Reader’s Typika for the Sunday of Cheesefare Week and the Expulsion from Paradise –– Tone 7 –– March 14th, 2021

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

Glory to Thee O God, Glory to Thee!

O Heavenly King, the Comforter, the Spirit of Truth, Who art everywhere present and fillest all things, Treasury of blessings 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. ***(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.

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. ***(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.

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, O Lord, Jesus Christ, our God, have mercy on us. Amen.

Lord have mercy. ***Twelve Times***

Glory to the Father and to the Son and to the Holy Spirit, both now and ever, and unto the 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.

## 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 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 judgment 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 the ages of ages. Amen.

Bless the Lord, O my soul, \* and all that is within me \* bless His holy name; \* blessed art Thou, O Lord.

Glory to the Father, \* and to the Son, \* and to the Holy Spirit. \* Praise the Lord, O my soul. I will praise the Lord 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 judgment 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 Zion, unto generation and generation.

Both now and ever, and unto the ages of ages. Amen. O only-begotten Son and Word of God, Who art immortal, yet didst deign for our salvation to be incarnate of the Holy Theotokos and Ever-Virgin Mary, and without change didst become man, and was crucified, O Christ God, trampling down death by death. Thou Who art one of the Holy Trinity, glorified with the Father and the Holy Spirit, save us.

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.

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 the sons of God.

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

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

Rejoice, and be exceeding glad, \* for great is your reward in the heavens.

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

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

O come let us worship and fall down before Christ, Who rose from the dead, O Son of God, save us who sing to Thee: Alleluia, alleluia, alleluia.

**Resurrectional Troparion –– Tone 7**

By thy Cross thou didst destroy death!

To the thief, thou didst open Paradise!

For the myrrh-bearers thou didst change weeping into joy!

And thou didst command thy disciples, O Christ God,

to proclaim that thou art risen,

granting the world great mercy!

Glory… now and ever:

**Troparion (Temple) –– Tone 4**

Your Nativity, O Virgin, / has proclaimed joy to the whole universe! / The Sun of Righteousness, Christ our God, / has shone from You, O Theotokos! / By annulling the curse, / He bestowed a blessing. / By destroying death, He has granted us eternal Life.

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 Prokeimenon in the 8th Tone: Pray and make your vows before the Lord our God!

Verse: In Judah God is known; His name is great in Israel!

Pray and make your vows // before the Lord our God!

## **Romans 13:11-14:4 *(Epistle)***

**11** And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed. **12** The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. **13** Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. **14** But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts. **1** Receive one who is weak in the faith, but not to disputes over doubtful things. **2** For one believes he may eat all things, but he who is weak eats only vegetables. **3** Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. **4** Who are you to judge another’s servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

Alleluia in the 6th Tone: Alleluia! Alleluia! Alleluia!

Verse: It is good to give thanks to the Lord, to sing praises to your name, O Most High!

Verse: To declare Your steadfast love in the morning, and Your faithfulness by night.

THE READING OF THE HOLY GOSPEL ACCORDING TO ST. MATTHEW

Glory to Thee, O Lord, glory to Thee!

## **Matthew 6:14-21 *(Gospel)***

**14** For if you forgive men their trespasses, your heavenly Father will also forgive you. **15** But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. **16** Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. **17** But you, when you fast, anoint your head and wash your face, **18** so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. **19** Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; **20** but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. **21** For where your treasure is, there your heart will be also.

Glory to Thee, O Lord, Glory to Thee!

In the 6th Tone:

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.

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.

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 the heavens, / and was incarnate of the Holy Spirit and the Virgin Mary, and became man; / And was crucified for us under Pontius Pilate, / and suffered and was buried; / And arose again on the third day according to the Scriptures; / And ascended into the heavens, and sitteth at the right hand of the Father; / And shall come again, with glory, to judge both the living and the dead; / Whose kingdom shall have no end. / And in the Holy Spirit, the Lord, the 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. / In One, Holy, Catholic, and Apostolic Church. / I confess one baptism for the remission of sins. / I look for the resurrection of the dead, / And the life of the age to come. Amen.

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.

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.

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

**Kontakion (Triodion) –– Tone 6**

Guide of wisdom, Giver of prudence,

Teacher of the foolish and de-fender of the poor,

establish and give understanding to my heart, O Master. Give me a word, O Word of the Father,

for see, I shall not restrain my lips from crying to you: //

“O Merciful One, have mercy on the fallen.”

Glory… now and ever:

**Kontakion (Temple) –– Tone 4**

By Your Nativity, O Most Pure Virgin, / Joachim and Anna are freed from barrenness; / Adam and Eve, from the corruption of death. / And we, your people, freed from the guilt of sin, celebrate and sing to you: / The barren woman gives birth to the Theotokos, the nourisher of our life!

Lord, have mercy. ***Twelve 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:

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

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the 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.

It is truly meet to bless thee, O Theotokos, ever blessed and most pure and the Mother of our God. More honorable than the Cherubim and more glorious beyond compare than the Seraphim, without corruption thou gavest birth to God the Word; true Theotokos we magnify thee!

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen. Lord, have mercy. ***Thrice.***

O Lord, Bless.

Through the prayers of the Theotokos, and of all the saints, O Lord, Jesus Christ, have mercy on us and save us, for Thou art good and the Lover of mankind. Amen.