

Typika – Supplementary sheet for Sunday 23rd May 2021
4th of Pascha – Sunday of the Paralyse d Man

Today we commemorate

St. Michael the Confessor, bishop of Synnada (831). Holy Myrrh-Bearer Mary, Wife of Cleopas (1st C). Uncovering of the relics of St. Leontius, bishop and Wonderworker of Rostov (1164). Virgin Euphrosyne, princess of Polotsk (1173).

British Isles and Ireland

St. Goban Gobhnena, abbot (6th C).

At the beginning of Typika ...

... immediately after Through the prayers of our holy Fathers ... *the Paschal Troparion is chanted.*

Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life! (x3)

The Prokeimenon

In Tone 3

The prokeimenon!

Sing praises to God; sing praises; sing praises to our King; sing praises.

Sing praises to God; sing praises; sing praises to our King; sing praises.

Oh, clap your hands, all you nations; shout to God with the voice of rejoicing.

Sing praises to God; sing praises; sing praises to our King; sing praises.

Sing praises to God; sing praises; ...

...sing praises to our King; sing praises.

The Epistle

At Typika the Epistle is read, not chanted

The Reading is from the Acts of the Apostles.

While Peter was travelling everywhere, he also went down to the saints who were living in Lydda. He found there a man, Aeneas by name, who was paralysed – bedridden for eight years. So Peter said to him, “Aeneas, Jesus, the Christ, heals you. Rise and make your bed.” And he stood up immediately. Then everyone living in Lydda and Sharon saw him and turned to the Lord. There was a disciple in Joppa named Tabitha – which translates as Dorcas or Gazelle. This woman was full of good works and did acts of mercy. But at that time, falling ill, she died. They washed her and laid her in an upper room. As Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him, urging him not to delay in coming over to them.” So Peter set off and went with them. When he arrived they led him to the upper room; and all the widows stood around him, weeping, and displaying all the shirts and coats Dorcas had been making while she was with them. But Peter sent them all outside, knelt down, and prayed. Turning to the body he said, “Tabitha, rise!” She opened her eyes, and when she saw Peter she sat up. Giving her his hand, he raised her up. Then, calling out to the saints and widows, he presented her alive. It became known throughout the whole of Joppa, and many believed in the Lord.

Acts 9:32-42

The Alleluias

In Tone 3

Alleluia, Alleluia, Alleluia!

In you, O Lord, I hope; may I not be ashamed forever.

Alleluia, Alleluia, Alleluia!

Be to me a God who protects me, and a house of refuge to save me.

Alleluia, Alleluia, Alleluia!

The Gospel

At Typika the Gospel is read, not chanted

The Reading is from the Holy Gospel according to Saint John.

Glory to you, Lord, glory to you.

There was a feast of the Jews, and Jesus went up to Jerusalem. In Jerusalem by the sheep gate there is a pool called, in Hebrew, Bethesda, with five colonnades. Under these a great number of the diseased were lying – blind, lame, emaciated – waiting for the movement of the water, for from time to time an angel descended into the pool and stirred up the water. Then the first to get in after the movement of the water was healed of whatever infirmity that person had. There was one man who had endured his illness for thirty-eight years. When Jesus saw him stretched out, and was aware that he had already been there for a long time, he asked him, “Do you want to get well?” The sick man replied, “Lord, I have no one to put me into the pool when the water is stirred up, so while I am on my way another person gets in before me.” Jesus said to him, “Rise! Pick up your mattress and start walking.” And immediately the man became well; and he picked up his mattress and began walking. Now, that day was a Sabbath, so the Jews said to the healed man, “It is a Sabbath. It is not lawful for you to carry the mattress.” He answered them, “He who made me well, that man said to me, ‘Pick up your mattress and walk.’” Then they asked him, “Who is the man who told you to pick up your mattress and walk?” But the healed man did not know who he was, for Jesus had quietly slipped away, the place being crowded. Later, Jesus found him in the temple and said to him, “See, you have become well. Sin no more – so that nothing worse happens to you.” The man went away and told the Jews that it was Jesus who had made him well.

John 5:1-15

Glory to you, Lord, glory to you.

Kontakion

For Holy Pascha – in Tone 8

Christ our God, though you descended into the grave, yet you overthrew the power of hades and rose as an Immortal Conqueror. You greeted the myrrh-bearing women with joy, and to your Apostles you sent your peace, and to the fallen, Lord, brought resurrection.

Apolytykia

For the Resurrection in Tone 3

Let the heavens sing for joy, and let everything on earth be glad. For with his arm the Lord has worked power. He trampled death under foot by means of death; and he became the firstborn from the dead. From the maw of Hades he delivered us; and he granted the world his great mercy.

For Saint Constantine in Tone 8

Constantine, who is your Apostle among kings, O Lord, having witnessed with his own eyes the sign of your Cross in heaven, and like Paul having accepted your call without human intervention, entrusted the royal city to your hands, delivering it with safety for all time by the intercessions of the Theotokos; you who alone are the lover of us all.

At the end of Typika ...

... immediately after Through the prayers of our holy Fathers ...

Christ is risen! **He is risen indeed!**

Al Maseeh Qam! **Haqan Qam!**

Kristos Anesti! **Alithos Anesti!**

Kristos Voskrese! **Voistinu Voskrese!**

Kristos A Inviat! **Adeverat a Inviat!**

Glory to his Holy Third-day Resurrection! **We adore his Holy Third-day Resurrection!**

Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life! (x3)