

**SERVICE OF TYPIKA**  
**SUNDAY, MARCH 22, 2020**

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

People: Amen.  
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 God, 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 evil.

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

People: Amen.

- The following Psalms and hymns may be chanted or plainly read.

PSALM 102: CHANTED IN TONE EIGHT

- + 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.
- + Bless the Lord, O my soul.

PSALM 145: CHANTED IN TONE TWO

- + *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 Zion, unto generation and generation.

“O ONLY-BEGOTTEN SON” IN TONE TWO

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

O Only-begotten Son and Word of God, Who art immortal and Who didst deign for our salvation to be incarnate of the holy Theotokos and ever-virgin Mary, and without change became man, and was crucified, O Christ our God, and didst trample death by Death, being yet one of the holy Trinity, glorified together with the Father and the Holy Spirit, save us.

THE BEATITUDES: CHANTED IN TONE EIGHT

- + In Thy kingdom, remember us, O Lord, when thou comest into 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 children of God.
- + Blessed are they that are persecuted for righteousness' sake; for theirs is the kingdom of heaven.

- + Blessed are ye when men shall revile ye, and persecute ye, and say all manner of evil against ye falsely for My sake.
- + Rejoice and be glad, for great is your reward in heaven.
- + Glory to the Father, and to the Son, and to the Holy Spirit.
- + Both now and ever, and unto ages of ages. Amen.
- + Remember us, O Lord, when thou comest into Thy kingdom.
- + Remember us, O Master, when thou comest into Thy kingdom.
- + Remember us, O Holy One, when thou comest into Thy kingdom.

SCRIPTURAL READINGS FOR THE THIRD SUNDAY OF GREAT LENT

- *Both of the New Testament lessons are read without liturgical introduction or conclusion. The readers start with "The Reading from..." and proceeds.*

THE EPISTLE

**The Reading from the Epistle of St. Paul to the Hebrews. (4:14-5:6)**

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."

THE GOSPEL

**The Reading from the Holy Gospel according to St. Mark. (8:34-9:1)**

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."

TROPARIA BEFORE THE CREED (Plain Reading)

- 1st Reader: The heavenly choir singeth Thy praises, saying: Holy, holy, holy, Lord of Sabaoth; heaven and earth are full of Thy glory.
- 2nd Reader: *Come unto him, and be enlightened, and your faces shall not be ashamed.*  
The heavenly choir singeth Thy praises, saying: Holy, holy, holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

1st Reader: *Glory to the Father, and to the Son, and to the Holy Spirit.*  
The choir or holy angels and archangels, with all the powers of heaven, singeth Thy praises, saying: Holy, holy, holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

2nd Reader: *Both now and ever, and unto ages of ages. Amen.*

#### THE NICENE-CONSTANTINOPOLITAN CREED

People: I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible. And in one Lord, Jesus Christ, the Son of God, the only-begotten, begotten 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 became man. And was crucified also for us under Pontius Pilate, and suffered and was buried. And on the third day 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, the Giver of life, Who procedeth 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: Forgive, remit, pardon, O God, our sins, both voluntary and involuntary, in deed and in word, in knowledge or in ignorance, committed by night or by day, in mind and in thought. Forgive us them all, for thou art good and lovest mankind.

#### THE LORD'S PRAYER

People: Our Father, Who art in Heaven, hallowed be Thy Name. Thy kingdom come; Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.

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

People: Amen.

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

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.

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

Leader: O Christ our God, Who art worshipped and glorified at all times at every hour both in heaven and on earth; Who art long-suffering and plenteous in mercy and compassion; Who lovest the just man and showest mercy upon the sinner; and Who callest all men to repentance through

the promise of blessings to come; receive, O Lord, at this very hour our supplications, and direct our lives in the way of Thy commandments: sanctify our souls, purify our bodies, set our minds aright, cleanse our thoughts; deliver us from all affliction, trouble, and distress; compass us about with Thy holy angels, that, guided and guarded by them, we may attain unto the unity of the Faith, and to the knowledge of Thine unapproachable glory; for Thou art blessed unto ages of ages. Amen.

Reader: 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.*

Reader: More honorable than the cherubim and more glorious beyond compare than the seraphim, thou who without corruption bearest God the Word and art truly Theotokos: We magnify thee.

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

People: Amen.

Reader: Blessed be the name of the Lord, henceforth and forevermore. (THRICE)

### PSALM 33

Reader: 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.

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

## A HOMILY

Killing the Fear of Death: Homily for the Third Sunday of Lent (Adoration of the Cross)  
Fr. Philip LeMasters, pastor, St. Luke Antiochian Orthodox Church of Abilene, Texas

Leader: Today we do something that goes against the strongest inclinations of fallen humanity: We adore and celebrate the Cross. Absolutely no one rejoiced about crosses in the first century, for crucifixion was the most horrible form of execution the Romans could devise. When the Lord told Peter plainly that He would be killed, the head disciple was horrified and tried to correct Him. That is when Christ said to Peter, “Get behind me, Satan, for you are not mindful of the things of God, but the things of men.” In other words, Peter was thinking like any other human being enslaved to the fear of death.

That, of course, is precisely why Jesus Christ offered Himself on the Cross: to set us free from captivity to the grave. He did not breathe life into us so that we would disappear into the earth, but so that we would be united eternally with Him in holiness. If we believe our fate is simply for the decay of the tomb, we will go to great lengths to distract ourselves from the pointlessness of our existence. So we end up worshiping power, pleasure, possessions, and anything else that staves off the dread of death. We will make this world a false god in one way or another in a failed effort to save ourselves on our own terms.

Today we adore the Cross because through it our Lord has conquered death, making even the tomb and Hades pathways to the eternal life of the Kingdom through His glorious resurrection. It is because of His great Self-offering as our High Priest that we may depart this life with the hope of resurrection and life eternal. But in order to share in the glory of the empty tomb, we must first follow Him to the Cross by taking up our own crosses. That means dying to the corrupting power of sin in our lives as we crucify the addiction to self-centered desire that arises from the fear of death. For if we seek to save our lives by the standards of our fallen world, we will end up losing our souls.

Fortunately, there is still time to live as those who are not ashamed of the Cross. We have the remaining weeks of Lent to prepare to enter into the deep mystery of the Lord Who caused death to die. And we do not have to look hard for opportunities to do so. They are all around us. For example, we should turn our attention away from our favorite distractions (e.g. cell phones, video games, social media, news, sports, and movies) and toward the Lord in daily focused prayer, Bible reading, and studying the lives and teachings of the Saints. We should sacrifice a small part of our usual routine by attending Lenten services each week. If our physical health and life circumstances allow, we should fast as best we can according to the guidelines of the Church. If we cannot fast from food due to illness, we should learn to accept our struggles with patience, perhaps finding another area of life where we can practice self-denial. We should give generously of our resources, time, and attention to others, especially the poor, sick, and lonely. We should serve our family members, friends, and fellow parishioners instead of simply ourselves. We should pray for our enemies and do what we can to heal broken relationships. We should stay on guard against anything that inflames our passions. We should shut out our dark and tempting thoughts with the Jesus Prayer. We should confess our sins honestly this Lent, and be vigilant against sliding back into unholy habits.

It is through such everyday acts of faithfulness that we will take up our crosses and follow the Savior Who offered Himself on the Cross for our salvation. That is how we will be set free from the fear of death and all its corrupting effects on our souls. That is how we will adore and celebrate the Cross as the great sign of our hope, as the only true answer to the tragic brokenness of our humanity. The God-Man offered Himself on it in order to save us. Now we must offer ourselves to Him in humble repentance by dying to sin in order to open ourselves to the glory of His resurrection. That is the Lord's calling to each and every one of us for, through the Cross, He has filled all things with joy.

**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 (CHANT) (CHORAL)**

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 preserving Thy commonwealth.

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

People: Amen.

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