

# The Reader's Service of the Hours and the Typika

This service is for Orthodox Lay Leaders and is NOT A SUBSTITUTE for the Divine Liturgy when an Orthodox Priest is available.

How to use this service book:

Any Orthodox layman may read all portions herein. All of the priest's portions have been omitted.

- *Italics* are meant to be read silently
- Regular face type is meant to be chanted out loud.

If you cannot chant, read in a normal speaking tone

- **Bold** face type is meant to be sung.

If you cannot sing, or do not know the music, chant

If you cannot chant, read in a normal speaking tone.

- That which appears in ***bold italics*** is a moveable portion of the service that must be obtained from another resource, such as a lectionary.

If you are tonsured as a Sub-deacon, Reader / Cantor, you should lead the service.

The service may be led, according to tradition,

- from the center of the chapel,
- or from your place.

Always face the altar.

Only a Priest or Deacon may stand immediately in front of the altar.

Unless a tonsured Sub-deacon or Reader is present, participants may

- decide among themselves who will lead the service
- take turns with the portions that say "Reader"
- read the entire service silently if alone

Sing or read in unison the parts that say "People."

If you are doing this in a field setting, pray before any icons you may have in your possession.

If you have access to a chapel:

- Do not touch the Altar Table or other liturgical objects.
- Do venerate (kiss or touch your forehead to) the Icon(s), Cross, and Gospel

### ***The Third Hour***

*O God, be merciful to me, a sinner.*

*O God, cleanse me, O Lord, and have mercy on me.*

*Having created me, O Lord, have mercy on me.*

*I have sinned immeasurably, O Lord, have mercy on me.*

*My sovereign, most holy Mother of God, save me, a sinner.*

*O Angel, my holy Guardian, protect me from all evil.*

*O holy Saint \_\_\_\_\_, pray to God for me.*

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

Glory to Thee, our God, glory to Thee!

O Heavenly King, the Comforter, the Spirit of Truth Who art everywhere 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. (3)

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

O Most Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (3)

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

Lord, have mercy. (12)

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

O come, let us worship and fall down before Christ Himself, our King and our God.

*Psalm 16*

Hear a just cause, O Lord; attend to my cry. Give ear to my prayer from lips free of deceit. From Thee let my vindication come. Let Thy eyes see the right. If Thou triest my heart, if Thou visitest me by night, if Thou testest me, Thou wilt find no wickedness in me; my mouth does not transgress. With regard to the works of men, by the word of Thy lips I have avoided the ways of the violent. My steps have held fast to Thy paths, my feet have not slipped. I call on Thee, for Thou wilt answer me, O God; incline Thy ear to me, hear my words. Wondrously show Thy steadfast love, O Savior of those who seek refuge from their adversaries at Thy right hand. Keep me as the apple of the eye; hide me in the shadow of Thy wings, from the wicked who despoil me, my deadly enemies who surround me. They close their hearts to pity; with their mouths, they speak arrogantly. They track me down; now they surround me; they set their eyes to cast me to the ground. They are like a young lion lurking in ambush. Arise, O Lord. Confront them, overthrow them. Deliver my life from the wicked by Thy sword, from men by Thy hand, O Lord, from men whose portion in life is of the world. May their belly be filled with what Thou hast stored up for them; may their children have more than enough; may they leave something over to their babes. As for me, I shall behold Thy face in righteousness; when I awake, I shall be satisfied with beholding Thy form.

*Psalm 24*

To thee, O Lord, I lift up my soul. O my God, in Thee I trust, let me not be put to shame; let not my enemies exult over me. Yea, let none that wait for Thee be put to shame; let them be ashamed who are wantonly treacherous. Make me to know Thy ways, O Lord; teach me Thy paths. Lead me in Thy truth, and teach me, for Thou art the God of my salvation; for Thee I wait all the day long. Be mindful of Thy mercy, O Lord, and of Thy steadfast love, for they have been from of old. Remember not the sins of my youth, or my transgressions; according to Thy steadfast love remember me, for Thy goodness' sake, O Lord. Good and upright is the Lord; therefore He instructs sinners in the way. He leads the humble in what is right, and teaches the humble his way. All the paths of the Lord are steadfast

love and faithfulness, for those who keep His covenant and His testimonies. For Thy name's sake, O Lord, pardon my guilt, for it is great. Who is the man that fears the Lord? Him will he instruct in the way that he should choose. He himself shall abide in prosperity, and his children shall possess the land. The friendship of the Lord is for those who fear Him, and He makes known to them His covenant. My eyes are ever toward the Lord, for He will pluck my feet out of the net. Turn Thou to me, and be gracious to me; for I am lonely and afflicted. Relieve the troubles of my heart, and bring me out of my distresses. Consider my affliction and my trouble, and forgive all my sins. Consider how many are my foes, and with what violent hatred they hate me. Oh guard my life, and deliver me; let me not be put to shame, for I take refuge in Thee. May integrity and uprightness preserve me, for I wait for Thee. Redeem Israel out of all his troubles.

*Psalm 50(51)*

Have mercy on me, O God, according to Thy steadfast love; according to Thy abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin; for I know my transgressions, and my sin is ever before me. Against Thee, Thee only, have I sinned, and done that which is evil in Thy sight, so that Thou art justified in Thy sentence and blameless in Thy judgment. Behold, I was brought forth in iniquity, and in sin did my mother conceive me. Behold, Thou desirest truth in the inward being; therefore teach me wisdom in my secret heart. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Fill me with joy and gladness; let the bones which Thou hast broken rejoice. Hide Thy face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and put a new and right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore to me the joy of Thy salvation, and uphold me with a willing spirit. Then I will teach transgressors Thy ways, and sinners will return to Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation, and my tongue will sing aloud of Thy deliverance. O Lord, open Thou my lips, and my mouth shall show forth Thy praise. For Thou hast no delight in sacrifice; were I to give a burnt offering, Thou wouldst not be pleased. The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, Thou wilt not despise. Do good to Zion in Thy good pleasure; rebuild the walls of Jerusalem, then wilt Thou delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on Thy Altar.

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

Alleluia. Alleluia. Alleluia. Glory to Thee, O God. (3)

Lord, have mercy. (3)

***Chant the Troparion here.***

*Theotokion*

O Theotokos, you are the true vine, that has put forth the fruit of life. We pray, O Lady, intercede together with the Apostles and all the saints, that mercy may be granted to our souls.

Blessed be the Lord God; blessed be the Lord from day to day, and may the God of our salvation prosper us, for He is our God, the God of salvation.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3)

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

O most holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (3)

Glory to the Father, and to the Son, and to the Holy Spirit, 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 the evil one. Amen.

*Chant the Kontakion here.*

Lord, have mercy. (40)

Thou who at every season and every hour, in heaven and on earth art worshipped and glorified; O Christ our God, who art long-suffering, merciful and compassionate; who lovest the just and showest mercy upon the sinner; who callest all to salvation through the promise of blessings to come; O Lord, in this hour receive our supplications, and direct our lives according to Thy commandments. Sanctify our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulations, evil and distress. Compass us about with Thy holy Angels, that guided and guarded by them, we may attain to the unity of the faith and to the knowledge of Thine unapproachable glory, for Thou art blessed unto ages of ages. Amen.

Lord, have mercy. (3)

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

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim; without defilement you gave birth to God the Word; true Theotokos, we magnify you.

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

*Prayer of Saint Mardarios*

O God the Master, Father Almighty, O Lord Jesus Christ, the Only-begotten Son, and Thou, O Holy Spirit, one God-head, one Power, have mercy upon me a sinner, and according to Thy divine judgment save me, Thine unworthy servant; for blessed art Thou unto the ages of ages. Amen.

*[End of Third Hour]*

### ***The Sixth Hour***

O Come, let us worship God, our King.

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

O come, let us worship and fall down before Christ Himself, our King and our God.

### *Psalm 53*

Save me, O God, by Thy name, vindicate me by Thy might. Hear my prayer, O God; give ear to the words of my mouth. For insolent men have risen against me, ruthless men seek my life; they do not set God before them. Behold, God is my helper; the Lord is the upholder of my life. He will requite my enemies with evil; in Thy faithfulness put an end to them. With a free-will offering I will sacrifice to Thee; I will give thanks to Thy name, O Lord, for it is good. For Thou hast delivered me from every trouble, and mine eye has looked in triumph on my enemies.

### *Psalm 54*

Give ear to my prayer, O God; and hide not Thyself from my supplication. Attend to me, and answer me; I am overcome by my trouble. I am distraught by the noise



of the enemy, because of the oppression of the wicked. For they bring trouble upon me, and in anger they cherish enmity against me. My heart is in anguish within me, the terrors of death have fallen upon me. Fear and trembling come upon me, and horror overwhelms me. And I say, "O that I had wings like a dove. I would fly away and be at rest; Yea I would wander afar, I would lodge in the wilderness, I would haste to find me a shelter from the raging wind and tempest." Destroy their plans, O Lord, confuse their tongues; for I see violence and strife in the city. Day and night they go around it on its walls; and mischief and trouble are within it, ruin is in its midst; oppression and fraud do not depart from its market place. It is not an enemy who taunts me - then I could bear it; it is not an adversary who deals insolently with me - then I could hide from him. But it is you, my equal, my companion, my familiar friend. We used to hold sweet converse together; within God's house we walked in fellowship. Let death come upon them; let them go down to Sheol alive; let them go away in terror into their graves. But I call upon God; and the Lord will save me. Evening and morning and at noon I utter my complaint and moan, and He will hear my voice. He will deliver my soul in safety from the battle that I wage, for many are arrayed against me. God will give ear, and humble them, He who is enthroned from because they keep no law, and do not know God. My companion stretched out his hand against his friends, he violated his covenant. His speech was smoother than butter, yet war was in his heart; his words were softer than oil, yet they were drawn swords. Cast your burden on the Lord, and He will sustain you; He will never permit the righteous to be moved. But Thou, O God, wilt cast them down into the lowest pit; men of blood and treachery shall not live out half their days. But I will trust in Thee.

### *Psalm 90*

He who dwells in the shelter of the Most High, who abides in the shadow of the Almighty, will say to the Lord, "My refuge and my fortress; my God, in whom I trust." For He will deliver you from the snare of the fowler and from the deadly pestilence; He will cover you with His pinions, and under His wings you will find refuge; His faithfulness is a shield and buckler. You will not fear the terror of the night, nor the arrow that flies by day, nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday. A thousand may fall at your side, ten thousand at your right hand; but it will not come near you. You will only look with your eyes and see the recompense of the wicked. Because you have made the Lord your refuge, the Most High your habitation, no evil shall befall you, no scourge come near your tent. For He will give His angels charge of you to guard you in all your ways. On their hands they will bear you up, lest you dash your foot against a stone. You will tread on the lion and the adder, the young lion and the

serpent you will trample under foot. Because he cleaves to Me in love, I will deliver him; I will protect him, because he knows My name. When he calls to Me, I will answer him. I will be with him in trouble; I will rescue him and honor him. With long life I will satisfy him, and show him My salvation.

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

Alleluia. Alleluia. Alleluia. Glory to Thee, O God. (3)

***Chant the Troparion here.***

*Theotokion*

As there is no boldness in us because of the multitude of our sins, O Virgin Theotokos, intercede with the Son whom you have borne, for the entreaty of a mother has great power to win the favor of the Master. Despise not, O all venerable Lady, the prayers of sinners, for He who took upon Himself to suffer for our sake is merciful and strong to save. Let Thy tender mercies, O Lord, speedily go before us, for we are become exceeding poor. Help us, O God of our salvation, for the glory of Thy name; O Lord, deliver us and purge away our sins, for Thy name's sake.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3)

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

O most holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy one, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (3)

Glory to the Father, and to the Son, and to the Holy Spirit, 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 the evil one. Amen.

***Chant the Kontakion here.***

Lord, have mercy. (40)

Thou who at every season and every hour, heaven and on earth, art worshipped and glorified; O Christ our God, who art longsuffering, merciful and compassionate; who lovest the just and showest mercy upon the sinner; who callest all to salvation through the promise of blessings to come; O Lord, in this hour receive our supplications, and direct our lives according to Thy commandments. Sanctify our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulations, evil and distress. Compass us about with Thy holy Angels, that guided and guarded by them, we may attain to the unity of the faith and to the knowledge of Thine unapproachable glory, for Thou art blessed unto ages of ages. Amen.

Lord, have mercy. (3)

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

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim; without defilement you gave birth to God the Word; true Theotokos, we magnify you!

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

*Prayer of Saint Basil the Great*

O God, the Lord of hosts, and Author of all creation, who in Thine ineffable tender mercy hast sent down Thine Only-begotten Son, Our Lord Jesus Christ, for the salvation of our kind, and through His Holy Cross hast torn up the handwriting of our sins and thereby triumphed over the princes and dominions of darkness; do Thou, O Master, who lovest mankind, accept these prayers of thanksgiving and supplication even from us sinners, and deliver us from every deadly and dark transgression and from all the visible and invisible enemies that seek to do us harm. Nail our flesh with the fear of Thee, and let not our hearts incline to evil words or thoughts, but wound our souls with Thy love, that ever gazing upon Thee, guided by Thy light and beholding Thee, the eternal Light that no man may approach, we may send up unceasing praises and thanks unto Thee, the Father without beginning, together with Thine Only-begotten Son and Thy most holy, good, and life-giving Spirit, now and ever and unto ages of ages. Amen.

*[End of Sixth Hour]*

### ***The Typika***

*Reader:* Through the prayers of our holy fathers, Lord, Jesus Christ our God, have mercy upon us. Amen.

*People:* **Lord, have mercy. (3)**

### *The First Antiphon*

*Psalm 102(103)*

**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 His benefits!**  
**Who forgives all your iniquities, who heals all your diseases!**  
**The Lord is compassionate and merciful, long-suffering**  
**and of great goodness.**  
**Bless the Lord, O my soul! Blessed art Thou, O Lord!**

*Reader:* Lord, have mercy. (3)

*The Second Antiphon*

*Psalm 145(146)*

*People:* **Glory to the Father, and to the Son, and to the Holy Spirit.**

**Praise the Lord, O my soul!**

**I will praise the Lord as long as I live;**

**I will sing praises to my God while I have being.**

**Put not your trust in princes, in sons of men**

**in whom there is no salvation.**

**When his breath departs he returns to his earth:**

**on that very day his plans perish.**

**The Lord will reign forever;**

**Thy God, O Zion, to all generations.**

*Troparion*

*by Emperor Justinian I (527-565)*

**Now and ever and unto ages of ages. Amen.**

**Only-begotten Son and Immortal Word of God.**

**Who for our salvation didst will to be incarnate  
of the holy Theotokos and Ever-Virgin Mary;**

**Who without change didst become man and was crucified.**

**O Christ our God, trampling down death by death;  
who art one of the Holy Trinity,**

**Glorified with the Father and the Holy Spirit: Save us!**

*Reader:* Lord have mercy. (3)

*The Third Antiphon*

*The Beatitudes*

*People:* **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 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 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 peace makers,  
for they shall be called the sons of God.**

**Blessed are they that are persecuted for righteousness sake,  
for theirs is the Kingdom of heaven.**

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

**Rejoice and be exceedingly glad,  
for great is your reward in heaven!**

*The Introit*

**Come, let us worship and fall down before Christ,  
Who didst rise from the dead,  
O Son of God, save us who sing to Thee:  
Alleluia!**

*Sing the Resurrectional Troparion*

***in the tone of the week.***

*The Trisagion*

***People: Holy God! Holy Mighty! Holy Immortal, have mercy on us! (3)***

***Glory to the Father, and to the Son, and to the Holy Spirit.  
Now and ever, and unto ages of ages. Amen.***

***Holy Immortal! Have mercy on us!  
Holy God! Holy Mighty! Holy Immortal! Have mercy on us!***

*The Readings from Holy Scripture*

*Chant the following in this order:*

***The Prokeimenon***

***The Epistle***

***Reader: The reading from the Epistle of St. Paul to the \_\_\_\_\_.***

***The Alleluia verses***

*Some Orthodox traditions require a specific blessing*

*for a member of the laity to read the Gospel.*

*The Gospel is introduced in the following manner:*

***Reader: The reading from the Holy Gospel according to St. \_\_\_\_\_.***



**People: Glory to Thee, O Lord, glory to Thee!**

*If you are a tonsured Sub-deacon, Reader or Cantor,  
chant the Gospel from the center of the chapel  
facing the altar.*

*If you are not of such rank, do not chant or intone the Gospel  
but read it in a normal speaking-voice at your place.*

### ***The Gospel***

*When the Gospel reading is completed, exclaim once more:*

**People: Glory to Thee, O Lord, glory to Thee!**

*The Reader then reads the following prayer:*

### ***Prayer to the Lord of Hosts***

Reader: Glory to the Father, and to the Son, and to the Holy Spirit,  
now and ever and unto ages of ages. Amen.

Remember us, O Lord, when Thou comest into Thy Kingdom.

*(Reverence)*

Remember us, O Master, when Thou comest into Thy Kingdom.

*(Reverence)*

Remember us, O Holy One, when Thou into Thy Kingdom.

*(Reverence)*

The heavenly choir sings to Thee, and cries: Holy, Holy, Holy, Lord  
God of Hosts; heaven and earth are full of Thy glory.

Come unto Him and be enlightened, and your faces shall not be  
ashamed.

The heavenly choir sings to Thee, and cries: Holy, Holy, Holy, Lord  
God of Hosts; 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 Powers of  
heaven, sing Thy praises and do cry: Holy, Holy, Holy, Lord God of  
Hosts; heaven and earth are full of Thy glory.

Now and ever and unto ages of ages. Amen.

*The Symbol of Faith*

*The decrees of the Ecumenical Councils at Nicaea (325) and Constantinople (381)*

**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 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 heaven,  
And was incarnate of the Holy Spirit and the Virgin Mary,  
And became man.  
And He was crucified for us under Pontius Pilate,  
And suffered, and was buried.  
And the third day He rose again, according to the Scriptures,  
And ascended into heaven,  
and sits 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 in the Holy Spirit, the Lord, the Giver of Life,  
Who proceeds from the Father;  
Who with the Father and the Son  
together is worshipped and glorified;  
Who spoke by the prophets.  
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.

*The Prayer of Forgiveness*

*Reader:* O God, remit, pardon and forgive our sins, whether voluntary or involuntary, whether by words or deeds, whether in knowledge or ignorance, whether by day or night, whether in mind or thought; forgive us all these, 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 the evil one.  
Amen.**

***Sing the Resurrectional Kontakion***

***in the tone of the week.***

*Theotokion*

*(Tone 6)*

*People:* **Steadfast Protectress of Christians  
constant advocate before the Creator:**

**Despise not the entreating cries of us sinners  
but in your goodness come speedily to those  
who call on you in faith.**

**Hasten to hear our petition and to intercede  
for us, O Theotokos,  
for you always protect those who honor you.**

*Reader:* Lord, have mercy. (12)

All-holy Trinity, Mighty one in essence, Kingdom undivided,  
origin of all good things, be graciously inclined also to me, a  
sinner. Establish me; give understanding to my heart, and purge  
away all my vileness. Enlighten my mind, that I may glorify, sing  
praises, and adore Thee, and say:

*People:* **One is Holy, One is the Lord, Jesus Christ,  
in the glory of God the Father. Amen.**

**Blessed be the Name of the Lord, henceforth and  
forevermore. (3)**

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

*Psalms 33*

I will bless the Lord at all times; his praise shall continually be in my mouth. My soul makes its boast in the Lord; let the afflicted hear and be glad. O magnify the Lord with me, and let us exalt His name together. I sought the Lord, and he answered me. Look to Him, and be radiant; so your faces shall not be ashamed. This poor man cried, and the Lord heard him, and saved him out of all his troubles. The angel of the Lord encamps around those who fear Him, and delivers them. O taste and see that the Lord is good! Happy is the man who takes refuge in Him! O fear the Lord, you His saints, for those who fear Him have no want. The young lions suffer want and hunger; but those who seek the Lord lack no good thing.

Come, O sons, listen to me, I will teach you the fear of the Lord. What man is there who desires life, and covets many days, that he may enjoy good? Keep your tongue from evil, and your lips from speaking deceit. Depart from evil, and do good; seek peace, and pursue it. The eyes of the Lord are toward the righteous, and his ears toward their cry. The face of the Lord is against evildoers, to cut off the remembrance of them from the earth. When the righteous cry for help, the Lord hears, and delivers them out of all their troubles. The Lord is near to the brokenhearted, and saves the crushed in spirit. Many are the afflictions of the righteous; but

the Lord delivers him out of them all. He kept all his bones; not one of them is broken. Evil shall slay the wicked; and those who hate the righteous will be condemned. The Lord redeems the life of his servants; none of those who take refuge in Him will be condemned.

*Hymn to the Theotokos*

*(Tone 8)*

***People:* It is truly meet to bless you, 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 defilement you gave birth to God the Word: true Theotokos, we magnify you.**

*The Dismissal*

**Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.  
Lord, have mercy. (3)**

*Reader:* Lord Jesus Christ, Son of God, through the prayers of Thy most pure mother; by the power of the honorable and life-giving Cross; and by the holy bodiless powers of heaven; of our Holy, Venerable and Godbearing Fathers; and of all Thy saints, have mercy on us.

***People:* Amen. Lord, have mercy. (3)**

*Everyone comes forward to venerate the Holy Cross and Icons.*

*The Troparia and Kontakia may be sung again as this is done.*

*[End of Typika]*

This content has been generously provided by Fr. Jerome Cwiklinski, CAPT, CHC, USN