

THE OFFICE OF THE TYPICA

The Office of the Typica is never served alone, but either in conjunction with the Sixth Hour (during the period of the Octoechos) or with the Ninth Hour (during Great Lent and when Royal Hours are served). The Office as presented here is only used if the Divine Liturgy is not served, and only during the period of the Octoechos. The Lenten Office will be presented in a separate document.

Reader: Bless the Lord, O my soul. Blessed art Thou, O Lord!

PSALM 102

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 iniquity, Who heals all your diseases, Who redeems your life from the Pit, Who crowns you with steadfast love and mercy, Who satisfies you with good as long as you live so that your youth is renewed like the eagle's. The Lord works vindication and justice for all who are oppressed. He made known His ways to Moses, His acts to the people of Israel. The Lord is merciful and gracious, slow to anger and abounding in steadfast love. He will not always chide, nor will He keep His anger forever. He does not deal with us according to our sins, nor requite us according to our iniquities. For as the heavens are high above the earth, so great is His steadfast love toward those who fear Him; as far as the east is from the west, so far does He remove our transgressions from us. As a father pities his children, so the Lord pities those who fear Him. For He knows our frame; He remembers that we are dust. As for man, his days are like grass; he flourishes like a flower of the field; for the wind passes over it, and it is gone, and its place knows it no more. But the steadfast love of the Lord is from everlasting to everlasting upon those who fear Him, and His righteousness to children's children, to those who keep His covenant and remember to do His commandments. The Lord has established His throne in the heavens, and His Kingdom rules over all. Bless the Lord, O you His angels, you mighty ones who do His word, hearkening to the voice of His word. Bless the Lord, all His hosts, His ministers that do His will. Bless the Lord, all His works, in all places of His dominion. Bless the Lord, O my soul.

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

PSALM 145

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 the sons of man, in whom there is no salvation. When his breath departs he returns to his earth; on that very day his plans perish. Blessed is he whose help is the God of Jacob, whose

hope is in the Lord his God, Who made heaven and earth, the sea, and all that is in them; Who keeps His faith forever; Who executes justice for the oppressed; Who gives food to the hungry. The Lord sets the prisoners free; the Lord opens the eyes of the blind. The Lord lifts up those who are bowed down; the Lord loves the righteous. The Lord watches over the sojourners, He upholds the widow and the fatherless; but the way of the wicked He will bring to ruin. The Lord will reign forever, thy God, O Zion, to all generations.

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 wast 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!

THE BEATITUDES

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 peacemakers, for they shall be called the sons of God.

Blessed are those who 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.

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

Here the Prokeimenon, the Epistle, the Alleluia, and the Gospel appointed for the day may be sung and read.

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

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

Remember us, O Holy One, when Thou comest in Thy Kingdom.

The heavenly choir sings Thy praises, crying: "Holy, Holy, Holy, Lord of Sabaoth! Heaven and earth are full of Thy glory!"

✠ Draw near to Him and be enlightened, and your faces shall not be ashamed.

The heavenly choir sings Thy praises, crying: "Holy, Holy, Holy, Lord of Sabaoth! Heaven and earth are full of Thy glory!"

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

The choir of angels and archangels with all the host of heaven sings Thy praises, crying: "Holy, Holy, Holy, Lord of Sabaoth! Heaven and earth are full of Thy glory!"

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

THE SYMBOL OF FAITH¹

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.

¹ *If the Office of the Typica is being served before Vespers with the Divine Liturgy of St. John Chrysostom (on the Feast of Annunciation, March 25) or Vespers with the Divine Liturgy of St. Basil the Great (on the eves of Nativity and Theophany, and on Holy Thursday and Holy Saturday), the Creed is omitted.*

Loose, remit, and pardon, O God, our sins both voluntary and involuntary, in thought, word, or deed, in knowledge or in ignorance, committed by day or by night, of the mind or of the intention: forgive them all, for Thou art good and lovest mankind.

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.

Priest: For Thine is the Kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.

✠ Amen.

If it is a Feast of the Lord, the Kontakion is sung here. But if there is also a saint celebrated on this day, the Kontakion of the saint is sung first, followed by Glory... now and ever... and the Kontakion of the Feast.

On Sundays, if there is no Feast, only the Hypakoë in the appointed tone is sung.

On all other days, if there is no Feast, the Kontakion of the Transfiguration is sung first, followed by the Kontakion of the day, and then the Kontakion of the church,² (the Kontakion of the saint of the date, if desired), followed by Glory... With the saints, give rest... Now and ever... Steadfast protectress of Christians...³

The Kontakion of the Transfiguration and the Kontakia for each day of the week are presented here, pointed according to the Obikhod (L'vov/Bakhmetev) tones.

KONTAKION OF THE TRANSFIGURATION

Tone 7 Kontakion

On the mountain Thou wast transfigured, O Christ God,
and Thy Disciples beheld Thy glory as far as they could see it;
so that when they would behold Thee crucified,
they would understand that Thy suffering was voluntary,
and would proclaim to the world //
that Thou art truly the Radiance of the Father.

² *If the church is dedicated to a Feast of the Lord, the Kontakion of the church is sung first, then of the day, then of the saint of the date.*

³ *Or the Kontakion of the church, if it is dedicated to the Theotokos.*

ON MONDAY: THE BODILESS HOSTS

Tone 2 Kontakion

Commanders of God's armies
and ministers of the divine glory,
princes of the bodiless angels
and guides of mankind;
ask for what is good for us, and for great mercy,//
O Supreme Commanders of the Bodiless Hosts.

ON TUESDAY: ST. JOHN THE FORERUNNER

Tone 2 Kontakion

O Prophet of God and Forerunner of Grace,
we have found thy head as a sacred rose.
Therefore we always receive healings from it,//
and, as in times past, now thou preachest repentance to the world.

ON WEDNESDAY AND FRIDAY: THE HOLY CROSS

Tone 4 Kontakion

As Thou wast voluntarily raised upon the Cross for our sake,
grant mercy to those who are called by Thy Name, O Christ God;
make all Orthodox Christians glad by Thy power,
granting them victories over their adversaries//
by bestowing on them the invincible trophy, Thy weapon of peace!

ON THURSDAY: THE HOLY APOSTLES AND ST. NICHOLAS

Tone 2 Kontakion *(Apostles)*

Today Christ the Rock glorified with highest honor
Peter, the rock of faith and leader of the apostles,
together with Paul and the company of the Twelve,
whose memory we celebrate with eagerness of faith,//
giving glory to the One Who gave glory to them.

Tone 3 Kontakion *(St. Nicholas)*

Thou didst appear as a priest in Myra, O Saint Nicholas,
fulfilling the Gospel of Christ, O venerable one;
thou didst lay down thy life for thy people
and didst rescue the innocent from death.//
Therefore, thou hast been blest as a great initiate of the grace of God.

Then, on every day except Sunday:

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

KONTAKION OF THE DEPARTED

Tone 8 Kontakion

With the saints give rest, O Christ, to the souls of Thy servants,
where there is neither sickness nor sorrow, and no more sighing,//
but life everlasting!

Now and ever and unto ages of ages. Amen.

On weekdays, the following Kontakion is used:

Tone 6 Kontakion

Steadfast Protectress of Christians,
constant Advocate before the Creator;
despise not the entreating cries of us sinners,
but in thy goodness come speedily to help us who call on thee in faith!
Hasten to hear our petition and to intercede for us, O Theotokos,//
for thou dost always protect those who honor thee!

But on Saturdays, this Kontakion is used instead:

KONTAKION OF ALL SAINTS

Tone 8 Kontakion

The universe offers Thee the God-bearing Martyrs
as the first fruits of creation, O Lord and Creator.
By their prayers keep Thy Church, Thy habitation, in abiding peace//
through the Theotokos, O most Merciful One!

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

O most Holy Trinity, Might one in essence, Kingdom undivided, the Cause of all good, have mercy even on me, a sinner. Confirm and instruct my heart and take away from me every defilement. Enlighten my mind that I may ever glorify, praise, and adore Thee, saying: One is holy, One is the Lord Jesus Christ, to the glory of God the Father. Amen.

Blessed be the Name of the Lord, henceforth and forevermore! (*thrice*)

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

PSALM 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, and delivered me from all my fears. Look to Him and be radiant; so your faces shall never 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 rich 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 keeps 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.

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. (*thrice*)

In the Name of the Lord, Father, bless.

And the priest gives the appropriate dismissal for the day.

THE END OF THE TYPICA



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