

# The Typika

*arranged to be read or sung in the absence of a priest*

**Sunday, January 10, 2021**

**Thirty-first Sunday After Pentecost • Tone 6 • Sunday After the Theophany •  
Afterfeast of the Theophany • Saint Gregory, Bishop of Nyssa**

*\*The Service takes place in front of our Icon Corners\**

*Senior Reader:* Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

*Reader:* Amen.

*[If the hours be read first, we do not repeat the Trisagion prayers here, but go straight to the first Antiphon.]*

*Reader:* Glory to Thee, our 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.  
Holy God, Holy Mighty, Holy Immortal, have mercy on us.  
Holy God, Holy Mighty, Holy Immortal, have mercy on us.

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.  
O Lord, cleanse us from our sins.  
O Master, pardon our transgressions.  
O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

Our Father,  
Who art in the heavens,  
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 debts, as we forgive our debtors;  
and lead us not into temptation,  
but deliver us from the evil one.

*Reader:* Lord, have mercy. ***Twelve times.***

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

O come let us worship God our King.  
O come let us worship and fall down before Christ our King and God.  
O come let us worship and fall down before Christ Himself, our King and God.

**The First Antiphon of the Typika**  
**Psalm 102**

*[The verses not in bold are sometimes omitted.]*

*Note: The festal antiphons can be used in place of the typical psalms, as at a liturgy, when they are appointed.*

**Bless 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 thine iniquity,**  
**Who heals all thy diseases,**

Who redeems thy life from the Pit,  
Who crowns thee with steadfast love and mercy,  
Who satisfies thee with good as long as thou shalt live  
so that thy youth is renewed like the eagle's.  
The Lord works vindication  
and justice for all who are oppressed.  
He made known His ways to Moses,  
His acts to the people of Israel.

**The Lord is compassionate and merciful,  
long-suffering and of great goodness.**

He will not always chide,

nor will He keep His anger for ever.

He does not deal with us according to our sins,

nor requite us according to our iniquities.

For as the heavens are high above the earth,

so great is His steadfast love toward those who fear Him;

as far as the east is from the west,

so far does He remove our transgressions from us.

As a father pities his sons,

so the Lord pities those who fear Him.

For He knows our frame;

He remembers that we are dust.

As for man, his days are like grass;

he flourishes like a flower of the field;

for the wind passes over it, and it is gone,

and its place knows it no more.

But the steadfast love of the Lord is from everlasting to everlasting

upon those who fear Him,

and His righteousness to sons' sons,

to those who keep His covenant

and remember to do His commandments.

The Lord has established His throne in the heavens,

and His kingdom rules over all.

Bless the Lord, all ye His angels,

ye mighty ones who do His word,

hearkening to the voice of His words!

Bless the Lord, all ye His hosts,

His ministers that do His will!

Bless the Lord, all ye His works,

in all places of His dominion.

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

now and ever, and unto ages of ages. Amen.

**Bless the Lord, O my soul!**

**Blessèd art Thou, O Lord!**

**The Second Antiphon of the Typika  
Psalm 145**

*[The verses not in bold are sometimes omitted.]*

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

Blessèd is he whose help is the God of Jacob,

whose hope is in the Lord his God,

Who made heaven and earth,

the sea, and all that is in them;

Who keeps faith for ever;

Who executes justice for the oppressed;

Who gives food to the hungry.

The Lord sets the prisoners free;

the Lord opens the eyes of the blind.

The Lord lifts up those who are bowed down;

the Lord loves the righteous.

The Lord watches over the sojourners,

He upholds the widow and the fatherless;

but the way of the wicked He will bring to ruin.

**The Lord will reign for ever,**

**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,**

**and 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.**

**The Third Antiphon of the Typika**  
**The Beatitudes [Matthew 5:3-12]**

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.

Remember me when Thou comest in Thy kingdom, O God my Savior, and save me, for Thou alone lovest mankind.

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

By a tree was Adam deceived; yet again by the Tree of the Cross was the thief saved, who cried out: Remember me in Thy kingdom, O Lord!

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

O Bestower of life, Who hast broken down the gates and portals of hades, Thou hast saved all who cry out to Thee, O Savior: Glory to Thine arising!

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

O Thou Who by Thy burial hast made death captive, and by Thy resurrection hast filled all with joy: remember me, in that Thou art compassionate.

Blessèd are the merciful, for they shall obtain mercy.

Jesus, the Author of life, cometh to annul the condemnation of Adam, the first-created. And since, as God, He doth not require cleansing, He cleanseth the fallen one in the Jordan, therein slaying enmity, and granteth the peace which passeth all understanding.

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

When countless people went down to be baptized of John, Thou Thyself didst stand in their midst. And he announced to those present: "Who hath told you, O rebellious ones, to avoid the impending wrath? Bring forth fruits worthy of Christ; for He standeth before you, granting peace."

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

Standing in their midst, the Creator and Fashioner alone trieth the hearts of all; and taking His winnowing-fan in His hand, He most wisely doth separate the harvest of the whole world, letting the chaff fall away; and He granteth eternal life to the fruitful.

Blessèd are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

The Creator, beholding him whom He had formed of dust bound by inescapable bonds in the darkness of sin, raised him up and laid him on His shoulders; and now, in the midst of abundant waters, He washeth him clean from the ancient shame of Adam's sinful inclination.

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

Having acquired humility of mind, thou wast shown to all as a meek soldier waging war against those who seek to diminish the glory of Christ, O Gregory.

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

O Gregory, with thy rich discourse thou didst utterly cast down the reasonings of Arius, the arrogant division and alienation which he believed to exist within the Trinity.

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

Sabellius, who wageth war on God, stupidly reasoning that there is a mingling and confusion within the Trinity, was denounced by thee, O most blessèd Gregory.

Now and ever, and unto ages of ages. Amen.

O Virgin Mother, thou gavest birth, and giving birth didst remain pure, truly bearing Him Who holdeth all things in His hands.

*(If desired, "O come, let us worship ...", the Troparion, and the Trisagion may be sung/read here before the Prokeimena:)*

**O come, let us worship**

*cf. Psalm 94:6*

O come, let us worship and fall down before Christ;  
O Son of God, Who didst rise from the dead, save us who sing unto Thee:  
Alleluia, alleluia, alleluia.

**Troparia**

**Troparion of the Resurrection - Tone 6**

Angelic Hosts were above Thy tomb,  
and they that guarded Thee became as dead.  
And Mary stood by the grave seeking Thine immaculate Body.  
Thou didst despoil hades and wast not tempted by it.  
Thou didst meet the Virgin and didst grant us life.  
O Thou Who didst rise from the dead, O Lord, glory be to Thee.

**Troparion of the Feast - Tone 1**

When Thou wast baptized in the Jordan, O Lord,  
the worship of the Trinity was made manifest;  
for the voice of the Father bare witness to Thee,  
calling Thee His belovèd Son.  
And the Spirit in the form of a dove  
confirmed the certainty of the word.  
O Christ our God, Who hast appeared  
and hast enlightened the world, glory be to Thee.

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

**Troparion of the Annunciation - Tone 4**

Today is the beginning of our salvation,  
the revelation of the eternal mystery:  
The Son of God becomes the Son of the Virgin  
as Gabriel announces the good tidings of Grace.  
Together with him let us cry to the Theotokos:  
Rejoice, O Full of Grace,  
the Lord is with thee!

Now and ever, and unto ages of ages. Amen.

#### **Troparion of the Saints - Tone 4**

O God of our fathers,  
deal with us ever according to Thy meekness.  
Take not Thy mercy away from us,  
but by the prayers of these saints  
direct our life in peace.

#### **The Trisagion**

*\*When "As Many as Have Been Baptized..." or "Before Thy Cross..." are appointed,  
they are sung in place of the Trisagion.*

Holy God, Holy Mighty, Holy Immortal, have mercy on us.  
Holy God, Holy Mighty, Holy Immortal, have mercy on us.  
Holy God, Holy Mighty, Holy Immortal, have mercy on us.  
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.

#### **Prokeimenon**

*Reader:* The Prokeimenon in the First Tone: Let Thy mercy, O Lord, be upon us,  
according as we have hoped in Thee.

*Choir:* Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee.

*Reader:* Rejoice in the Lord, O ye righteous; praise is meet for the upright.

*Choir:* Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee.

*Reader:* Let Thy mercy, O Lord, be upon us.

*Choir:* According as we have hoped in Thee.

## Epistle

*Reader:* The reading from the Epistle of the Holy Apostle Paul to the Ephesians:

Brethren: unto every one of us is given grace according to the measure of the gift of Christ. Wherefore he saith, When he ascended up on high, he led captivity captive, and gave gifts unto men. (Now that he ascended, what is it but that he also descended first into the lower parts of the earth? He that descended is the same also that ascended up far above all heavens, that he might fill all things.) And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers; For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ: Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ.

*Reader:* Alleluia in the Fifth Tone:

## Alleluia

*Reader:* Alleluia, alleluia, alleluia. Of Thy mercies, O Lord, will I sing for ever. Unto generation and generation will I declare Thy truth with my mouth.

*Choir:* Alleluia, alleluia, alleluia.

*Reader:* For Thou hast said: Mercy shall be built up for ever, in the heavens shall Thy truth be established.

*Choir:* Alleluia, alleluia, alleluia.

## The Gospel

*Reader:* The Reading from the Holy Gospel according to Matthew.

*Choir:* Glory to Thee, O Lord, Glory to Thee!

*Senior Reader:* At that time, when Jesus had heard that John was cast into prison, he departed into Galilee; And leaving Nazareth, he came and dwelt in Capernaum, which is upon the sea coast, in the borders of Zabulon and Nephthalim: That it might be fulfilled which was spoken by Esaias the prophet, saying, The land of Zabulon, and the land of Nephthalim, by the way of the sea, beyond Jordan, Galilee of the Gentiles; The people which sat in darkness saw great light; and to them which sat in the region and shadow of death light is

sprung up. From that time Jesus began to preach, and to say, Repent: for the kingdom of heaven is at hand.

*Choir:* Glory to Thee, O Lord, Glory to Thee!

*Choir:* [In the 6<sup>th</sup> Sticheron tone]

Remember us, O Lord, when Thou comest in Thy kingdom.  
Remember us, O Master, when Thou comest in Thy kingdom.  
Remember us, O Holy One, when Thou comest in Thy kingdom.

The heavenly choir sings Thy praises, crying:  
Holy, Holy, Holy, Lord of Sabaoth;  
heaven and earth are full of Thy glory.

*Verse:* Come unto 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 Holy 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.

*In plain chant:*

Now and ever, and unto ages of ages. Amen.

### **The Creed**

*[Note: This may be sung to a melody of the choir director's choosing, or simply read]*

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 the heavens,

and was incarnate of the Holy Spirit and the Virgin Mary, and became man;  
And was crucified for us under Pontius Pilate,  
and suffered, and was buried;  
and arose again on the third day according to the Scriptures;  
And ascended into the heavens, and sitteth at the right hand of the Father;  
And shall come again, with glory, to judge both the living and the dead;  
Whose kingdom shall have no end.

And in the Holy Spirit, the Lord, the Giver of life; Who proceedeth from the  
Father;  
Who with the Father and the Son together is worshipped and glorified;  
Who spake by the prophets.  
In One, Holy, Catholic, and Apostolic Church.  
I confess one baptism for the remission of sins.  
I look for the resurrection of the dead,  
And the life of the age to come. Amen.

*Reader:* Remit, pardon, forgive, O God, our offenses, both voluntary and  
involuntary, in deed and word, in knowledge and ignorance, by day and by  
night, in mind and thought; forgive us all things, for Thou art good and the  
Lover of mankind.

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

*Choir (Reader):*

Our Father,  
Who art in the heavens,  
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 debts, as we forgive our debtors;  
and lead us not into temptation,  
but deliver us from the evil one.

*Senior Reader (Reader):* O Lord Jesus Christ, Son of God, have mercy on us.

*Choir (Reader):* Amen.

## Kontakia

### **Kontakion of the Resurrection - Tone 6**

Having by His life bestowing hand raised up all the dead out of the dark abysses,  
Christ God, the Giver of life, hath bestowed the Resurrection upon the fallen  
human race;  
for He is the Savior of all,  
the Resurrection, and the Life, and the God of all.

### **Kontakion of Saint Gregory (1<sup>st</sup>) - Tone 1**

Keeping watch with the eye of thy soul, O holy hierarch,  
thou didst show thyself to be a vigilant pastor for the world;  
and with the staff of thy wisdom and thy fervent intercession  
thou didst drive away all the heretics like wolves,  
preserving the flock unharmed, O most wise Gregory.

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

### **Kontakion of Saint Gregory (2<sup>nd</sup>) - Tone 2**

Rejoicing with the Angels and taking delight in the Divine Light,  
Gregory of Nyssa, the vigilant mind,  
the God-inspired hierarch of the Church,  
and wisdom's revered hymnographer,  
intercedeth unceasingly for us all.

Now and ever, and unto ages of ages. Amen.

### **Kontakion of the Feast - Tone 4**

Thou hast appeared today unto the whole world,  
and Thy light, O Lord, hath been signed upon us  
who with knowledge chant unto Thee:  
Thou hast come, Thou hast appeared,  
O Light Unapproachable.

*Reader:* Lord, have mercy. *Twelve times.*

O All-Holy Trinity,  
the consubstantial dominion,  
the indivisible Kingdom,  
and cause of every Good:  
Show Thy good will even unto me a sinner;  
make steadfast my heart and grant it understanding, and take away mine every  
defilement;  
enlighten my mind that I may glorify, hymn, worship, and say:

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

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

### **Psalm 33**

*Note: This may be sung, or simply read.*

I will bless the Lord at all times,  
His praise shall continually be in my mouth.  
In the Lord shall my soul be praised;  
let the meek hear and be glad.  
O magnify the Lord with me,  
and let us exalt His name together.  
I sought the Lord, and He heard me,  
and delivered me from all my tribulations.  
Come unto Him, and be enlightened,  
and your faces shall not be ashamed.  
This poor man cried, and the Lord heard him,  
and saved him out of all his tribulations.  
The angel of the Lord will encamp round about them that fear Him,  
and will deliver them.  
O taste and see that the Lord is good;  
blessèd is the man that hopeth in Him.  
O fear the Lord, all ye His saints;  
for there is no want to them that fear Him.  
Rich men have turned poor and gone hungry;  
but they that seek the Lord shall not be deprived of any good thing.  
Come ye children, hearken unto me;  
I will teach you the fear of the Lord.  
What man is there that desireth life,  
who loveth to see good days?  
Keep thy tongue from evil,

and thy lips from speaking guile.  
Turn away from evil, and do good;  
seek peace, and pursue it.  
The eyes of the Lord are upon the righteous,  
and His ears are opened unto their supplication.  
The face of the Lord is against them that do evil,  
utterly to destroy the remembrance of them from the earth.  
The righteous cried, and the Lord heard them,  
and He delivered them out of all their tribulations.  
The Lord is nigh unto them that are of a contrite heart,  
and He will save the humble of spirit.  
Many are the tribulations of the righteous,  
and the Lord shall deliver them out of them all.  
The Lord keepeth all their bones,  
not one of them shall be broken.  
The death of sinners is evil,  
and they that hate the righteous shall do wrong.  
The Lord will redeem the souls of His servants,  
and none of them will do wrong that hope in Him.

### **Megalynarion**

*Note: When appointed on feast days, the appointed Zadostoinik can be sung instead of "It is truly meet...."  
During lent, or any other time the liturgy of St. Basil would be appointed, "All of creation rejoices in  
thee..." may also be sung.*

**Refrain:** Magnify, O my soul,  
the most pure Virgin Theotokos,  
who is more honorable than the armies on high.

**Irmos:** Every tongue is at a loss to praise thee as is due:  
even a spirit from the world above is filled with dizziness,  
when it seeketh to sing thy praises, O Theotokos.  
But since thou art good, accept our faith:  
Thou knowest well our love inspired by God,  
for thou art the Protector of Christians and we magnify thee.

**Reader:** 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.

*(The Dismissal is read, facing the East, rather than facing the people):*

Thou that didst rise from the dead,  
O Lord Jesus Christ, Son of God,  
the Afterfeast of Whose Theophany we celebrate today;  
for the sake of the prayers of Thy most pure Mother;  
through the power of the precious and life-giving Cross,  
of our holy and God-bearing fathers,  
of Saint Gregory, Bishop of Nyssa; of the Blessed Theosebia the Deaconess,  
sister of Saints Basil the Great and Gregory of Nyssa;  
of Saint Marcian the Presbyter, of Constantinople;  
of Saint Dometian, Bishop of Melitene;  
of the Venerable Macarius, Abbot, of Pisma;  
of the Venerable Paul, Abbot of Obnora at Vologdá;  
of the Venerable Antipas the Athonite;  
of Saint Theophan the Recluse, Bishop of Tambov;  
and of all the saints whose memory we celebrate today,  
and all the saints,  
have mercy on us and save us,  
for Thou art good and the Lover of mankind.

*Choir: Amen.*

*At this point the Synaxarion, or some other edifying material may be read.*

**On this day, the 10<sup>th</sup> of January, we commemorate the Afterfeast of the Theophany of Our Lord and God and Savior Jesus Christ.** The fourth day of the Afterfeast of Theophany falls on January 10. Some of the hymns of this period compare the streams of the Jordan to the life-giving waters of Baptism.

*[taken from the following URL: <https://www.oca.org/saints/lives/2021/01/10/100139-afterfeast-of-the-theophany-of-our-lord-and-savior-jesus-christ> ]*

**On this day we commemorate also Saint Gregory, Bishop of Nyssa.** Saint Gregory, Bishop of Nyssa, was a younger brother of Saint Basil the Great (January 1). His birth and upbringing came at a time when the Arian disputes were at their height. Having received an excellent education, he was at one time a teacher of rhetoric. In the year 372, he was consecrated by Saint Basil the Great as bishop of the city of Nyssa in Cappadocia. Saint Gregory was an ardent advocate for Orthodoxy, and he fought against the Arian heresy with his brother Saint Basil. Gregory was persecuted by the Arians, by whom he was falsely accused of improper use of church property, and thereby deprived of his See and sent to Ancyra. In the following year Saint Gregory was again deposed in absentia by a council of Arian bishops, but he continued to encourage his flock in

Orthodoxy, wandering about from place to place. After the death of the emperor Valens (378), Saint Gregory was restored to his cathedra and was joyously received by his flock. His brother Saint Basil the Great died in 379. Only with difficulty did Saint Gregory survive the loss of his brother and guide. He delivered a funeral oration for him, and completed Saint Basil's study of the six days of Creation, the Hexæmeron. That same year Saint Gregory participated in the Council of Antioch against heretics who refused to recognize the perpetual virginity of the Mother of God. Others at the opposite extreme, who worshipped the Mother of God as being God Herself, were also denounced by the Council. He visited the churches of Arabia and Palestine, which were infected with the Arian heresy, to assert the Orthodox teaching about the Most Holy Theotokos. On his return journey Saint Gregory visited Jerusalem and the Holy Places. In the year 381 Saint Gregory was one of the chief figures of the Second Œcumenical Council, convened at Constantinople against the heresy of Macedonius, who incorrectly taught about the Holy Spirit. At this Council, on the initiative of Saint Gregory, the Nicæan Symbol of Faith (the Creed) was completed. Together with the other bishops Saint Gregory affirmed Saint Gregory the Theologian as Archpastor of Constantinople. In the year 383, Saint Gregory of Nyssa participated in a Council at Constantinople, where he preached a sermon on the divinity of the Son and the Holy Spirit. In 386, he was again at Constantinople, and he was asked to speak the funeral oration in memory of the empress Placilla. Again in 394 Saint Gregory was present in Constantinople at a local Council, convened to resolve church matters in Arabia. Saint Gregory of Nyssa was a fiery defender of Orthodox dogmas and a zealous teacher of his flock, a kind and compassionate father to his spiritual children, and their intercessor before the courts. He was distinguished by his magnanimity, patience and love of peace. Having reached old age, Saint Gregory of Nyssa died soon after the Council of Constantinople. Together with his great contemporaries, Saints Basil the Great and Gregory the Theologian, Saint Gregory of Nyssa had a significant influence on the Church life of his time. His sister, Saint Macrina, wrote to him: "You are renowned both in the cities, and gatherings of people, and throughout entire districts. Churches ask you for help." Saint Gregory is known in history as one of the most profound Christian thinkers of the fourth century. Endowed with philosophical talent, he saw philosophy as a means for a deeper penetration into the authentic meaning of divine revelation. Saint Gregory left behind many remarkable works of dogmatic character, as well as sermons and discourses. He has been called "the Father of Fathers."

*[taken from the following URL: <https://www.oca.org/saints/lives/2021/01/10/100140-saint-gregory-bishop-of-nyssa> (with minor editing for spelling and formatting; on January 9, 2021)]*

**On this day we commemorate also Saint Dometian, Bishop of Melitene.** Saint Dometian, Bishop of Melitene, was born and lived during the sixth century, in the time of the emperor Justin the Younger. He was married but was widowed, and thereafter he became a monk and lived a strict and holy life. At thirty years of age he was chosen bishop of the city of Melitene (in Armenia). Wise and zealous in questions of faith, strong in word and deed, Saint Dometian quickly gained fame as a good and dedicated pastor. More than once he carried out government commissions in Persia to avoid conflict with the Greeks. Beloved by all, Saint Dometian often received rich gifts, which he distributed to the poor. Both during his life and after his death in 601, Saint Dometian was glorified by God with miracles.

*[taken from the following URL: <https://www.oca.org/saints/lives/2021/01/10/100141-saint-dometian-bishop-of-melitene> (with minor editing for formatting; on January 9, 2021)]*

**On this day we commemorate also Saint Marcian the Presbyter, of Constantinople.** Saint Marcian, Presbyter of the Great Church, was born at Rome and in his youth he received a first-rate education in Constantinople. After the death of his parents, Saint Marcian used his inheritance on the building, renovation and embellishment of churches. Thus, he built a church dedicated to the holy Martyr Anastasia (December 22), richly adorned it, and had the holy relics of the saint transferred to it. He also built a church of the Great Martyr Irene (May 5), and the church of Saint Isidore. His moral purity and strict asceticism were resented by those who were slothful and avaricious, for they regarded his life as an unspoken criticism of their own lack of virtue. However, his meekness and silence overcame their slanders and brought him to the attention of the Patriarch, who ordained Saint Marcian a presbyter and appointed him treasurer of the Church of Constantinople. From his wealth Saint Marcian distributed generous alms, and distinguished himself by non-covetousness, denying himself in everything. In accord with the command of the Savior, he did not even have an extra set of clothes, which he might need should he be caught in inclement weather. Having received a gift of wonderworking, Saint Marcian healed the sick and cast out devils. Saint Marcian died between 472-474 and was buried at the monastery of Saint John the Forerunner at Constantinople.

*[taken from the following URL: <https://www.oca.org/saints/lives/2021/01/10/100142-saint-marcian-the-presbyter-in-constantinople> (with minor editing for formatting; on January 9, 2021)]*

**On this day we commemorate also the Venerable Paul, Abbot of Obnora at Vologdá.** Saint Saint Paul of Obnora, a famed disciple of Saint Sergius of Radonezh, was born at Moscow in the year 1317. From his youth he distinguished himself by his piety and kindness towards the poor and suffering. His rich parents prepared him for a secular life, but at twenty-two years of age he secretly left his parental home and received tonsure at the Nativity monastery on the Volga (in the Yaroslav diocese). From there Paul transferred to the Holy Trinity monastery to Saint Sergius of Radonezh, spending several years with him as his disciple, obeying the holy Elder in all things. With the blessing of Saint Sergius, he settled a short distance from the monastery in a separate cell, where he spent fifteen years as a hermit. Having asked the blessing of Saint Sergius to go off into the wilderness for a quiet and solitary life, Saint Paul wandered about for a long while, seeking a place of solitude. He wandered a great deal in the wilderness. He spent time with Saint Abraham of Chukhloma (July 20) and finally, he remained in the Komel forest. At the Gryazovitsa River, in the hollow of an old linden tree, the monk built a small cell and dwelt there for three years in complete silence, “not giving his body rest, that he might receive future rest.” Then he moved on to the River Nurma, where he built a hut and dug a well, spending his days in vigil and prayer. Five days out of the week he went without food, and only on Saturday and Sunday did he partake of some bread and water. The news about the hermit spread abroad, and those wishing spiritual guidance began coming to him. Despite his love for the solitary life, Saint Paul never refused anyone spiritual consolation and guidance. He was also visited by Saint Sergius of Nurma (October 7), who sought solitude with the blessing of Saint Sergius of Radonezh, and who also spent his ascetic life in these places. With the blessing of Saint Sergius and the agreement of Metropolitan Photius, Saint Paul built the Holy Trinity Church in 1414, around which a monastery sprang up (later called the Monastery of Saint Paul of Obnora). Having written a strict monastic Rule for the brethren, Saint Paul entrusted the guidance of the new monastery to his disciple Alexis, while he himself continued as before to live in a solitary cell on a hill. He remained a responsive and good counsellor for anyone needing his help. Saint Paul died at 112 years of age. His final words were, “Brethren, have love one for another and keep to the rule of the monastic community.” The Life of the saint was written in about the year 1546, and his glorification occurred in 1547.

*[taken from the following URL: <https://www.oca.org/saints/lives/2021/01/10/100143-venerable-paul-abbot-of-obnora-vologda> (with minor editing for spelling, punctuation, and formatting; on January 9, 2021)]*

**On this day we commemorate also Saint Macarius, Abbot, of Pisma.** Saint Macarius of Pisma and Kostroma was a fellow ascetic of Saint Paul of Obnora. In the second half of the fourteenth century, he founded the Makariev Transfiguration monastery at the River Pisma on the outskirts of Kostroma.

*[taken from the following URL: <https://www.oca.org/saints/lives/2021/01/10/100144-venerable-macarius-abbot-of-pisma> ]*

**On this day we commemorate also the Blessed Theosebia the Deaconess, sister of Saints Basil the Great and Gregory of Nyssa.** Saint Theosebia the Deaconess was the sister of Saints Basil the Great, Gregory of Nyssa, and Peter, Bishop of Sebaste. She was a virgin and served the Holy Church as a deaconess, caring for the sick, distributing food to vagrants, raising orphans and preparing women for holy Baptism. When her brother, Saint Gregory of Nyssa, was in exile for three years, Saint Theosebia was with him and she shared in all the tribulations of a life of wandering. Saint Theosebia died in 385, and Saint Gregory the Theologian praised her in a eulogy.

*[taken from the following URL: <https://www.oca.org/saints/lives/2021/01/10/100145-blessed-theosebia-the-deaconess-sister-of-saints-basil-the-great> (with minor editing for formatting; on January 9, 2021)]*

**On this day we commemorate also the Venerable Antipas the Athonite.** Saint Antipas was born in Moldavia, Romania in 1816. His father was a deacon in the village church, and his mother ended her life in a women's monastery as a schemanun. Saint Antipas came to Valaam Monastery from Mount Athos on November 6, 1865. He spent the rest of his life in the skete at Valaam, living like a hermit. Blessed with the gift of clairvoyance, Saint Antipas fell asleep in the Lord on January 10, 1882.

*[taken from the following URL: <https://www.oca.org/saints/lives/2021/01/10/100146-venerable-antipas-of-valaam-monastery> (with minor editing for spelling and formatting; on January 9, 2021)]*

**On this day we commemorate also Saint Theophan the Recluse, Bishop of Tambov.** Saint George Govorov, the future Saint Theophan, was born on January 10, 1815 in the village of Chernavsk in the Orlov province where his father was a priest. At first, George attended a primary school at Liven, then a military school. From 1837-1841 he studied at the Kiev Theological Academy, and probably visited the Monastery of the Caves several times. In these surroundings, it was not surprising that he received the monastic tonsure while he was still a student. After graduation Hieromonk Theophan was appointed rector of Kiev's church schools, and later became rector of the seminary in Novgorod. Before he retired

from teaching, Father Theophan served as a professor and Assistant Inspector at the Petersburg Academy. Saint Theophan was not completely happy with academic work, so he asked to be relieved of his duties. He was assigned to be a member of the Russian Mission in Jerusalem. After being raised to the rank of Archimandrite, he became Rector of Olnets Seminary. Soon he was assigned as the chief priest of the embassy church in Constantinople. Saint Theophan was eventually recalled to Russia to become rector of the Petersburg Academy, and supervisor of religious education in the capital's secular schools. On May 9, 1859 Saint Theophan was consecrated as Bishop of Tambov, where he established a diocesan school for girls. During his time in Tambov he came to love the secluded Vysha Monastery in his diocese. In 1863 he was transferred to Vladimir and remained there for three years. He also established a diocesan school for girls at Vladimir. The holy bishop visited parishes throughout his diocese serving, preaching, restoring churches, and sharing the joys and sorrows of his flock. It was very difficult for Bishop Theophan to live in the world and become involved with vain worldly disputes. Many abused his trust, but he could not bring himself to chastise anyone. Instead, he left such unpleasant tasks to the Archpriest of his cathedral. He was present at the uncovering of the relics of Saint Tikhon of Zadonsk in 1861, and this made a tremendous impression on him, for he had much in common with that saint. He had loved Saint Tikhon from early childhood, and always spoke about him with great enthusiasm. When Saint Tikhon was glorified as a saint on August 13, Bishop Theophan's joy knew no bounds. In 1866 his request to be relieved of his duties as Bishop of Vladimir was granted. He was appointed as Superior of the Vysha Monastery, but soon resigned from that position. He was permitted to live there and to celebrate services whenever he wished. He also received a pension of 1000 rubles. As he prepared to leave his diocese, he wished to focus on his own salvation, and to concentrate on undisturbed communion with God. On July 24, 1866 he bade his diocese farewell, leaving the world for a life of reclusion, and to devote himself to writing spiritual books. Through these books, Saint Theophan has become the spiritual benefactor of all Orthodox Christians. Although he sought the Kingdom of God and His righteousness (Mt. 6:33), a reputation as a writer of great significance for the whole world was also added to him. Bishop Theophan wrote many books, but received no profits from their sale. He tried to keep them as inexpensive as possible, and they quickly sold out. He wrote about topics which others before him had not fully treated, such as how to live a Christian life, how to overcome sinful habits, and how to avoid despair. He tried to explain the steps of spiritual perfection systematically, as one who had himself gone through these various steps. Some of his books include THE SPIRITUAL LIFE AND HOW TO BE ATTUNED TO IT, THE PATH TO SALVATION, and LETTERS ON THE SPIRITUAL LIFE. He also translated the PHILOKALIA in five volumes, and THE SERMONS OF ST SIMEON THE NEW THEOLOGIAN. For the first six years in the monastery, Bishop Theophan attended all the services, including the early

Liturgy. He stood still in church with his eyes closed so that he would not be distracted. He often celebrated Liturgy on Sundays and Feast Days. Beginning in 1872, he cut off all relationships with people (except for his confessor) and no longer left his cell to attend church. He built a small chapel in his quarters and dedicated it to the Lord's Baptism. For ten years he served there on Sundays and Feast Days. For the last eleven years of his life he served every day by himself. Sometimes he would sing, and sometimes he kept completely silent. Whenever anyone visited him on business, Bishop Theophan would reply with as few words as possible, then immerse himself in prayer. If anyone sent him money, he would distribute it to the poor, keeping only a small portion to purchase books. Whenever he was not occupied with writing or praying, the reclusive bishop worked at carpentry or painting icons. He received from twenty to forty letters each day, and he answered all of them. He was able to discern each writer's spiritual condition, then give detailed answers to the questions of those who were struggling for the salvation of their souls. His eyesight deteriorated in his latter years, but he did not curtail his work because of it. In the evening, his cell attendant would prepare everything for the bishop to serve Liturgy the next morning. After finishing the Liturgy, Bishop Theophan would knock on the wall to signal the cell attendant to serve him tea. On days when there was no fasting, he would eat lunch at 1:00 P.M. This consisted of one egg and a glass of milk. At four o'clock he would have some tea, and then no more food that day. Bishop Theophan began to get weaker at the beginning of 1894. He was still writing on the afternoon of January 6, but when the cell attendant came to check on him at 4:30 he found that the bishop had departed to the Lord. Saint Theophan's body lay in the small church in his cell for three days, then three more days in the cathedral. There was no trace of corruption, however. He was laid to rest in the Kazan' church of the Vysha Monastery. Several of Saint Theophan's books have been translated into English, and are reliable spiritual guides for Orthodox Christians of today. Saint Theophan's gift was the ability to present the wisdom of the Fathers in terms which modern people can understand. Since he lived close to our own time, many readers find his books "more approachable" than the earlier patristic literature. He treats the life of the soul and the life of the body as a unified whole, not as two separate elements, and reveals to people the path of salvation.

*[taken from the following URL: <https://www.oca.org/saints/lives/2021/01/10/100147-saint-theophan-the-recluse-bishop-of-tambov> (with minor editing for spelling and formatting; on January 9, 2021)]*

*O Lord Jesus Christ our God, the Afterfeast of Whose Theophany we celebrate today; for the sake of the prayers of Thy most pure Mother; through the prayers of Saint Gregory, Bishop of Nyssa; the Blessed Theosebia the Deaconness, sister of Saints Basil the Great and Gregory of Nyssa; Saint Marcian the Presbyter, of Constantinople; Saint Dometian, Bishop of Melitene; the Venerable Macarius, Abbot, of Pisma; the Venerable Paul, Abbot of Obnora at Vologdá; the Venerable Antipas the Athonite; and Saint Theophan the Recluse, Bishop of Tambov: have mercy on us and save us. Amen.*

*Then, while the people come up to venerate the Cross and the Gospel, and then to partake of some holy water and prosphora, the choir sings:*

*In the 6<sup>th</sup> Sticheron Tone:*

We who are walled about by the Cross are ranged against the enemy, not fearing his devices and ambushes, for the proud one hath been destroyed and trampled underfoot by the power of Christ crucified on the Tree.

*Glory... in the 1<sup>st</sup> Tone:*

In the sixth month Gabriel the Archangel was sent from heaven to the city of Nazareth in Galilee, to bring to the Maiden glad tidings of joy. And coming before her he cried aloud, saying: 'Rejoice, thou who art full of grace: the Lord is with thee. Rejoice, thou vessel containing the Nature that cannot be contained: for thy blessed womb has held Him whom the heavens held not. Rejoice, O Lady, thou restoration of Adam and deliverance of Eve, thou joy of the world and great rejoicing of our kind.'

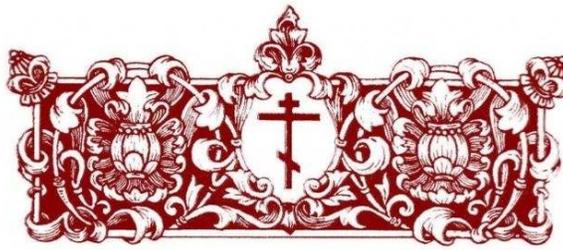
*Now and ever... in the 2<sup>nd</sup> Tone:*

Gabriel today announces the good tidings to her who is full of grace. 'Rejoice, O unwedded maiden who hast not known marriage. Be not struck with dismay by my strange form, nor be afraid: I am an archangel. Once the serpent beguiled Eve, but now I announce to thee the good tidings of joy: O Most Pure, thou shalt remain inviolate and yet shalt bear the Lord.'

## The Many Years

His Beatitude, the Most Blessèd Tikhon,  
Archbishop of Washington, Metropolitan of All America and Canada;/  
His Eminence, the Most Reverend Benjamin, Archbishop of San Francisco and  
the West;/  
the President of the United States of America and all those in authority;/  
the clergy and congregation of this holy temple;/  
and all Orthodox Christians: //  
preserve, O Lord, for many years.

Lord, have mercy. *Thrice*



# PRAYERS OF PROTECTION FROM THE CORONAVIRUS

## TO BE PRAYED BY THE FAITHFUL AT HOME

*A Prayer To Be Offered in the Morning*

**O** Lord our God, Who art rich in mercy, and Who with careful wisdom directest our lives, hearken unto our prayer, receive our repentance for our sins, bring an end to this new infectious disease, this new epidemic, just as Thou didst avert the punishment of Thy people in the time of David the King. O Thou Who art the Physician of our souls and bodies, do Thou grant restored health to those who have been seized by this illness, raising them from their bed of suffering, so that they may glorify Thee, O Merciful Savior; and do Thou preserve in health those who have not been infected. By Thy grace, O Lord, do Thou bless, strengthen, and preserve all those who, out of love and sacrifice, care for the sick, either in their homes or in the hospitals. Do Thou remove all sickness and suffering from Thy people, and teach us to value life and health as gifts from Thee. Give us Thy peace, O God, and fill our hearts with unflinching faith in Thy protection, hope in Thy help, and love for Thee and for our neighbor. For Thine it is to have mercy upon us and to save us, O our God; and unto Thee we ascribe glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.