

SERVICE OF TYPIKA ON SUNDAY, MAY 03, 2020
TONE 2 / EOTHINON 4

SUNDAY OF THE MYRRH-BEARING WOMEN,
PIOUS JOSEPH OF ARIMATHAEA & RIGHTEOUS NICODEMUS

VARIOUS ARRANGEMENTS OF "CHRIST IS RISEN"

Arabic (slow, chant) // English (slow, chant) // English-Arabic-Greek (quick, chant)
English-Greek (slow, choral) // Arabic (slow, choral)

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

People: Amen.
Christ is risen from the dead, trampling down Death by death; and upon those in the tombs bestowing life! (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 PASCHA

- *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 Acts of the Sainly and Pure Apostles. (6:1-7)

In those days, when the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution. And the Twelve summoned the body of the disciples and said, "It is not right that we should give up preaching the word of God to serve tables. Therefore, brethren, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty. But we will devote ourselves to prayer and to the ministry of the word." And what they said pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Prochorus, and Nicanor, and Timon, and Parmenas, and Nicolaos, a proselyte of Antioch. These they set before the apostles, and they prayed and laid their hands upon them. And the word of God increased; and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

THE GOSPEL

The Reading from the Holy Gospel according to St. Mark. (15:43-16:8)

At that time, Joseph of Arimathaea, a respected member of the council, who was also himself looking for the Kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. And Pilate wondered if He were already dead; and summoning the centurion, he asked him whether Jesus was already dead. And when he learned from the centurion that He was dead, he granted the body to Joseph. And he bought a linen shroud, and taking Him down, wrapped Him in the linen shroud, and laid Him in a tomb, which had been hewn out of the rock; and he rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Joses saw where He was laid. And when the Sabbath was passed, Mary Magdalene, Mary the mother of James, and Salome, bought spices so that they might go and anoint Him. And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" And looking up, they saw that the stone was rolled back—it was very large. And entering the tomb, they saw a young man sitting on the

right side, dressed in a white robe; and they were amazed. And he said to them, “Do not be amazed; you seek Jesus of Nazareth, Who was crucified. He has risen, He is not here; see the place where they laid Him. But go, tell His Disciples and Peter that He is going before you to Galilee; there you will see Him, as He told you.” And they went out and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid.

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.

THE KONTAKION OF PASCHA IN TONE EIGHT (CHANT) (CHORAL)

Though Thou didst descend into the grave, O Immortal One, yet didst Thou destroy the power of Hades, and didst arise as victor, O Christ God, calling to the myrrh-bearing women, Rejoice, and giving peace unto Thine Apostles, O Thou Who dost grant resurrection to the fallen.

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

With a Courage Born of Love:

Homily for the Sunday of the Myrrh Bearing Women in the Orthodox Church
Fr. Philip LeMasters, pastor, St. Luke Antiochian Orthodox Church of Abilene, Texas

Leader: Christ is Risen! We have now been celebrating our Lord's victory over death for two weeks. We will continue to do so for a few more weeks, saying, "Christ is Risen" many times. But we must not let our celebration of Pascha stop there. For we want to live the new life that the Lord has brought to the world; we want to participate in His victory over sin, death, and all that separates us from life eternal. And we can learn an important lesson in how to do that from those who were at the empty tomb on Easter morning as the first witnesses of the resurrection to hear the word of the angel: "He is Risen. He is not here... Go tell His disciples—and Peter—that He is going before you to Galilee; there you will see Him, as He said to you."

These first witnesses of our salvation were women who went to the tomb with oil and spices to anoint the dead body of Jesus Christ. They obviously did not expect the tomb to be empty. They were surely heart-broken, afraid, and terribly disappointed that their Lord had been killed. But they had the strength to offer Him one last act of love: to anoint His body properly for burial. Just imagine the risks that they took, publically identifying themselves with the Lord at His crucifixion and then going to the tomb of One executed as a traitor in the wee hours of Sunday morning. With a courage born of love, they must have put aside obvious concerns about their personal safety. And as they did so, these women— Mary the Theotokos, Mary Magdalene, two other Mary's, Johanna, Salome, Martha, Susanna and others whose names we do not know— received the greatest news in the universe, the resurrection of our Lord, God, and Savior Jesus Christ. Yes, the angelic proclamation of Pascha came first to the Theotokos, even as she was the first to hear from the Archangel the good news of the Incarnation.

As you will remember, the male disciples did not believe their testimony at first, even as St. Joseph the Betrothed was at first skeptical of the circumstances of the Lord's virgin conception. But with the balance between man and woman that we see throughout the unfolding of our salvation, we remember along with these blessed women two men: Ss. Joseph of Arimathaea and Nicodemus, prominent Jewish leaders who were also secret followers of Jesus Christ. This Joseph risked his position and possibly his life by asking Pilate for the Savior's body, even as Joseph the Betrothed had surely risked his life during the flight to Egypt to escape the persecution of the wicked King Herod. Nicodemus, who had understood the Lord so poorly in a conversation recorded near the beginning of St. John's gospel, came to faith and joined Joseph of Arimathaea in wrapping the Lord in linen with spices and placing Him in a tomb.

Like the myrrh-bearing women, these men must have been terribly sad and afraid. Their hopes had been cruelly crushed; their world turned upside down. Not only had their Lord died, He was the victim of public rejection, humiliation, and capital punishment. Nonetheless, these women and men did what had to be done, despite the risk to themselves from the authorities and their own pain. They served their Christ in the only way still available to them by caring for His body.

Before Jesus Christ's death, He washed the feet of His disciples in order to show them what it meant to serve in humility as He did. The myrrh-bearers were not present that evening, but they followed the Lord's example of service better than anyone else. Perhaps they were not there because they had already learned the centrality of humble service in how they cared for and supported the Lord throughout His ministry. Regardless, their selfless devotion to Christ put them in the place where they would be the first to receive the good news of the resurrection, the first to share in the joy of Pascha. We have a lot to learn from them, as well as from Joseph and Nicodemus. For if we want to live the new life of our Lord's victory over death and corruption in all its forms, we must do as they did by serving our Lord in humility out love, despite the cost.

We have no lack of opportunities to serve Christ, in His Body, the Church: whether by visiting the sick, giving of our time and other resources to the poor, providing someone without transportation a ride to church, maintaining our building and grounds, cleaning and beautifying the church temple, teaching Sunday School, chanting, hosting coffee hour, baking holy bread, serving on the parish council or at the altar, reading the epistle in liturgy, inviting others to visit our services, or otherwise doing what needs to be done for the flourishing of our parish. These things may seem small, but they make a huge difference. If we are not faithful in small tasks, how can we hope to be faithful in large ones? Out of love for Christ, let us all answer the call to serve Him as we are needed in His Body, the Church.

We are also reminded of the importance of humble service by today's passages from Acts in which the first deacons were ordained to oversee the distribution of bread to the needy widows who were supported by the Christian community. The word deacon means "servant," and we read that, after the deacons began their ministry, "the word of God spread, and the number of the disciples multiplied greatly in Jerusalem and a great many of the priests were obedient to the faith." Perhaps the passage reads that way because humble service is the very backbone of the Church, an essential part of our faithfulness and growth as Christ's Body.

Of course, we do not encounter the Lord only in the visible boundaries of the Church. For every human being is an icon of Christ, especially the poor, needy, and miserable. In that we care for the least of these in society, for prisoners or refugees or the lonely or mentally ill, we care for Him. In that we neglect them, we neglect Him. The myrrh-bearers did not disregard Christ's body in the tomb, and neither should we disregard the Lord's body hungry, sick, poorly clothed, abused, or otherwise suffering in our world. It is not hard to find the Lord in people we encounter every day who need our service and attention. That is why we should all bring our Lenten collections for "Food for Hungry People" to church as soon as we can. And food, clothing, and other items brought to church will always be put to good use by those who need them, regardless of the season of the year.

On this Sunday of the Myrrh-Bearing Women, it is clear that holiness is not a matter of earthly power or prestige. Those righteous women did not count for much at all in their time and place; even the male disciples disregarded their preaching of the resurrection. The new day of God's reign ushered in by Pascha is a passing over from spiritual blindness, self-centeredness, and domination to love, selfless service, and true humility before God and all who bear His image and likeness. Here we encounter the same apparent weakness manifest in our Lord's cross, which ultimately destroyed the corrupt orders of our distorted world through the glory of the empty tomb. If we want to participate even now in that glory, if we want to embrace a power beyond the powers of this age, we must follow the example of those courageous and loving women and men who risked their lives out of love for our Lord, God, and Savior Jesus Christ. No, a life of courageous love for our Savior is not easy, but it is the only path that we lead us to behold, and even to participate personally in, the good news of His resurrection on the third day, which is ultimately what this blessed season is all about.

RESURRECTIONAL APOLYTIKION IN TONE TWO (CHANT) (CHORAL)

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

APOLYTIKION OF JOSEPH OF ARIMATHAEA IN TONE TWO (CHANT) (CHORAL)

The noble Joseph, taking Thine immaculate Body down from the Tree, and having wrapped It in pure linen and spices, laid It for burial in a new tomb. But on the third day Thou didst arise, O Lord, granting to the world Great Mercy.

APOLYTIKION OF THE MYRRH-BEARING WOMEN IN TONE TWO
(CHANT) (CHORAL)

Unto the myrrh-bearing women did the Angel cry out as he stood by the grave: Myrrh-oils are meet for the dead, but Christ hath proved to be a stranger to corruption. But cry out: The Lord is risen, granting to the world Great Mercy.

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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