

THE LENTEN OFFICE OF THE TYPICA

During Great Lent, the Lenten Office of the Typica immediately follows the Lenten Office of the Ninth Hour. Psalms 102 and 145 are not read, but immediately following the Prayer of St. Basil the Great at the end of the Ninth Hour, the choir begins to sing the Beatitudes in Tone 8, with the refrain.

THE BEATITUDES: Tone 8¹

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.

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

Blessed are those who mourn, for they shall be comforted.

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

Blessed are the meek, for they shall inherit the earth.

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

Blessed are those who hunger and thirst after righteousness, for they shall be filled.

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

Blessed are the merciful, for they shall obtain mercy.

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

Blessed are the pure in heart, for they shall see God.

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

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

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

Blessed are those who are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven.

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

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

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

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

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

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

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

Now and ever and unto ages of ages. Amen.

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

Then, in a louder voice, the choir sings the following, with a prostration after each:

¹ *On Wednesday and Friday of Cheesefare Week, on any day when the Polyeleos was sung at Matins, and on the Thursday of the Great Canon, the Beatitudes are simply read, without refrains or prostrations.*

Remember us, O Lord, when Thou comest in Thy Kingdom. *(prostration)*
Remember us, O Master, when Thou comest in Thy Kingdom. *(prostration)*
Remember us, O Holy One, when Thou comest in Thy Kingdom. *(prostration)*

Reader: 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 FAITH²

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.

² *If the Lenten Office of the Typica is being served before Vespers with the Divine Liturgy of St. John Chrysostom on the Feast of Annunciation, March 25, 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.

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,³ (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...⁴

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.

³ *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.*

⁴ *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, regardless of the day:

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.

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!

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

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 corruption thou gavest birth to God the Word: true Theotokos,
we magnify thee.

In the Name of the Lord, Father, bless.

Priest: God be bountiful to us, and bless us and show us the light of His countenance, and be merciful unto us.

℟ Amen. *Then the following:*

THE PRAYER OF ST. EPHRAIM

Priest: O Lord and Master of my life, give me not a spirit of sloth, despair, lust of power, and idle talk. (*prostration*)

But give rather a spirit of chastity, humility, patience, and love to thy servant. (*prostration*)

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother: for blessed art Thou unto ages of ages. Amen. (*prostration*)

And we make twelve bows from the waist, quietly saying O God, cleanse me a sinner each time.

And again, the whole prayer O Lord and Master... *with only one prostration at the end.*

If the Lenten Office of Daily Vespers is to follow, the reader immediately begins with Come, let us worship... *and proceeds with Psalm 103. But if the Liturgy of the Presanctified Gifts⁵ is to follow, the reader continues:*

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.

Priest: Wisdom!

℟ It is truly meet to bless thee, O Theotokos, ever-blessed and most pure and the Mother of our God. (*prostration*)

Priest: Most holy Theotokos, save us.

℟ More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, without corruption thou gavest birth to God the Word: true Theotokos, we magnify thee.

Priest: Glory to Thee, O Christ our God and our hope, glory to Thee.

⁵ *Or Vespers with the Divine Liturgy of St. John Chrysostom, on March 25.*

✠ 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*). Father, bless.

The priest pronounces the appropriate Dismissal, after which the choir responds:

✠ Amen.

And the Liturgy of the Presanctified Gifts begins immediately.

THE END OF THE LENTEN OFFICE OF THE TYPICA



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