

# ΤΥΡΙΓΑ

*Sunday, January 10 – Sunday after Theophany*

*Gather the household together first thing in the morning, before your meal. Reverently set up an icon or a Cross as you face East, and once there is peace, begin the service by making three slight bows at the waist towards the East, saying quietly three times: “Lord Jesus Christ, have mercy on me!”*

*Blessed is our God, always now and ever, and unto ages of ages. Amen.*

*(if offered without a priest, then “Through the prayers of our Holy Fathers, O Lord Jesus Christ, Our God, have mercy on us and save us!”)*

Glory to Thee, O God, glory to Thee! O Heavenly King, the Comforter, the Spirit of Truth who art everywhere present 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.

**O**ur 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.

*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 offered without a priest, then "Through the prayers of our Holy Fathers, O Lord Jesus Christ, Our God, have mercy on us and save us!")*

Lord have mercy. (12)

### **First Antiphon**

*(Psalm 102)*

**B**less the Lord, O my soul! Blessèd 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 iniquity, Who heals all your diseases! The Lord is compassionate and merciful, long suffering and of great goodness! Bless the Lord, O my soul! Blessèd art Thou, O Lord!

Lord have mercy. (3) Through the prayers of our Holy Fathers, O Lord Jesus Christ, Our God, have mercy on us and save us! Amen.

### **Second Antiphon**

*(Psalm 145)*

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

**P**raise 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.

*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!**

Lord have mercy. (3) Through the prayers of our Holy Fathers, O Lord Jesus Christ, Our God, have mercy on us and save us! Amen.

### **Third Antiphon - Beatitudes**

*(Matthew 5:1-12, cf. Luke 6:20-26)*

**In Thy Kingdom remember us, O Lord, when Thou comest in Thy Kingdom.**

**Blessèd are the poor in spirit, for theirs is the Kingdom of Heaven.**

**Blessèd are those who mourn, for they shall be comforted.**

**Blessèd are the meek, for they shall inherit the earth.**

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

**Blessèd are the merciful, for they shall obtain mercy.**

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

**Blessèd are the peacemakers for they shall be called the sons of God.**

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

**Blessèd 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.**

*(Priest: Wisdom! Let us attend)* **Come, let us worship and fall down before Christ Who rose from the dead, O Son of God, save us who sing to Thee: Alleluia!**

## Troparia and Kontakia

**Troparion of the resurrection, Tone VI** — The angelic powers were at Thy tomb; the guards became as dead men; Mary stood by Thy grave, seeking Thy most-pure body; Thou didst capture hell, not being tempted by it: Thou didst come to the Virgin, granting life; O Lord, Who didst rise from the dead, glory to Thee.

**Troparion, Tone I** — When Thou, O Lord, wast baptized in the Jordan, the worship of the Trinity was made manifest: for the voice of the Father bare witness to Thee, and called Thee His beloved Son; and the Spirit, in the form of a dove, confirmed the truthfulness of His word. O Christ our God, Who hast revealed Thyself, and hast enlightened the world, glory to Thee.

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

**Kontakion of the resurrection, Tone VI** — When Christ God, the giver-of-life, raised all the dead from the valleys-of-misery with His mighty hand, He bestowed resurrection on the human race: He is the Saviour of all, the resurrection, the life, and the God of all. *Now and ever, and unto ages of ages. Amen.*

**Kontakion, Tone IV** — Today, Thou hast appeared to the universe; and Thy light, O Lord, hath shone on us, who, with understanding, praise Thee: Thou hast come, and revealed Thyself, O light unapproachable.

Lord have mercy. (3) Through the prayers of our Holy Fathers, O Lord Jesus Christ, Our God, have mercy on us and save us! Amen.

## Thrice Holy & Readings

**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 in us!**

**Holy God, Holy Mighty, Holy Immortal have mercy on us!**

*(Priest: Let us Attend! Peace be unto all! Wisdom!)* The Prokeimenon in the first tone: Let Thy mercy, O Lord, be upon us / as we have set our hope on Thee!

**Let Thy mercy, O Lord, be upon us / as we have set our hope on Thee!**

*v. Rejoice in the Lord, O you righteous! Praise befits the just!*

**Let Thy mercy, O Lord, be upon us / as we have set our hope on Thee!**

*(Ephesians 4:7-13) Brethren,* to each one of us grace was given according to the measure of Christ's gift. <sup>8</sup>Therefore He says: "When He ascended on high, He led captivity captive, And gave gifts to men." <sup>9</sup>(Now this, "He ascended"—what does it mean but that He also first descended into the lower parts of the earth? <sup>10</sup>He who descended is also the One who ascended far above all the heavens, that He might fill all things.) <sup>11</sup>And He Himself gave some *to be* apostles, some prophets, some evangelists, and some pastors and teachers, <sup>12</sup>for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, <sup>13</sup>till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ;

*Then immediately: Alleluia, Alleluia, Alleluia!*

**All: Alleluia, Alleluia, Alleluia!**

*Verse:* The Lord, the God of gods, speaks and summons the earth from the rising of the sun to its setting.

**All: Alleluia, Alleluia, Alleluia!**

*Verse* Gather to Me My venerable ones, who made a covenant with Me by sacrifice!

**All: Alleluia, Alleluia, Alleluia!**

*(recite)* Illumine our hearts, O Master Who lovest mankind, with the pure light of Thy divine knowledge. Open the eyes of our mind to the understanding of Thy gospel teachings. Implant also in us the fear of Thy blessed commandments, that trampling down all carnal desires, we may enter upon a spiritual manner of living, both thinking and doing such things as are well-pleasing unto Thee. *Then...*

*(Priest: Wisdom! Let us attend! Let us hear the Holy Gospel! Peace be unto all!)* The Reading of the Holy Gospel According to Saint Matthew!

## **Glory to Thee, O Lord, Glory to Thee!**

(Matthew 4:12-17) Let us Attend! *At that time,* <sup>12</sup> Now when Jesus heard that John had been put in prison, He departed to Galilee. <sup>13</sup> And leaving Nazareth, He came and dwelt in Capernaum, which is by the sea, in the regions of Zebulun and Naphtali, <sup>14</sup> that it might be fulfilled which was spoken by Isaiah the prophet, saying: <sup>15</sup> “The land of Zebulun and the land of Naphtali, *By the way of the sea, beyond the Jordan, Galilee of the Gentiles:* <sup>16</sup> The people who sat in darkness have seen a great light, And upon those who sat in the region and shadow of death Light has dawned.” <sup>17</sup> From that time Jesus began to preach and to say, “Repent, for the kingdom of heaven is at hand.”

## **Glory to Thee O Lord, Glory to Thee!**

Lord have mercy. (12) Through the prayers of our Holy Fathers, O Lord Jesus Christ, Our God, have mercy on us and save us! Amen.

### **The Creed**

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, 9 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. And 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 heavenly All 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 never be ashamed.

The Heavenly All 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, now and ever and unto ages of ages. Amen.

The All of Holy Angels and Archangels, with all the Powers of Heaven, sing Thy praises and cry: Holy, Holy, Holy, Lord God of Hosts; Heaven and earth are full of Thy glory.

Lord have mercy. (3) Through the prayers of our Holy Fathers, O Lord Jesus Christ, Our God, have mercy on us and save us! Amen.

O God, remit, pardon and forgive our sins, whether voluntary or involuntary, whether by words or deeds, whether in knowledge of ignorance, whether by day or night, whether in mind or thought; forgive us all these, for Thou art good and the lover of mankind. Amen.

### **The Lord's Prayer**

**O**ur 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.

*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 offered without a priest, then "Through the prayers of our Holy Fathers, O Lord Jesus Christ, Our God, have mercy on us and save us! Amen!")*

### **Psalm 34 (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. The 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! Blessed 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.

## **Hymn to the Theotokos**

*Instead of it is Truly Meet, we sing the Ninth Ode  
of the Matins Canon for the Feast of the Theophany*

**Magnify, O my soul, the most pure Virgin Theotokos, more honorable than the heavenly hosts!**

**No tongue knows how to praise thee worthily, O Theotokos;  
even angels are overcome with awe praising thee.**

**But since thou art good, accept our faith;**

**for thou knowest our love inspired by God!**

**Thou art the defender of Christians, and we magnify thee.**

Lord have mercy. (12) Through the prayers of our Holy Fathers, O Lord Jesus Christ, Our God, have mercy on us and save us! Amen.

## **Prayer of Intercession in Light of the Coronavirus**

Let us pray to the Lord! Lord, have mercy!

Lord Jesus Christ our God, the chief Physician of our souls and bodies, Who became man for us to cure the great wound of humanity; Who did not reject the ten lepers who suffered from an incurable disease, but purified them by Thy salvific Grace; Who, being God-man, passed Thy days on this earth serving and healing all who were sick and those who are ill; Who served and restored to health the paralytics, the blind, those who had committed grave sins, the demon possessed, as well as those who suffered both in the flesh and in the mind, now amiably accept our supplication. And by Thy power, expel this deadly virus that bears the shape of a crown, which has brought fear, and even death, to those who are sick and wrongfully suffering. Protect the youth, keep watch over those who have become ill, and heal the elderly who have been infected by this accursed virus. Protect and watch over the health care workers, educators, and all others as they go out of their homes to serve us and those in need. Also, purge us all from unrest of the heart; and instead of this, grant us health, comfort, and progress, through the intercessions of the Lady Theotokos and all of Thy saints. Amen!

**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 times). O Lord, bless!**

**Priest:** May he who deigned to be Baptized by John in the Jordan, for us men and for our salvation, Christ our True God, through the prayers of his most holy mother, of our father among the saints Gregory of Nyssa, whose memory we keep this day, and of all the saints that have shown forth in this North American land, and of the holy and righteous ancestors of God Joachim and Anna, have mercy on us and save us, for as much as He is good and loves mankind! Amen.

*(if offered without a priest, then "Through the prayers of our Holy Fathers, O Lord Jesus Christ, Our God, have mercy on us and save us! Amen!")*

*Upcoming Anniversaries and Birthdays, are announced then we intone:*

Grant O Lord, a peaceful and prosperous life, the furtherance of all good things, unto thy servants his Beatitude Metropolitan Tikhon, his Eminence Archbishop Mark; and for the servants of God \_\_\_\_\_ who are celebrating their wedding anniversaries; for \_\_\_\_\_ who are celebrating their birthdays; and for all the faithful of our parish community, are worshiping at home, and preserve them O Lord, for many years!

**God grant you many years! (3)**