

## **Typika Service (Obednitsa) for Lay Observance of the Lord's Day**

*As would be the custom on Sundays before the Divine Liturgy, 3rd and 6th Hours (taken from the Horologion) may be prayed. The order of the Typika or Obednitsa Service follows the general pattern of the Divine Liturgy, but does not include Communion. This service has been adapted slightly from other forms to adhere more closely to the pattern our laity know based on the Divine Liturgy. This service may be prayed in a small group or alone. Those praying should gather in a clean area (perhaps an icon corner or dining room,) light a lamp or candle, venerate the Gospel (or Bible,) Cross, and icons of our Lord and his Mother and begin the prayers thus:*

**Lead Chanter (LC):** Through the prayers of our holy fathers, O Lord Jesus Christ, have mercy on us and save us.

**People:** Amen.

*Note: if the Hours were not chanted before the Typika, the lead chanter might include the Trisagion prayers and Psalm 50/51 here.*

*In place of the Great Litany, the lead reader or the people sing "Lord, have mercy" slowly and melodically twelve times.*

**People:** Lord, have mercy. (12x)

### ***The First Antiphon***

*(Psalm 102/103) is taken as it would usually be taken in the Liturgy.*

**People:** Bless the Lord, O my soul! Blessed are You, 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, Longsuffering and of great goodness.  
Bless the Lord, O my soul, Blessed are You, O Lord!

**People:** Lord, have mercy. (3x) *taken in place of the Little Litany*

### ***The Second Antiphon***

*(Psalm 145/146 & "Only-Begotten Son") is taken as it would usually be taken.*

**People:** 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.

Glory to the Father, and to the Son, and to the Holy Spirit,  
Now and ever and unto ages of ages. Amen.  
Only begotten Son and Immortal Word of God,  
Who, for our salvation, willed to be incarnate  
of the holy Theotokos and ever-virgin Mary,

Who without change became man and was crucified,  
O Christ our God, trampling down death by death.  
Who are one of the Holy Trinity,  
glorified with the Father and the Holy Spirit: Save us!

**People:** Lord, have mercy. (3x) *taken in place of the Little Litany*

***The Third Antiphon (Beatitudes)***  
*(sung in the same way we would usually sing it at Liturgy)*

**People:** In Your Kingdom, remember us, O Lord, when You come into Your 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 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.

*While there is no Entrance as there would be in Liturgy, the people sing "Come Let us Worship," as usual.*

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

*In this order of Typika, the appointed Troparia and Kontakia are sung here, as they would be in Liturgy.*

**People:** *[Sing Troparia and Kontakia for the day]*

LC: Through the prayers of our holy fathers, O Lord Jesus Christ, have mercy on us and save us.

**People:** Amen. Holy God, Holy Mighty, Holy Immortal, have mercy on us (3x)  
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.

**Reader:** The Prokeimenon in the \_\_\_\_\_ Tone: *[chant the prokeimenon]*

**People:** *[the people sing the prokeimenon]*

**Reader:** *[verse of the prokeimenon]*

**People:** *[the people sing the prokeimenon]*

**Reader:** *[chants the first half of the prokeimenon] OR [chants the second prokeimenon]*

**People:** [*sing the second half of the prokeimenon*] OR [*sings the second prokeimenon*]

**Reader:** The reading of the Epistle [of the Holy Apostle Paul) to the \_\_\_\_\_.

*The reader reads the appointed reading(s) for the day. Then, immediately when done, the reader continues:*

The Alleluia in the \_\_\_\_\_ Tone. Alleluia. Alleluia. Alleluia.

**People:** Alleluia. Alleluia. Alleluia.

**Reader:** [*first verse of the Alleluia*]

**People:** Alleluia. Alleluia. Alleluia.

**Reader:** [*second verse of the Alleluia*]

**People:** Alleluia. Alleluia. Alleluia.

**LC:** The Reading is from the Holy Gospel according to Saint \_\_\_\_\_.

**People:** Glory to You, O Lord, glory to You.

*The lead chanter here reads the appointed Gospel(s). Then immediately when don, the people sing:*

**People:** Glory to You, O Lord, glory to You.

*A patristic or contemporary Homily appropriate to the Sunday commemoration or readings may be taken here. The people may sit while the sermon is read.*

*In place of the Augmented Litany, the lead chanter offers this **lay petition** from the Morning Prayers:*

*For the Living:*

**LC:** Remember, O Lord Jesus Christ our God, Your mercies and compassions which are from the ages, for the sake of which You became man and willed to endure crucifixion and death for the salvation of those that rightly believe in You; and having risen from the dead ascended into the heavens and sits at the right hand of God the Father, and regards the humble entreaties of those that call upon You with all their heart; incline Your ear, and hearken unto the humble supplication of me, Your unprofitable servant, as an odor of spiritual fragrance, which I offer unto You for all Your people. And first, remember Your Holy, Catholic, and Apostolic Church, which You hast provided through Your precious Blood, and establish, and strengthen, and expand, increase, pacify, and keep Her unconquerable by the gates of hades. Calm the dissensions of the churches, quench the raging of the nations, and quickly destroy and uproot the rising of heresy, and bring them to nought by the power of Your Holy Spirit. *Bow.*

Save, O Lord, and have mercy on His Beatitude, our Metropolitan \_\_\_\_\_, His Grace (Eminence), our (Arch)Bishop \_\_\_\_\_, all Orthodox bishops throughout the world, and all the priestly and monastic order, our parish clergy, and all who serve in the Church, whom You hast appointed to shepherd Your rational flock, and through their prayers have mercy and save us. *Bow.*

Save, O Lord, and have mercy on this country, its president, all those in civil authority, and those who serve in the armed forces, and all our people. *Bow.*

Save, O Lord, and have mercy on our parents, brothers and sisters, and our kindred according to the flesh, and all our neighbors, and grant them Your earthly and spiritual good things. *Bow.*

Save, O Lord, and have mercy on the aged and the young, the poor and the orphans and widows, and those in sickness and sorrow, misfortune and tribulation, those in difficult circumstances and in captivity, in prisons and hospitals, and especially those of Your servants that are persecuted for Your sake and the Orthodox Faith by godless peoples, by apostates, and by heretics; and remember them, visit., strengthen, comfort, and by Your power quickly grant them relief, freedom, and deliverance. *Bow.*

Save, O Lord, and have mercy on them that hate and wrong us, and make temptation for us, and let them not perish because of our sins.. *Bow.*

Illumine with the light of awareness those who have fallen away from the Orthodox Faith, and those blinded by pernicious heresies, and number them with Your Holy, Apostolic, Catholic Church. *Bow.*

*For the Departed:*

**LC:** Remember, O Lord, those that have departed this life, most holy patriarchs, most reverend metropolitans, Orthodox archbishops and bishops, those in priestly and clerical orders of the Church, and those that have served You in the monastic order, and grant them rest with the saints in Your eternal tabernacles. *Bow.*

Remember, O Lord, the souls of Your departed servants, our parents, and all our kindred according to the flesh, and forgive them all transgressions, voluntary and involuntary, granting them the kingdom and a portion of Your eternal good things, and the delight of Your endless and blessed life. *Bow.*

Remember, O Lord, also all our fathers and brothers, our mothers and sisters, and those who lie here, and all Orthodox Christians that departed in the hope of resurrection and life eternal, and settle them with Your saints, where the light of Your countenance shall visit them, and have mercy on us, for You are good and the Lover of mankind. *Bow.*

Grant, O Lord, remission of sins to all our forefathers and foremothers, our brothers and sisters who have departed before us in the faith and hope of resurrection, and make their memory to be eternal. *Bow.*

*A special series of prayers unique to Typika is included here:*

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

*And the people sing in Tone 6:*

**People:** Remember us, O Lord, when You come into Your Kingdom. Remember us, O Master, when You come into Your Kingdom. Remember us, O Holy One, when You come into Your Kingdom. The heavenly choir sings Your praises and cries: Holy, Holy, Holy, Lord God of Hosts; heaven and earth are full of Your glory.

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

**People:** The heavenly choir sings Your praises and cries: Holy, Holy, Holy, Lord God of Hosts; heaven and

earth are full of Your glory.

**LC:** Glory to the Father and to the Son and to the Holy Spirit.

**People:** The choir of holy angels and archangels,  
with all the powers of heaven,  
sings Your praises and cries:  
Holy, Holy, Holy, Lord God of Hosts;  
heaven and earth are full of Your glory.

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

*The people then immediately either say or sing the Creed (Symbol of Faith) together.*

**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 arose 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.

*A prayer for forgiveness is included here in the order of Typika (that is not included in the Liturgy.)*

**LC:** O God, loose, remit, pardon, and forgive our sins, whether voluntary or involuntary,  
whether by word or deed, whether in knowledge or in ignorance, whether by day or by night, whether in mind  
or thought: forgive us all, since You are good and the Lover of Mankind.

**People:** Amen.

**LC:** And make us worthy, O Master, that with boldness and without condemnation, we may dare to call upon  
You, the Heavenly God, as Father, and to say:

**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.

**LC:** Through the prayers of our holy fathers, O Lord Jesus Christ, have mercy on us and save us.

**People:** Amen.

**LC:** All-holy Trinity, Might, 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 You and say:

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

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

**People:** 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! 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.

**People:** It is truly meet to bless you, O Theotokos: Ever-blessed and most pure and the Mother of 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!

*And then a lay dismissal is sung:*

**People:** 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. Lord, have mercy. Lord, have mercy. O Lord, bless.

**LC:** O Lord Jesus Christ, Son of God, for the sake of the prayers of Thy most-pure Mother; of the holy and all-laudable Apostles, especially Paul, patron of our church; of our holy God-bearing fathers and mothers, of our holy father Venerable Herman of Alaska; of our holy fathers and mothers that we remember this day, especially \_\_\_\_\_, and of all the saints, have mercy on us and save us.

**People:** Amen. Amen.

*The people may then sing the Troparion of the Day while they venerate the Gospel, Cross, and icons, and then conclude with the triple "Lord, have mercy".*