

SUNDAY, JULY 12
5th Sunday after Pentecost
Martyrs Proclus and Hilary of Ancyra
Ven. Michael of Maleinus

STONE 4

"Lord I Call..." Stone 4

Lord, I call upon You, hear me!
Hear me, O Lord!
Lord, I call upon You, hear me!
Receive the voice of my prayer,
when I call upon You!//
Hear me, O Lord!

Let my prayer arise
in Your sight as incense,
and let the lifting up of my hands
be an evening sacrifice!//
Hear me, O Lord!

v. (10) Bring my soul out of prison, that I may give thanks to Your name!

Stone 4 *(for the Resurrection)*

We glorify Your Resurrection on the third day, O Christ God,
by always honoring Your life-creating Cross;
by it You have renewed the corrupted nature of man,
O almighty One.
By it You have renewed our entrance to heaven,//
for You are good and the Lover of man.

v. (9) The righteous will surround me; for You will deal bountifully with me.

You loosed the Tree's verdict of disobedience, O Savior,
by being voluntarily nailed to the tree of the Cross.
By descending to hell, O almighty God,
You broke the bonds of death.
Therefore, we adore Your Resurrection from the dead, singing in joy://
"Glory to You, O all powerful Lord!"

v. (8) Out of the depths I cry to You, O Lord. Lord, hear my voice!

You smashed the gates of hell, O Lord,
and by Your death You demolished the kingdom of death.
You delivered the race of men from corruption,//
granting the world life, incorruption and great mercy.

v. (7) Let Your ears be attentive to the voice of my supplications!

(Resurrection stichera by Anatolius)

Come, O people,
let us sing of the Savior's Resurrection on the third day!
By it, we have been freed from the unbreakable bonds of hell.
By it, we have received life and incorruption.
Save us by Your Resurrection!//
Life-creating and almighty Savior, glory to You!

v. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.

Tone 1 *(for Proclus and Hilary) (Joy of the Heavenly Hosts)*

You suffered a multitude of tortures,
together obtaining your holy crowns, O Proclus and Hilary.
Therefore we worthily celebrate your memory,//
praying fervently that you intercede for us.

v. (5) For Your name's sake I have waited for You, O Lord, my soul has waited for Your word; my soul has hoped on the Lord.

O Proclus, your body was torn asunder,
but you obtained eternal glory, O blessed one.
Now that you are in the eternal light of Paradise,//
pray that we who sing to you may also see this light!

v. (4) From the morning watch until night, from the morning watch, let Israel hope on the Lord!

Like two fountains of light, O holy passion bearers, Proclus and Hilary,
dispel the darkening of passions
as we sing to you with joy,//
celebrating your memory!

v. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.

Tone 5 *(for Ven. Michael)* *(O venerable Father)*

O venerable father,
from your youth you embraced the angelic life,
regarding the alluring things of the world as refuse.
And you ran from the illusory shadow of temporal glory,
to the divine glory that does not fade, in which you now share,
having shaken off the bonds of the flesh.
Standing before the Triply-Radiant Light,
and enjoying Christ's dazzling radiance,//
pray to Him that He bestow upon the Church oneness of mind,
peace, and great mercy!

v. (2) Praise the Lord, all nations! Praise Him, all peoples!

O venerable father,
brightness of heartfelt contrition,
a light to those in the darkness of despair,
never-setting morning star, most precious ember of repentance,
divine pearl of virtue, great beacon of compassion,
patron of orphans and widows, lamp of virtuous abstinence;//
pray to Christ that He bestow upon the Church oneness of mind,
peace, and great mercy!

v. (1) For His mercy is abundant towards us; and the truth of the Lord endures forever.

O venerable Father Michael,
you were consecrated[to God]from before your birth
as was Jeremiah, the holy prophet of old;
for the Mother of the Lord foretold to your mother
that you would be given to her and would bring forth fruit.
Spiritually accepting your course, you avoided the turmoil of this world,
and led a life of contemplation, O divinely-wise one,
planting a multitude of monastics as numerous as the sands of the sea//
by the well-spring of the waters of the Spirit of God.

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

Tone 6 *(for Ven. Michael)*

O venerable Father Michael,
the report of your good deeds went out into all the earth.
Through them you found the heavens as a reward for your labors.

You destroyed the regiments of demons
and attained to the ranks of the Angels,
whose life you blamelessly emulated.//
Having boldness towards Christ God, earnestly ask peace for our souls!

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

Tone 4 *(Theotokion – Dogmatikon)*

The Prophet David was a father of the Lord through you, O Virgin.
He foretold in songs the One Who worked wonders in you:
“At Your right hand stood the Queen,”
Your Mother, the mediatrix of life,
since God was freely born of her without a father.
He wanted to renew His fallen image, made corrupt in passion,
so He took the lost sheep upon His shoulder
and brought it to His Father, joining it to the heavenly powers.//
Christ who has great and rich mercy has saved the world, O Theotokos.

Aposticha

Tone 4 *(for the Resurrection)*

By ascending the Cross, O Lord,
You have annulled our ancestral curse.
By descending to hell, You have freed the eternal prisoners,
granting incorruption to the human race.//
Therefore in songs we glorify Your life-creating and saving Resurrection.

v. The Lord is King; He is robed in majesty!

By hanging upon the tree, O only powerful Lord,
You shook all of creation.
By being laid in the tomb You have raised those who dwelt in the tombs,
granting life and incorruption to the human race.//
Therefore in songs we glorify Your rising on the third day.

v. For He has established the world, so that it shall never be moved.

The lawless people, O Christ,
handed You over to Pilate, condemned to be crucified,
thus proving themselves ungrateful before their Benefactor.
But voluntarily You endured burial,
rising by Your own power on the third day as God,//
granting us life everlasting and great mercy.

v. Holiness befits Your house, O Lord, forevermore!

With tears the women reached Your tomb,
searching for You, but not finding You.
They wept with wailing and lamented:
“Woe to us! Our Savior, King of all,
how were You stolen?
What place can hold Your life-bearing body?”
An Angel replied to them:
“Do not weep but go and proclaim that the Lord is risen,//
granting us joy as the only compassionate One!”

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

Tone 8 *(for Ven. Michael)*

We honor you, O Michael our father,
as the instructor of a multitude of monks.
We have indeed learned to walk rightly in your footsteps.
Blessed are you, for having labored for Christ,
you denounced the power of the enemy.
You were a converser with the Angels and a companion of
the venerable and righteous.//
Together with them, entreat the Lord that He grant mercy to our souls!

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

Tone 8 *(Theotokion)*

O unwedded Virgin,
who ineffably conceived God in the flesh,
O Mother of God most high,
accept the cries of your servants, O blameless One!
Grant cleansing of transgressions to all!//
Receive our prayers and pray to save our souls!

(at Great Vespers) **Tone 4** **Troparion** *(Resurrection)*

When the women disciples of the Lord
learned from the angel the joyous message of Thy Resurrection,
they cast away the ancestral curse
and elatedly told the apostles:
“Death is overthrown!
Christ God is risen,//
granting the world great mercy!”

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

Tone 8 Troparion (*Ven. Michael*)

The image of God was truly preserved in you, O Father,
for you took up the Cross and followed Christ.
By so doing you taught us to disregard the flesh for it passes away
but to care instead for the soul, since it is immortal.//
Therefore your spirit, O holy Father Michael, rejoices with the Angels.

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

Tone 8 Resurrectional Dismissal Theotokion

For our sake You were born of the Virgin
and endured crucifixion, O Good One, destroying death by death.
Revealing the Resurrection as God, do not despise the work of Your hand!
Reveal Your love for man, O Merciful One, and accept the Theotokos praying
for us,//
and save the despairing people, O our Savior!

(at the Divine Liturgy)

Tone 4 Troparion (*Resurrection*)

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learned from the angel the joyous message of Thy Resurrection,
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“Death is overthrown!
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Therefore your spirit, O holy Father Michael, rejoices with the Angels.

Tone 4 Troparion (*Proclus and Hilary*)

Your holy martyrs Proclus and Hilary, O Lord,
through their sufferings have received incorruptible crowns from You,
our God.

For having Your strength, they laid low their adversaries,
and shattered the powerless boldness of demons.//
Through their intercessions, save our souls!

Tone 4 Kontakion (*Resurrection*)

My Savior and Redeemer
as God rose from the tomb and delivered the earth-born from their chains.
He has shattered the gates of hell,
and as Master,//
He has risen on the third day!

Tone 4 Kontakion (*Proclus and Hilary*)

Like the morning star,
your glorious sufferings enlighten us with holy miracles.
We celebrate your memory, O Proclus and Hilary;
pray to Christ our God for us//
that He will save our souls!

Tone 2 Kontakion (*Ven. Michael*)

By your deeds you withered the arrogance of the flesh;
through enlightenment you gave wings to your agility of spirit.
You were revealed as a dwelling place of the Trinity,
Whom you now clearly behold.//
Blessed Michael, unceasingly pray for us all!

Tone 4 Prokeimenon *(Resurrection)*

O Lord, how manifold are Your works; in wisdom have You made them all.
(Ps 103/104:24)

v: Bless the Lord, O my soul! O Lord, my God, You are very great! (Ps 103/104:1)

Epistle
Romans 10:1-10

Tone 4
Alleluia, Alleluia, Alleluia!

v: Go forth, prosper and reign, for the sake of meekness, righteousness and truth!
(Ps 44/45:5)

v: For You love righteousness, and hate iniquity. (Ps 44/45:8)

Gospel
Matthew 8:28-9:1

In addition to translations from the Department of Liturgical Music and Translations, liturgical texts for this service represent modified versions of translations provided by Holy Myrrhbearers Monastery, Otego, New York and St. Tikhon's Monastery, South Canaan, Pa. The Department of Liturgical Music and Translations of the Orthodox Church in America expresses its gratitude to Holy Myrrhbearers Monastery and St. Tikhon's Monastery and to those translators whose work has been consulted at times in the course of reviewing and modifying these texts to their present form: Metropolitan Kallistos (Ware), Archimandrite Ephrem (Lash), Father Benedict Churchill, Isaac Lambertson, St. Vladimir's Seminary, and Holy Transfiguration Monastery, among others.