

**Typika – Supplementary sheet for Sunday 21st April 2024**  
5th of Great Lent, Sunday of our Holy Mother, Mary of Egypt

*Today we commemorate*

Hieromartyr Januarius, bishop of Benevento, and his companions at Pozzuoli (305). St. Maximian, patriarch of Constantinople (434). Hieromartyr Theodore of Pergamum in Pamphylia, his mother Philippa, and Martyrs Dioscorus, Socrates, and Dionysius (2nd C).

*British Isles and Ireland*

St. Beuno, abbot of Clynnog Fawr (c.640). St. Maelruba of Applecross (722). St. Eingan (Eneon), Hermit of Llyn, Bangor.

***The Prokeimenon***

*In Tone 5*

The prokeimenon!

Lord, you will guard us and you will preserve us.

**Lord, you will guard us and you will preserve us.**

Save me, Lord, for no one godly is left.

**Lord, you will guard us and you will preserve us.**

Lord, you will guard us ...

**... and you will preserve us.**

***The Epistle***

*At Typika the Epistle is read, not chanted*

The Reading is from the Epistle of Saint Paul to the Hebrews.

When Christ came as the High Priest of the good things to come, it was through the greater and more perfect Tent not made by human hands, that is, not of this creation, and it was not with the blood of goats and bullocks but with his own blood that he entered the Holy Place once and for all to gain everlasting redemption. For if sprinkling the blood of bulls and goats and the ashes of a heifer sanctifies, purifying the flesh of those who are defiled, how much more will the blood of Christ, who through the eternal Spirit offered himself blameless to God, purify your conscience from dead works to serve the living God?

*Hebrews 9:11-14*

***The Alleluias***

*In Tone 5*

**Alleluia, Alleluia, Alleluia!**

I shall sing, O Lord, of your mercies for ever.

**Alleluia, Alleluia, Alleluia!**

For you have said, 'Mercy shall be built up for ever.'

**Alleluia, Alleluia, Alleluia!**

## ***The Gospel***

*At Typika the Gospel is read, not chanted*

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

**Glory to you, Lord, glory to you.**

The disciples were on the road going up to Jerusalem. Jesus was walking ahead of them, and they were following behind, bewildered and afraid. Once again he took the Twelve and began to tell them what was about to happen to him. 'Understand that we are going up to Jerusalem, and that the Son of Man will be delivered into the hands of the chief priests and scribes. They will condemn him to death, then hand him over to the Gentiles who will mock him and flog him and spit on him and kill him; and on the third day he will rise.' Then James and John, the sons of Zebedee, came up to him, saying, 'Teacher, we want to ask you to do something for us.' He asked them, 'What is it that you want me to do for you?' They said to him, 'Grant to us that in your glory we may sit, one on your right and one on your left.' But Jesus told them, 'You do not know what you are asking. Can you drink the cup that I drink, and be baptised with the baptism with which I am baptised?' They said to him, 'We can.' Jesus told them, 'You will indeed drink the cup that I drink and be baptised with the baptism with which I am baptised, but to sit on my right and left is not mine to grant. It is for those for whom it has been prepared.' When the ten heard, they were angry with James and John. Jesus called them to him, telling them, 'You know that those who are supposed to rule the nations lord it over them and that their important people wield authority over them? Well it shall not be like that with you. Instead, anyone who wants to be of importance among you is to be your servant, and anyone who wants to be first among you is to be everyone's slave. For even the Son of Man did not come to be served but to serve, and to give his life as a ransom for many.'

*Mark 10:32-45*

**Glory to you, Lord, glory to you.**

## ***Apolytikia***

*For the Resurrection in Tone 5*

Let us worship the Word who is unoriginate with the Father and the Spirit, and from a Virgin was born for our salvation, O believers, and let us sing his praise. For in his goodness he was pleased to ascend the Cross in the flesh, and to undergo death, and to raise up those who had died, by his glorious Resurrection.

*For the Fifth Sunday of Great Lent in Tone 8*

In you, O Mother, is preserved undistorted what was made in the image of God; for taking up the cross, you followed Christ and by example taught that we should overlook the flesh, since it passes away, and instead look after the soul, since it is immortal. And therefore, O devout Mary, your spirit rejoices with the angels.

*For Saint Constantine the Patron of the Parish 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.