

SERVICE OF TYPIKA ON SUNDAY, MAY 10, 2020
TONE 3 / EOTHINON 5; FOURTH SUNDAY OF PASCHA
SUNDAY OF THE PARALYTIC

APOSTLE SIMON THE ZEALOT; VENERABLE LAURENCE OF EGYPT

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 FOURTH 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. (9:32-42)

In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments, which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

THE GOSPEL

The Reading from the Holy Gospel according to St. John. (5:1-15)

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda, which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water. For an angel of the Lord went down at certain seasons into the pool and troubled the water; whoever stepped in first, after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for 38 years. When Jesus saw him and knew that he had been lying there a long time, He said to him, "Do you want to be healed?" The sick man answered Him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his

pallet and walked. Now that day was the Sabbath. So the Jews said to the man who was cured, "It is the Sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.'" They asked him, "Who is the man who said to you, 'Take up your pallet, and walk'?" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befalls you." The man went away and told the Jews that it was Jesus Who had healed him.

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

Overcoming the Paralysis Caused by the Fear of Death:

Homily for the Sunday of the Paralytic in the Orthodox Church

Fr. Philip LeMasters, pastor, St. Luke Antiochian Orthodox Church of Abilene, Texas

Leader: Christ is Risen! We all face difficult circumstances in our lives that we are tempted to think will never change. Sometimes we lose hope of gaining health and strength when we have been sick and weak in body or soul. Problems in marriage, family life, or other relationships may seem beyond healing or repair. Before the difficulties of our lives, let alone the persistent problems of the world, we can easily feel helpless.

In today's gospel lesson, the blind, lame, and paralyzed people who waited to be healed at the pool of water outside the Temple certainly felt that way. Most probably despaired of ever being healed, for they lacked the ability to move themselves into the water at the right time. The man who had been paralyzed for thirty-eight years had no one to help him get there, and he obviously could not move himself. The Jews had a Temple in which animals were sacrificed, and the pool provided water for washing lambs before they were slaughtered. This scene occurs at the Jewish feast of Pentecost, which commemorated Moses receiving the Law, which had been given by angels.

Fallen humanity, however, remained spiritually weak and sick, and enslaved ultimately to death. In such a corrupt state, we lacked the strength to fulfill our calling to become like God in holiness, and certainly could not overcome the ultimate paralysis of the grave. The Law was surely both a blessing and a cause of frustration for the Jews, for it lacked the ability to heal the soul. The sacrificial system of the Temple foreshadowed the great Self-Offering of our Lord on the Cross, for He is the Lamb of God Who takes away the sin of the world. It did not, however, deliver anyone from bondage to death, the wages of sin.

The paralyzed man represents us all who lack the power to move ourselves to complete healing of body, soul, and spirit. He did not even call out to Christ to help him; instead, the Lord reached out to him, asking what may seem to be an odd question, "Do you want to be healed?" Why would anyone who had endured thirty-eight years of paralysis not want to be made well? Recall, however, how easy it is to adapt to our maladies and passions, to become accustomed to whatever forms of corruption have become second nature to us. To be healed requires something very different, for we must obey the Lord's command: "Rise, take up your pallet, and walk." That

means cooperating with the gracious divine energies of our merciful Lord as we rise up in obedience such that we are transformed personally to become more like Him in holiness. Doing so is never as easy as lying comfortably in bed. To receive personally our Lord's healing requires getting out of our comfort zones.

The man in today's gospel reading would never have found healing had he chosen to remain as he had been for thirty-eight years. Lying still for a long time makes us weak and unable to rise up and walk on our own. The same will be true of us spiritually if we do not embrace the struggle to cooperate with the mercy of the Lord by serving Him as faithfully as we presently have the strength to do. That is how we open ourselves to receive His healing, regardless of how weak we have made ourselves. The paralyzed man would have rejected his healing had he refused to accept the struggle of standing up, carrying his bed, and walking. After a lifetime of not moving, doing so must have been difficult and quite scary. He had learned how to survive as an invalid, but now the Savior was directing him to a very different life, the challenges of which he could not predict.

Perhaps we look at the prospect of a life of obedience to Christ as being difficult and scary, for we have become accustomed to living as people enslaved to self-centered desire fueled by the fear of death. If we think that the measure of our lives extends no further than the period of our physical existence on Earth, then the temptation will be great to indulge ourselves in whatever pleasures make life more bearable and distract us from despair about our ultimate fate. But because "Christ is Risen!," we must not continue in the weakness that comes from doing whatever it takes to distract us from fear of the grave and the insecurities it produces. Instead, we must do whatever it takes to share more fully in the ultimate healing of the human person in God's image and likeness that our Savior has accomplished through His glorious resurrection on the third day. We must live as those who already know the joy of life eternal as we look for the coming fullness of the Kingdom of God.

We will open ourselves to the healing and strength necessary to live in the joy of the resurrection by participating in the life in the Church, which is the Body of Christ. In our reading from Acts, St. Peter heals a paralyzed man and commands him to get up. He even raises a woman from death. Peter did not do this by his own power or authority, but because the Risen Lord was working through him. He said to the paralyzed man, "Jesus Christ heals you..." Throughout Acts, we read of how the Lord works through the Church to enable people to participate personally in the new life brought by His empty tomb.

In baptism, Jesus Christ heals us as we die to sin and rise with Him into a new life of holiness. In the Eucharist, the Risen Lord nourishes us with His own Body and Blood as we participate already in the Messianic Banquet. In every celebration of the Divine Liturgy, we enter mystically into the eternal worship of the Heavenly Kingdom. Because we fall short of fully embracing the healing and holy joy of His resurrection, the Savior forgives our sins when we humbly repent in Confession. By offering our time, energy, and resources to support the ministries of the Church and participate more fully in our life together in Him, we find liberation from the isolation of self-centeredness and enter more fully into the abundant generosity of the Lord. He shares His life with us through the Church and we must share a common life in Him as we love, serve, and forgive one another. In order to gain the strength to move forward in a life of holiness, we must unite ourselves

to Christ in His Body through regular, conscientious participation in the Holy Mysteries and doing all that we can to strengthen our common life.

Apart from the Lord's resurrection, there would be no Church, and it is through our participation in the Church that we may enter more fully into the eternal life of the resurrection. We celebrate Pascha by participating personally in the Lord's victory over Hades and the grave, and there is simply no way to do that which does not require obedience to the command that Christ gave to the paralyzed man. That is how we will find healing from our maladies of soul that are driven by slavery to the fear of death. Because of the resurrection, we may all rise up from our comfortable beds of sins and provide the world a sign that something radically new has come into the world through the Savior's Cross and empty tomb. Not by our own power, but by embracing His, we may all find fulfillment and transformation that we could never give ourselves. All that we must do is to want to be healed, to unite ourselves to the Risen Lord in His Body, and to move forward in holiness as we serve Him in the world as a sign that "Christ is Risen!"

RESURRECTIONAL APOLYTIKION IN TONE THREE

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

MEGALYNARION FOR PARALYTIC SUNDAY IN TONE ONE

The angel spake to her that is full of grace, saying, O pure Virgin, rejoice; and I say also, Rejoice; for thy Son is risen from the tomb on the third day.

We believers in unison bless thee, O Virgin, crying: Rejoice, O gate of the Lord. Rejoice, O living city. Rejoice, O thou from whom didst rise upon us from the dead the Light of Resurrection, He Who was born of thee.

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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