia, alleluia, alleluia

Bend the bow and prosper and reign: in the cause of truth and meekness and justice.

Alleluia, alleluia, alleluia

You have loved justice and hated iniquity: therefore God, your God, has anointed you with the oil of gladness beyond your fellows.

Alleluia, alleluia, alleluia

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Tone 5

Prokeimenon

May you, O Lord, guard us and protect us from this generation and forever.

Save me, O Lord, for there is no holy one left: truths have dwindled from among the sons of men.

May you, O Lord, guard us and protect us from this generation and forever.

Alleluia

Alleluia, alleluia, alleluia

V/ I will sing of your mercies, O Lord, for ever: I will proclaim your truth with my mouth from generation to generation.

Alleluia, alleluia, alleluia

V/ For you have said, 'Mercy shall be built up for ever': your truth will be established in the heavens.

Alleluia, alleluia, alleluia

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Tone 6

Prokeimenon

O Lord, save your people, and bless your inheritance.

To you, O Lord I cry; be not silent to me.

O Lord, save your people, and bless your inheritance.

Alleluia

Alleluia, alleluia, alleluia

He who dwells in the help of the Most High will live under the protection of the God of heaven.

Alleluia, alleluia, alleluia

He will say to the Lord, 'You are my protector and my refuge, my God,' and I shall hope in him.

Alleluia, alleluia, alleluia

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Tone 7

Prokeimenon

The Lord will give strength to his people: the Lord will bless his people with peace.

Bring to the Lord, O sons of God, bring to the Lord young rams.

The Lord will give strength to his people: the Lord will bless his people with peace.

Alleluia

Alleluia, alleluia, alleluia

It is good to give thanks to the Lord and to sing praises to your name, O Most High.

Alleluia, alleluia, alleluia

To proclaim your mercy in the morning and your truth by night.

Alleluia, alleluia, alleluia

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Tone 8

Prokimemon

Make your vows and pay them to the Lord our God: let all around him bring gifts.

God known in Judea; His name is great in Israel.

Make your vows and pay them to the Lord our God: let all around him bring gifts.

Alleluia

Alleluia, alleluia, alleluia

Come, let us sing with joy to the Lord; let us shout for joy to God our Saviour.

Alleluia, alleluia, alleluia

Let us come before His presence with thanksgiving, and shout for joy to him in Psalms.

Alleluia, alleluia, alleluia